

Dear Students,

I know we have been waiting to use the school kitchen to practice measuring and make something delicious at the same time. Now that you are home, you can work on this so when we do get back at school, we will have plenty of recipes to try!!! Have fun and enjoy your math 😊 Ms. Strazar

Delicious Measurements: Exploring Measurement by Making Smoothies!

Directions:

- 1.) Research several smoothie recipes, choosing one (or more) to make at home.
(If you do not have a blender at home, skip to step 3.)
- 2.) Choose your favorite recipe, changing it as you like to create your own version. Make sure you have all of the ingredients, or try changing an ingredient or two so you do not need to go out to the store!!! (Please keep it simple and **limit your ingredients to 5** (six if one is a minor ingredient, like a spice.) Be sure to **measure the amount your recipe creates BEFORE you drink it all!!!** Also, write down any changes you made to the recipe (along with the **source of the original recipe.**)
- 3.) Complete the handout using your recipe. (Your “original” recipe should be in column 1 of your handout. Be sure to convert measurements.) Notice that I wrote in the basic ingredients of most recipes: frozen fruit, juice, yogurt, and banana (banana’s help to make it even smooooother!!!) I left two blank spaces for spices &/or other ingredients. ***If you do not use fruit, juice, or yogurt (some may just use ice) then cross out that item and write in your own item.***
- 4.) Calculate the cost of making smoothies; be sure to put the cost in for each amount.
Example: cost of serving 1, 2, 3, 10,... (You can estimate the costs by getting an average cost of the items.) Use the bottom of this paper or another piece of paper to write down the cost of each serving and to calculate the cost.

Servings:	Serves 1	Serves 2	Serves 3	Serves 10	Serves _____
Calculations:					
Cost of ingredient #1:					
Cost of ingredient #1:					
Cost of ingredient #1:					
Cost of ingredient #1:					
Cost of ingredient #1:					
Cost of ingredient #1:					
Total Cost:					

Name of Smoothie _____ by _____

	Original Recipe	Serves (about) 1	Serves (about) 2	Serves (about) 3	Serves (about) 10	Serves (about) ___
MAKES (approx.):	_____ OZ _____ CUP(S) _____ ML	__ 8 __ OZ __ 1 __ CUP __ 236.58 ML _0.23658 L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L
Frozen Fruit:	_____ OZ _____ CUP(S) _____ ML	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L
Juice:	_____ OZ _____ CUP(S) _____ ML	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L
Yogurt:	_____ OZ _____ CUP(S) _____ ML	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L	_____ OZ _____ CUP(S) _____ ML _____ L
Banana:						
Spice:						

Directions/Notes: _____
