

Communicating Eat Smart. Play Hard.™

Reaching Children & Adults



Jean M. Altman, MS
Elaine McLaughlin, MS, RD
Office of Analysis, Nutrition, and Evaluation



Food and Nutrition Service

Eat Smart. Play Hard.™

Session Objective

YOU will be able to...

Adapt and incorporate
Eat Smart. Play Hard.[™]
lesson plans into current
nutrition education activities





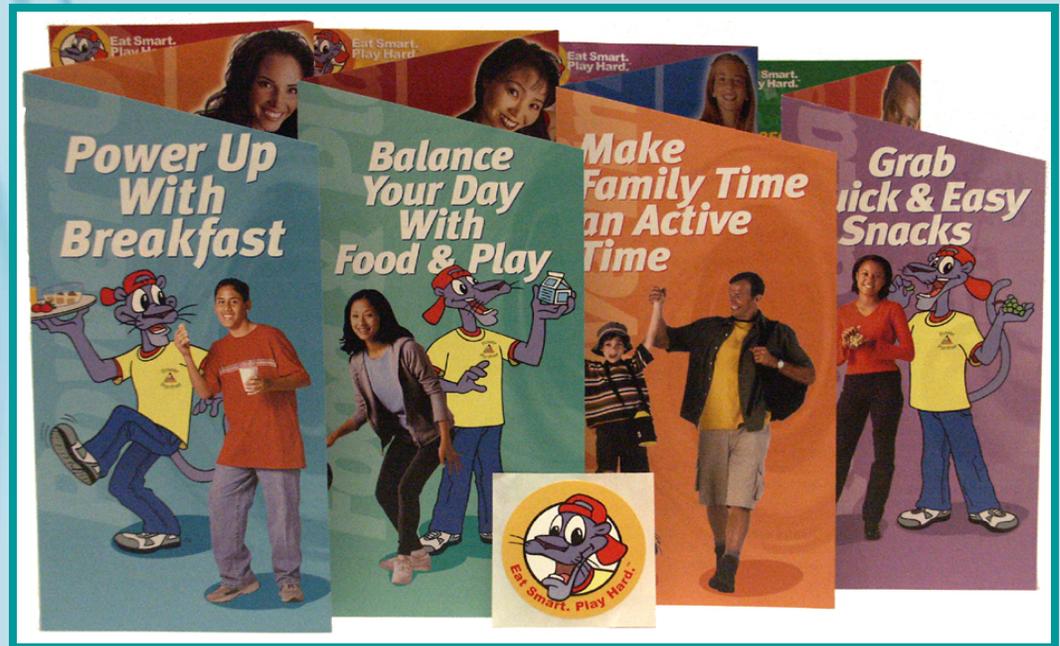
- Eat Smart. Play Hard.™ Themes
- Power Plans
- Developmental Process
- Mock Presentations



Eat Smart. Play Hard.™

Themes

- Breakfast
- Snacks
- Physical Activity
- Balance Food and Play



Power Plans for Children



Food and Nutrition Service

Eat Smart. Play Hard.™

Topics & Target Audiences



- Taste the Colors 3 to 4 years
- Snack Smart 5 to 7 years
- Power Up With Breakfast 8 to 10 years
- Choose Drinks that Count 11 to 12 years



Taste the Colors

Behavior Objectives

- Touch fruits and vegetables, describing their colors, shapes, sizes, and smell
- Try a bite of an unfamiliar fruit or vegetable



Taste the Colors

Target Audience
Children, ages 3 to 4

Behavior Objectives
Children who participate in this activity will:

- Touch fruits and vegetables, describing their colors, shapes, sizes, and smell.
- Try a bite of an unfamiliar fruit or vegetable.

Lesson Overview

20-MINUTE ACTIVITY!

- As an activity opener, use colorful fruit and vegetable and Power Panther finger puppets to tell children that "tasting the colors" is good for you!
- Children use words to describe colorful fruits and vegetables: how food looks, feels, smells, and sounds.
- For the tasting activity, the children taste and describe how the fruit or vegetable tastes. Recognize and reinforce participants by giving an Eat Smart, Play Hard.™ fruit or vegetable sticker. Repeat activity.
- Each child receives the family handouts, Together at Home... Let's Try New Foods! to share with his or her family at home.



Colorful fruits and vegetables are fun for kids to eat - and they're good for them, too!

Lesson Plan
1 Taste the Colors



Snack Smart

Behavior Objectives



Snack Smart!

