

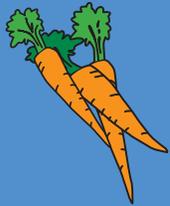
# Eat Smart. Play Hard.™

## Activity and Sticker Book

Includes 2 pages of colorful stickers, coloring games, and puzzles. Have fun while you learn with Power Panther and his friends!

For Ages  
**6-8**





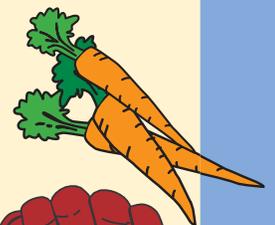
Dear Parent(s) and Caregiver(s),

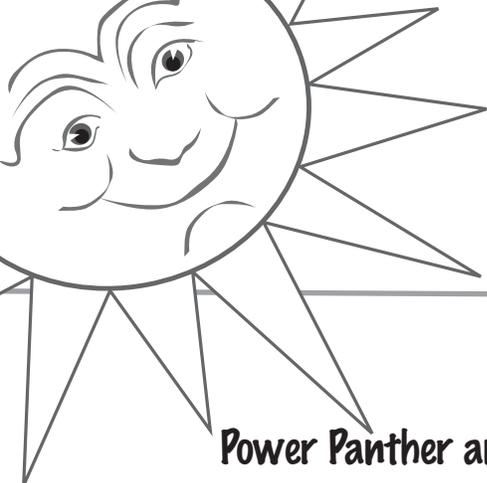
The Eat Smart. Play Hard™ *Activity* and *Sticker Book* is specially designed to help communicate healthy eating and physical activity messages to children ages 6 to 8 and to motivate and encourage them to develop healthy habits early in life. The Eat Smart. Play Hard™ *Activity* and *Sticker Book* is a part of the USDA Eat Smart. Play Hard.™ campaign.

The Eat Smart. Play Hard.™ campaign goal is to motivate children and their families to adopt healthy eating practices and active lifestyles that are consistent with the Dietary Guidelines for Americans. Power Panther™, the campaign's spokescharacter, and his nephew, Slurp, help USDA to reach children by conveying nutrition and physical activity messages to them in a fun and non-threatening way. The campaign focuses on four basic themes – the importance of breakfast, healthy snacks, physical activity, and balancing what you eat with what you do.

We would love to hear from you! Let us know how you used the Eat Smart. Play Hard.™ *Activity* and *Sticker Book*, share what kids had to say about it, give us feedback on how to make the next edition better, and share your ideas about other products you need that will help to motivate kids to eat better and be active! You can complete the feedback form on-line at the Eat Smart. Play Hard.™ website.

To learn more about the campaign and to review other resources, please visit our Eat Smart. Play Hard.™ website located at [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

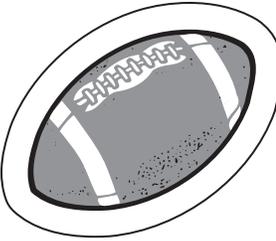
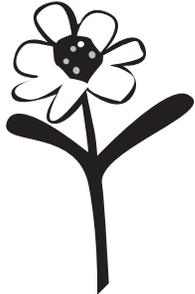
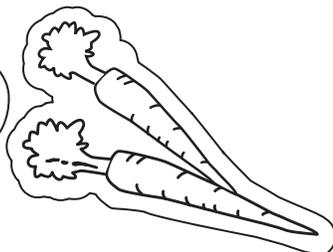
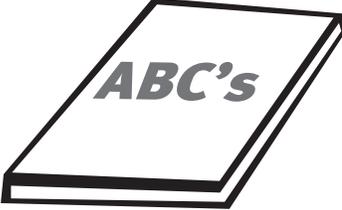




