

Eat Smart



Play Hard



5th grade passport to
Fun!



**YOU
WIN
PRIZES**

Name: _____

Teacher: _____

Eat Smart



Eat fruits and veggies



Ready to have fun?

Play Hard

at meals and snacks.



Let's Play
Eat Smart to Play Hard
to get to the Fun Day!

Eat Smart



Welcome to the
Eat Smart to Play Hard adventure

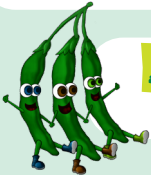
How to Play



- 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 the line under the recipe and the activity when you finish.

4

Ask your teacher to stamp your classroom poster for the recipe and activity when 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 stamps you earn, the more prizes you win!



You could be the Champion of Fun!

Play Hard

Place your picture
or drawing here.



Name _____

Gender _____ Age _____

School _____

Teacher _____ Grade _____

I will play Eat Smart to Play Hard.

Student Signature

I will play Eat Smart to Play Hard with my child.

Parent/Adult Signature

Bring these two signatures to your teacher and ask for a backpack!



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









erves 4

- 1 Toss spinach, lemon, salt, pepper, nuts, veggies and fruits. Mix well.
- 2 Enjoy.

3 Have 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?

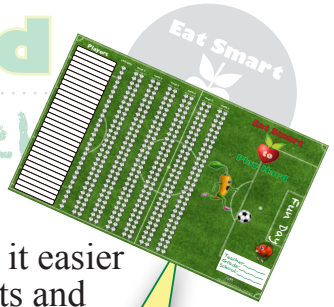
Play Hard

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.

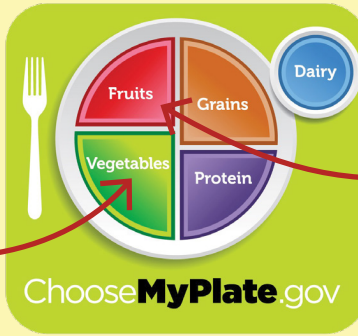
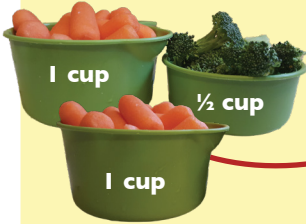


4 Ask your teacher to stamp your classroom poster for the recipe and activity when you finish.

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

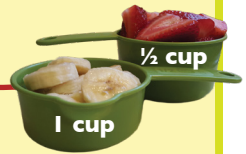
Vegetables

2.5 cups per day



Fruit

1.5 cups per day



Choose **MyPlate**.gov

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

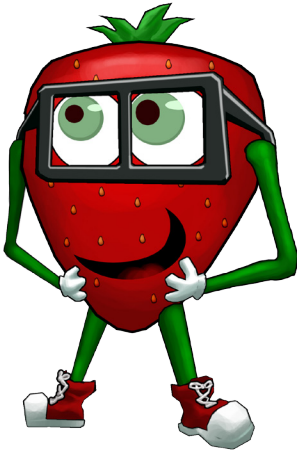
- 1 Add fruit, vegetables, yogurt, and banana to blender.
- 2 Blend until smooth, about 45 seconds.

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

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	 

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 Racy Rice

Ingredients

- 1 cup uncooked brown rice
- ¼ cup chopped onion
- 2 chopped garlic cloves
- 2 tbsp. low-sodium tomato paste
- 2 cups water
- 2 tbsp. olive oil
- 1¼ cup mixed vegetables



Options: Circle all that you use




















carrot peas corn celery broccoli zucchini
 jalapeño mushroom asparagus bell pepper
 green beans other _____

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

Directions serves 4

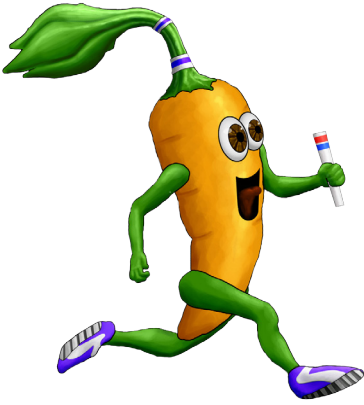
- 1 In a bowl, mix onion, garlic, tomato paste, ¼ cup water, and salt.
- 2 Put olive oil and rice in a large pan. Cook over medium heat. Stir until golden brown.
- 3 Stir in the rest of the water, mixed vegetables, and onion mix. Bring to a boil.
- 4 Reduce heat to low. Cover and cook for 40 minutes or until rice is tender.
- 5 Let cool and enjoy.

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

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	 

Play Hard

Relay Race



It's easy.

- * Make a starting line and a finish line.
- * Form two teams.

When the referee yells "Go!", one player from each team runs to the finish line.

That player runs back to the starting line and tags a teammate. Then the teammate does the same.

The first team to have all of its players back at the starting line wins.



We did it: _____ Parent/Adult Signature

Friday		Saturday			Sunday				

Place stickers here.



