

Summer Food, Summer Moves

OPERATOR'S ACTIVITY GUIDE

Look inside for over 30 fun games and educational activities to do at your summer meal site!

- Provide families with tips and tools for a healthy summer
- Promote your summer meal site
- Boost attendance





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Welcome to Summer Food, Summer Moves!



This summer, step up your summer meal

site! Use creative themes and entertaining games to teach children and families about healthy food choices and physical activity. You will support healthy habits over the summer, while generating interest in your summer meals program.

This Activity Guide contains six fun activity themes and materials to use at your meal site and provides step-by-step instructions to lead games, activities, food tastings, and demonstrations. Do the activities in any order you choose. You can spread them out over the course of a week or hold an event day using one of the themes.

THE FOUR HEALTHY MOVES

The goal of *Summer Food, Summer Moves* is to teach these healthy habits to kids and families.



DRINK SMART TO PLAY HARD

Help families cut down on added sugar. Teach kids how to recognize drinks that are high in added sugars. Motivate them to choose water instead of sugar-sweetened beverages. Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.



CHOOSE MORE FRUITS & VEGGIES

Encourage kids to eat fruits and vegetables during meals and snacks. Introduce them to new fruits and vegetables with food tastings and demonstrations.



LIMIT SCREEN TIME

Help kids discover fun ways to stay busy and physically active this summer. Educate families about ways to limit TV and video game time to no more than 1–2 hours each day.



GET ACTIVE

Kids need at least 60 minutes of physical activity each day. Help kids and their families get moving with active games, dancing, and more.

Bring More Families to Your Summer Meal Site With These Fun and Easy Activities!

“Even after [the activity], they were still talking about it, so that’s successful.”

— Summer Meals Site Operator, NJ

“Before the activities, kids would eat and leave. Some would stay and play for half an hour. They stayed longer with the activities.”

— Summer Meals Site Operator, Community Center, MI

“I like how [the activity] encourages kids to try new things.”

— Parent, PA

Getting Started | SIX SUMMERTIME THEMES

Use these themes based on your space, location, setting, and time of season. For example, some activities in the *Stay Cool With Summer Meals* theme may not be suitable for indoor sites or sites located in areas under water restrictions.



SUN

Summer Meals, Summer Fun (p. 7)

This is a great place to start. Celebrate the sunshine and warmth of summer with easy games, kid-friendly trivia, an exciting exercise challenge, and a delicious food preparation activity. The **sun-themed** activities work at any time in the summer, and the activities are simple to prepare.

STAY COOL



Stay Cool With Summer Meals (p. 15)

Use these **beat-the-heat-themed** activities on the hottest days of summer. These activities are a fun way to boost interest and attendance for kids of all ages. If you do any water activities, you should let families know ahead of time so they can prepare for water play. Look for tips on page 19.



MUSIC & DANCE

Movin' With Summer Meals (p. 23)

Music makes every moment seem like a celebration. You'll get into the groove with an energetic dance party, fun games, inspiring poetry slam, vegetable tasting, and a sweet healthy treat to prepare together. These **music-and-dance-themed** activities are guaranteed to be a hit.

FRIENDSHIP



Summer Meals, Summer Friends (p. 31)

When school's out for summer, many kids see old friends and make new friends at summer meal sites. Help grow a caring community with these **friendship-themed** activities full of games, arts and crafts, fruit tasting, and a mouth-watering food demonstration.



CELEBRATIONS

Let's Celebrate Summer Meals (p. 39)

Memorial Day, Independence Day, Labor Day, maybe even a birthday – there are plenty of reasons to celebrate in the summer months. These **holiday-themed** activities contain games, an art project, and a special gardening activity. Try it in the first week of July to help kids and families have a healthier Fourth of July.

SPORTS



Eat Smart To Play Hard (p. 47)

Get kids moving and feeling good with **sports-themed** games, exercises, and challenges. The *Eat Smart. Play Hard.*™ campaign was launched by the USDA's Food and Nutrition Service to support kids and families in eating healthy and being physically active. Bring the Power Panther mascot to your site by going online to <http://www.fns.usda.gov/power-panther>. This is a great theme to kick off, wrap up, or recharge your summer meal program.

Materials | FOR YOUR SUMMER MEAL SITE

Samples of these ready-to-go materials are included in this Activity Kit. If you'd like to order more materials, Team Nutrition is making certain items available for sites participating in the Summer Food Service Program or the National School Lunch Program, while supplies last. All materials are available in English and Spanish.



Visit <http://www.teamnutrition.usda.gov> and click on the **Order Form** link, or click the **Resource Library** link to download copies directly from the Web site.

