

Eat Smart



Play Hard



Fun Book



YOU
WIN
PRIZES



Have
FUN!

Name: _____

Teacher: _____

Eat Smart



Eat fruits and veggies



Ready to have FUN?

Play Hard

at meals and snacks.



Let's Play!

Eat Smart



Welcome to the
Eat Smart to Play Hard adventure

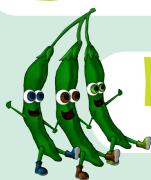
How to Play



1 Each week you make a recipe with fruits and vegetables. Get an adult to help you. Circle the fruits and veggies you eat.

2

Each week you do a fun activity.



3

Have an adult sign for each recipe and activity when you finish.

4

Ask your teacher to stamp your classroom poster for each recipe and activity you finish.



5

Keep track of how many cups of fruits and veggies you eat each day. Put a sticker on the picture for each cup you eat.



Wait, there's more...

The more you play, the more prizes you win!



You could be the Champion of Fun!

Play Hard

All about _____
Name _____



Place your picture or drawing here

School _____

Teacher _____

I will play **Eat Smart**  **Play Hard**

Student Signature

I will play **Eat Smart**  **Play Hard** with my child.

Parent/Adult Signature

Show the signatures to your teacher and get a prize!



Eat Smart

Example Week

My Salad



- 1** Each week you make a recipe with fruits and vegetables.

Ingredients

- 4 cups fresh spinach
- 1 tbsp. chopped nuts
- Lemon, salt & pepper to taste
- 1 cup fruits and vegetables



Options: Circle all that you use

kale peas mango tomato bell pepper cucumber
zucchini pineapple strawberry avocado
other carrot

*If you do not have these ingredients, use ingredients you have available.

Directions

- 1 Toss spinach, lemon, salt, pepper, nuts, veggies and fruits. Mix well.
- 2 Enjoy.

serves 4

- 3** Ask an adult sign the line under the recipe and the activity when you finish.

I helped my child make this recipe:

Parent/Adult Signature

Monday



Tuesday



Wednesday



Thursday



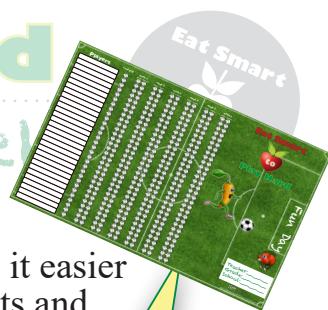
Play Hard

Exercise Week



- 2 Each week you do a fun activity.

Cooking at home makes it easier to eat the amount of fruits and vegetables you need.

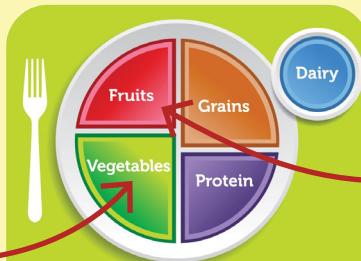
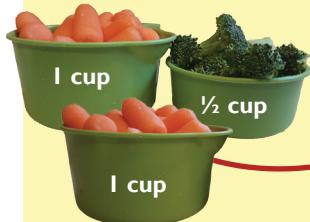


- 4 Ask your teacher to stamp your classroom poster for the recipe and activity when you finish.

How many cups of fruits and vegetables I should eat each day?

Vegetables

2.5 cups per day



Fruit

1.5 cups per day



We did it: _____

- 5 Use the stickers to keep track of how many cups you eat each day.

Parent/Adult Signature _____

Friday	Saturday	Sunday
 1 CUP	 1 CUP 1/2 CUP	

Place stickers here.



Eat Smart

Week 1

Fruity Freeze



Ingredients

- $\frac{1}{2}$ cup low-fat yogurt or water
- 1 banana
- 4 cups frozen fruit and vegetables



Options: Circle all that you use

strawberry kiwi guava peach
lemon cherry mango spinach
cucumber pineapple cantaloupe
other _____

*If you do not have these ingredients, use ingredients you have available.