Target Audience
Children, ages 5 to 7

Behavior Objectives
Children who participate in this activity will be able to:

- Identify a variety of healthy snacks
- Prepare an easy, healthy snack

Lesson Overview

 **20-MINUTE ACTIVITY!**

- As an activity opener, children learn about healthy snacks, using the *Grab Quick & Easy Snacks* poster.
- Children make and taste a simple snack (a raw vegetable, crackers, and low-fat yogurt dip) shown on the *Grab Quick & Easy Snacks* poster, then talk about smart snacks.
- Each child receives an Eat Smart. Play Hard.™ Power Panther sticker or tattoo.
- Each child receives the family handouts—*Super Good-for-You Snacks*, *Snacking Is Fun and Nutritious*, and the *Grab Quick & Easy Snacks* brochure.



Lesson Plan
Snack Smart

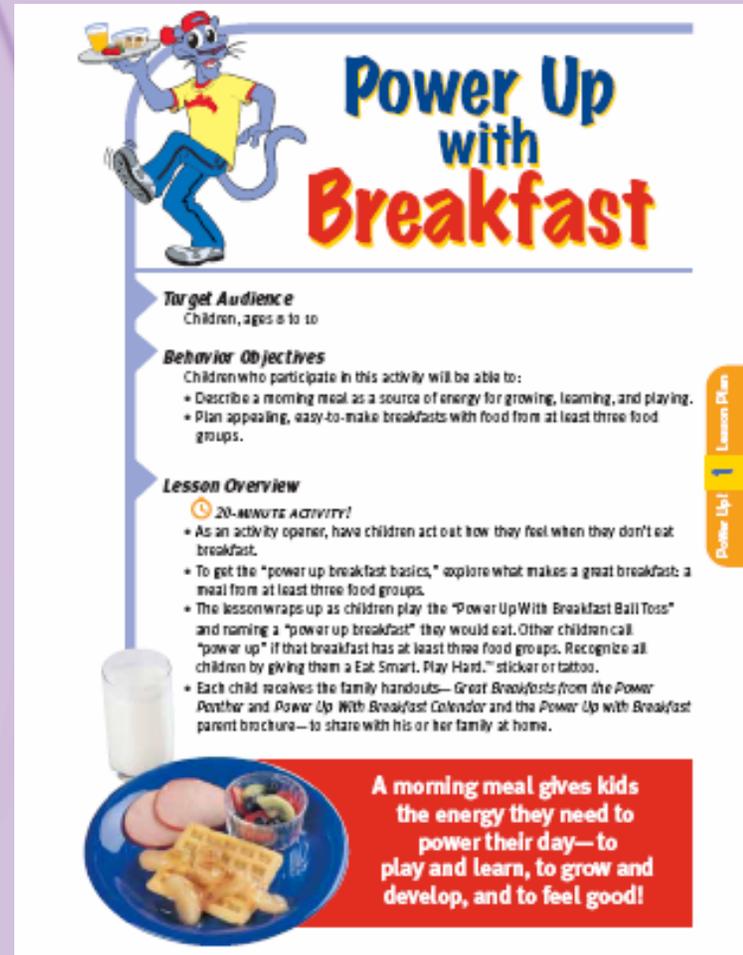
- Identify a variety of healthy snacks
- Prepare an easy, healthy snack



Power Up With Breakfast

Behavior Objectives

- Describe a morning meal as a source of energy for growing, learning, and playing
- Plan appealing, easy-to-make breakfasts with food from at least three food groups



The graphic is a lesson plan for "Power Up with Breakfast". It features a cartoon blue panther character in a yellow shirt and blue pants, holding a tray with a glass of orange juice and a bowl of cereal. The title "Power Up with Breakfast" is written in large, colorful letters. Below the title, there are sections for "Target Audience", "Behavior Objectives", and "Lesson Overview". At the bottom, there is a photograph of a breakfast meal on a blue plate, including a glass of milk, a bowl of cereal, a banana, and a small bowl of fruit. A red box contains the text: "A morning meal gives kids the energy they need to power their day—to play and learn, to grow and develop, and to feel good!"

Power Up with Breakfast

Target Audience
Children, ages 8 to 10

Behavior Objectives
Children who participate in this activity will be able to:

- Describe a morning meal as a source of energy for growing, learning, and playing.
- Plan appealing, easy-to-make breakfasts with food from at least three food groups.

Lesson Overview

20-MINUTE ACTIVITY!