Activity Guides for Families

These folded handouts match each theme and are filled with healthy eating tips and exercise ideas for busy families to share with their kids. Distribute to parents, or give to kids to bring home for their families. Packs of 25 guides can be ordered in each of the six themes while supplies last by visiting <http://www.teamnutrition.usda.gov>.

Placemats

Activity placemats will keep kids busy and learning the healthy behaviors promoted throughout this Activity Guide. One side is English and one side is Spanish, making this a perfect activity for your meal site or to send home with kids. Packs of 25 placemats can be ordered while supplies last by visiting <http://www.teamnutrition.usda.gov>.



Promote Your Site With Flyers and Social Media

These English and Spanish flyers will provide information and attract families to participate in meals and activities. After filling in the information for your site, hang up or distribute the flyers in public places.

Use social media to promote your site! This Activity Guide is packed with sample posts and tweets to help you spread the word and generate excitement.



Twitter

1. Make connections with other summer meal sites and organizations in your community.
2. Send out tweets to promote upcoming activities and to give information about times and locations.
3. Share tweets after activities, highlighting a particularly fun event or high level of participation.



Facebook

1. Encourage parents to "Like" your summer meals page.
2. Post messages to promote upcoming and past activities.
3. Follow your organization's policies about posting pictures.

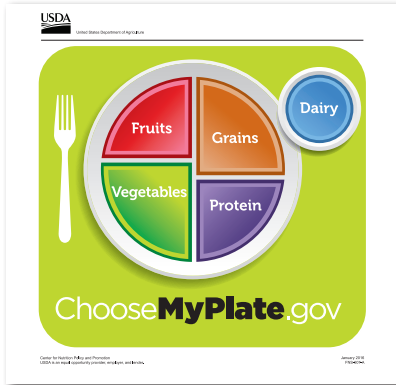
Try these messages to get started:

Kids need 60 minutes of physical activity every day. Get moving at (insert name of location) (insert Web address or phone number).

Concerned about higher summer grocery bills? All kids are welcome to enjoy games, activities, and food at (insert name of location) summer meal site!

Educational Posters

Seven educational posters will help reinforce the messages and activities and will make your site look great, too! Look for tips on using the posters in different activities throughout this guide. Packs of seven posters, with English on one side and Spanish on the other, can be ordered from <http://www.teamnutrition.usda.gov>.



Adapted Activities | FOR CHILDREN NEEDING FUNCTIONAL SUPPORTS

Children who need functional supports can benefit greatly from group physical activities. In addition to being good for their bodies, physical activity can promote social interaction, mental stimulation, and self-esteem.

Get Information

If you have kids with special needs at your site, **the first step is to speak directly to their caregivers.** Don't be shy! One conversation can change a child's entire summer. Not sure what to say? Here are some tips:

- Introduce yourself by name.
- Explain that you want every child at the site to have fun and participate in the activities.
- Ask, "Could you tell me a little bit about your child's abilities?" Write down the answer!
- Describe the planned activity and ask how to adapt it so the child can participate.
- If possible, find out how often the child will be attending and who will be accompanying him or her.

General Ways To Include Everyone

Here are some general ways to include kids with special needs in physical activities:

- Provide visual cues, such as flags, cones, or hand motions.
- Allow for extra time.
- Break the activity into smaller steps.
- Be enthusiastic and friendly — downplay competition.

Adaptations for Kids With Specific Functional Support Needs*

- **Autism** — Use a predictable routine and explain the steps clearly. Provide demonstrations of what you expect. Provide visuals. Have a private conversation and give the child a specific "cool-down spot" if he or she gets easily agitated. Involve the caregiver.
- **Emotional or behavioral needs** — Speak to the child in advance to explain your expectations for behavior and directions for how to get help. Be kind, clear, and direct.
- **Deafness or hearing impairment** — Provide visual cues, such as flags or hand motions, to indicate the start and stop of the activity. For older children, let them read the directions of the activity in advance. Stand still and face the child when giving directions.
- **Blindness or visual impairment** — Let the whole group do the activity in pairs. Give physical assistance, if necessary. Borrow special sports equipment from family, if possible.
- **Children using wheelchairs** — Discuss the activity with the child. Use slower moving balls and lower equipment.

*Please note that each child is different, and these suggestions are just a starting point. The most important step is to speak to the child's caregiver.

Important Food Safety Steps

Food tastings, cooking demonstrations, and hands-on food activities are fun ways for kids to learn about healthy eating. It is important that you follow these instructions to keep everyone safe and healthy.

Hand Washing

Everyone must wash hands before and after preparing, handling, or sampling foods. If soap and clean, running water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Hand sanitizers are not as effective when hands are visibly dirty or greasy.

