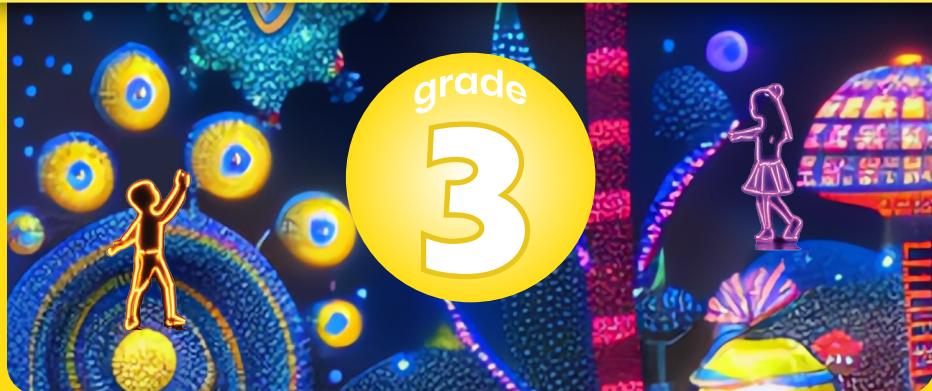


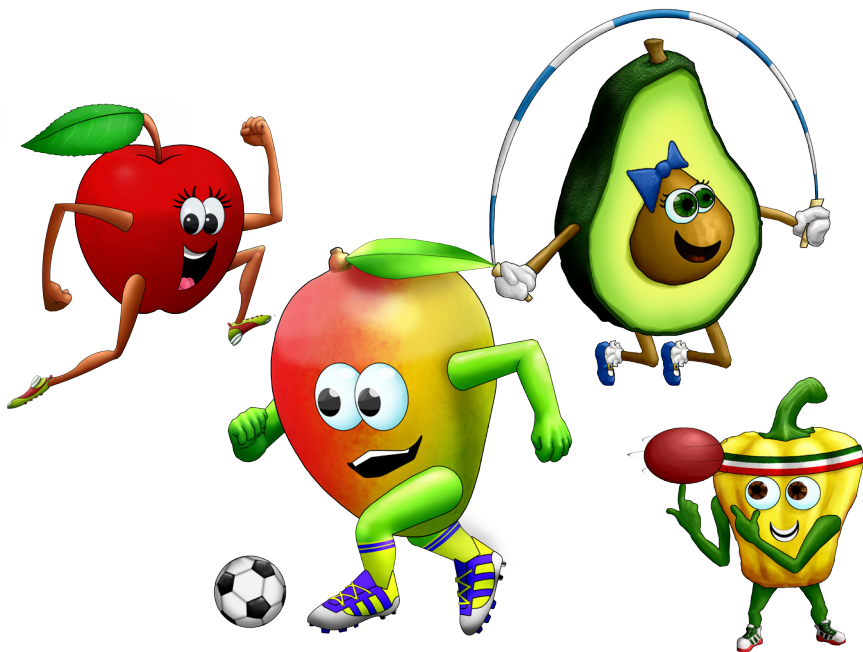


Name: _____ Teacher: _____

Eat Smart



Eat fruits and veggies

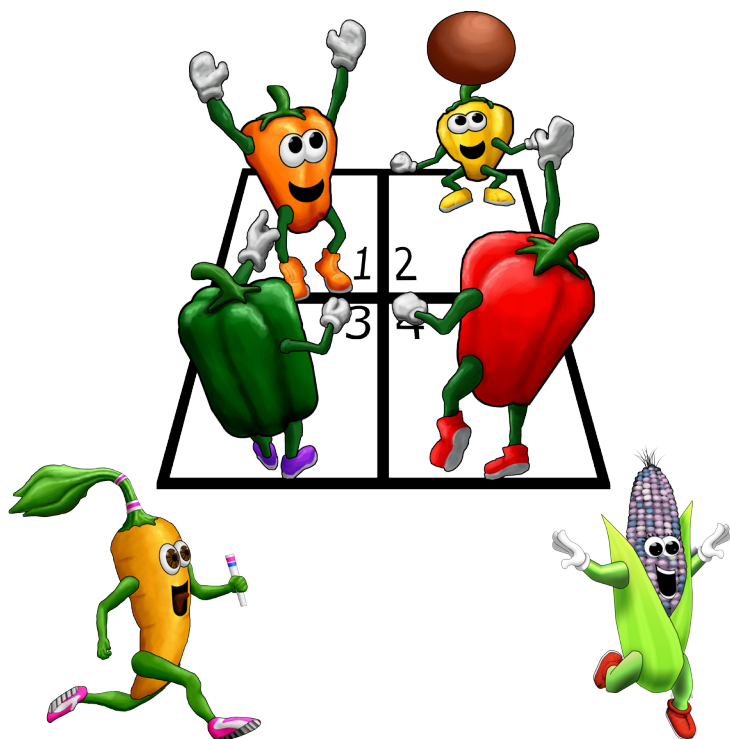


Ready to have FUN?



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.



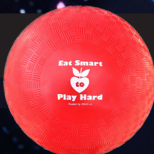
5

- 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 _____

Date _____

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



1

Each week you make a recipe with fruits and vegetables.

Example Week My Salad

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 _____

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

Directions

serves 4

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

4

Ask your teacher to stamp your class poster for the recipe activity when you finish.

3

Ask an adult to 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

Example Week

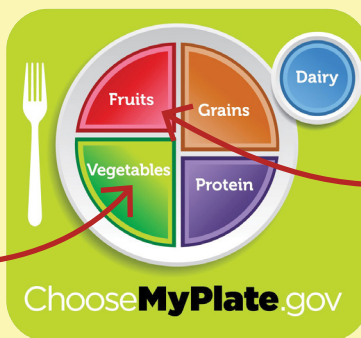
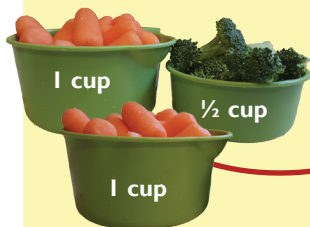


2 Each week you do a fun activity.

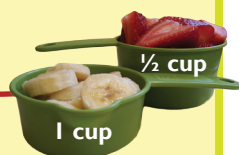
Cooking at home makes it easier to eat the amount of fruits and vegetables you need.

