

2019

## Smoothing It Out

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# Smoothing It Out

Andrea Villegas

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Keywords: Breakfast, Smoothies, Health, Food, Activity System

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OUR lives are composed of many daily activities as well as others we may not perform so often. Those activities that we tend to do daily are already engraved in our minds that we don't need to think about the process or system of operation of that activity. This is where Activity System comes into place, which consists of six components that allow for an activity to happen. The six components of an Activity System Analysis include an objective, the person doing the activity, the tools used, rules that need to be followed, the people that can partake in this activity and the different tasks that need to be done in order for an activity to be completed. We usually don't think that every action that is done throughout our day has an activity system to it, since we just act upon what needs to be done automatically. In this case, something that I do every morning, is make my morning smoothie to start off my day. Even a task as simple as this pertains to an Activity System.

## Smoothing It All Out

Every morning I make a smoothie to go with the most important meal of the day; breakfast. My morning routine consists of waking up, washing my face, brushing my teeth, doing my hair, changing clothes and then eating breakfast. I think that breakfast is the most important meal of the day, at least for me it always has been because it is the start of a new day. As long as I can remember I have always loved to eat breakfast and I knew that if I didn't have the chance to eat anything for breakfast then that would mean that my day was already off to a bad start. The first thing I make is my fruit smoothie, which is my objective. I do this first before eating anything else for breakfast because it is a great way for me to start my day with something fresh. In making my morning fruit smoothie, there are several components that go into getting this daily activity followed through easily.

## Who's in On the Blending?

The subject in an activity system is the person who follows through with the activity, which in this case is me because I am making my morning smoothies every day. I have been making myself morning smoothies for quite some time now. The procedure is engraved in my mind and there isn't a lot thinking that needs to be done in order to get the task completed. My morning smoothies began since I was small because my parents had to leave really early for work in the mornings. Because they did not have much time to cook a big breakfast for me, I started learning how to make myself breakfast. Fruit smoothies in the morning is where it all started. After that, I learned how to make eggs, french toast, pancakes, waffles, and hash browns amongst other breakfast meals for myself and my family. Once my parents changed jobs, they no longer had to leave early and we were able to eat breakfast together in the mornings. We would all help to make breakfast and sit down and eat together, but making my fruit smoothies has not changed. Up to this day, I still drink my fruit smoothie every morning.

## Fresh Ingredients

Making a smoothie is a simple task to follow. Before any ingredients are gathered you need to make sure to have a good blender. There are some ingredients that you need to have in order to make a fresh and delicious smoothie. You will need bananas, frozen strawberries, milk, Greek yogurt, vanilla extract, honey, and several ice cubes

(See Figure 1). The banana needs to be cut up into small thin slices, so it can be easier for the blender to blend the bananas smoothly. You want to buy fresh strawberries from the market and then put them into the freezer overnight and then in the morning take them out of the freezer and use them to make your fruit smoothie. Buying the strawberries fresh from the market and then freezing them overnight might seem weird to do, but it actually makes the smoothie taste better. Besides gathering all of these ingredients for your smoothie, you can add other different



Figure 1: Ingredients gathered for the Fruit Smoothie

types of fruits to give the smoothie a different flavor instead of having to repeat the same fruits every day. I don't usually drink the same exact smoothie every day, or else I think that I would get tired of the same smoothie flavor. I do use the same ingredients that I mentioned, but every other day I add other fruits

to the ones that I already use to make it different.

## Rules to Follow

Before you start making your smoothie or touching any of the ingredients that are needed, you must wash your hands and then wash the fruits that you will be using. In order to get the best results and a good fresh savory flavor, don't forget to let the strawberries freeze overnight and take them out first thing the morning to sit out for a little while. If the strawberries are too frozen, leave the strawberries in the freezer for a shorter amount of time or give them more time to defrost. Make sure that your blender is good and works well, so there won't be any accidents or to prevent the blender from getting messed up, especially since you will be putting frozen strawberries and ice cubes which can be hard to blend in right away. The lid on the blender has to be on at all times when blending, so it best to just make sure that you don't start blending anything without a lid on. When you are blending all of the ingredients together, make sure to stop the blender until all of the ingredients have blended smoothly.

## Blending It All Together

All fresh fruits come from different origins, whether it's your local supermarket, directly from the fields, or a large packaging company, but eventually they will end up being in your home. Locally, here in the Salinas valley, there is a variety of fruits and vegetables that are grown, and we have the privilege of having an abundance of fruits and vegetables at our reach. This is how it is so easy for me to obtain my fresh strawberries and bananas from a local market, as well as obtaining local honey from Salinas. Once all of the ingredients are gathered and the rules are set, it is time to start making the fruit smoothie. I need to cut up the banana that I will use for the smoothie into small thin slices and put them into the blender along with the frozen strawberries. There have been times where the strawberries have been frozen for too long, so they aren't able to blend which is why my mom takes them out to defrost beforehand. I will need to then pour in one cup of milk and three fourths cups of Greek frozen yogurt into the blender. Instead of adding sugar I will pour in two tablespoons of honey and two tablespoons of vanilla extract to give the smoothie a more sweetening flavor. It is best to not add sugar to the smoothie because it is already containing fruits and by adding Greek yogurt, honey and the vanilla extract it is healthy, creamy and sweet. After all of the primary ingredients are put into the blender, it is best to add in ice cubes at the end, you can add as much as ice cubes as you like to the smoothie to give it a fresh and cold smoothie feel. All that is left to do is blend everything until it is smooth and creamy and then pour your smoothie and enjoy.

## Now Everyone Can Enjoy!

Making a fruit smoothie for breakfast is not hard. It is something easy to make for breakfast for your friends, family and for yourself. It is a really healthy breakfast drink that is delicious and will fill you up. Since there is no sugar added to this smoothie, this makes the smoothie healthier, but it will still have that creamy and tasty feel to it which will make it taste amazing. Smoothies are advertised everywhere whether they are nutritional or not. You can buy a smoothie in many different places, but they mostly tend to be high in sugar, so it is best to make one yourself with the fruits you desire knowing that it will be both sweet and nutritional for you

(See Figure 2). Anyone can make a refreshing smoothie. It is quick, easy, and you can always switch up the fruits in your smoothie to give it a different twist each day.

## Refreshing

Every activity that someone does throughout the day plays an important part in their daily lives. For instance, making a smoothie for me every morning is essential to get my day off to a good start. We may not even notice it, but every activity has its own activity system which includes the six different components. In this case, the object is making a breakfast fruit smoothie and the subject is me because it is an activity that I do daily. The tools used are the ingredients that are needed to make the smoothie. The rules are simple and easy to follow, like keeping the lid on the blender and washing your hands and the fruits first. The division of labor is between you and whomever else is taking part in the making of the smoothie. The community consists of anybody who drinks smoothies, makes smoothies, such as friends, family and yourself. It is important to understand that even the simplest tasks that we do every day are part of an activity system which is why every activity that you do is important.



Figure 2: Finished Fruit Smoothie