

Eat Smart Play Hard

FUN MAP

Week 1



How many **YELLOW** or **ORANGE** fruits and veggies can you eat this week?



Red Light
Green Light

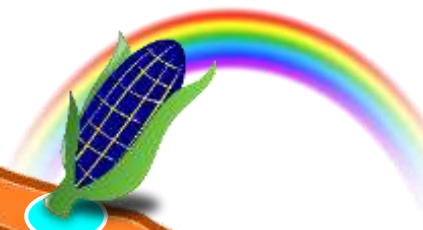
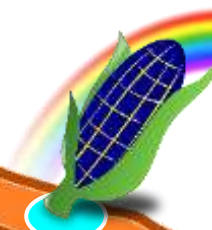


We did it!

Week 2



How many **BLUE** or **PURPLE** fruits and veggies can you eat this week?



Dance Off



We did it!

Week 3

How many **GREEN** or **RED** fruits and veggies can you eat this week?



Jump Rope!



We did it!

Week 4



What fruits or veggies will you flavor your **WATER** with this week?



FUN DAY!



We did it!

Eat Smart with all the **COLORS** of the **RAINBOW**! **Play Hard** with fun activities! **CROSS OFF** as many colorful fruit and vegetables as you can on your weekly **BINGO**!! **Have fun!!**



**YELLOW &
ORANGE**

peaches 	yellow pepper 	orange 
carrots 	Eat Smart to Play Hard 	banana 
pineapple 	yellow corn 	lemon 



**GREEN
& RED**

green apple 	red pepper 	cherries 
radish 	Eat Smart to Play Hard 	chile 
small berries 	cilantro 	grapes 



I will play Eat Smart to Play Hard

Student Signature



**BLUE &
PURPLE**

blueberries 	blackberries 	blue corn 
purple grapes 	Eat Smart to Play Hard 	purple onion 
raisins 	plum 	purple cabbage 



cucumber 	lime 	Free Space!  Your Choice!
Free Space!  Your Choice!	Eat Smart to Play Hard 	strawberries 
watermelon 	kiwi 	lemon 

I will play Eat Smart to Play Hard with my child

Parent Signature