When washing hands with soap and water:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air-dry them.



When using hand sanitizer:

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



Cleaning Fruits and Vegetables

When preparing any fresh produce, begin with clean hands. See hand-washing instructions on the left.

Rinse all produce thoroughly under running water before eating, cutting, or cooking. Washing fruits and vegetables with soap, detergent, or commercial produce washes is **not** recommended.

Even if you plan to peel the produce before eating, it is still important to rinse it first so dirt and bacteria are not transferred from the peel via the knife to the fruit or vegetable. This includes melons, oranges, pineapples, and other fruit with a peel or rind.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be thrown away.

Many precut, bagged, or packaged produce items like lettuce are prewashed and ready to eat. If so, it will be stated on the package, and you can use the product without further rinsing.

Safe Food Handling

When Shopping:

Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart. Place these foods in plastic bags to prevent their juices from dripping onto other foods. It is also best to separate these foods from other foods at checkout and in your grocery bags.

When Preparing Food:

Wash hands and surfaces often. Harmful bacteria can spread throughout the food preparation area and get onto cutting boards, utensils, and countertops. To prevent this:

- Use hot, soapy water and paper towels or clean cloths to wipe kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine.
- Wash cutting boards, dishes, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item.
- A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water may be used to sanitize surfaces and utensils.

Cutting Boards:

Always use a clean cutting board. Once boards become excessively worn or develop hard-to-clean grooves, they should be replaced.

When Serving Food:

Always use a clean plate. Never place cooked food back on the same plate or cutting board that previously held raw food.

Refrigerating Food:

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff the refrigerator. Cold air must circulate to help keep foods safe. Always marinate food in the refrigerator, not on the counter. Refrigerators should maintain a temperature no higher than 40 °F. Frozen food will hold its top quality for the longest possible time when the freezer maintains 0 °F or below. For safety, it is important to verify the temperature of refrigerators and freezers.

For additional food safety information, go to <http://www.foodsafety.gov>.

Food Allergies

Each year, millions of Americans have allergic reactions to food.

Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions and may even be life-threatening. Before you begin any tasting or food preparation activity, be sure to find out if any participants have food allergies.

Top Eight Food Allergens

There are eight foods that most commonly trigger an allergic reaction. These foods, and any ingredients made from them, are the eight most common food allergens and should be identified as allergens on food labels. These foods include: **fish, shellfish, eggs, milk, wheat, peanuts, tree nuts, and soybeans.**

For additional food allergy management and prevention information, refer to the Centers for Disease Control and Prevention's *Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs* at

<http://www.cdc.gov/healthyyouth/foodallergies/index.htm>.

Know the Symptoms

Symptoms of food allergies typically appear from within a few minutes to a few hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Swelling of the throat and vocal chords
- Dizziness and/or lightheadedness
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Difficulty breathing
- Loss of consciousness

Call for emergency medical help quickly if someone is having a severe allergic reaction (anaphylaxis).

Allergen Notice for Recipes



RECIPE

THEME

MAY CONTAIN

Fruity Fun Chicken Salad Cups

Sun (p. 14)

Milk

Cool Cucumber Yogurt Dip

Stay Cool (p. 22)

Milk

Berry Jams Party Bites

Music & Dance (p. 30)

Peanuts, Wheat

Garden Fiesta Tuna Pockets

Celebrations (p. 46)

Fish, Wheat

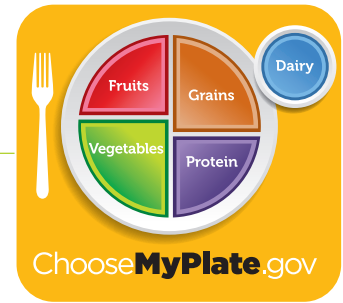
Home Run Hummus Wrap

Sports (p. 54)

Wheat

Words To Know

Here are some nutrition and health basics to help get you started:



