

The Blender Bike is a fun tool for everyone that encourages the building cooking skills and confidence, and to spark curiosity about different fruits and vegetables. This guide outlines three activities, accompanied by discussion topics. Learning activities focus on ways to get creative with recipes and move our bodies. While some activities are paralleled with certain recipes (i.e. Smoothies, Hummus and Salsa), the discussion points are transferrable to any Blender Bike creation.

Activity 1: Simple Smoothies

Gather Materials:

- Blender Bike (fully assembled).
- Ingredients for your smoothie of choice (Refer to back of the guide for some great recipe ideas!)
- A table and tablecloth
- Measuring cups and spoons)
- Small cups for sampling.

Discussion:

Start by engaging participants and encourage them to share thoughts and reasons:

- Who enjoys drinking smoothies and why?
- Does anyone make smoothies at home?
- When do you typically have a smoothie? breakfast, snack? meal?
- What kind of ingredients do you put in your smoothies?

Additional Questions for the Group:

Why would we choose to drink smoothies?

Answer: Smoothies are easy and fast to make, and you can mix and match the ingredients to your liking. Plus, they're a great way to avoid wasting food when you have extra fruits and veggies to use up! Adding things such as peanut butter or nuts can help you create a velvety texture and enhance flavour. Smoothies can also help you explore fruits that you are unfamiliar with, adding kiwi to a smoothie might make it green and adding things like pineapple or mango might change its colour too.

How can we make our smoothies give us energy to play, learn, and move throughout the day?

Answer:

1. Make fruits and vegetables the main part of your smoothie. Choosing frozen fruits and vegetables can add a cool and refreshing touch to the smoothie and they are easily accessible all year around.
2. Try a fortified soy beverage, milk, and/or plain yogurt to help with the texture.
3. Include your smoothies as part of a meal, not a meal on its own. For example, have a smoothie as your fruit and vegetable serving with breakfast, and pair it with whole wheat toast

and peanut butter for a balanced breakfast. Otherwise, treat a smoothie as a snack. As per the New Canada's Food Guide (released in January 2019), when having a snack mid-morning or afternoon, include at least 2-3 food categories (grains, fruits and vegetables, and protein) in each snack. Smoothies are a great snack example as you are already including fruits and vegetables of your choice, protein rich foods such as milk/yogurt or nut and seeds and optionally add oats as grains to keep you full for longer.

Activity:

Leads participants through the recipe preparation, emphasizing hand hygiene and proper food handling (see Blender Bike Safe Food Handling Requirements and Proper Handwashing Techniques). While emphasizing food safety, encourage participants to read the recipe, measure ingredients to the correct amount and participate in blending using the bike. Properly measuring ingredients is a food skill that supports literacy and math.

Note: doubling the recipe may cause the blender to over-flow.

Get Blending:

Secure the blender to the Blender Bike and have a volunteer start pedaling. Challenge them to pedal as fast as they can or see how high the smoothie ingredient can splash within the blender – the quicker the pedaling, the higher the splash!

If working with a large group, set a pedaling time limit to ensure everyone gets a turn (i.e. 20-30 seconds).

When the smoothie is ready, have a volunteer help pour and distribute the smoothie cups.

Debrief:

While participants are enjoying their smoothie, have a quick debrief.

Ask:

- Was this fun? What was the best part?
- Did you enjoy the smoothie we prepared together?
- Are you inspired to make smoothies at home?
- Can you think of other ingredients for a smoothie?
- What are some other foods you think you could make with the Blender Bike?
- Besides biking, what are some of your favorite ways to stay active?

Activity 2: Check Out Our Smoothies!

If you are working with a larger group, and perhaps an older group of children (i.e. 10+), then sometimes waiting in line to try the Blender Bike is less exciting. Introducing a challenge can make the experience more engaging and hands-on for a larger group. This may require buying more ingredients but is a way to let creativity flow.

Gather Materials:

- The Blender Bike (fully assembled).
- Preferably at least 2 blenders (if applicable with the bike).
- A table and tablecloth
- Measuring Cups
- Small cups for sampling the smoothie.
- Display boards (i.e. Bristol board, white board, cork board)
- Markers or other writing tools.
- Large cut-outs of ingredients (Drafts to photocopy attached in User Guide Appendix A)

Discussion:

Refer to Activity 1.

Additional Questions:

Refer to Activity 1.

Smoothie Challenge:

For this activity, challenge participants to make their own smoothie! First, separate participants into teams of about 4-6 per team, and ask each team to choose a team name. Using the large cut-out cards, have each teams choose their smoothie ingredients. Smoothies must include a liquid, at least one fruit and one vegetable, and one extra food group (grains or protein). Choose an extra food group (grains or protein).

Have teams display their recipe (including how much of each ingredient is required) to the larger group. Approval of the recipe by the facilitator must occur prior to participants making the smoothie.

Once the recipes are approved by the group facilitator, the teams can use the Blender Bike to prepare their smoothie.

Debrief:

Have participants try all the smoothies and discuss what they liked about each smoothie.

Ask:

1. What is surprising to you that other teams included?
2. Which is your favorite? Why?
3. Was this challenging? What part was challenging?
4. Do you like these smoothies? Will you be willing to try making smoothies at home?