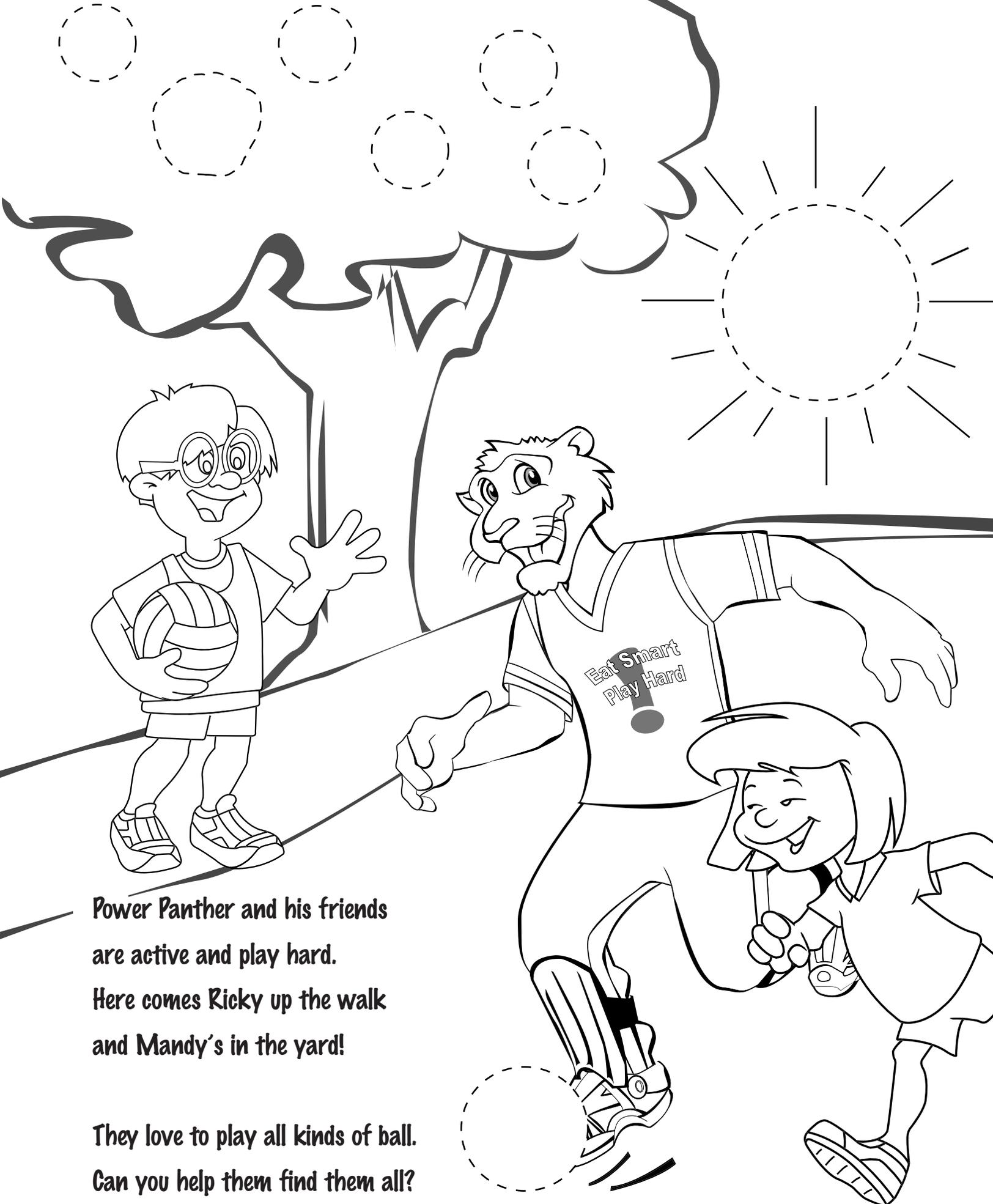
Power Panther and his nephew, Slurp,  
are always on the go.  
Take a look at how they stay fit.  
You will see there's nothing to it!

Power up with breakfast.  
Balance food and play.  
Grab quick and easy snacks  
for lots of energy all day!



