**HUMAN PERFORMANCE AND BIOMECHANICS**

**MAKING A NUTRITIONAL SMOOTHIE**

Smoothies can be a nutritious and convenient meal replacement or a refreshing snack. With just a few ingredients, you'll be on your way to creating a light and healthy drink.

**EXPECTATIONS:**

This project is in three parts and is explained in detail below. By completing this task

you will demonstrate an understanding of the nutritional values in food, how to create an

effective Power Point, develop your presentation skills and of course create a tasty and

nutritious smoothie.

**INSTRUCTIONS:**

With a partner or as an individual, you will complete a three-part assignment on “Making a Nutritional Smoothie.” You will rely on the knowledge and understanding gained from section ten of the Human Performance and Biomechanics unit.

**PART A: Power Point Presentation:**

**Your PPT must have 8 slides and reflect a professional image.**

**PPT Slide # 1** Name of Smoothie /2

**PPT Slide # 2** Marketing Strategy /5 ◦ Identify your target age, gender, needs, etc.

 ◦ Promote your rationale why you targeted these groups.

**PPT Slide # 3** Marketing Strategy /5

◦ What type of Smoothie are you creating?

 (ie breakfast, meal replacement, healthy snack, etc.)

 ◦ Rationale why you chose this type,

**PPT Slide # 4** Create an Advertisement /10

◦ This should appear as an advertisement you would see in a

 grocery store or magazine. Make it “wow” the class!

**PPT Slide # 5** Complete “Recipe List” /5

◦ With proper ingredients and amounts required.

**PPT Slide # 6** Create an official “Food Label” outlining the Nutrition facts /5

◦ This should appear as an official food label.

**PPT Slide # 7**  “Step by Step” Guide /5

 ◦ How to make your smoothie.

**PPT Slide # 8**  “Top 5 Tips”

◦ The tips you learned for making the perfect smoothie. /5

**PART B: Complete Workbook Task**

**Exercise 10.5** Complete Exercise 10.5 in your workbook and hand it in /10

immediately after your presentation.

**PART C: THE SMOOTHIE**

**Note: On the day of your presentation, bring a “jug” of your smoothie to share with the class**

a. Appearance /5

 ◦ vibrant colour, tasty look, etc.

b. Texture

 ◦ smooth, not too thick, able to sip through a straw, etc. /5

c. Taste /5

 ◦ sweet (but not too sweet), healthy, not bland

 d. Nutritional Value /5

 ◦ in accordance with your Nutrition Label

**FINAL MARKS:**

**Part A: Power Point Presentation: /42**

**Part B: Complete Workbook Task: /15**

 **Part C: Smoothie: /20**

 **Total: /77**

**Label Maker:**

<http://www.shopncook.com/nutritionFactsLabel.html>