

ACTIVITY 2

# TASTE TEST CHALLENGE

## QUICK SUMMARY

How much thought do you put into how fueling your body with nutritious foods can also be a tasty treat? In this activity, you will compete with and against other family members to create smoothies that are as nutritious as they are delicious!



## YOU WILL NEED

- Blender
- A selection of fruits, vegetables, and proteins
  - See “Quick Tips” for suggestions, but be creative!
  - These can be fresh or frozen
- Liquid
  - This can be water, dairy milk, milk substitute, or small amounts of unsweetened juice
- Cups

### DON'T HAVE A BLENDER?

- You can still have a Taste Test Challenge! Make a healthy snack instead that includes fruits or vegetables and a protein

## DISCUSS

You learned about the important role that your food choices play in your overall health during the ❤️ **YOUR HEART** Virtual Field Trip. With your family, discuss the food choices you make throughout the day. Are there times when you could be making healthier decisions?

## LEARN MORE

Eating plant foods like fruits, vegetables, nuts, and beans as well as whole grains and low-fat dairy products—in addition to staying away from processed foods and added sugar—is a great way to make sure your body gets the vitamins, minerals, fibre, and other nutrients that it needs. Plus, these nutritious foods also tend to have low-glycemic indexes, which are the numbers assigned to food to represent how high your blood glucose level will rise two hours after eating that food. As you learned during the Virtual Field Trip, these types of foods have a lower impact on your blood glucose (or blood sugar) because your body digests them more gradually. Therefore, healthy eating is one important step you can take to reduce your risk of noncommunicable diseases like Type 2 diabetes.

## APPLY

The great news is that nutritious food can be tasty too! With your family, follow the steps below to kick off a friendly competition that will help you see just how tasty healthy food can be.

1. Divide your family into even teams. Encourage each team to come up with their own name.
2. Introduce the Taste Test Challenge:
  - Each team will use materials from your own home to create a nutritious and delicious smoothie.
  - The smoothies must contain a nutritious liquid, fruits and/or vegetables, and a protein.
  - Teams will have time to investigate the ingredients they have available to them, as well as brainstorm (or even try!) various combinations. Teams can use the chart on the **All About Smoothies** page to keep track of their ideas.
  - Smoothie tips have been provided, too. Be sure to read through the hints on the **All About Smoothies** page with your team before you begin.
3. Discuss and agree upon the following details:
  - Decide who will judge. It may be best to have a neutral judge taste both smoothies. However, if this is not possible, all participants can try both smoothies and vote impartially on the tastiest one.
  - Determine how much time each team will have to create their final concoction. You could allow minutes, hours, or even days... whatever works best for your family!
  - Discuss any other important logistics, such as how best to share the kitchen space, if any materials are off-limits, etc.
4. Once all rules are understood and agreed upon, begin!
5. When the competition is complete, teams should reconvene with their smoothies ready to be sampled. Each team should explain what makes their smoothie nutritious and delicious as the judge(s) taste both creations. The judge(s) should take their time as they sample the smoothies. When they select a winner, they must be able to explain exactly why they thought one smoothie was tastier than the other.
6. As the judge(s) makes their final decision, wrap up by encouraging your family to sample both smoothies. Take a moment to raise your glasses and cheers to health before taking a sip!

### TIPS FOR CRITICAL THINKING WITH A FAMILY MEMBER THAT HAS A DISABILITY

- Use the following strategies when discussing:
  - Ask them to tell you what they heard and saw in the Virtual Field Trip
  - Ask them to tell you how they felt during the Virtual Field Trip
  - Ask them to identify how they/your family can make healthier decisions during different times of the day (e.g., morning, afternoon, evening, weekends)
- Be patient
- Allow your family member to ask questions
- Model answering the questions by providing what you think or giving examples
- Give them answer choices if they cannot independently answer open-ended questions



## ALL ABOUT SMOOTHIES

### Quick Tips:

- **To make your smoothies thinner**, add more liquid such as small amounts of juice, water, milk, or milk substitute a little bit at a time.
- **To make your smoothies thicker**, add small amounts of ice, frozen vegetables or fruits (especially bananas), or yoghurt a little bit at a time.
- **To make your smoothies naturally sweeter**, add fruit! Strawberries, blueberries, cherries, bananas, pineapple, watermelon, and oranges are all great natural sweeteners.
- **To make your smoothies creamier**, avocado and yoghurt will both do the trick!
- **To sneak in veggies:**
  - Frozen greens (spinach, kale, etc.) are easy adds.
  - Peas add protein and a sweeter flavour.
  - Don't forget some tasty veggies like carrots, sweet potato and cucumber
  - Steaming vegetables in the microwave or otherwise cooking them can help your smoothies have a smoother texture.
  - Don't forget the power of bananas. They are a great secret ingredient when you want to cover up other flavours!
- **To add protein**, plain and Greek yoghurt are an easy option. Other ideas include milk; peanut butter or almond butter; chia, flax, or hemp seeds; tofu; peas; protein powder.



CREATION TRACKER

Nutritious Liquid	Fruits	Vegetables	Protein	Taste Test Notes	Name Your Smoothie