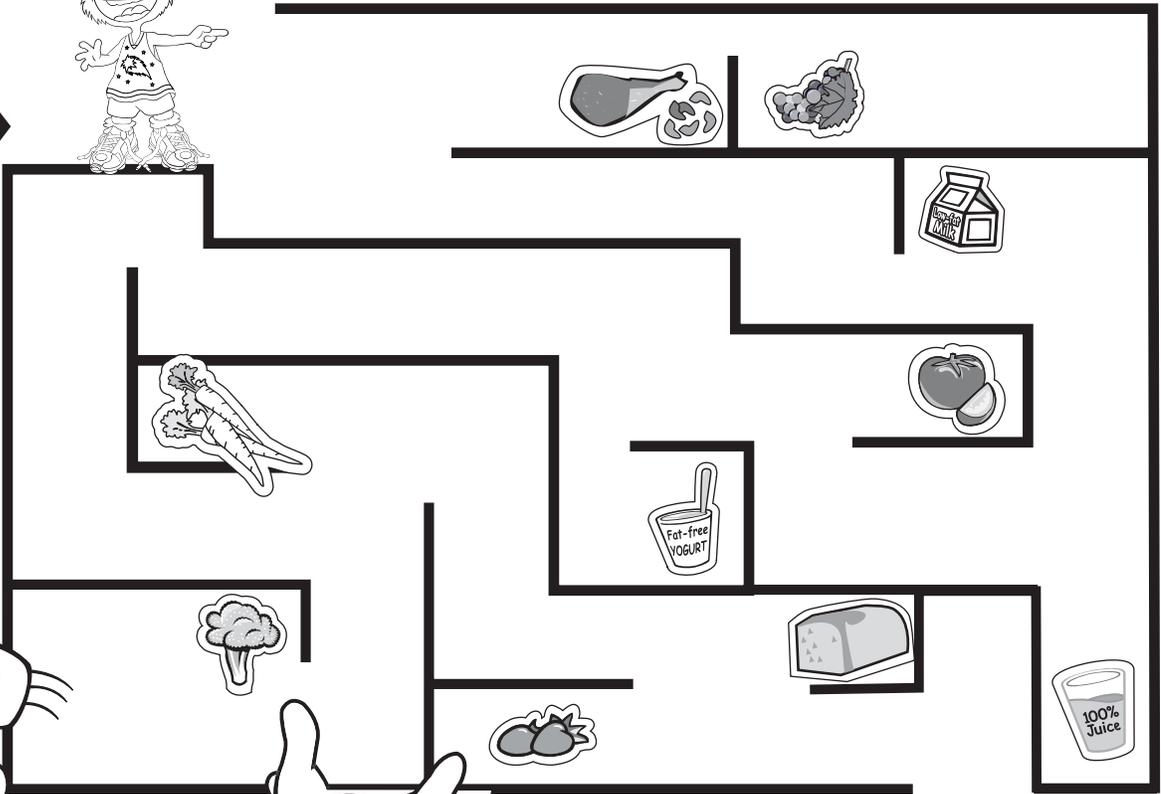
Put an X through one item in each row that doesn't belong.



**Power Panther and his friends  
are active and play hard.  
Here comes Ricky up the walk  
and Mandy's in the yard!**

**They love to play all kinds of ball.  
Can you help them find them all?**

