

Eat Smart



Play Hard



Fun Book

grade

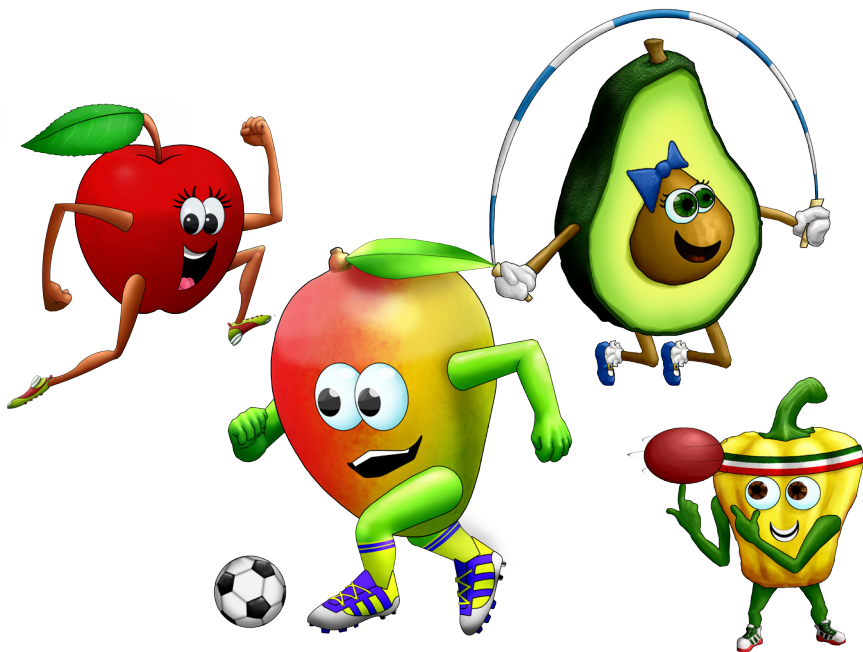
4

Name: _____ Teacher: _____

Eat Smart



Eat fruits and veggies

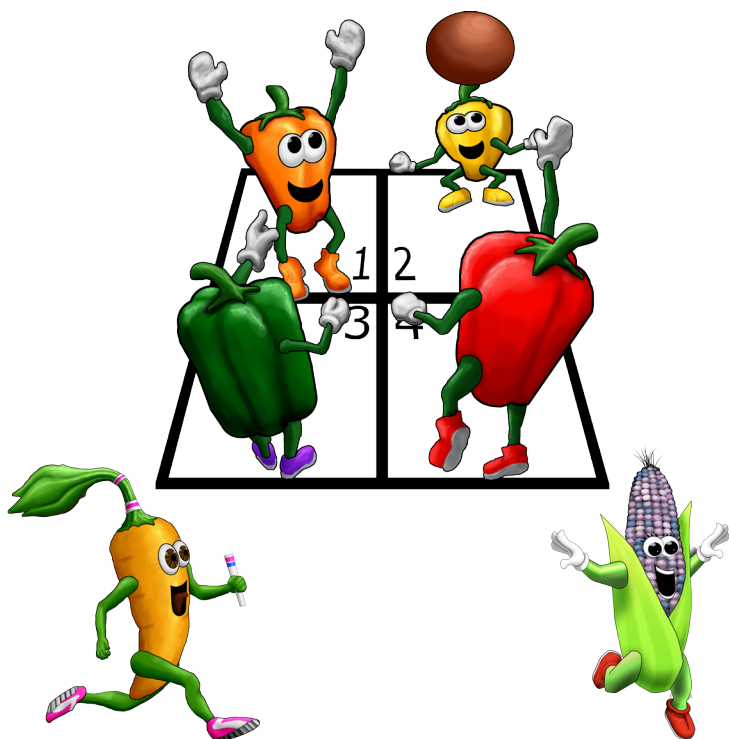


Ready to have FUN?



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.



