**Your name -**

**Kitchen #**

**Names in group (First and last) –**

**Smoothie Laboratory**

**Goal:** To engage, in a cooperative setting, in the creation of a healthy snack or meal while practicing safe and sanitary behaviors.

**Objectives:** The students will obtain a working knowledge of formulating a healthy snack or meal. The students will apply their knowledge concerning volume to identify how much volume their smoothie takes up.

Ingredients with measurements below:

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\*REMEMBER\* you can always add to a smoothie, but it is very hard to take something out! Plan accordingly ☺

\*PLEASE COMPLETE THE VOLUME QUESTION ON THE BACK OF THIS SHEET ONCE YOU HAVE POURED YOUR SMOOTHIE INTO YOUR CUP.

**How much Volume does your smoothie take up within your glass, assuming the your glass is a cylinder)?**

**Please figure out the volume of the smoothie which you have poured into your individual glass using the formula V = π x r2 x h. Please use cm3 to find your answer.**

What is the **height** of the liquid in your glass (Measure with **cm**)? = \_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the **radius** of the glass you are using (Measure with **cm**)? = \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Figure out the volume of the smoothie below:

**Volume of the smoothie = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cm3**

**This kitchen laboratory is tied to the following standards in Consumer Science:**

**Content Standard # 1** – 1.4 – Engage in activities requiring teamwork

**Content Standard # 7** – 7.7 – Examine healthy nutrition for adolescents

**Content Standard # 8** – 8.9 – Practice safe and sanitary food prep 8.10 – Proper equipment choices in the kitchen 8.11 – Creating a recipe and 8.12 – Identify successful team strategies in the kitchen.