

Family Fun with Math: Make a Yummy Smoothie!

Math learning can happen anytime! Here are a few ideas to help your children see the math all around them.

Why smoothie making?

In this activity there are many choices for the child. It is a real life example of using math and there are many elements of math that you can focus on while making a smoothie.

Try it Out:

- Get 3-5 different smoothie ingredients. This can include fresh fruit, frozen fruit, milk, yogurt, almond butter(or sun butter), Chile lime seasoning, carrots, spinach, or chia seeds.
- Get out a blender, measuring cup, cutting board, and knife(preferably a kid friendly one).

Talk about It:

- Here are some questions to ask your child:
 - What size measuring cup do we want to use? [This allows you to talk about sizes]
 - How long does it take the blender to blend up all of the ingredients. [practice counting]
 - If we are making a smoothie for you, your brother, your mom and I, how many cups do we need? [this focuses on comparison quantities in different groupings]
 - How many pieces should we cut the banana into? Can we cut the strawberry into that many pieces too? [this focuses on looking at sizes]
 - If you had 8 pieces of banana and I eat 3, how many do we have left for our smoothie? [this focuses on subtraction]
 - What color do we want the smoothie to be, what ingredients should we use to make that color? [this focuses on problem solving and manipulating variables]
- Provide a fun idea families can talk about related to your topic
 - You can make a recipe list of all of the smoothies you make and decorate the recipe cards and make creative names for all of the smoothies. This is great practice for your child to write numbers.
- Play [describe a simple game families can play]
 - With any fruit that is leftover, you can play the fruit monster game. Put the fruit in the center of the table with your family and then count together how many pieces you have, then pass around a fork while music is playing. Pause the music and the person with the fork gets to turn into the fruit monster and eat as many pieces as they want. Then when they stop, you have to figure out how many pieces they ate. Then play the music again and pass around the fork. You can play this until all of the fruit is gone. To make things harder you can cut the fruit into smaller pieces or use two food groups and keep them separate and try to figure out how many pieces of [veggies] and fruit the monster ate.

Make it Work for Your Child:

- List a few modifications or adaptations for a child with special needs
 - Use visuals of the different fruit and numbers so if your child is nonverbal, they can still make choices about what goes in their smoothie.
 - If this activity seems like too many steps for your child, then just start by asking them what cup they want, big or small? Help them practice using the adjectives, whether it is verbally or using visuals.

Make it Work for Your Family:

- How could older or younger siblings participate?
 - Older siblings can help document how the smoothie is made or you can ask them some more difficult math questions, like if you are redoing a recipe you already have, you can ask the sibling to help you double or triple the recipe.
 - Younger siblings can watch everyone model wonderful math skills and help pick out what fruit they want