

Eat Smart



Play Hard

Fun Book

grade

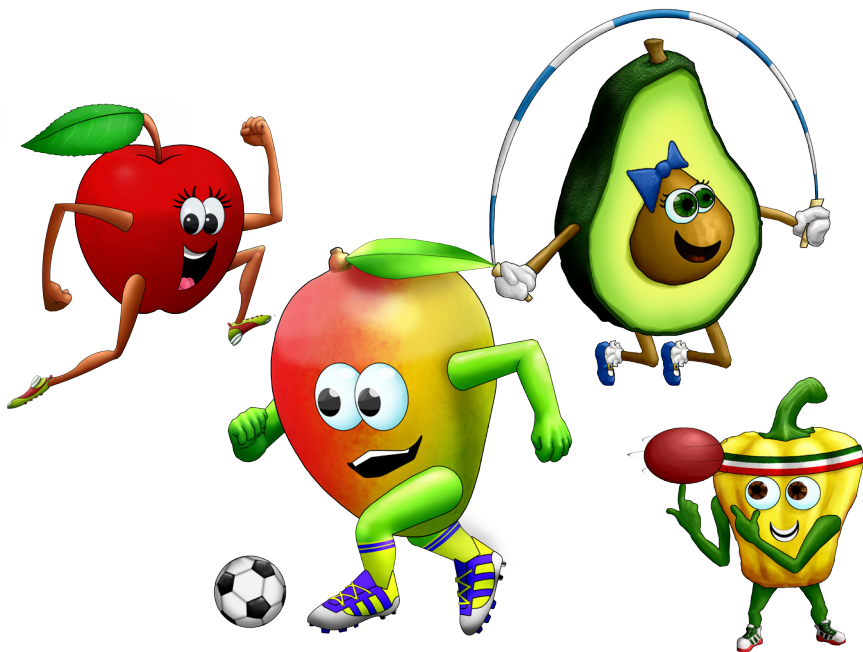
5

Name: _____ Teacher: _____

Eat Smart



Eat fruits and veggies

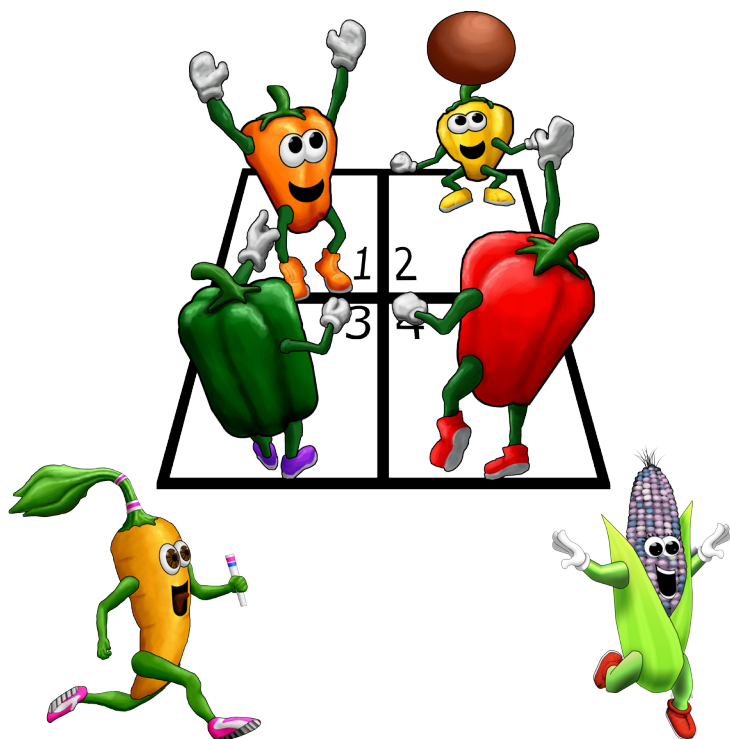


Ready to have FUN?



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.