- As an activity opener, have children act out how they feel when they don't eat breakfast.
- To get the "power up breakfast basics," explore what makes a great breakfast: a meal from at least three food groups.
- The lesson wraps up as children play the "Power Up With Breakfast Ball Toss" and naming a "power up breakfast" they would eat. Other children call "power up" if that breakfast has at least three food groups. Recognize all children by giving them a Eat Smart. Play Hard.™ sticker or tattoo.
- Each child receives the family handouts— Great Breakfasts from the Power Panther and Power Up With Breakfast Calendar and the Power Up with Breakfast parent brochure—to share with his or her family at home.

A morning meal gives kids the energy they need to power their day—to play and learn, to grow and develop, and to feel good!



Choose Drinks That Count

Behavior Objectives



Choose Drinks That Count!
Drinks supply nutrients and quench thirst.

Target Audience
Children, ages 11 to 12

Behavior Objectives
Children who participate in this activity will:

- Select healthful drink choices
- Read and understand the nutrition facts on the label

Lesson Overview

20-MINUTE ACTIVITY!

- Children talk about the Eat Smart. Play Hard.™ poster message, *Balance Your Day with Food and Play*.
- Children compare the nutrient content of soda and orange juice, using the Nutrition Facts panels.
- Children discuss the amount of added sugar and calories in a soda.
 - Children brainstorm drinks that Power Panther would consider to be great “power drinks.”
 - Children will receive an Eat Smart. Play Hard.™ sticker or tattoo.

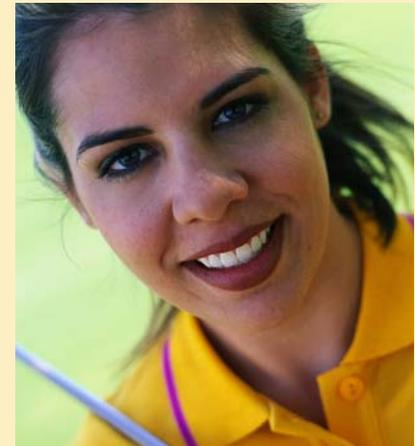


Lesson Plan
1
Choose Drinks That Count!

- Select healthful drink choices
- Read and understand the nutrition facts on the label



Power Plans for Parents & Caregivers



Topics for Adults

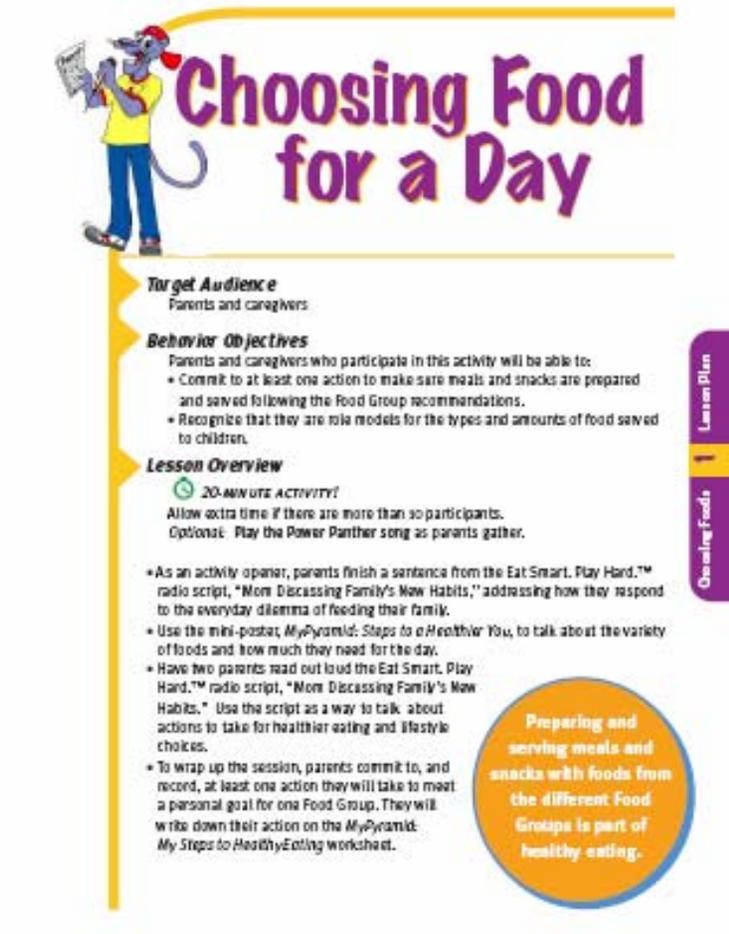
- Balance Your Day With Food and Play
- Choosing Food for a Day
- Grab Quick and Easy Snacks
- Start Smart. Eat Breakfast.
- Make Family Time an Active Time



