

MATH AT WORK ACTIVITY

POST-WORKOUT SMOOTHIE

Materials: Internet access, paper, markers or colored pencils

Number of students: 1 or more

Time needed: 30 minutes



Smoothies are an efficient way for athletes to rehydrate and refuel. Here's your chance to design not only a smoothie, but an athlete!

1 DESIGN AN ATHLETE



Each person names and draws an athlete. Be sure to specify the person's sport, weight in kilograms, and favorite food(s). Also, either assume the athlete lost 1,000 grams after an intense workout or research a realistic amount online.

3 MAKE THE SMOOTHIE!

After an intense workout, athletes should try to replenish 150% of the mass lost from sweating and should consume about two grams of protein for every gram of carbohydrates. Design a smoothie for the athlete. You can always add ice or water to add volume without affecting the nutrition, as water does not contain protein or carbohydrates.

2 PREPARE THE INGREDIENTS

Take another player's athlete, or use your own if necessary. Create a list of ingredients that you might put into his or her smoothie. Be sure to include fruits and vegetables. Research online how many grams of each ingredient you might use, and how many grams of **carbohydrates** and **protein** are in each ingredient.

Ingredient	Size (g)	Prot (g)	Carb (g)
Celery	40	0.3	1.2
Apple	100	1.0	25
Kale	67	2.2	6.7
Tomato	91	0.8	3.5
Pineapple	165	0.9	22
Passion Fruit	118	2.6	28
Greek Yogurt	170	17	6.0
Nutritional Yeast	15	8.0	5.0

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