

Juice Mixer Lesson

Objectives:

Kids learn the benefits of drinking *real* fruit juice, learn how to make juice themselves, and have fun experimenting with juice blends. Most importantly, this lesson reinforces the idea that it is generally healthier (not to mention more fun and more delicious) to make something yourself.

Materials:

- Juicer
- Paper cups

Fruit and veggie suggestions (all peeled, sliced, seeded and hulled, as applicable):

- Oranges
- Carrots
- Apples
- Strawberries
- Beets
- Cucumbers

Introduction:

Start a discussion about fruit juices. What kind of juice does everyone like to drink? Where do they get the juice? Has anyone ever made juice before? What are the benefits of making homemade juice? (To lead discussion: no artificial ingredients, lots of nutrients due to the quantities of fruits and vegetables used, a great way to “eat” lots of fruits and veggies—we’re aiming for at least 5 a day!).

Activity:

1. Juice each fruit/vegetable individually. Reserve a quantity for mixing (about 2-3 cups, depending on the size of the class), and pass out small samples of each juice for the kids to try. Which ones do they like best? What tastes do they observe—sweet, sour, bitter? What different colors do they see?
2. Each kid makes his/her own juice combination, measuring in spoonfuls (ex: 2 spoons of apple juice, 1 spoon of carrot juice, 1 spoon of spinach juice). What flavors do they think will go well together? Encourage the class to try each others creations.

Wrap up:

Discuss the process of making and tasting juice. Did anyone experience any new flavors? What was the experience of making homemade juice like? Was it fun to focus on tasting in a more direct way? What other fruits and vegetables might be good to juice, and what other combinations?