Choosing Food for a Day

Behavior Objectives

- Commit to at least one action to make sure meals and snacks are prepared and served following the Food Group recommendations
- Accept that they are role models for the types and amounts of food served to children



Choosing Food for a Day

Target Audience
Parents and caregivers

Behavior Objectives
Parents and caregivers who participate in this activity will be able to:

- Commit to at least one action to make sure meals and snacks are prepared and served following the Food Group recommendations.
- Recognize that they are role models for the types and amounts of food served to children.

Lesson Overview

20-MINUTE ACTIVITY!
Allow extra time if there are more than 30 participants.
Optional: Play the Power Panther song as parents gather.

- As an activity opener, parents finish a sentence from the Eat Smart. Play Hard.™ radio script, "Mom Discussing Family's New Habits," addressing how they respond to the everyday dilemma of feeding their family.
- Use the mini-poster, MyPyramid: Steps to a Healthier You, to talk about the variety of foods and how much they need for the day.
- Have two parents read out loud the Eat Smart. Play Hard.™ radio script, "Mom Discussing Family's New Habits." Use the script as a way to talk about actions to take for healthier eating and lifestyle choices.
- To wrap up the session, parents commit to, and record, at least one action they will take to meet a personal goal for one Food Group. They will write down their action on the MyPyramid: My Steps to Healthy Eating worksheet.

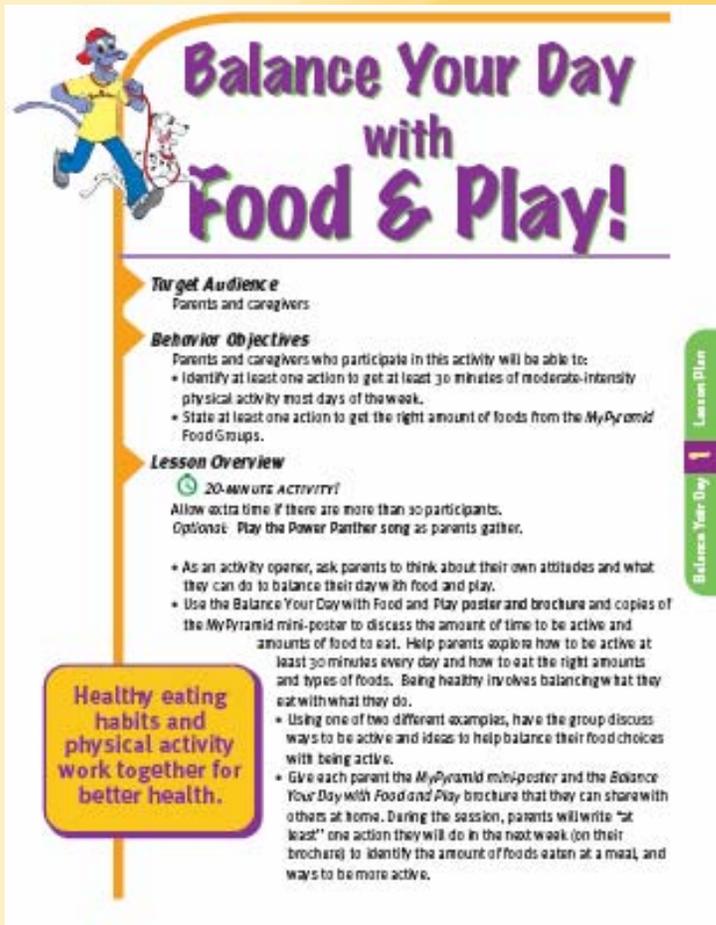
Preparing and serving meals and snacks with foods from the different Food Groups is part of healthy eating.

Lesson Plan
1
Choosing Foods



Balance Your Day With Food & Play!

Behavior Objectives



**Balance Your Day
with
Food & Play!**

Target Audience
Parents and caregivers

Behavior Objectives
Parents and caregivers who participate in this activity will be able to:

- Identify at least one action to get at least 30 minutes of moderate-intensity physical activity most days of the week.
- State at least one action to get the right amount of foods from the MyPyramid Food Groups.

Lesson Overview

20-MINUTE ACTIVITY!
Allow extra time if there are more than 30 participants.
Options: Play the Power Panther song as parents gather.