Eat Smart



Week 3 Soup My Way

Ingredients

- ¼ cup chopped onion
- 1 chopped garlic clove
- ¼ cup chopped celery
- ¼ cup chopped carrots
- 4 cups broth/water
- Meat if desired: chicken, shrimp, lean beef, fish, or turkey
- salt and pepper to taste
- 4 cups vegetables



Options: Circle all that you use

zucchini corn peas okra beans turnip potato
 cabbage asparagus cauliflower sweet potato
 other _____

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

Directions

serves 4

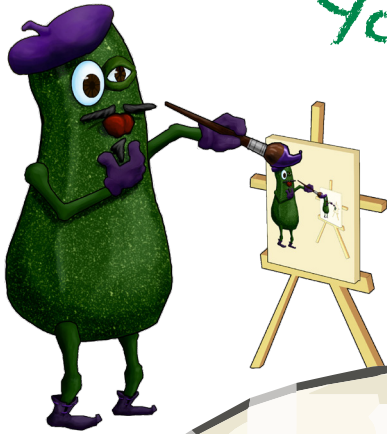
- 1 In a large pot, combine onion, garlic, celery, carrots, broth, and your choice of veggies.
- 2 Bring the soup to a boil. Reduce to low heat.
- 3 Simmer for 20 minutes. Cook until vegetables are tender.
- 4 Let cool. Serve and enjoy.

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 1 CUP ½ CUP

Play Hard




Creating Soup Your Way



Draw a picture in the bowl of what you want in your soup.



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 6 stamps, you get a prize from your teacher. Get 12 stamps and win the medal too!

Don't forget to turn in your passport before the Fun Day to get a water bottle.

Play Hard

Why other kids Eat Smart to Play Hard

When you Eat Smart, you play hard and get rewarded

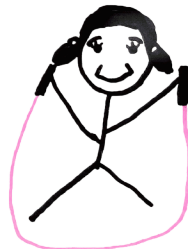


Spend time with your family.

Eat Smart to play hard



You Can Do It!





Eat Smart



Week 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 1/2 CUP	1 CUP 1 CUP 1/2 CUP 1 CUP 1/2 CUP	1 CUP 1 CUP 1/2 CUP 1 CUP 1/2 CUP	1 CUP 1 CUP 1 CUP 1/2 CUP

Play Hard

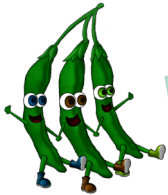


Hula Dance Off



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.



Eat Smart



Week 5 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

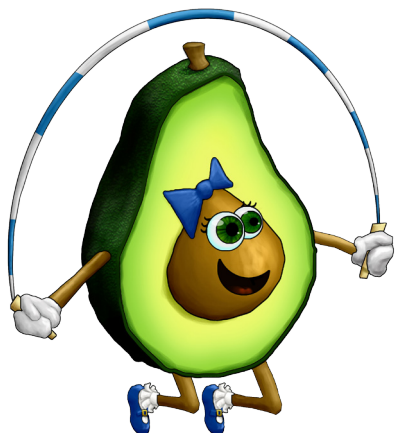
- 1 Cook and season meat, or beans. Warm the tortillas.
- 2 Layer meat, veggies, and fruit on each tortilla.
- 3 Enjoy.

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



Week 6

Colorful 4-Square Quesadillas

Ingredients

- 4 whole grain 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.

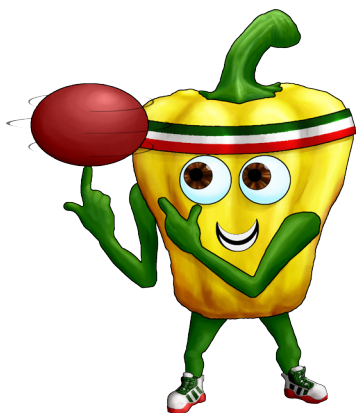
I helped my child make this recipe: _____ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	 

Play Hard



Fabulous 4-Square



You will need:

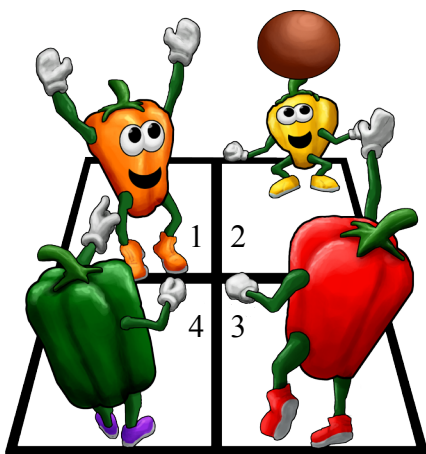
- * chalk to draw squares
- * a place to play on concrete
- * a ball that bounces
- * 2-4 players

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
    	     	         

Place stickers here.

Eat Smart



How can I win MORE PRIZES?

1. Tell the adults in your family to like our **Eat Smart to Play Hard** Facebook page.



2. Take photos of the recipes and activities you do. Have an **adult** post the pictures on the **Eat Smart to Play Hard** Facebook page. You will be entered into the Eat Smart to Play Hard drawings for prizes.
3. For more information, visit the **Eat Smart to Play Hard** website.

Eat Smart to Play Hard website
<https://prc.unm.edu/eatsmart-playhard/>



Eat Smart to Play Hard Facebook
[@eatsmarttoplayhard](https://www.facebook.com/eatsmarttoplayhard)



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.



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University of New Mexico Prevention Research Center
Social Marketing

SNAP-Ed



New Mexico



Eat Smart



Play Hard



cooking
with kids



SCHOOL OF
MEDICINE

PREVENTION RESEARCH CENTER

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