

# 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

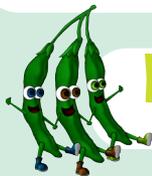
## How to Play



- 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...

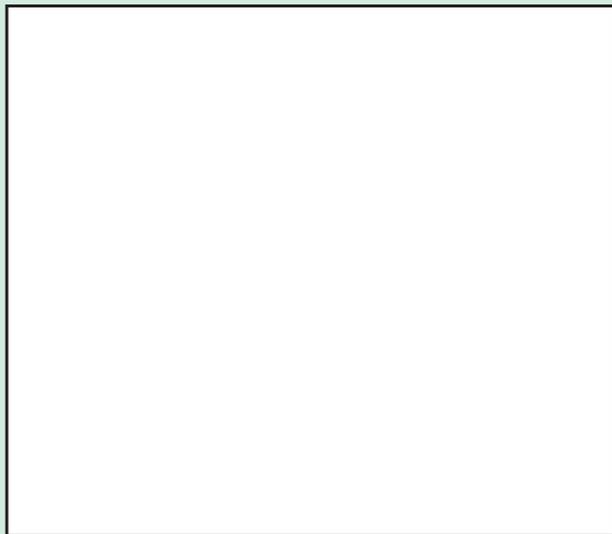
The more you play, the more prizes you win!



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 Daily 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

serves 4

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

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

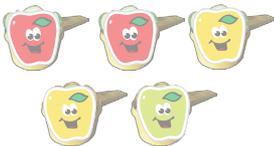
I helped my child make this recipe: \_\_\_\_\_

Parent/Adult Signature

Monday



Tuesday



Wednesday



Thursday



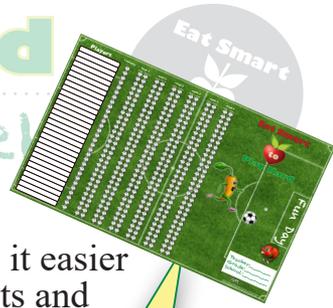
# Play Hard

Eat Smart



**2** Each week you do a fun activity.

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

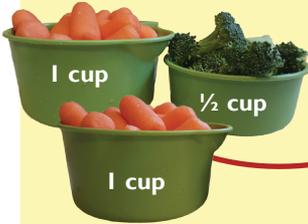


**4** Ask your teacher to stamp your classroom poster for the recipe and activity when you finish.

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

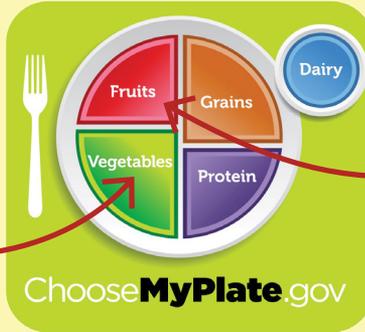
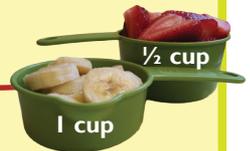
### Vegetables

2.5 cups per day



### Fruit

1.5 cups per day



Choose **MyPlate**.gov

**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

### Delicious Vegetable Dip

#### Ingredients

- 1 1/4 cup plain, low-fat yogurt or hummus
- 1 cucumber
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 2 cups vegetables
- Mint, dill, or garlic for extra flavor



photo: www.choosemyplate.gov

Options: Circle all that you use

broccoli carrot snap peas bell peppers celery  
 cauliflower broccoli okra radish mushroom  
 tomato other \_\_\_\_\_

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

#### Directions

serves 4

- 1 Peel, seed, and grate one cucumber.
- 2 Mix yogurt or hummus, grated cucumber, lemon juice, and other seasonings in serving bowl. Chill for 1 hour.
- 3 Cut additional veggies and fruit for dipping.
- 4 Serve cucumber dip. Enjoy.