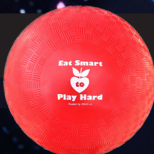
5

- 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

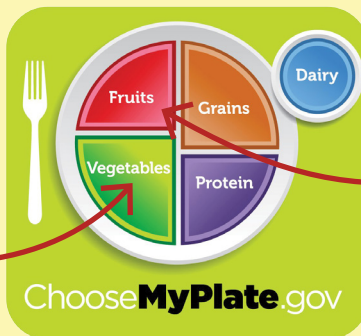
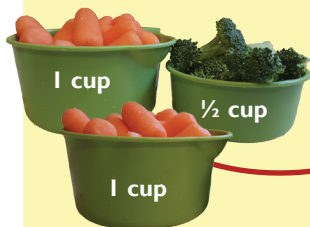


2 Each week you do a fun activity.

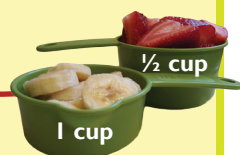
Cooking at home makes it easier to eat the amount of fruits and vegetables you need.

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

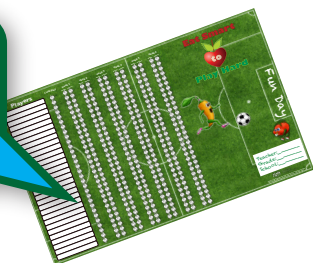
Vegetables
2.5 cups per day



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



Banana Pancakes

Ingredients

- 2 eggs
- 1 ½ cups of nonfat milk
- 3 tablespoons olive oil
- 2 bananas, mashed
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder
- Optional toppings: fruits, yogurt, or nuts



Options: Circle all that you use

blueberries strawberries raspberries blackberries
peaches apple mango pear banana
cherries other _____

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

Directions

serves 4

- 1 In a medium bowl, mix together eggs, milk, oil, and bananas.
- 2 Add flours and baking powder. Mix well.
- 3 Heat a lightly greased or non-stick griddle on medium heat.
- 4 Pour ¼ cup batter onto griddle and cook each pancake until tops are bubbly and edges are dry. Flip pancake and cook until browned.
- 5 Serve warm with your favorite toppings!

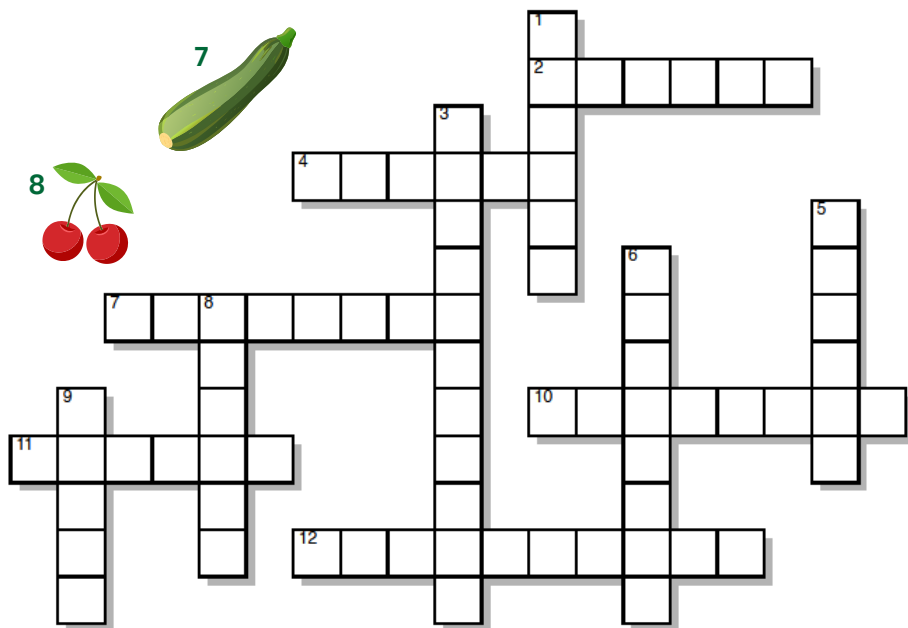
I helped my child make this recipe: _____
Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
 1 CUP  1 CUP  ½ CUP  1 CUP  ½ CUP	 1 CUP  1 CUP  ½ CUP  1 CUP  ½ CUP	 1 CUP  1 CUP  ½ CUP  1 CUP  ½ CUP	 1 CUP  1 CUP  1 CUP

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

Crazy Crosswords

Use the clues and complete the crossword puzzle.



