

Eat Smart



Play Hard



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 Fun Day!

Eat Smart



Welcome to the
Eat Smart to Play Hard adventure

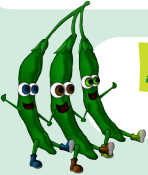
How to Play



- 1** Each week you make a recipe with fruits and vegetables. Ask an adult to help you. Circle the fruits and veggies you eat.

2

- Each week you do a fun activity.



3

- Ask 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 earn!



You can be a 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



1

Each week you make a recipe with fruits and vegetables.

Example Weekly 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 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
  	  	  	 
 	 	 	 

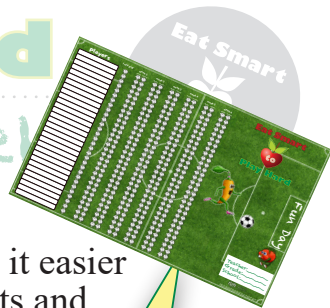
Play Hard

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.

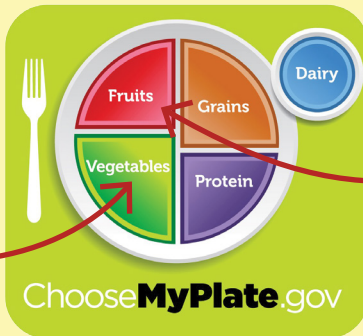
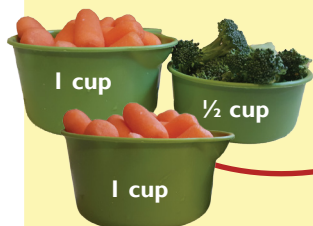


- 4 Ask your teacher to stamp your classroom poster for the recipe and activity when you finish.

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

Vegetables

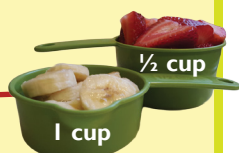
2.5 cups per day



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

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

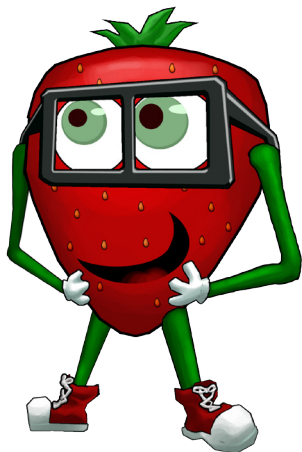
- 1 Add fruit, vegetables, yogurt, and banana to blender.
- 2 Blend until smooth, about 45 seconds.
- 3 If you do not have a blender, place ingredients in a cup or bowl and mash with the back of a spoon or fork until it is smooth.

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

Monday	Tuesday	Wednesday	Thursday
    	    	    	   

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

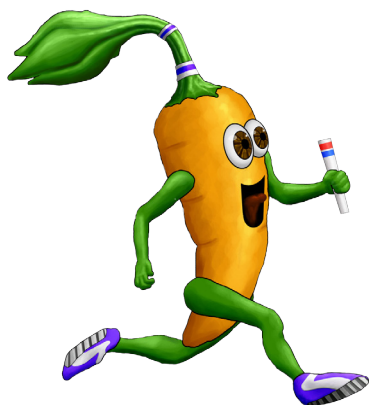
serves 4

- 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



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

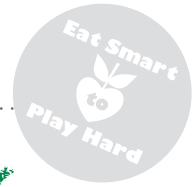
serves 4

- 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
    	    	    	   

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



Good job!
You are halfway 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 fun book before **Fun Day** to get a magic water bottle!

Play Hard

Why other kids
Eat Smart to Play Hard

When you Eat
Smart, you play hard
and get rewarded

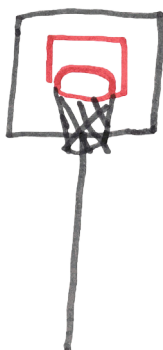


Spend
time with
your family.

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.

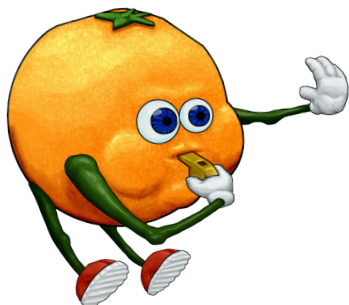
I helped my child make this recipe: _____ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
    	    	    	   



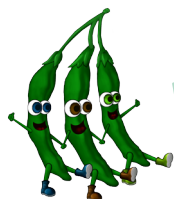
Play Hard

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.



Eat Smart



Week 5 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
 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



#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



Week 6 Banana Split

Ingredients

- 1 small banana
- 1/2 cup granola cereal
- 1/2 cup low fat yogurt
- 1/2 cup canned, frozen, or fresh fruit



Options: Circle all that you use

pineapple strawberries mango apple cherry
peach kiwi orange raisins cranberries
raspberry other _____




















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

Directions

serves 1

- 1 Peel banana and split down the middle. Place banana in bowl.
- 2 Add yogurt and sprinkle granola on top.
- 3 Add additional fruit toppings.
- 4 Serve 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



Fruit and Veggie Mad Lib



One day I was _____ and I got really
(verb-ending in -ing)
 hungry. I wanted something _____
(adjective)
 and _____ so I ate some
(adjective)
 with _____. It was so
(fruit or vegetable) (noun)
 good, I said, “_____!” Then I
(exclamation)
 _____ around the _____ with my
(verb) (noun)
 dog, _____, and then he was hungry! So
(Proper name)
 we bought some _____,
(adjective) (adjective) (fruit or vegetable)
 at the _____ and we shared them! After we played
(noun)
 “freeze tag” for a while, we were both ready
 for a _____ and my _____ made us
(noun) (family member)
 _____, _____.
(adjective) (fruit or vegetable) (noun)
 I Eat
 Smart to Play Hard and _____ does, too!
(Proper name)



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 Facebook
@eatsmarttoplayhard



Play Hard

Credits

MyPlate image is from www.choosemyplate.gov.

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



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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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