<p>MyPlate</p>	<p>The MyPlate icon serves as a visual reminder to eat foods from the Five Food Groups every day. You can find more information at http://www.choosemyplate.gov.</p>
<p>The Five Food Groups</p>	<p>The Five Food Groups are: Fruits, Vegetables, Grains, Protein Foods, and Dairy. Many prepared foods fit into multiple categories. Some foods, like candy or soda, do not fit into any category at all because they are mostly added sugars or saturated fats.</p>
<p>Saturated Fats</p>	<p>Saturated fats tend to raise “bad” (LDL) cholesterol levels in the blood. This, in turn, increases the risk for heart disease. Saturated fats can be found in foods such as hot dogs, sausages, bacon, regular cheese, whole milk, butter, chicken fat, beef fat, pork fat (lard), cakes, cookies, and other baked goods.</p>
<p>Added Sugars</p>	<p>“Added sugars” are sweeteners, sugars, and syrups that are added to foods during processing or preparation. Most Americans eat or drink too many foods that are high in added sugars, such as regular soda, fruit-flavored drinks, candy, ice cream, cookies, and cakes. Look for these ingredients on food labels to see if a food has added sugars: sugar, high-fructose corn syrup, corn syrup solids, malt syrup, molasses, sucrose, dextrose, lactose, maltose, brown sugar, or honey. It’s important to note that sugars are found naturally in fruit (fructose), milk, and other dairy products (lactose). These naturally occurring sugars are not considered “added sugars.” Added sugars, like those found in a candy bar or in regular soda, add calories but no nutrients.</p>
<p>“Everyday” and “Sometimes” Foods</p>	<p>Instead of talking about foods and drinks as “good” or “bad,” use the words “everyday” and “sometimes” to help kids learn to be more responsible about their food choices. “Everyday” foods and beverages are the healthiest options and are lower in saturated fats, added sugars, and sodium (salt). Examples of “everyday” foods: whole-grain toast, low-fat yogurt, and carrot sticks. “Sometimes” foods have more saturated fats, sodium (salt), and/or added sugars. We might eat these foods on a special occasion or as a once-in-a-while treat, but not every day. Examples of “sometimes” foods: cookies, bacon, chips, regular soda, and donuts.</p>
<p>Moderate to Vigorous Physical Activity</p>	<p>Kids need at least 60 minutes of moderate to vigorous physical activity each day. The “talk test” is a simple way to measure physical activity intensity. During moderate-intensity activity, you can talk, but not sing, while doing the activity. During vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.</p>

SUN

Summer Meals

Summer Fun



**Hello
sunshine!**

**School is out
and kids are
ready to play**

Activities:

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VARY YOUR FRUITS AND VEGETABLES



Colorful Fruits and Veggies

This simple ready-to-go game challenges kids to think of many different colors of fruits and vegetables.



PERFECT FOR...

- Ages: 6–10
- Size of Group: 5–25
- Time: 15–30 minutes
- Setting: Outdoors, indoors

MATERIALS

None

SETUP

None

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS



- 1. DO:** Invite kids to play a game. Have kids stand in a circle.
- 2. ASK:** “You may know that fruits and vegetables are good for you, but did you know that you should try to eat different colors of fruits and vegetables over the course of the week? Why do you think it’s good to eat a variety of fruits and vegetables?” (Encourage kids to say that different fruits and vegetables can have different vitamins and other nutrients. Eating a variety of fruits and vegetables helps the body get the nutrition needed to grow, play, and be healthy.)
- 3. SAY:** “Today we are going to play a fun game called Colorful Fruits and Veggies. When I say a color, I’ll give a few moments for everyone to think of a fruit or vegetable that is that color. Then, we’ll go around the circle and when it is your turn, you can give an answer or run around the circle and sit down. The next person will get to answer or run and sit. And so on. When we’ve named all the fruits and vegetables we can think of, everyone stands.”
- 4. PLAY:** Call out these colors: red, orange, yellow, green, blue, and purple.
- 5. WRAP UP:** “Great job! You know so many different colors of fruits and vegetables. Remember: Eat smart to play hard. Choose fruits and vegetables at meals and snacks.”

OPTIONAL FOLLOWUP:

- Ask kids to tell you which fruit or veggie they would like to try from the snacks poster included in this kit.
- Have kids make posters of fruits and veggies in each color to display at your site.

All of these fruits & vegetables are in season during the summer months!

Summer Fruits and Veggies in Many Different Colors

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE
Cherries Raspberries Strawberries Tomatoes Watermelon Red Bell Peppers	Apricots Peaches Cantaloupe Nectarines Orange Bell Peppers Carrots	Corn Yellow Squash Yellow Bell Peppers 	Honeydew Melons Lima Beans Collard Greens Spinach Green Beans Peas	Blueberries Blackberries 	Plums Grapes Eggplant Beets

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, brainstorm a list before you start and see how many they can remember.	For smaller groups, divide kids into two teams and take turns, instead of going around the circle.	If you have more time, see how many they can remember.
For older kids, use a clapping rhythm to keep up the pace.	For bigger groups, make two circles.	If you have less time, combine colors, such as red/orange or blue/purple.

No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Ask: “Did you know that eating a variety of fruits and veggies helps you eat smart to play hard? Can you think of a fruit and vegetable for each color?”

Lights! Camera! Water!

Give kids a chance to turn off the television and become the entertainment! Kids will create and perform short commercials about the benefits of drinking water in this fun drama activity.