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

Monday	Tuesday	Wednesday	Thursday

# Play Hard



## Treasure Hunt



1. Pick an item (treasure) to hide.
2. Find a place to hide the treasure.
3. Write 5 clues to find the treasure.



At the end of each clue, everyone who is playing must do one of the following:

- 10 jumping jacks
- 10 sit-ups
- Jog in place for 1 minute
- 5 push ups
- and/or jump up 15 times



The last clue tells the treasure location. Go!

We did it: \_\_\_\_\_ Parent/Adult Signature

	Friday	Saturday	Sunday
1st Row	1/2 CUP	1 CUP  1 CUP  1/2 CUP	1 CUP  1 CUP  1/2 CUP
2nd Row	1/2 CUP	1 CUP  1/2 CUP	1 CUP  1/2 CUP

Place stickers here.



# Eat Smart



## Week 2 Tasty Taquitos

### Ingredients

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



photo: www.choosemyplate.gov

**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. Mix chicken, vegetables, and cheese.
- 2 Add mixture to each tortilla. Roll up each tortilla and place seam down on baking sheet. Brush with oil.
- 3 Bake for 10 to 15 minutes or until crisp.
- 4 Eat with salsa and guacomole if desired. Serve and enjoy.

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

Monday	Tuesday	Wednesday	Thursday
    	    	    	  

# Play Hard



## Bears, Crabs, & Beach Ball

### You will need:

- \* Beach ball or balloon
- \* a space to crawl

### How to play



↪ Bear-walk for 30 seconds using your head to move a beach ball (or balloon)...



and then flip over and crab-walk using your feet to move the beach ball (or balloon).



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!

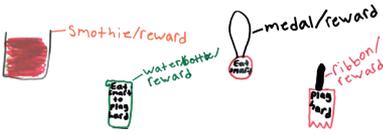
Don't forget to turn in your Fun Book!

# 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

### Sassy Salsa

#### Ingredients

- 4 tomatoes
- 2 jalapeños
- 2 chopped garlic cloves
- 1/4 cup chopped onion (medium)
- 3 tablespoons lime juice
- **1/2 cup fruits and vegetables**
- Add salt, pepper, cilantro to taste



Adapted from Cooking with Kids, Lynn Walters and Jane Stacey USDA SNAP-ED

Photo: www.mainesnap-ed.org/

**Options:** Circle all that you use

avocado melon Serrano pepper corn black beans  
 peach strawberry cucumber tomatillos squash  
 mango other \_\_\_\_\_

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

#### Directions

**serves 4**

- 1 Dice tomatoes into small pieces and place in bowl with chopped onion and garlic.
- 2 Seed, mince, and chop jalapeños and other fruits/vegetables, and add to tomato mixture.
- 3 Add lime juice to mixture. Serve and enjoy.

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

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	

# Play Hard



## Hopscotch

### You will need:

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



Use a piece of chalk to create the following design:

### How to Play



- 1 Toss a small rock onto one of the numbers, making sure it lands inside a square.
- 2 Hop through the squares to the end, skipping the square with the rock.
- 3 When you turn around to come back, balance on one foot and pick up the rock.
- 4 Complete the hopscotch!

We did it: \_\_\_\_\_ Parent/Adult Signature

Friday	Saturday	Sunday
      	    	    

Place stickers here.



## 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

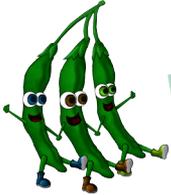


## Hula Dance Off



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

\_\_\_\_\_ minutes burns \_\_\_\_\_ calories  
your favorite activity

We did it: \_\_\_\_\_ Parent/Adult Signature

Friday				Saturday			Sunday		

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 page @eatsmarttoplayhard



FOLLOW US



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.



# Play Hard

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## Credits

MyPlate image is from [www.choosemyplate.gov](http://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



SCHOOL OF  
MEDICINE  

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PREVENTION RESEARCH CENTER

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