**START** >



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**EAT  
SMART**

**Eat Smart  
Play Hard**

**You need energy to play as hard as Power Panther.**

**Find out how he powers up. This maze has all the answers!**

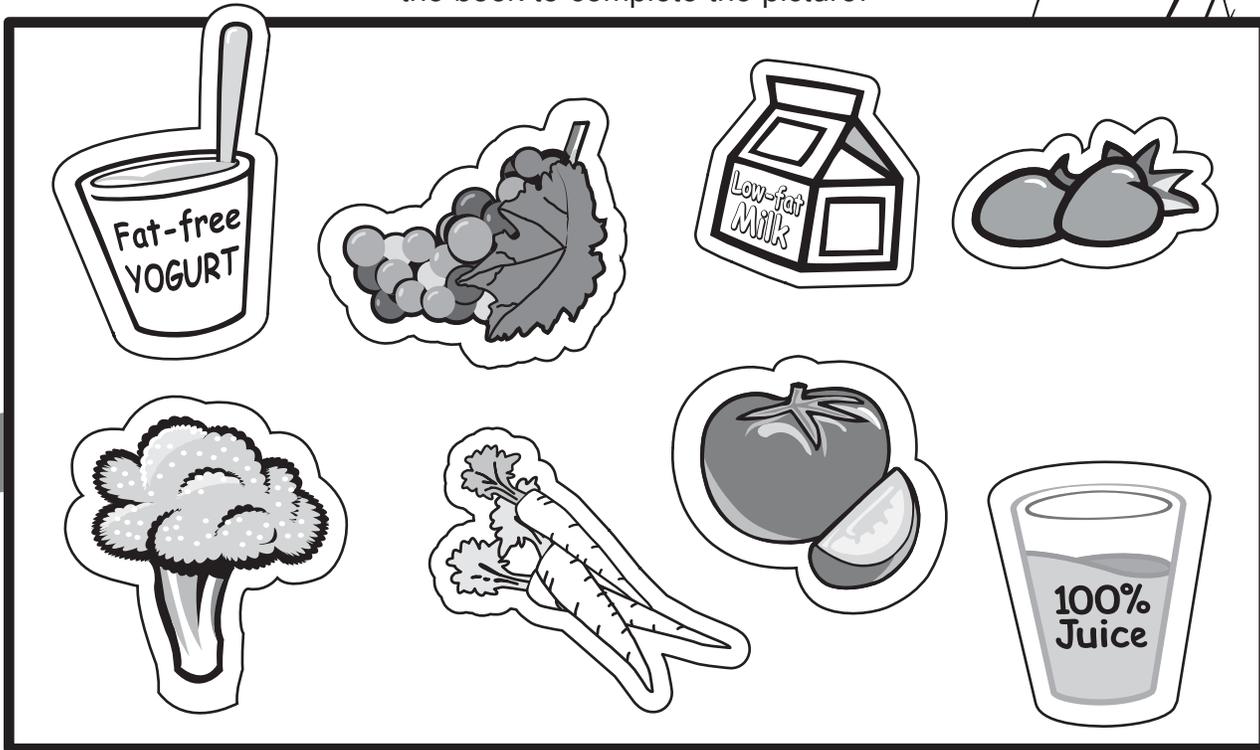
**Healthy food is oh so yummy. You will love it in your tummy!**

