

Eat Smart



Play Hard



Fun Book



YOU
WIN
PRIZES



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

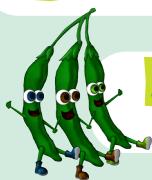
How to Play



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



- Each week you do a fun activity.



- Have an adult sign for each recipe and activity when you finish.



- Ask your teacher to stamp your classroom poster for each recipe and activity you finish.



- 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...

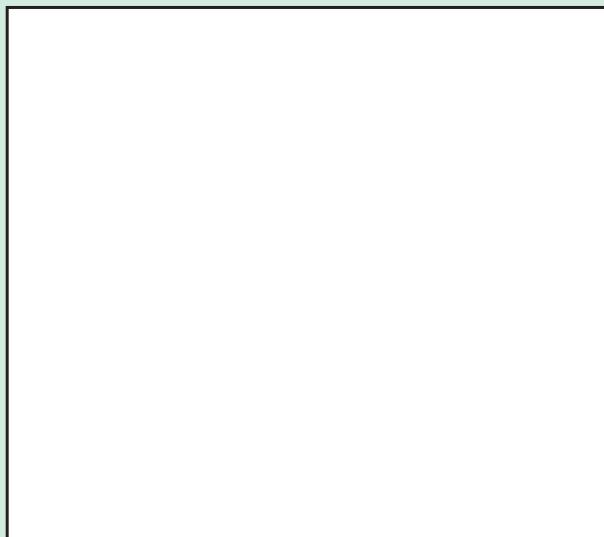
The more you play, the more prizes you win!



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 Week



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

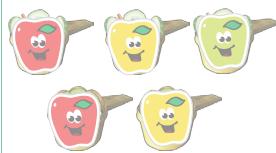
- 1 Toss spinach, lemon, salt, pepper, nuts, veggies and fruits. Mix well.
- 2 Enjoy.

3 Ask an adult sign the line under the recipe and the activity when you finish.

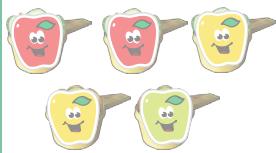
I helped my child make this recipe:

Parent/Adult Signature

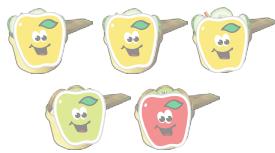
Monday



Tuesday



Wednesday



Thursday



Play Hard



2

Each week you do a fun activity.

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

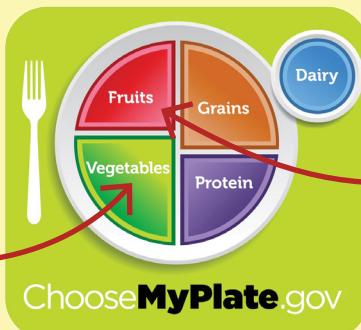
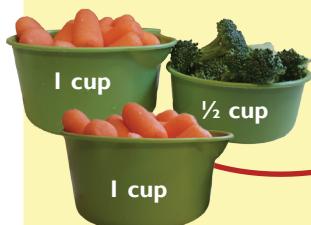
4

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



We did it: _____

Use the stickers to keep track of how many cups you eat each day.

Parent/Adult Signature

Friday



Saturday



Sunday



Place stickers here.



Eat Smart

Week 1

Brilliant Banana Shake



Ingredients

- 4 cups low-fat milk or yogurt (or non-dairy milk or yogurt)
- 1 cup ice
- 2 ripe bananas or 3 cups fruit



Options: Circle all that you use

banana pineapple kiwi mango papaya
carrot strawberry orange melon blueberry
other _____

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

Directions

serves 4

- 1 Put milk or yogurt, ice, and fruit into the blender.
- 2 Blend until smooth, about 45 seconds.
- 3 Sprinkle with cinnamon, if desired, and enjoy.
- 4 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

Wacky Word Search



Solve the word search below for ideas.
Words can be found forward, backward,
and diagonally.

Banana Blackberries Blueberries Apple
Grapes Kiwi Mango Orange Pears
Pineapple Raspberry Strawberry Yogurt

A	P	P	L	E	S	T	K	A	C	R	U	S	T	S	S	M	Y
G	X	D	L	A	Q	Y	C	I	N	O	I	K	W	E	R	Z	O
V	Q	P	Y	Y	R	R	E	B	W	A	R	T	S	P	A	U	G
O	K	Z	O	S	W	D	U	K	B	I	N	A	Z	A	E	E	U
P	I	N	E	A	P	P	L	E	R	W	T	A	N	R	P	O	R
S	E	I	R	R	E	B	K	C	A	L	B	O	B	G	L	R	T
Z	F	G	I	C	T	B	L	U	E	B	E	R	R	I	E	S	X
Y	R	R	E	B	P	S	A	R	O	G	N	A	M	N	C	E	S

We did it: _____

Parent/Adult Signature _____

Friday	Saturday				Sunday			
$\frac{1}{2}$ CUP								
$\frac{1}{2}$ CUP								

Place stickers here.