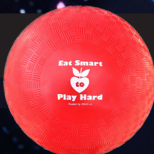
5

- 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

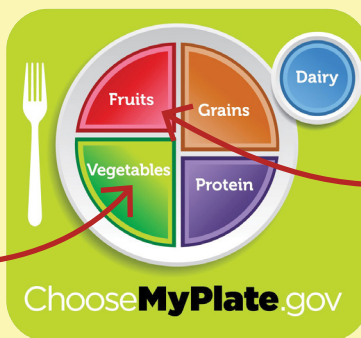
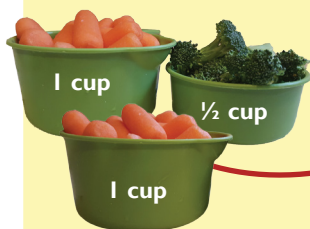


2 Each week you do a fun activity.

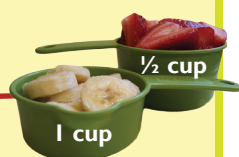
Cooking at home makes it easier to eat the amount of fruits and vegetables you need.

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

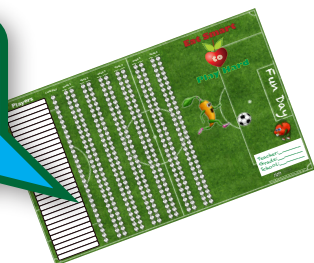
Vegetables
2.5 cups per day



Fruit
1.5 cups per day



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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

Berry Good Banana Split



Ingredients

- 1 small banana, peeled
- 1/2 cup low-fat vanilla yogurt
- 1 tablespoon low-fat granola
- 1/2 cup fresh or frozen blueberries or other berries



Options: Circle all that you use

pear pineapple kiwi mango papaya
cherries strawberry orange melon blueberry
other _____

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

Directions

serves 1

- 1 Take your banana and slice it in half lengthwise to create two pieces.
- 2 In a bowl, add your desired amount of yogurt, making sure it forms a smooth base.
- 3 Place the banana halves on either side of the yogurt.
- 4 Sprinkle granola and berries. Serve 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



Yummy Word Search

Solve the word search below for ideas.
Words can be found forward, backward,
and diagonally.



T	V	D	U	W	Q	U	O	R	W	O	T	R	W
F	C	T	O	M	A	T	O	A	P	P	L	E	E
S	T	R	A	W	B	E	R	R	Y	U	U	Y	P
N	I	R	I	M	U	S	H	R	O	O	M	L	O
E	Z	U	C	C	H	I	N	I	R	T	E	E	E
C	G	R	A	P	E	S	O	A	T	M	N	Y	G
T	Z	F	D	I	T	N	D	Z	O	Y	O	D	A
A	V	P	E	C	I	I	J	N	W	E	O	Z	B
R	Y	J	Y	O	S	O	A	A	N	A	N	A	B
I	D	E	N	H	N	I	K	P	M	U	P	X	A
N	H	R	S	M	C	A	I	E	I	W	I	K	C
E	E	G	G	P	L	A	N	T	A	G	C	E	U

Pumpkin

Banana

Zucchini

Tomato

Grapes

Kiwi

Lemon

Onion

Radish

Mushroom

Cabbage

Nectarine

Strawberry



We did it: _____ Parent/Adult Signature

Friday		Saturday		Sunday	
					
					

Place stickers here.



Eat Smart

Week 2



Veggie Fried Rice

Ingredients

- 3 cups cooked brown rice
- 2 large eggs
- 2 tbsps soy sauce
- 2 tbsps cooking oil
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1½ cups fresh or frozen mixed vegetables
- Black pepper to taste



Options: Circle all that you use

peas carrots cabbage broccoli mushrooms
zucchini spinach onion egg snap peas bell pepper
corn other _____

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

Directions

serves 4

- 1 Heat oil in a skillet over medium heat; add rice and stir for 5 minutes
- 2 Stir in: vegetables, soy sauce, black pepper, garlic and onion powder. Cook until vegetables are tender.
- 3 Whisk eggs in a small bowl. Clear a spot in the skillet, and add in eggs. Cook, stirring eggs often, until scrambled.
- 4 Stir everything together until combined and warm. Serve and enjoy!

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

Monday	Tuesday	Wednesday	Thursday
    	    	    	  

Play Hard



Jump to the Beat!

Play one of your favorite songs (the longer, the better!) and see if you can jump rope to the beat the entire time—without stopping!