Activity 3: Beyond Smoothie: Black Bean Dip

Gather Materials:

- Blender Bike (fully assemble)
- Ingredients for black bean dip (see recipe book)
- A table and tablecloth
- Measuring Cups
- Small cups or plates for sampling.
- Carrots sticks or celery to dip into hummus, and/or whole grain crackers (Bonus: have the participants wash and prepare these themselves!)

Discussion:

Start by engaging participants and encourage them to share thoughts and reasons:

- Does anyone have any ideas on what we could make with the Blender Bike besides smoothies? (Note: Alcoholic beverages are not permitted with the Blender Bike)
- Has anyone ever had bean dip before?
- Has anyone ever made their own dip before? What kind of legume did you use?

Additional Questions:

Why would we choose to eat hummus?

Answer: Beans, legumes, and lentils, including chickpeas and black beans, are all great sources of protein and fibre, and often the main ingredient in bean dip! Proteins help the body build and repair muscle, skin, hair and nails. Fibre helps us maintain regular bowel movements. Black bean dip is great for using as a dip for vegetables such as carrot sticks and celery.

Ramp it Up:

Leads participants through the recipe preparation, empathizing hand hygiene and proper food handling (see Blender Bike Safe Food Handling Requirements and Proper Handwashing Techniques). While emphasizing food safety, encourage participants to read the recipe, measure ingredients to the correct amount and participate in blending using the bike. Properly measuring ingredients is a food skill that supports literacy and math.

Depending on the group size, multiple batches may be required.

Activity 4: Beyond Smoothie: Chocolate Hummus

Gather Materials:

- Blender Bike (fully assembled).
- Ingredients for hummus (see recipe book)
- A table and tablecloth
- Measuring Cups
- Small cups or plates for sampling.
- Fresh Fruit and/or whole grain crackers (bonus: have the participants wash and prepare these themselves!).

Discussion:

Start by engaging participants and encourage them to share thoughts and reasons:

- Does anyone have any ideas on what we could make with the Blender Bike besides smoothies? (Note: Alcoholic beverages are not permitted with the Blender Bike)
- Has anyone ever had hummus before?
- Has anyone ever made their own hummus before? What kind of hummus?

Additional Questions:

Why would we choose to eat hummus?

Answer: Beans, legumes, and lentils, including chickpeas and black beans, are all great sources of protein and fibre, and often the main ingredient in hummus! Proteins help the body build and repair muscle, skin, hair and nails. Fibre helps us maintain regular bowel movements. Chocolate hummus is great for using as a dip for fresh fruit like strawberries or apples.

Ramp it Up:

Once your discussion is finished, get blending! Have participants read the recipes and measure out ingredients. Ensure proper food-handling practices (i.e. washed hands) prior to starting the activity. Use the blender bike to blend the ingredients together. Serve and enjoy! Depending on the group size, you may be making multiple dips, so allow all participants to try all products made.

Enjoy and Debrief:

While everyone is sampling the end products, engage in discussion;

- What do you think of the recipe(s)? Do you like it?
- Was it easy to do on the bike?
- What type of ingredients do these recipes have in common (if multiple were made)?
- Would it be possible to make these foods at home with your family? Why or why not?
- What other foods could you use hummus with?

Hint: Vegetables dips, Tortilla chip or bread dip, or as a spread on sandwiches

Activity 5: Beyond Smoothies: Salsa

Gather Materials:

- Blender Bike, fully assembled.
- Ingredients for your product of choice; salsa (refer to Appendix C for recipes)
- A table and tablecloth to set up your ingredients, and any other tools needed to prepare (i.e. Measuring Cups and Spoons)
- Small cups or plates for sampling.
- Whole grain crackers for sampling

Discussion:

Begin the session by asking a few questions to the participants. Allow them to answer and explain why before providing some more information:

- Does anyone have any ideas on what we could make with the Blender Bike besides smoothies?
- Has anyone ever had salsa before?
- Has anyone every made their own salsa before? What kind of ingredients did you use?

Why would we choose to eat salsa?

Answer: Salsa is a tasty, quick, and easy dip to make. Pairing it with whole grain tortilla chips or whole grain crackers helps to make this a balanced snack.

Ramp it Up

Once your discussion is finished, get blending! Have participants read the recipes and measure out ingredients. Ensure proper food-handling practices (i.e. washed hands) prior to starting the activity. Use the blender bike to blend the ingredients together. Remember, salsa may not need to be blended too much, depending on how chunky participants prefer it. Keep this in mind when blending. Serve and enjoy!

Enjoy and Debrief

While everyone is sampling the end products, engage in discussion;

- What do you think of the recipe(s)? Do you like it?
- Was it easy to do on the bike?
- What type of ingredients do these recipes have in common (if multiple were made)?
- Would it be possible to make these foods at home with your family? Why or why not?
- What other foods could you use salsa with?

Combination Groups!

Depending on your group size, split participants into multiple groups at multiple stations. Have each group make something different such as smoothie, hummus, or salsa. Inform participants that they will only make one of the recipes but will get to try them all.