

Eat Smart



Play Hard



**YOU
WIN
PRIZES**

grade
5

**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

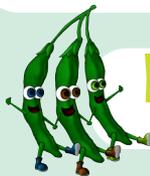
How to Play



- 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...

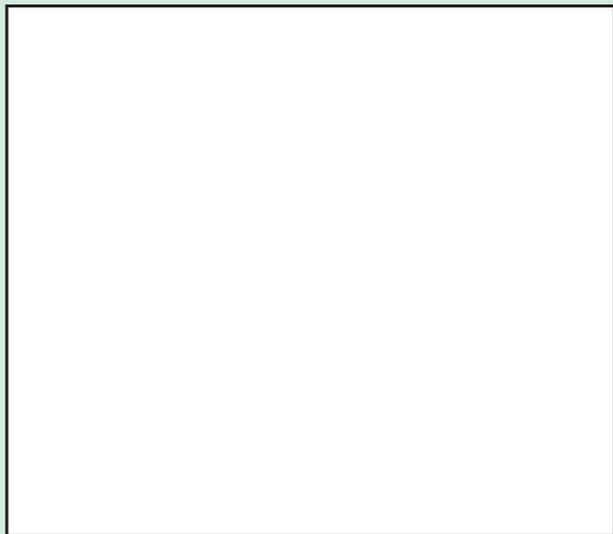
The more you play, the more prizes you win!



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

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.

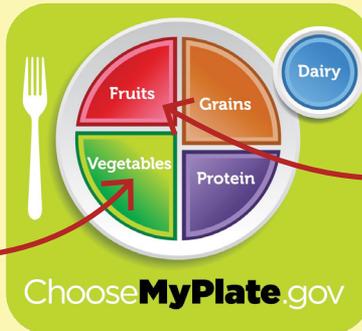
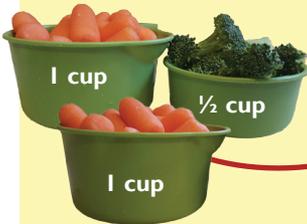


4 Ask your teacher to stamp your classroom poster for the recipe and activity when you finish.

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

Vegetables

2.5 cups per day



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 Fruity Freeze

Ingredients

- ½ cup low-fat yogurt or water
- 1 banana
- 4 cups frozen fruit and vegetables



Options: Circle all that you use

strawberry kiwi guava peach
 lemon cherry mango spinach
 cucumber pineapple cantaloupe
 other _____

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

Directions

serves 4

- 1 Add fruit, vegetables, yogurt, and banana to blender.
- 2 Blend until smooth, about 45 seconds.
- 3 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.

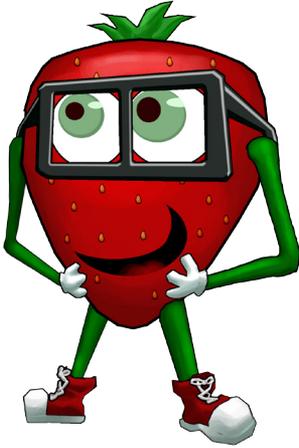
I helped my child make this recipe: _____ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	

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

Play Hard

Freeze Tag



Pick someone to be “It.”

This person tags and “freezes” as many players as they can in a set amount of time.

Players who have not been tagged can “unfreeze” other players.

The game is over when everyone is “frozen.”



We did it: _____ Parent/Adult Signature

Friday		Saturday			Sunday			

Place stickers here.



Eat Smart



Week 2 Breakfast Tacos

Ingredients

- 1 cup black beans, cooked
- 2 eggs, scrambled
- 4 corn tortillas
- 1/2 cup tomatoes, chopped
- 1/2 cup salsa
- Salt, pepper, and cilantro to taste



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 Warm tortillas on skillet or in microwave.
- 2 Layer scrambled eggs, beans, and other veggies onto each tortilla.
- 3 Top with salsa, cilantro, and other toppings. Enjoy.

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

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	

Play Hard



#ChalkJump



You will need:

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

Draw a large hash tag mark on the ground with chalk.

Start game by standing on one leg in the center of the hashtag (middle square).

Hop on one leg all around the squares, returning to the center square each time.

Do one leg, and then the other leg!

See if you can make it all the way around without losing your balance!



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



Chicken Pineapple Kabobs

Ingredients

- 1 cup pineapple chunks
- 1 lb chicken breast, cut into 1-inch cubes
- Salt and pepper to taste
- 4 metal or wooden skewers
- 1 cup fruits and vegetables



Options: Circle all that you use

Eggplant asparagus onion mushroom squash
 bell pepper cabbage zucchini jalapeno
 cauliflower other _____

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

Directions

serves 4

- 1 Cut fruits and veggies into 1-inch pieces.
- 2 Preheat grill to medium high heat. Stick the pineapple, veggies, and chicken on the skewers.
- 3 Cook chicken until golden brown or cooked through.
- 4 Or, place chicken, pineapple, and other veggies in skillet and cook on medium heat until cooked through. Then thread chicken and fruits and veggies.

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



Round-the-clock

With friends and family, do a fun activity throughout the day when a new hour starts!

8am	8 push-ups
9am	9 sit-ups
10am	10 jumping jacks
11am	11 arm circles
12pm	12 squats



1pm	1 minute of jogging
2pm	2 burpees
3pm	3 mountain climbers
4pm	4 lunges

Rockstar level: Double your exercises!

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.

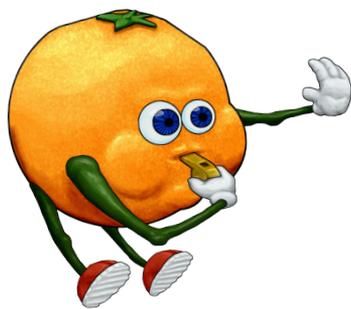
I helped my child make this recipe: _____ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	

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

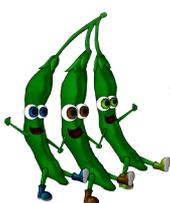
Play Hard

Feel the Burn



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

Credits

MyPlate image is from www.choosemyplate.gov.

Fruit and vegetable characters were designed by Justin Lilo.
Available at [@olilnitsuj](https://twitter.com/olilnitsuj) on Twitter.



Version 8 July 2023.

University of New Mexico Prevention Research Center
Social Marketing

SNAP-Ed



New Mexico



SCHOOL OF
MEDICINE

PREVENTION RESEARCH CENTER

This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.