**CHOOSE WATER
INSTEAD OF SUGAR-
SWEETENED DRINKS**



STEP-BY-STEP DIRECTIONS

- 1. ASK:** “Have you ever seen a commercial for a soda, energy drink, or other drinks that have added sugars? What was it like? Now... have you ever seen a commercial for water? Why do you think there are more commercials for sugar-sweetened beverages, like soda, than for water?”
- 2. SAY:** “Water is healthy and free, but not well advertised. Did you know that plain water doesn’t have any calories? So it’s better to help keep a healthy weight than sugar-sweetened beverages. Plain water also has no added sugars, so it’s better for preventing cavities than sweetened drinks. Best of all, ice-cold water tastes great on a hot day! Today you are going to make up a commercial to help spread the word about the benefits of water.”
- 3. DO:** Divide kids into small groups of 2–4, or have them make a group with a few friends. Explain the rules (below). Give kids 10–15 minutes to create and rehearse their skits.

Your commercial must have:

- A catchy slogan about drinking water
- A scene that shows kids choosing water
- Three reasons why water is a great drink choice

- 4. PERFORM:** Set up a “stage” and a place for the audience to sit. Groups take turns performing. Encourage the audience to clap for each group.
- 5. WRAP UP:** “That was awesome! You did a great job spreading the word about the benefits of water. Remember, water is refreshing and good for you, especially on hot days in the summer. Instead of reaching for a sugary drink, choose water!”



Show kids the water poster to give them some ideas!

PERFECT FOR...

- Ages: 8–13
- Size of Group: 6–20
- Time: 30–60 minutes
- Setting: Outdoors, indoors

MATERIALS

Props (optional): such as drinking cups, water bottles, other beverage containers, or poster board and art supplies for kids to create their own props.

SETUP

Optional: Write rules on large-sized paper or chalkboard.

See “Make It Your Own” below for different ages, group sizes, and time available.

OPTIONAL FOLLOWUP:

- Give kids time to drink water after performances.
- Invite family members to join the audience.



TWEET!



FACEBOOK!

Great turnout for our summer meals, summer fun event at (insert name of location)! The fun continues on (insert day).

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, simplify the rules and provide a catchy slogan, such as, “Choose water every day!”	For smaller groups, have groups of two work together to create a commercial to perform for families.	If you have more time, let audience members give compliments after performances.
For older kids, let them be the directors or ask them to create a jingle.	For bigger groups, make groups of 4–5.	If you have less time, ask kids to create posters rather than skits, individually or in small groups.

No materials? No time? No problem!

Say: “I want to motivate kids to choose water instead of sugar-sweetened drinks like soda and energy drinks. Can you think of a catchy slogan to get kids like you to drink more water?”

EAT FRUITS AND VEGETABLES AT MEALS & SNACKS



Fruit and Veggie Trivia

Kids take on the jobs of Fruit Teacher and Veggie Instructor to encourage their friends to eat more fruits and vegetables. This activity develops speaking and leadership skills.



PERFECT FOR...

- Ages: All
- Size of Group: Any size, but only two kids at a time
- Time: 5–20 minutes
- Setting: During meal service

MATERIALS

None

SETUP

1. Decide if this will be a one-time or ongoing activity.
2. Choose two kids with positive leadership qualities, like confidence and kindness.

See “Make It Your Own” below for different ages, group sizes, and time available.



TWEET!



FACEBOOK!

We played Fruit and Veggie Trivia today at (insert name of location)! The fun continues on (insert day).

STEP-BY-STEP DIRECTIONS

1. **SAY TO TWO SELECTED KIDS:** “Did you know that fruits and vegetables are two important food groups to help kids and teens get the nutrition they need to grow and do their best at sports and play? I wish that all the kids here would eat more fruits and vegetables, but I’m too busy serving food to teach kids about **why** they should do that. Can you help me out? I selected you because you are positive leaders. We will call YOU the Fruit Teacher and YOU the Veggie Instructor. You’ll get to eat first, then come stand near the fruit and vegetables I’m serving and motivate other kids to try more fruits and vegetables by teaching them cool facts.”
2. **DO:** Read the Fruit and Veggie Trivia (p. 11) to the Fruit Teacher and Veggie Instructor, and have them each pick one bit of trivia about a food being served today. Serve your volunteers their food first. When they finish eating, have them share their facts and encourage others to eat the fruits or veggies offered at the summer meal site.
3. **WRAP UP:** “Thank you so much for helping me out! Did you see kids taking more fruits and vegetables? Remember, you helped boost the nutrition knowledge of all those kids by encouraging them to eat more fruits and vegetables!”
4. **HAND OUT:** Make sure parents receive the Activity Guide For Families when picking up their child.

