



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!



Take another player's athlete, or use your own

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

if necessary. Create a list of ingredients that you

PREPARE THE

INGREDIENTS

protein are in each ingredient.

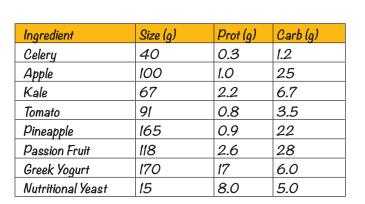




Each person names and draws an athlete. Be sure to specify the person's sport, weight in kilograms, and favorite food(s). Also, either assume the athlete lost 1,000 grams after an intense workout or research a realistic amount online.



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.



To learn more about math in sports, visit **<u>hmhco.com/mathatwork</u>**.

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