

# Eat Smart



# Play Hard



Fun Book

YOU  
WIN  
PRIZES

grade  
4

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

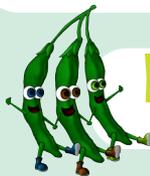
## How to Play



- 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...

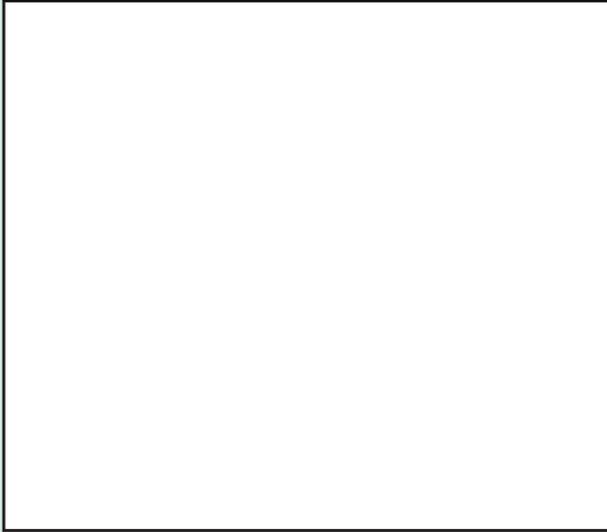
The more you play, the more prizes you win!



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 Weekly 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

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

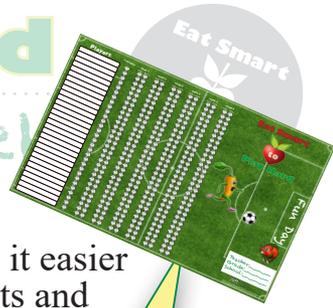
# Play Hard

## 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.

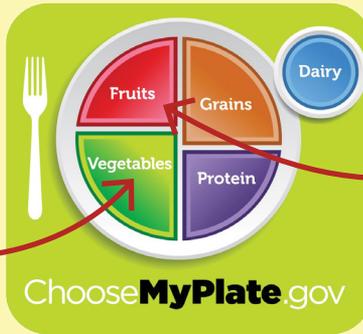
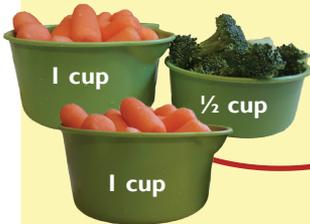


**4** Ask your teacher to stamp your classroom poster for the recipe and activity when you finish.

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

### Vegetables

2.5 cups per day



Choose **MyPlate**.gov

### Fruit

1.5 cups per day



**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

### Brilliant Banana Shake

#### Ingredients

- 4 cups low-fat milk or yogurt (or non-dairy milk or yogurt)
- 1 cup ice
- 2 ripe bananas or 3 cups fruit



Options: Circle all that you use

banana    pineapple    kiwi    mango    papaya  
 carrot    strawberry    orange    melon    blueberry  
 other \_\_\_\_\_

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

#### Directions

serves 4

- 1 Put milk or yogurt, ice, and fruit into the blender.
- 2 Blend until smooth, about 45 seconds.
- 3 Sprinkle with cinnamon, if desired, and enjoy.
- 4 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



## Wacky Word Search



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

Banana Blackberries Blueberries Apple  
Grapes Kiwi Mango Orange Pears  
Pineapple Raspberry Strawberry Yogurt

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

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

Friday		Saturday			Sunday		

Place stickers here.



# Eat Smart



## Week 2 Crazy for Tacos

### Ingredients

- 1 pound fish, chicken, lean beef, or beans
- 8 corn tortillas
- Low-fat cheese, if desired
- 2 cups vegetables and fruit



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 Cook and season meat, or beans. Warm the tortillas.
- 2 Layer meat, veggies, and fruit on each tortilla.
- 3 Enjoy.

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

Monday	Tuesday	Wednesday	Thursday

# Play Hard

## ABC Jump Rope



Grab a jump rope. Get ready to say the fruit and vegetable alphabet!

Each time you jump, say the name of a fruit or vegetable that begins with the next letter in the alphabet.

For example, you can say “avocado” for A or “banana” for B.

Continue jumping rope and naming fruits and vegetables. Jump until you reach Z.



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!

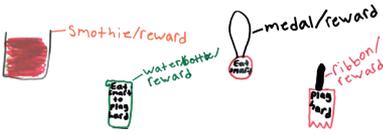
Don't forget to turn in your Fun Book!

# 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

### Colorful 4-Square Quesadillas

#### Ingredients

- 4 whole grain or corn tortillas
- 1 cup low-fat shredded cheese
- 2 cups chopped vegetables



Options: Circle all that you use

bell pepper beans tomato spinach cilantro  
 zucchini jalapeño green chile black olive avocado  
 green onion other \_\_\_\_\_

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

#### Directions

serves 4

- 1 Sprinkle cheese on 2 tortillas.
- 2 Add your choice of veggies.
- 3 Cover with the other tortillas and heat in pan for 1–2 minutes on each side or until golden brown.
- 4 Remove from heat. Let cool. Enjoy.

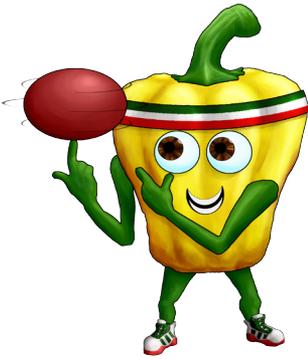
I helped my child make this recipe: \_\_\_\_\_ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	

# Play Hard



## Fabulous 4-Square



### You will need:

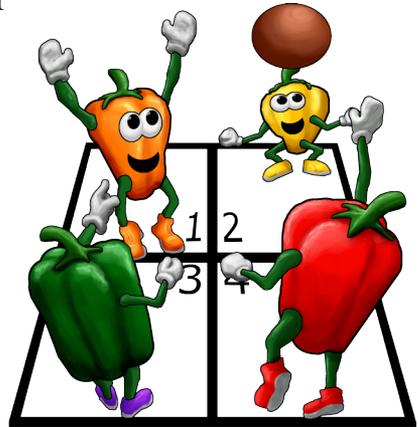
- \* chalk to draw squares
- \* a place to play on concrete
- \* a ball that bounces
- \* 2-4 players

Each player stands in a square.

One player starts the game by bouncing the ball in his or her square one time. That player hits it toward another square.

The next player lets the ball bounce once. Then that player hits it to another player. If the ball bounces twice in any player's square, that player is out.

All other players move toward square one.



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

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

# Play Hard

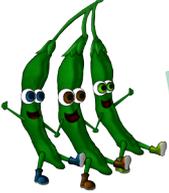


## Hula Dance Off



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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