When Power Panther snacks,  
it's on veggies, nuts and juice.  
He drinks healthy smoothies mixed  
with low-fat milk and fruit.

Sandwiches taste great with  
lean meats and whole-grain bread.  
You can make most anything with  
healthy stuff instead!



Match the images here with the stickers in the center of  
the book to complete the picture!



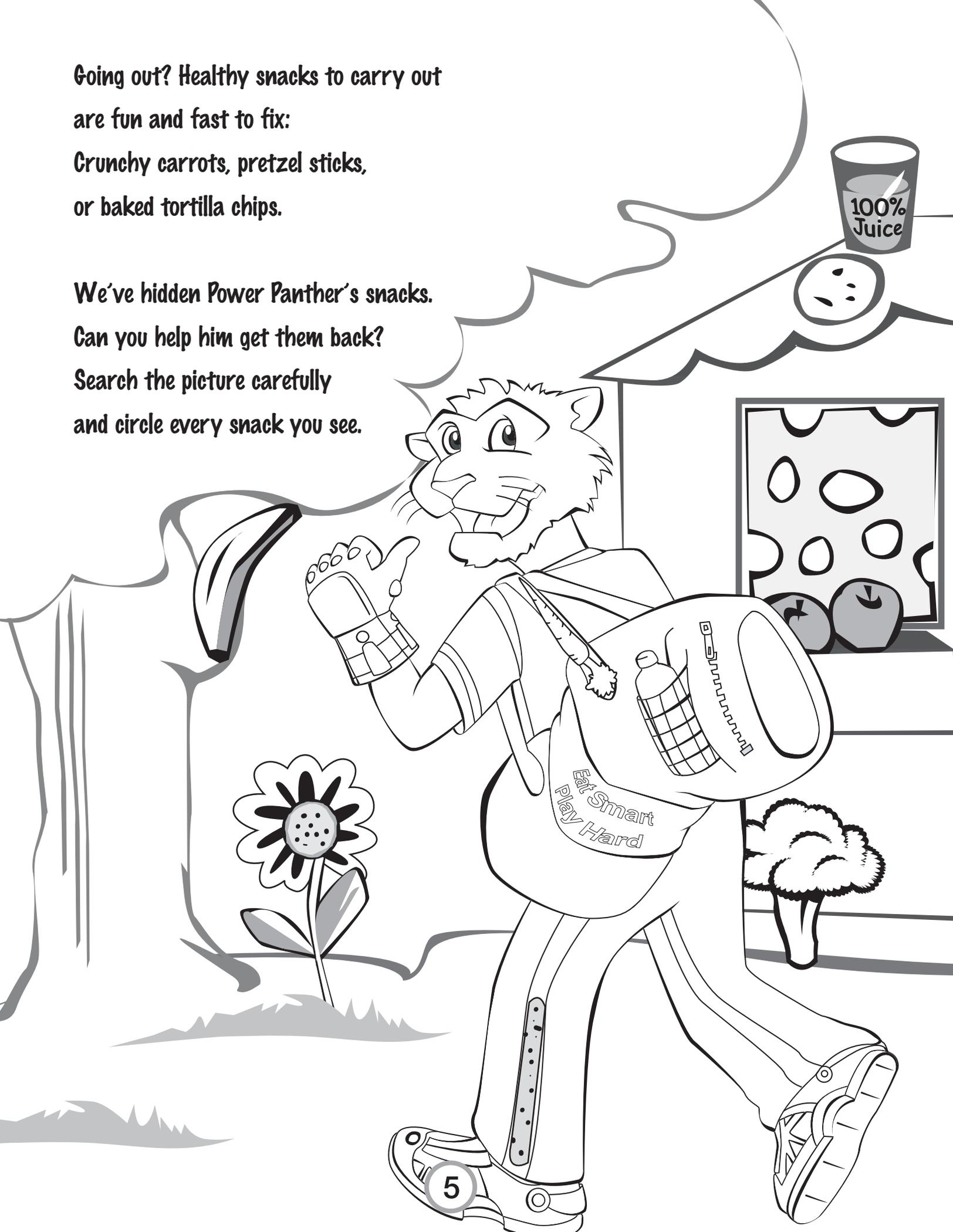
Going out? Healthy snacks to carry out  
are fun and fast to fix:

