



Name: _____

Facilitator:	Recorder	Materials Manager	Harmonizer

Directions: Use the following page to prepare for your discussion. Read the questions, think about the answers, and jot at least two ideas you have.

1. How healthy are you currently? What makes you say that?
2. What do you think you need to have a healthy diet? (Be specific)
3. How healthy do you think smoothies can be? What would you include in a health smoothie and why?
4. To follow the guidelines of your group role, what will you need to do and say during the discussion of these questions.