OPTIONAL FOLLOWUP:

- Select a different pair of kids every week.
- Ask kids to create posters for the veggie trivia facts or for their favorite snack combinations, and post them in the eating area.
- Find more fruit and vegetable facts online at <https://snaped.fns.usda.gov/resource-library/foods/fruits-and-vegetables>.



Show the summer snacks poster and ask kids to share their favorite snack combinations, or make up their own!

ADDITIONAL NOTES

If this activity is a success, consider making it an ongoing activity. Reward kids for eating more fruits and vegetables by selecting them for the job.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, tell them one fact to share.	For smaller groups, choose one kid.	If you have more time, see how many facts they can remember.
For older kids, encourage them to look up nutrition facts at home and come prepared to share.	For bigger groups, choose four kids at a time.	If you have less time, select the trivia in advance instead of having the kids choose.

No materials? No time? No problem!

Share the facts yourself!

Fruit and Veggie Trivia

We have some fresh tomatoes today. Tomatoes are grown and picked during the summertime, so they taste extra good right now. Try some!



Try some carrots! Carrots are full of beta-carotene, which is easy and fun to remember because it sounds like better-carroting. Beta-carotene plays a role in helping you see at night. We should call them night-vision carrots!

Did you know that red bell peppers are actually just green bell peppers that were allowed to ripen on the plant? Bell peppers are the most common type of sweet pepper. They are so sweet and crunchy, too. Try some!



Want to cool down? Try some cucumbers! The inside of a cucumber can be 20 degrees cooler than the outside air. So cucumbers are a refreshing way to help make half your plate fruits and veggies.

Check it out! We have lettuce today. Did you know that lettuce is a member of the sunflower family? Romaine lettuce is crispy, crunchy, and full of vitamin A, which helps keep your eyes and skin healthy. Try some!



Don't forget to power up with some black beans. Beans have protein that is used by your body to build muscles. They're tasty, too!

Can you guess which two fruits have been the most popular fruits in America for over 40 years? (*Apples and bananas.*) They provide important nutrients like fiber, vitamin C, and potassium. They're popular for a reason. Have one with your lunch today.



Watermelon tastes great by itself, but you can also eat it in salsas and salads. Our watermelon today is sweet and juicy. Watermelon is high in vitamin C and a good source of vitamin A. So it's a tasty way to eat smart to play hard. Try some!

We have some sweet strawberries today. Did you know the average strawberry has 200 tiny seeds on the outside? Strawberries are also high in vitamin C and fiber so they are a tasty way to eat smart to play hard.



**EAT SMART,
EXERCISE,
HAVE FUN**



Bring the Heat 2-Minute Challenge

Kids will challenge themselves to see how many exercises they can do in a specific amount of time.



PERFECT FOR...

- Ages: 7–14
- Size of Group: Any size
- Time: 30 minutes
- Setting: Outdoors, indoors

MATERIALS

- *Bring the Heat* checklist (one per kid)
- Pencils
- Timer (**Tip:** Use your phone)

SETUP

1. Copy *Bring the Heat* checklist (on p.13).
2. Gather pencils.
3. Decide how much time you will have and set your timer.
4. Plan to do this activity before eating.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

1. **SAY:** “Eating smart and playing hard helps us stay healthy and strong. I know you all like to run around and have fun because I’ve seen you do it! How many jumping jacks do you think you can do in 2 minutes? How many frog jumps do you think you can do in 2 minutes? Today, we’re going to challenge ourselves to bring the heat and reach some activity goals.”
2. **DO:** Hand out checklists (see p. 13) and pencils. If a kid is unable to perform an activity, help him or her write in an alternate exercise that gets the heart rate up (such as playing catch). Ask kids to fill in a goal for how many of each exercise they think they can do in 2 minutes. Divide kids into partners (they will take turns counting). Set your timer for 2 minutes.
3. **PLAY:** When you say “GO!,” kids begin the first exercise while their partners count. When the timer goes off, yell “STOP!” and kids fill in how many exercises they did in 2 minutes. Partners switch. Continue until all exercises have been done. Give kids time to drink water.
4. **WRAP UP:** “How many of you met your goals? Great job! How many of you went above and beyond your goals? Amazing! Who thinks they can beat their goals next time? Remember to eat smart, exercise, and have fun!”



TWEET!



FACEBOOK!

Great job at our [Bring the Heat 2-Minute Challenge!](#) Don’t forget to get at least 60 minutes of physical activity each day.

OPTIONAL FOLLOWUP:

- Play again the next day to see if kids can beat their records.
- Make additional copies of the checklist and send home for families to use together.
- Write in new physical activities, using kids’ suggestions.