- As an activity opener, ask parents to think about their own attitudes and what they can do to balance their day with food and play.
- Use the Balance Your Day with Food and Play poster and brochure and copies of the MyPyramid mini-poster to discuss the amount of time to be active and amounts of food to eat. Help parents explore how to be active at least 30 minutes every day and how to eat the right amounts and types of foods. Being healthy involves balancing what they eat with what they do.
- Using one of two different examples, have the group discuss ways to be active and ideas to help balance their food choices with being active.
- Give each parent the MyPyramid mini-poster and the Balance Your Day with Food and Play brochure that they can share with others at home. During the session, parents will write "at least" one action they will do in the next week (on their brochure) to identify the amount of foods eaten at a meal, and ways to be more active.

Healthy eating habits and physical activity work together for better health.

Balance Your Day Lesson Plan

- Identify at least one action to get at least 30 minutes of moderate-intensity physical activity most days of the week
- State at least one action to get the right amount of foods from the *MyPyramid* Food Groups



Grab Quick & Easy Snacks

Behavior Objectives

- Identify six foods they would prepare in advance to eat as snacks, that are fruits, vegetables, or whole grain foods
- Commit to at least one action to frequently make fruits, vegetables, or whole-grain foods available for snacks



Grab Quick and Easy Snacks

Behavior Objectives
Parents and Caregivers who participate in this activity will be able to:

- Identify six foods they would prepare in advance to eat as snacks, that are fruits, vegetables, or whole-grain foods.
- Commit to at least one action to choose and eat fruits, vegetables, or whole-grain foods as snacks.

Target Audience
Parents and caregivers

Lesson Overview

 **20-MINUTE ACTIVITY!**
Allow extra time if there are more than 30 participants
Optional: **Play the Power Panther** snack as parents gather.

- As an activity opener, parents stand up to talk about their snack habits, and what they think are healthy snacks. The discussion includes a review of how snacks fit into the MyPyramid Food Groups.
- Each parent receives the Grab Quick and Easy Snacks brochure. Using the brochure and the related poster, parents explore snacks they could eat from the Food Groups that are fruits, vegetables, or whole-grain foods. Then they come up with ways to snack smarter themselves and to encourage their children to make healthy snack decisions.
- Parents brainstorm about personal and family snack choices. Identify ways to make healthful snacking easy.
- At the end of the session, parents will write at least one action that they will take in the next week to make fruits, vegetables or whole-grain foods when they make snack choices. Each parent uses the Grab Quick and Easy Snacks brochure to write down the actions they plan to take.

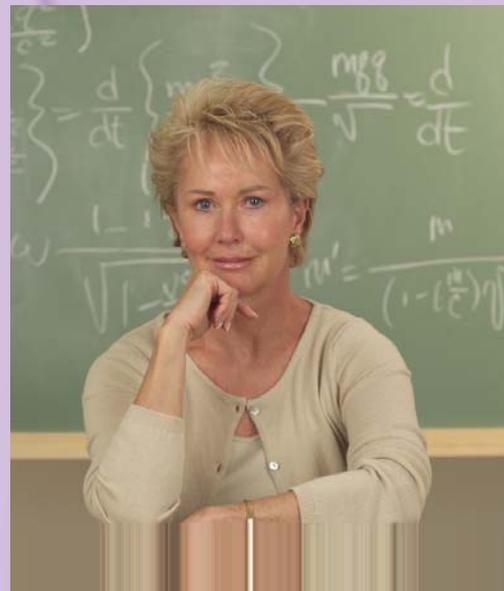
By making wise snack choices, adults can fit more fruits, vegetables and whole-grain foods into their plans for healthful eating.

Lesson Plan
1
Grab Quick and Easy Snacks



Power Plans are Designed for Use by...

- Teachers
- Nutrition Educators
- WIC & Food Stamp Paraprofessionals
- Daycare Providers and Staff
- After School Staff



Power Plan Components

- Behavior Objectives
- Lesson Overview
- Materials
- Background Information for Leaders



Power Plan Components



- Teaching Activities
- At-Home Activities
- Community Activities
- Useful Resources