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

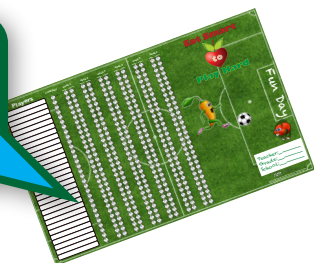
Vegetables
2.5 cups per day



Fruit
1.5 cups per day



er to
ssroom
ecipe and
ou finish.



5

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

We did it: _____ Parent/Adult Signature

Friday	Saturday	Sunday

Place stickers here.



Eat Smart

Week 1

Butterfly Bites



Ingredients

- 3 celery stalks
- 12 large pretzel twists
- 6 tablespoons natural peanut or almond butter
- 3 tablespoons raisins (or other dried fruit)



Options: Circle all that you use

cranberries	blueberries	prunes	mango	grapes
banana	strawberry	apricots	dates	apple
figs	other _____			

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

Directions

serves 6

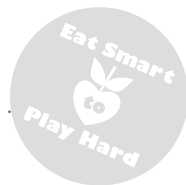
- 1 Rinse celery and cut celery stalk in half crosswise.
- 2 Fill the center of each celery stick with one tablespoon of nut butter.
- 3 Place two pretzel twists on each side of the nut butter to create the butterfly wings.
- 4 Use extra pretzel pieces for antenna and raisins or other fruit for eyes.