Across

- 2 round, citrus fruit
- 4 yellow fruit that has to be peeled
- 10 combined with vinegar, it makes a pickle
- 11 long, green crunchy vegetable
- 12 red on the inside, green on the outside with many seeds

Down

- 1 red, brown, sweet, or yellow
- 3 white and look like broccoli
- 5 grow in bunches on a vine
- 6 green and looks like a tree
- 9 has a pit and fuzzy skin

We did it: _____ Parent/Adult Signature

Friday			Saturday			Sunday		
								
								

Place stickers here.



Eat Smart

Week 2



Sweet Potato Fries

Ingredients

- 1 large, sweet potato, peeled
- 2 tbsps olive oil
- 1 tsp spice(s) of choice: garlic powder, onion powder, paprika, cumin, etc.
- Salt and pepper to taste



Options: Circle all that you use

butternut squash beets turnips red potatoes
brussel sprouts eggplant zucchini radish carrots
other _____

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

Directions

serves 2

- 1 Preheat the oven to 425°F. Cut the sweet potato into ½-inch thick fries and place them in a medium bowl.
- 2 Spread the fries on a baking sheet in a single layer. Bake for about 15 minutes.
- 3 Drizzle with 2 tbsps olive oil and sprinkle with 1 tsp of your chosen spices; toss until evenly coated.
- 4 Flip the fries and bake for another 10 minutes, or until crisp.
- 5 Remove from oven and serve while hot.

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

Monday	Tuesday	Wednesday	Thursday
    	    	    	  



Play Hard

Choreograph a Dance Routine!



Make up a 2-minute dance routine with your best friend(s) or siblings!



Present the dance routine to your parents or teachers and get a signature from them for completing the activity!

We did it: _____ Parent/Adult Signature

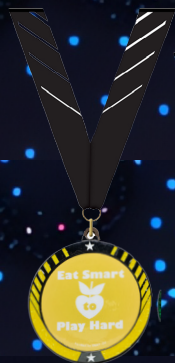
Friday		Saturday		Sunday	
 1 CUP	 ½ CUP	 1 CUP	 1 CUP	 ½ CUP	 1 CUP
 ½ CUP		 1 CUP	 ½ CUP		 1 CUP

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 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

Tuna Boat



Ingredients

- 2 large cucumbers
- 1 lemon
- 1 tbsp olive oil
- 1 tbsps mustard
- 1/4 cup onion, chopped
- 1 (15 ½ ounce) can white beans
- 1 (6-ounce) can low-sodium tuna
- salt and pepper to taste



Options: Circle all that you use

celery bell peppers cucumbers cherry tomatoes
black olives carrots peas pickles
other _____

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

Directions

serves 4

- 1 Rinse cucumbers, peel if desired, and cut lengthwise. Scoop out the seeds with a small spoon.
- 2 Cut lemon in half and squeeze juice into a small bowl.
- 3 Drain the tuna. In a colander, drain and rinse the beans. In a medium bowl, mash the beans with a fork.
- 4 Add onion, tuna, oil, mustard, salt, pepper, 2 tablespoons of lemon juice. Mix with a fork.
- 5 Fill each cucumber with ¼ tuna mixture. Enjoy!

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

Monday	Tuesday	Wednesday	Thursday
    	    	    	  



5 push-ups	30 sec. plank	10 alternating lunges
6 sit ups	Free	5 mountain climbers
10 air squats	10 jumping jacks	1 minute jogging in place



- We did it:** _____ **Parent/Adult Signature**

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

15



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



Water Balloon Toss

Get ready for a splashy challenge!



With an adult's help, fill up some balloons with water.

Stand just one step away from a friend.

Gently toss the water balloon to your friend.

If they catch it without popping, both of you take a step back and try again!

Keep going until the balloon pops — then get ready for the next round!



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



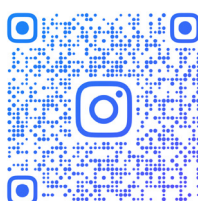
Facebook

@eatsmarttoplayhard



Instagram

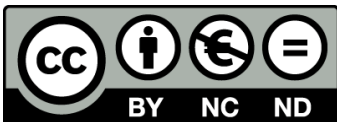
@eatsmarttoplayhard



Play Hard

Credits

MyPlate image is from www.choosemyplate.gov.



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

This material was funded by USDA's
Supplemental Nutrition Assistance
Program — SNAP.



HEALTHY KIDS