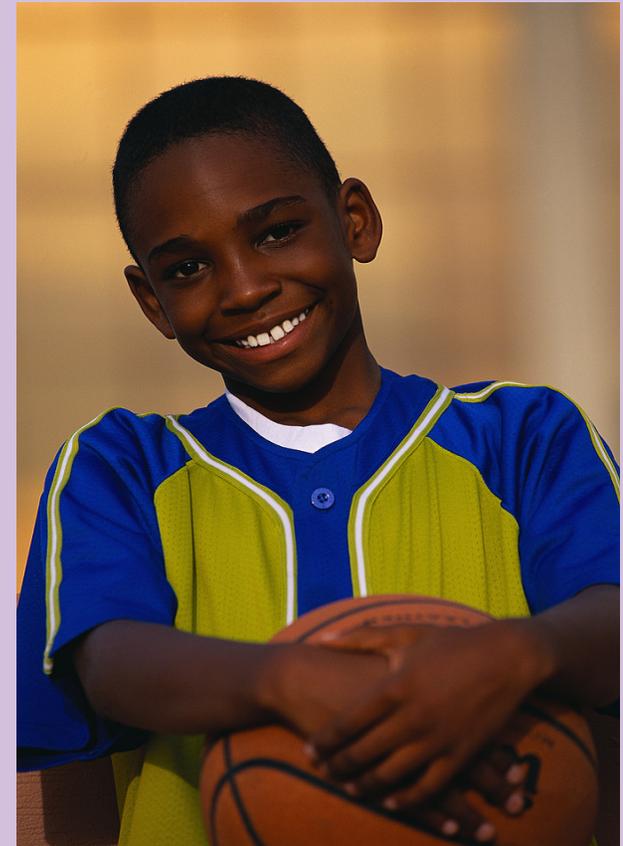


Power Plan Special Features

One-on-One Counseling
for Adults



Extra Activities
for Children



Developmental Process

- Obtained input from FNS program cooperators
- Established criteria and guidance for an educational writer



Developmental Process



“Draft” Power Plans:

- Collected input from all FNS Programs at all levels
- Obtained feedback from field testing



Developmental Process



Power Plans will be reviewed and approved by:

- USDA/DHHS Dietary Guidance Work Group and the
- USDA Office of Communications



Mock Presentations



“Now... it’s your turn... to learn”



Taste the Colors

for Children



Grab Quick & Easy Snacks

for Adults



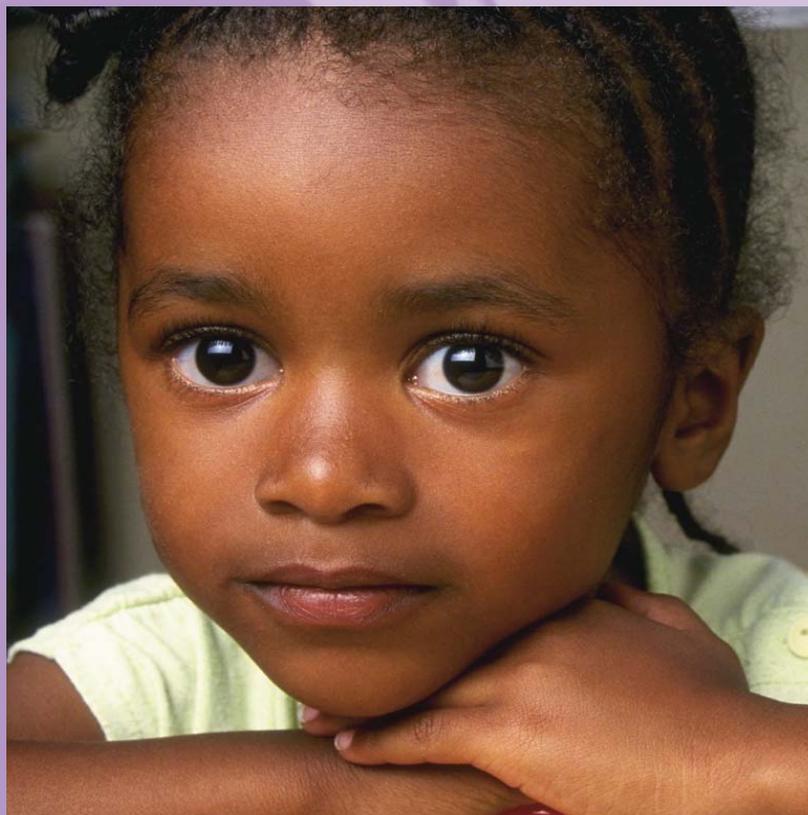
Wrap-Up



Food and Nutrition Service

Eat Smart. Play Hard.™

Visit Us on the Web!



Download the Power Plans at:

www.fns.usda.gov/eatsmartplayhard



Food and Nutrition Service

Eat Smart. Play Hard.™