Directions

serves 4

- 1 Add fruit, vegetables, yogurt, and banana to blender.
- 2 Blend until smooth, about 45 seconds.
- 3 If you do not have a blender, place ingredients in a cup or bowl and mash with the back of a spoon or fork until it is smooth.

I helped my child make this recipe: _____

Parent/Adult Signature _____

Monday



Tuesday



Wednesday

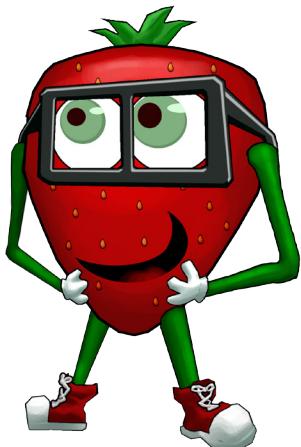


Thursday



Play Hard

Freeze Tag



Pick someone to be “It.”

This person tags and “freezes” as many players as they can in a set amount of time.

Players who have not been tagged can “unfreeze” other players.

The game is over when everyone is “frozen.”



We did it: _____

Parent/Adult Signature _____

Friday	Saturday	Sunday
 $\frac{1}{2}$ CUP	 $\frac{1}{2}$ CUP	 $\frac{1}{2}$ CUP
 1 CUP 1 CUP	 1 CUP 1 CUP	 1 CUP 1 CUP

Place stickers here.



Eat Smart

Week 2 Breakfast Tacos



Ingredients

- 1 cup black beans, cooked
- 2 eggs, scrambled
- 4 corn tortillas
- 1/2 cup tomatoes, chopped
- 1/2 cup salsa
- Salt, pepper, and cilantro to taste



Options: Circle all that you use

avocado corn lime onion mango lettuce
tomato spinach cabbage cilantro bell pepper
other _____

*If you do not have these ingredients, use ingredients you have available.

Directions

serves 4

- 1 Warm tortillas on skillet or in microwave.
- 2 Layer scrambled eggs, beans, and other veggies onto each tortilla.
- 3 Top with salsa, cilantro, and other toppings. Enjoy.

I helped my child make this recipe: _____

Parent/Adult Signature _____

Monday	Tuesday	Wednesday	Thursday
    	    	    	  

Play Hard

#ChalkJump



Hop on one leg all around the squares, returning to the center square each time.

Do one leg, and then the other leg!

See if you can make it all the way around without losing your balance!

You will need:

- * chalk to draw squares
- * a place to play

Draw a large hash tag mark on the ground with chalk.

Start game by standing on one leg in the center of the hashtag (middle square).



We did it: _____

Parent/Adult Signature _____

Friday	Saturday	Sunday
 1/2 CUP	 1 CUP	 1 CUP
 1 CUP	 1 CUP	 1/2 CUP

Place stickers here.

Eat Smart



Good job! You are half-way
to Fun Day!



If you have **4** stamps, you get a prize from your teacher.
Get **8** stamps and win the medal too!

Don't forget to turn in your Fun Book!

Play Hard

Why other kids Eat Smart to Play Hard

When you Eat Smart, you play hard and get rewarded



Spend time with your family.

Eat Smart
to
play hard



You Can Do It!





Eat Smart

Week 3

Chicken Pineapple Kabobs



Ingredients

- 1 cup pineapple chunks
- 1 lb chicken breast, cut into 1-inch cubes
- Salt and pepper to taste
- 4 metal or wooden skewers
- 1 cup fruits and vegetables



Options: Circle all that you use

Eggplant asparagus onion mushroom squash
bell pepper cabbage zucchini jalapeno
cauliflower other _____

*If you do not have these ingredients, use ingredients you have available.