Tip: This is a great activity to have older kids lead!

Make It Your Own






AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, read directions out loud.	For smaller groups, work as a group instead of as partners. Count and cheer for each person.	If you have more time, add more exercises.
For older kids, let them add their own exercises and ideas on the lines.	For bigger groups, put kids in groups of 3 or 4.	If you have less time, do fewer exercises.

No materials? No time? No problem!

Distribute the checklist for families to use together at home.

Bring the Heat 2-Minute Challenge Checklist

Copy this checklist and distribute to each kid.

How many of these can I do in 2 minutes?	My Goal	Today I Did...
Frog jumps		
Jumping jacks		
Invisible jump rope jumps		
Disco moves		
Chicken dances (To do the chicken dance, pinch your fingers 4 times, flap your arms 4 times, wiggle your body 4 times, clap 4 times and then swing in a circle with your partner. See how many rounds you can do.)		

Summer is a great time to be active! Remember to eat smart, exercise, and have fun at home!

MAKE TODAY A TRY-DAY!

PREP TIME: 15 MINUTES

Water Sparklers



CHOOSE WATER INSTEAD OF SUGAR-SWEETENED DRINKS



Give kids a chance to taste delicious and healthy sparkling water. This tasting activity couldn't be easier. Simply pour the beverages, and let them taste. For a fun twist, make 100% fruit juice ice cubes in advance! When selecting unflavored sparkling water, check to make sure it is calorie-free and sugar-free.

MATERIALS

- 100% orange juice and 100% grape juice (no added sugar)
- Unflavored sparkling water
- Ice (optional)
- Small cups

PREPARE THE SPARKLERS

Follow food safety directions on pages 4–5. Mix up the following combinations for kids to taste:

- Sparkling water with a splash of orange juice
- Sparkling water with a splash of grape juice

BEFORE TASTING, SAY:

“Have you ever tried sparkling water? You can find it in many grocery stores. But unsweetened sparkling water is a much healthier choice than regular soda, sweet tea, and fruit punch, which have added sugars and extra calories. Eating and drinking too much added sugar may lead to cavities. And the extra calories may make it hard to keep a healthy weight. Today we are going to try sparkling water with a tiny splash of 100% fruit juice. This adds a little flavor and color to your drink!”

AFTER TASTING, ASK:

- “Which one was your favorite?”
- “Have you ever seen sparkling water in the grocery store?”
- “How would you make this at home?”



Loved seeing everyone at summer meals, summer fun. Remember to try the [Water Sparklers](#) recipe we shared.

**MAKE HALF YOUR
PLATE FRUITS
AND VEGETABLES**



BE THE CHEF!

PREP TIME: 15 MINUTES

Fruity Fun Chicken Salad Cups

This chicken salad, served in cute lettuce cups, helps make summer fruits and vegetables fun to eat.



SERVINGS: 6

SERVING SIZE: 2 lettuce cups

INGREDIENTS:

- 1 10-oz can all white meat chicken
- ½ cup strawberries, diced
- ½ cup fresh spinach, chopped
- ¼ cup green onions, thinly sliced
- ¼ cup fat-free sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano leaves
OR dry dill weed
- ¼ teaspoon ground black pepper
- 12 small Romaine lettuce leaves or
Bibb lettuce leaves

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Fruity Fun Chicken Salad Cups** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



DIRECTIONS

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach, and green onions.
3. In a small bowl, mix together the sour cream, yellow mustard, oregano or dill, and black pepper.
4. Gently fold the dressing into the chicken mixture.
5. Measure ¼ cup of chicken salad into each lettuce leaf.

OPTIONS

- Consider adding blueberries, diced peaches, or halved grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, serve over 1½ cups of leafy greens like torn or chopped Romaine lettuce and/or spinach to make it a salad.

Food Demonstration Samples: Offer ⅓ cup of chicken salad and ¼ of a lettuce leaf in small cups. Provide a fork. Makes 24 samples.

Nutrition Information

Amount per serving: 2 lettuce cups; **Calories:** 58; **Total Fat:** 2 g; **Saturated Fat:** 0 g; **Sodium:** 121 mg; **Potassium:** 145 mg; **Total Carbohydrate:** 4 g; **Dietary Fiber:** 1 g; **Sugars:** 1 g; **Protein:** 7 g; **Vitamin A:** 1368 IU; **Vitamin C:** 10 mg; **Vitamin D:** 0 IU; **Calcium:** 35 mg; **Iron:** 1 mg.



Get children involved in making the recipe!