I helped my child make this recipe: _____ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
    	    	    	  

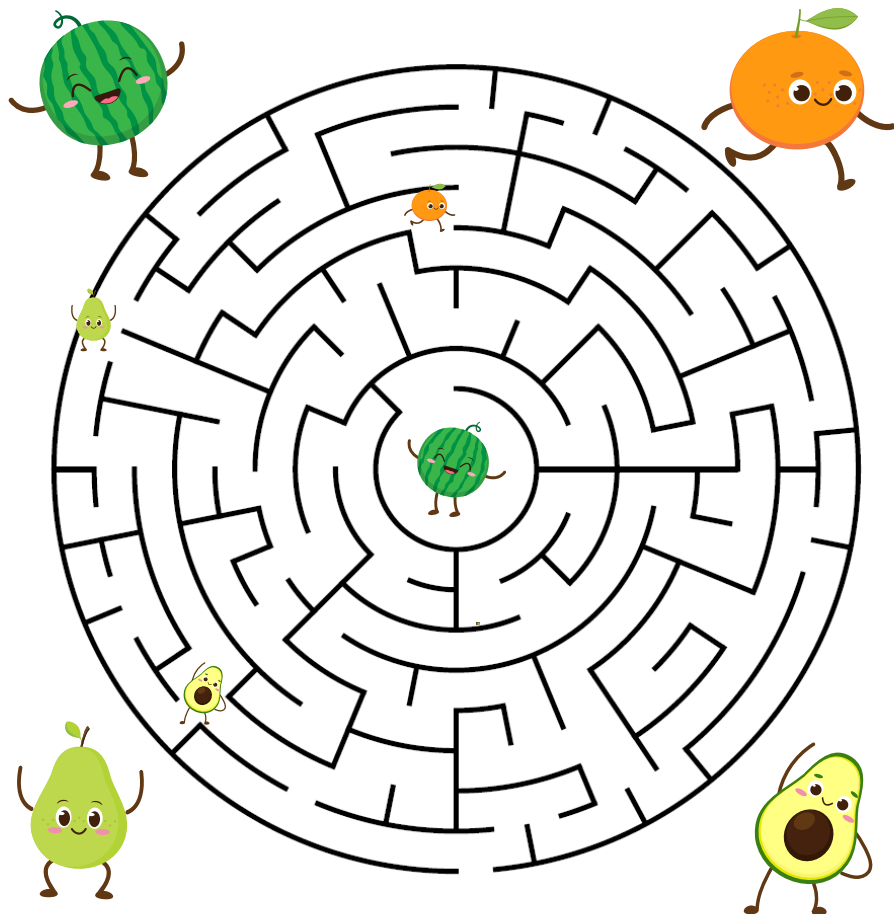
How many cups of veggies and fruits did you eat each day?

Play Hard



Help the Melon

Help the Melon and his friends escape the maze!



We did it: _____

Parent/Adult Signature

Friday			Saturday			Sunday		
								
								

Place stickers here.



Eat Smart

Week 2

Tasty Tostada



Ingredients

- 2 cup cooked chicken, chopped
- 1 cup cooked corn
- 1/2 cup low fat shredded cheese
- 8 corn tortillas
- 2 teaspoons vegetable oil
- 1 cup chopped vegetables



Options: Circle all that you use

tomatoes onions spinach garlic bell pepper
cabbage zucchini jalapeño cilantro mango
black beans other _____

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

Directions

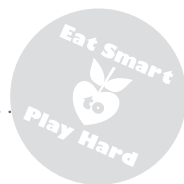
serves 4

- 1 Heat oven to 450°F. Brush each tortilla with oil.
- 2 Bake for 10 to 15 minutes or until crisp.
- 3 Add cooked chicken, vegetables, and cheese to each tortilla.
- 4 Add low-fat sour cream, salsa, and/or guacamole if desired. Serve and enjoy.

I helped my child make this recipe: _____ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
    	    	    	 

Play Hard



Balloon Toss Fun



Grab a friend or play by yourself! Ask an adult to help you blow up a balloon—big and bouncy!

If you have a buddy, gently tap the balloon back and forth. If you're flying solo, keep tapping the balloon up in the air like a pro!