Directions

serves 4

- 1 Cut fruits and veggies into 1-inch pieces.
- 2 Preheat grill to medium high heat. Stick the pineapple, veggies, and chicken on the skewers.
- 3 Cook chicken until golden brown or cooked through.
- 4 Or, place chicken, pineapple, and other veggies in skillet and cook on medium heat until cooked through. Then thread chicken and fruits and veggies.

I helped my child make this recipe: _____

Parent/Adult Signature _____

Monday	Tuesday	Wednesday	Thursday

Play Hard

Round-the-clock

With friends and family, do a fun activity throughout the day when a new hour starts!

8am	8 push-ups
9am	9 sit-ups
10am	10 jumping jacks
11am	11 arm circles
12pm	12 squats



1pm	1 minute of jogging
2pm	2 burpees
3pm	3 mountain climbers
4pm	4 lunges

Rockstar level: Double your exercises!

We did it: _____

Parent/Adult Signature _____

Friday	Saturday	Sunday
 $\frac{1}{2}$ CUP	 $\frac{1}{2}$ CUP	 $\frac{1}{2}$ CUP
 $\frac{1}{2}$ CUP	 $\frac{1}{2}$ CUP	 $\frac{1}{2}$ CUP

Place stickers here.



Eat Smart

Week 4

Rethink Your Drink... Infused Water



Ingredients

- 1 gallon of water
- 1 cup ice
- 2 cups fruit



Options: Circle all that you use

orange kiwi mint lime raspberries melon
pineapple strawberry lemon cucumber
cranberry other _____

*If you do not have these ingredients, use ingredients you have available.

Directions

serves 4

- 1 Cut the fruit into slices.
- 2 Add fruit to water. Let it sit for 1 hour.
- 3 Add ice and enjoy.

I helped my child make this recipe: _____

Parent/Adult Signature

Monday



Tuesday



Wednesday

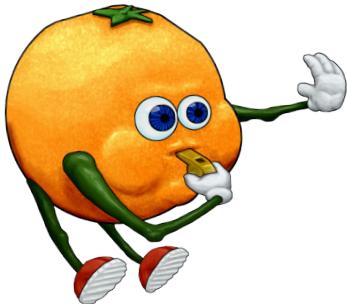


Thursday



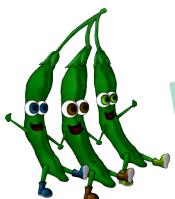
Play Hard

Feel the Burn



Choose your favorite activity.
See how long you can go!

Write what you did in the
spaces below.



Walking

60 minutes

burns 140 calories

Dancing

60 minutes

burns 280 calories

Bicycling

60 minutes

burns 319 calories

Swimming

60 minutes

burns 324 calories

Running

60 minutes

burns 420 calories

your favorite activity

_____ minutes

burns _____ calories

We did it: _____

Parent/Adult Signature

Friday	Saturday	Sunday

Place stickers here.

Eat Smart



How can I win MORE PRIZES?

1. Ask the adults in your family to follow our **Eat Smart to Play Hard** Facebook page and Instagram page @eatsmarttoplayhard

Facebook

@eatsmarttoplayhard



FOLLOW US

Instagram

@eatsmarttoplayhard



2. Take photos of the recipes and activities you do to enter into the Eat Smart to Play Hard drawings for prizes.

Ask an **adult** post and tag the pictures on the **Eat Smart to Play Hard** Facebook or Instagram page.

3. For more information, visit the **Eat Smart to Play Hard** website.

Website



Play Hard

Credits

MyPlate image is from www.choosemyplate.gov.

Fruit and vegetable characters were designed by Justin Lilo.
Available at [@olilnitsuj](https://twitter.com/olilnitsuj) on Twitter.



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University of New Mexico Prevention Research Center
Social Marketing

SNAP-Ed



New Mexico



Child Health Initiative for Lifelong Eating & Exercise

CHILE PLUS

Eat Smart



SCHOOL OF
MEDICINE
PREVENTION RESEARCH CENTER

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