Eat Smart

Week 2 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

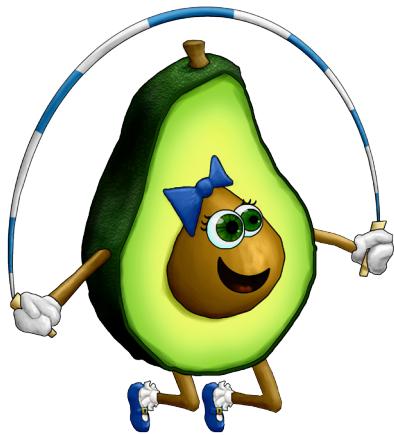


Thursday



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

Colorful 4-Square Quesadillas



Ingredients

- 4 whole grain or corn 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

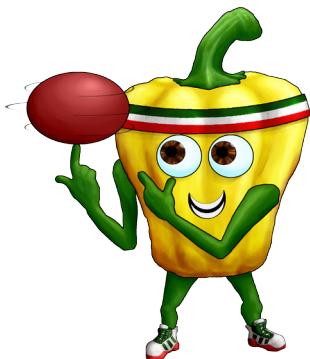


Thursday



Play Hard

Fabulous 4-Square



You will need:

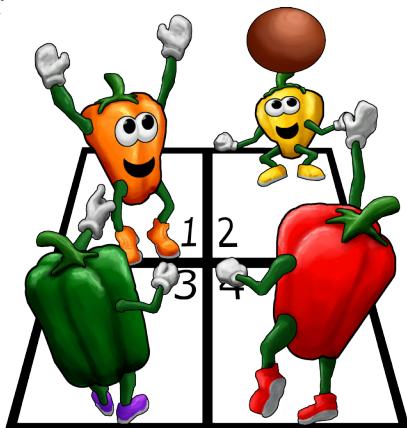
- * chalk to draw squares
- * a place to play on concrete
- * a ball that bounces
- * 2–4 players

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

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



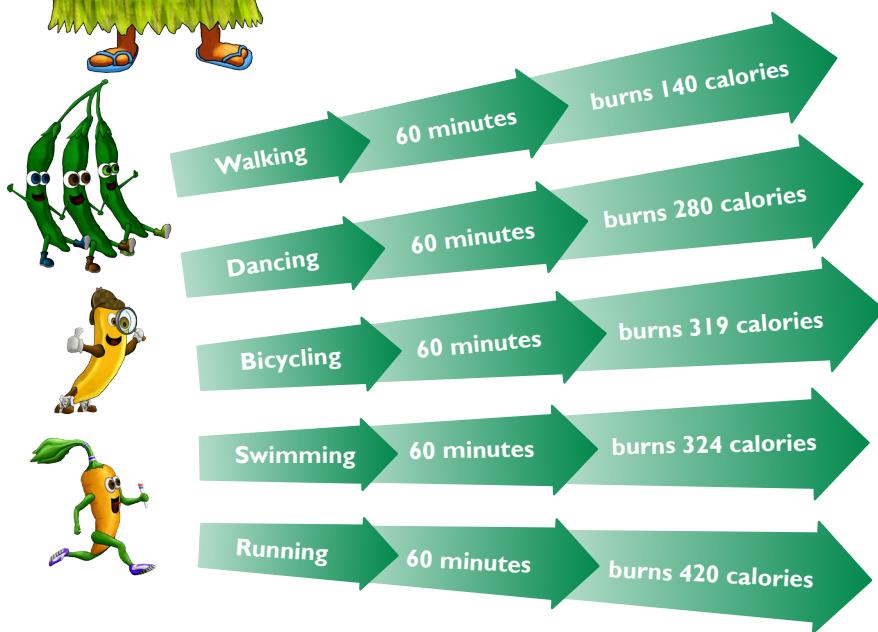
Play Hard

Hula Dance Off



Choose your favorite activity.
See how long you can go!

Write what you did in the
spaces below.



your favorite activity

_____ minutes

burns _____ calories

We did it: _____

Parent/Adult Signature

Friday	Saturday	Sunday
 1/2 CUP	 1 CUP	 1 CUP
 1/2 CUP	 1 CUP	 1 CUP

Place stickers here.

Eat Smart



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

Facebook

@eatsmarttoplayhard



FOLLOW US

Instagram

@eatsmarttoplayhard



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.

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.



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University of New Mexico Prevention Research Center
Social Marketing

SNAP-Ed



New Mexico



Eat Smart



SCHOOL OF
MEDICINE
PREVENTION RESEARCH CENTER

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