Crunchy carrots, pretzel sticks,  
or baked tortilla chips.

We've hidden Power Panther's snacks.

Can you help him get them back?

Search the picture carefully  
and circle every snack you see.





Children should participate in  
at least 60 minutes of physical activity  
on most, and preferably all,  
days of the week.



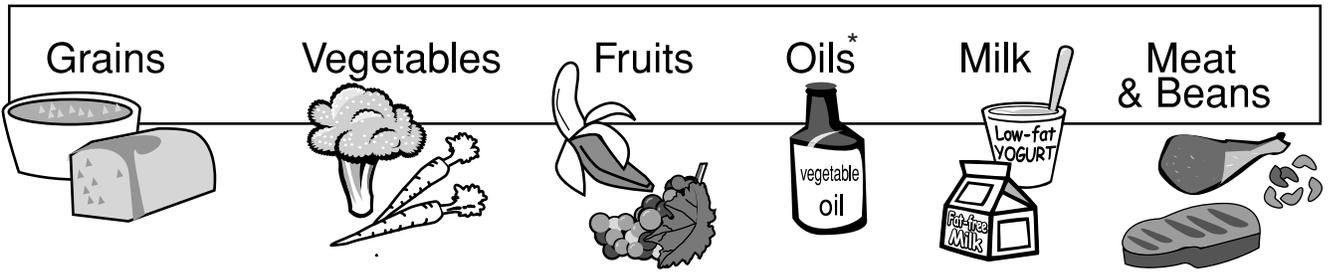
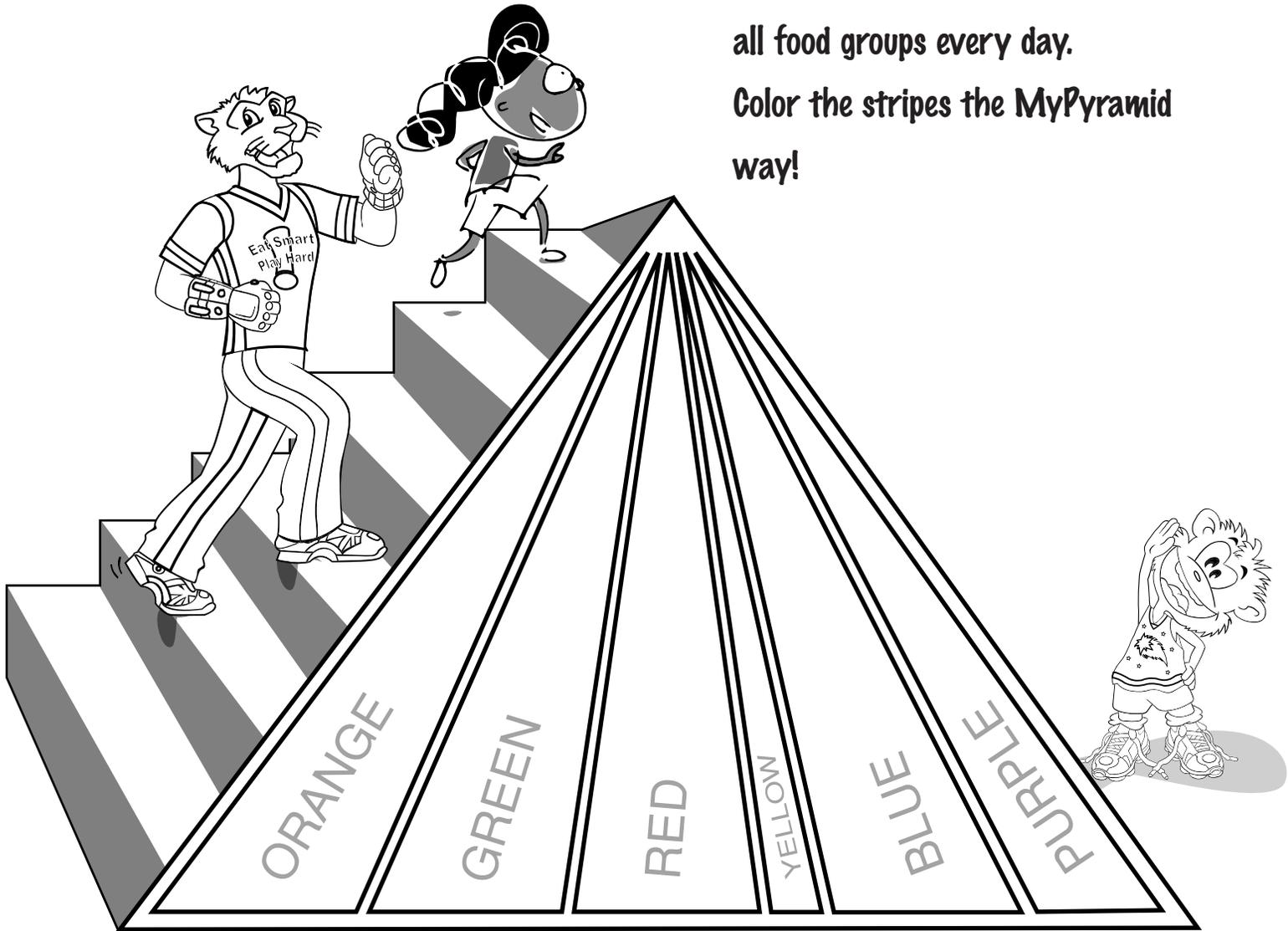
**Eat Smart  
Play Hard**