The challenge? Don't let the balloon touch the ground! Count how many times you can keep it bouncing before it drops.

Try to beat your own record or see who can keep the balloon flying the longest! Ready, set, toss!

We did it: _____ Parent/Adult Signature

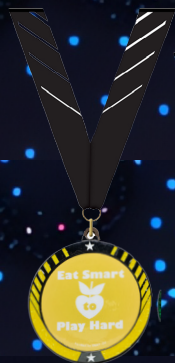
	Friday	Saturday	Sunday
 	  	  	  
	 	 	 

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 bring your Fun Book each week!



Play Hard

Why other kids Eat Smart to
Play Hard

YOU
WIN
PRIZES

Spend
time with
your family

Have
FUN!

When you Eat
Smart, you play hard
and get rewarded



Eat Smart

Week 3

Fruit Yogurt Pops



Ingredients

- 1 cup low-fat fruit flavored yogurt
- 1 cup fresh or frozen fruit(s) of your choice

Supplies

- Ice tray or paper cups
- Popsicle sticks



Options: Circle all that you use

blueberries apples pears raspberries bananas
peach strawberries cherries apricots orange
mango other _____

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

Directions

serves 4

- 1 Cut the fruit into small pieces.
- 2 Mix fruit and yogurt.
- 3 Divide mixture into 4 small paper cups or 8 ice cubes. Place in popsicle sticks.
- 4 Freeze for at least 4-6 hours, or overnight, until the pops are completely solid. Enjoy!

I helped my child make this recipe: _____
Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
    	    	    	  

How many cups of veggies and fruits did you eat each day?

Play Hard



Bubble Run!

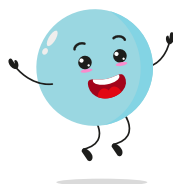


You will need:

- * bubble solution
- * string



How to Play



- 1 Get outside with friends or solo for extra fun!
- 2 Fill a bowl with bubble solution or mix 1 cup water + 2 tbsp dish soap.
- 3 Tie the ends of a 3-4 ft string to make a big circle.
- 4 Dip the string into the bubble solution, keeping it open.
- 5 Run as fast as you can to make HUGE bubbles!



We did it: _____ Parent/Adult Signature

Friday		Saturday		Sunday	

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
    	    	    	  

How many cups of veggies and fruits did you eat each day?

Play Hard



Freeze Dance Fun

Turn up your favorite music and get ready to groove!



How to Play

Choose one person to be the DJ—they're in charge of starting and stopping the music!

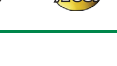
When the music plays, everyone else dances however they want—go wild, get silly!

As soon as the music stops... FREEZE like a statue!

If someone moves after the music stops, they're out for that round.

Keep playing until only one dancer is left—that person becomes the next DJ!

We did it: _____ Parent/Adult Signature

Friday				Saturday			Sunday		
 ½ CUP	 1 CUP	 1 CUP	 ½ CUP	 1 CUP	 1 CUP	 ½ CUP	 1 CUP	 1 CUP	 ½ CUP
 ½ CUP	 1 CUP	 ½ CUP		 1 CUP	 ½ CUP		 1 CUP	 ½ CUP	

Place stickers here.



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



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.

FOLLOW US

Website



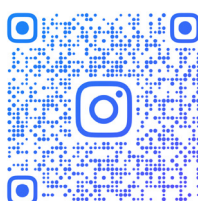
Facebook

@eatsmarttoplayhard



Instagram

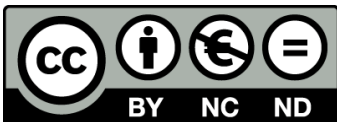
@eatsmarttoplayhard



Play Hard

Credits

MyPlate image is from www.choosemyplate.gov.



Version 10 July 2025.

University of New Mexico Prevention Research Center
Social Marketing



Eat Smart



Play Hard



cooking
with kids®



**SCHOOL OF
MEDICINE**

PREVENTION RESEARCH CENTER

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Supplemental Nutrition Assistance
Program — SNAP.

HEALTHY KIDS