We did it: _____

Parent/Adult Signature

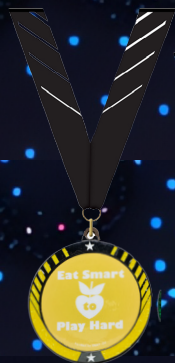
Friday		Saturday		Sunday	
 	 	 	 	 	
	 	 	 	 	

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



Baked Apple Chips

Ingredients

- 2 large apples
- Cinnamon (optional)



Options: Circle all that you use

pears mango peaches apricots banana
strawberry plantain pineapple other _____

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

Directions

serves 2

- 1 Rinse apples, slice them crosswise into thin rounds, and remove the core if desired.
- 2 Place slices in a single layer on baking sheets and sprinkle lightly with cinnamon if using.
- 3 Preheat oven to 200°F and bake for 1 hour. Flip and continue baking for another hour or more until dry and crisp.
- 4 Let chips cool completely, enjoy! Store extra in an airtight container.

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

Monday	Tuesday	Wednesday	Thursday

Play Hard



Cup Bowling

Get ready to bowl...right in your hallway or backyard!

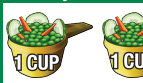


How to Play

- 1 Set up 6 plastic cups in a triangle shape, just like bowling pins.
- 2 Take 10 big steps back to make your bowling line.
- 3 Grab a tennis ball and roll it toward the cups.
- 4 Try to knock down all 6 cups in one roll!

Play again and see if you can beat your score.
Challenge a friend or family member to a bowling match!

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



Obstacle Course

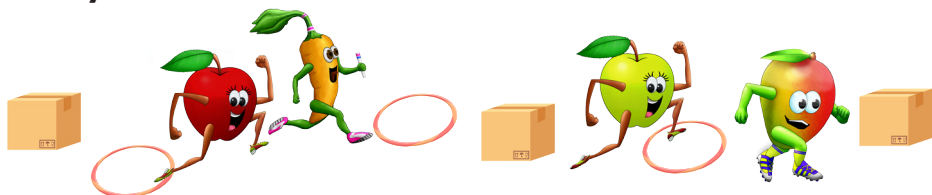
Build Your Own Obstacle Course!



Get creative and build an obstacle course in your backyard or park.

Use items you have like water bottles (for zigzag running), hula hoops (to jump through), or boxes (to jump over).

Time yourself or a friend to see who is the fastest!



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



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



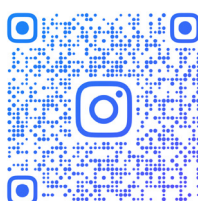
Facebook

@eatsmarttoplayhard



Instagram

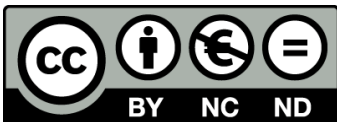
@eatsmarttoplayhard



Play Hard

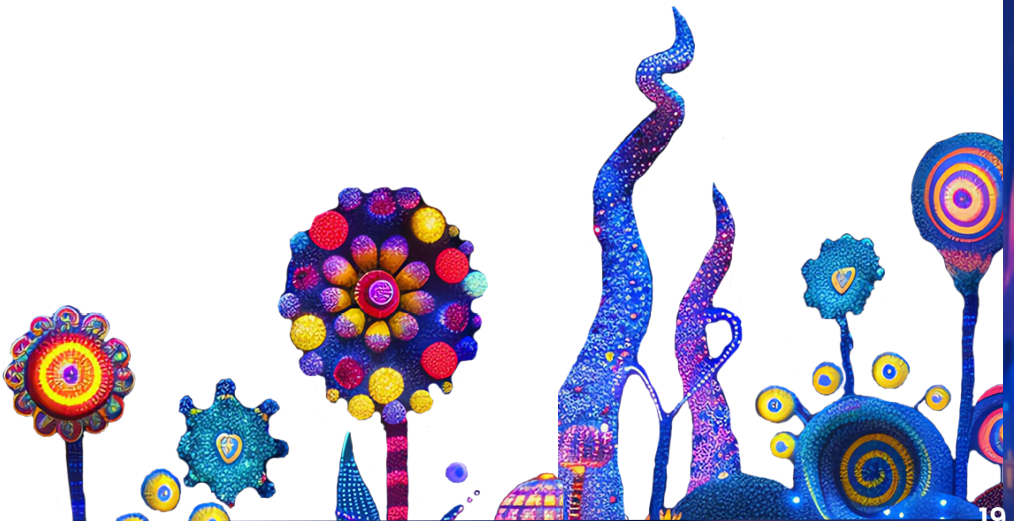
Credits

MyPlate image is from www.choosemyplate.gov.



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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.



ican
Ideas for Cooking & Nutrition



HEALTHY KIDS

Kids Cook!
fudrr

SNAP-Ed



New Mexico