**Power Panther says it best,  
“Move More. Sit Less.”  
It’s not hard to figure out  
fun new ways to move about.**

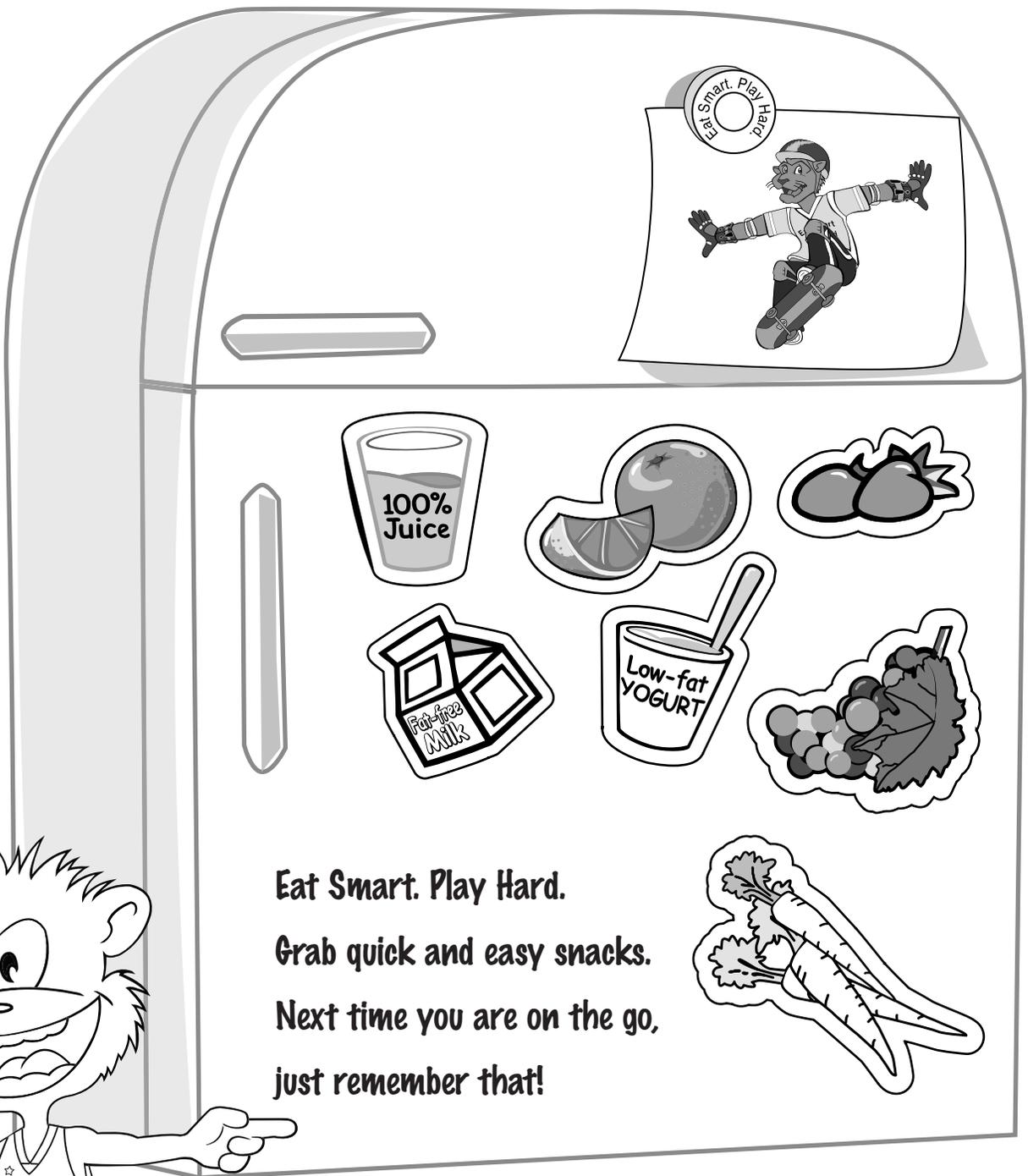
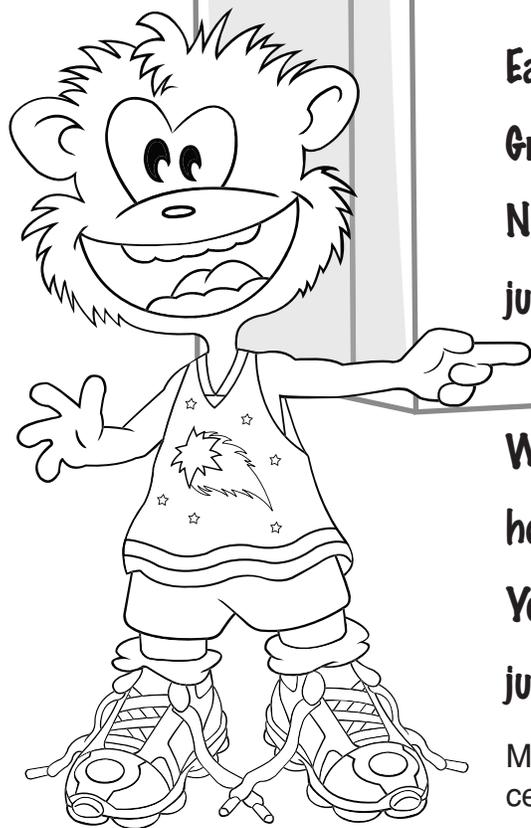
**Dance in your room, swing in the yard,  
staying active isn’t hard.  
Inside, outside, night or day,  
you can always find a way.**

MyPyramid is green and blue, red and orange, purple too.  
Every color is a group of healthy foods from nuts to soup!

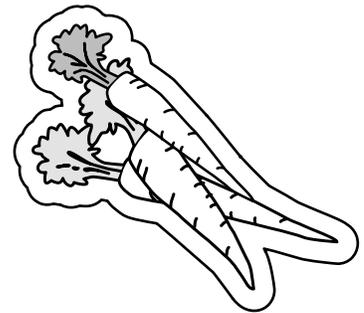
Remember to eat foods from  
all food groups every day.  
Color the stripes the MyPyramid  
way!



\*Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil and canola oil.

