

POST-WORKOUT SMOOTHIE TEACHER SUPPORT

CONTENT: Solve problems involving lengths, liquid volumes, or weights given in the same units. (Recommended for Grades 4–6)

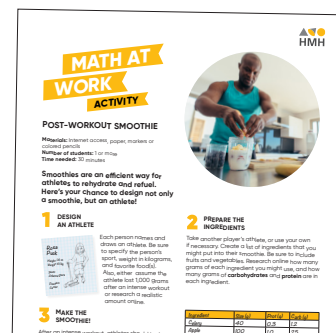


CULTURAL CONNECTIONS: Encourage students to use ingredients that are unique to their family and culture. What sorts of foods and drinks do they like to have, and what is in them? Students may also have sports that they are especially passionate about. Encourage them to draw an athlete that plays a favorite sport. What would a typical height and weight be for someone who plays the sport? What foods might they prefer?



MEASUREMENT CONVERSION: While this activity uses grams and kilograms, many resources will show units in ounces and pounds. Here are some conversions between measurement systems:

- 1 ounce $\approx$ 28 grams
- 1 ounce $\approx$ 0.028 kilogram
- 1 pound $\approx$ 454 grams
- 1 pound $\approx$ 0.454 kilogram



TECH FIX: For students without internet access, provide a list of possible ingredients and research the nutrition facts for them in advance. Note that the only details needed for this activity are the number of grams in one serving, along with how many grams of protein and carbohydrates are in the serving.

FRACTIONS AND DECIMALS

In the real world, nutritional information would nearly always be shown as a decimal or percent. However, for this activity, students can represent tenths as fractions if they prefer.

EXTEND THE ACTIVITY

This is an opportunity for students to think about their own nutrition. Have them keep a food log for at least two days. Challenge them to write down everything they eat or drink. What is their average daily breakdown of proteins and carbohydrates? How would they design a smoothie to help them hydrate and refuel after an intense workout?

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