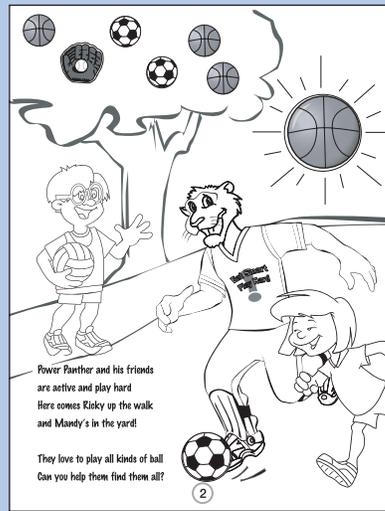
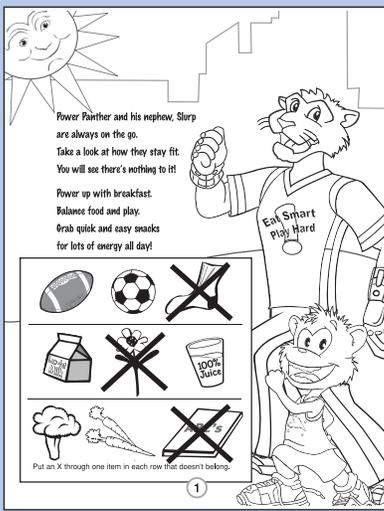


**Eat Smart. Play Hard.**  
**Grab quick and easy snacks.**  
**Next time you are on the go,**  
**just remember that!**

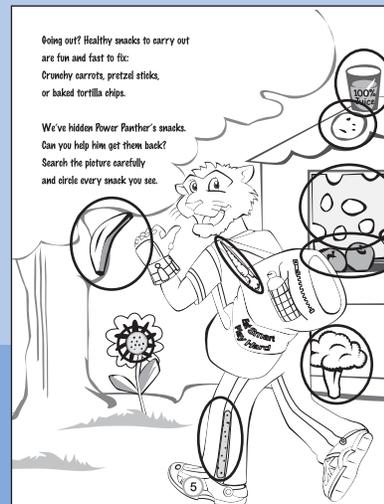
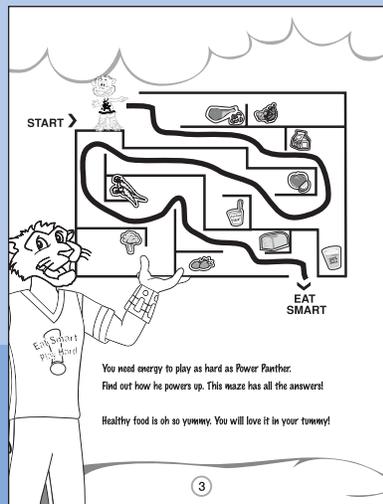


**When you need to power up,**  
**healthy food's the answer.**  
**You will have more energy,**  
**just like Power Panther!**

Match the images here with the stickers in the center of the book to complete the picture!



## Answers to the puzzles



You can use this book alone or with other campaign materials.

### Ideas for Using the Eat Smart. Play Hard.™ Activity and Sticker Book

#### WHO

#### WHAT

#### Parents

Have children read, discuss and color the pages when traveling. Ask them what they think the rhymes mean. Give them Power Panther stickers or tattoos when they give a good reply!

#### Teachers

Use the Activity and Sticker Book in conjunction with Snack Smart, a Power Plan lesson for children available on the Eat Smart. Play Hard.™ website. Have children complete pages on snack choices and being physically active and discuss it with them. Distribute the "Power Up to Gear Up" Eat Smart. Play Hard.™ Activity Sheet as a take-home activity!

#### Child Care Workers

Take children on an exciting journey as they match the sticker outlines in the book with the colorful stickers. Ask children to create their own story about what is happening in the pictures. Prepare the recipe from the "Be an All Star" Eat Smart. Play Hard.™ Activity Sheet to make the lesson even more memorable!

#### Nutritionists

Use the Activity and Sticker Book to entertain children while parents are being assessed at a WIC Clinic. Have children color them and work on the activities while parents are counseled. Give the Activity and Sticker Book to children as a take-home piece that can be shared with the family.

#### Paraprofessionals

Conduct a group session that focuses on families working together! Use one of the parent Power Plans. Have the parent and child read the Activity and Sticker Book together. Give parents the parent brochures to take home.

# Eat Smart. Play Hard.™

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)



Food and Nutrition Service  
U.S. Department of Agriculture

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