SHOW them how to:

- Cut the strawberries, using a plastic knife (for ages 6–7 and up with adult supervision).
- Tear the spinach into bite-size pieces.
- Remove the leaves from the head of lettuce.
- Measure the sour cream and mustard.
- Measure the oregano and pepper.
- Help gently stir the salad mixture.
- Fill the lettuce cups.



Share these fun facts:

- * Because of their size, leaf lettuce can be used as a sandwich wrapper!
- * Romaine lettuce leaves provide vitamin A, which helps keep your eyes and skin healthy.
- * Oregano is an herb typically used in Latin, Indian, and Mediterranean cooking.



STAY COOL

Stay Cool With Summer Meals

Hot out?

Kids will cool down with these fun activities!

Activities:

Jump in for Healthy Choices	16
The Big Wind Blows	18
Water Safety Tips	19
Hot Tomato	20
Fruit and Veggie Waters	21
Cool Cucumber Yogurt Dip	22



EAT FRUITS AND VEGETABLES AT MEALS & SNACKS



Jump in for Healthy Choices

Kids will learn to identify “Sometimes Foods” and “Everyday Foods” with this active, easy, and ready-to-go game that can be played outdoors or indoors on a hot day.



PERFECT FOR...

- Ages: 5–10
- Size of Group: Any size
- Time: 10–30 minutes
- Setting: Outdoors, indoors

MATERIALS

MyPlate poster

SETUP

None

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. DO:** Gather kids into a circle and show the *MyPlate* icon (p. 17), or display the *MyPlate* poster.
- 2. SAY:** “To be healthy, we need to eat foods from each of the five *MyPlate* Food Groups. Who knows what the Five Food Groups are? (**Fruits, Vegetables, Grains, Protein Foods, and Dairy.**) You can see all of the food groups on the *MyPlate* icon. These foods provide nutrients that our bodies need to be healthy.

The healthiest food choices from these food groups are low in added sugars and saturated fats. **Everyday Foods** are foods that have a lot of nutrients we need without a lot of extra calories from added sugars and saturated fats. These foods help us stay healthy and strong and should be chosen often.

Foods that are high in added sugars and saturated fats are called **Sometimes Foods** because they provide extra calories without nutrients like vitamins and minerals. We should eat **Sometimes Foods** less often and in smaller amounts. Eating too many **Sometimes Foods** makes it difficult to get the nutrition we need to be healthy and can make it hard to stay healthy.

Today, we are going to play a fun game to test your knowledge of **Sometimes Foods** and **Everyday Foods.**”

- 3. PLAY:** Have kids pretend they are standing around a swimming pool or a big lake. Tell kids that when you say a food, they have to decide if it is a **Sometimes Food** or a healthy **Everyday Food**. If it is an **Everyday Food**, they jump forward. If it is a **Sometimes Food**, they jump back. Call out foods from the list on page 17.
- 4. WRAP UP:** “Great job! Remember, water, and low-fat and fat-free milk are “Everyday” drink choices. Regular soda, sports drinks, sweet tea, and fruit drinks are “Sometimes” drink choices because they have added sugars. Fruits and vegetables can be great **Everyday Foods** as long as we do not add sugars, butter, and other sauces to them. Whole grains, lean protein foods, and low-fat dairy are also **Everyday Foods**. Cakes, cookies, and candies are **Sometimes Foods** because they contain saturated fats and/or added sugars which are not good for our bodies. Remember to eat smart to play hard.”
- 5. HAND OUT:** Give parents the Activity Guide For Families when they pick up their children.

OPTIONAL FOLLOWUP:

- Start slowly and then speed up to increase the fun and the giggles.
- Continue using the words **Everyday Foods** and **Sometimes Foods** when you can.



Refer to the summer snacks poster for delicious ways to enjoy **Everyday Foods!**

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, play slowly.	For smaller groups, have kids pretend they are standing in line for a diving board.	If you have less time, play with fewer foods.
For older kids, let them act as activity leaders by having them call out foods on the list.	For bigger groups, make sure there is enough space for everyone to jump in safely.	If you have more time, ask everyone to share a fruit or veggie that they like to eat.

No materials? No time? No problem!

Try this quick tip when kids are eating. Read Step 2 aloud and ask kids to say “Everyday” or “Sometimes” when you call out a food from the list on page 17.

Everyday and Sometimes Foods



Teach kids that healthy eating means choosing foods and drinks that are low in added sugars and saturated fats most of the time, and limiting sugar-sweetened drinks and other less healthful choices to occasional treats and in smaller amounts.



Examples of Everyday Foods

- Apple
- Water
- Tomato
- Cucumber
- Carrots
- Pineapple
- Red Bell Pepper
- Low-Fat Milk
- Peanuts
- Red Beans
- Whole-Wheat Bread
- Grilled Fish

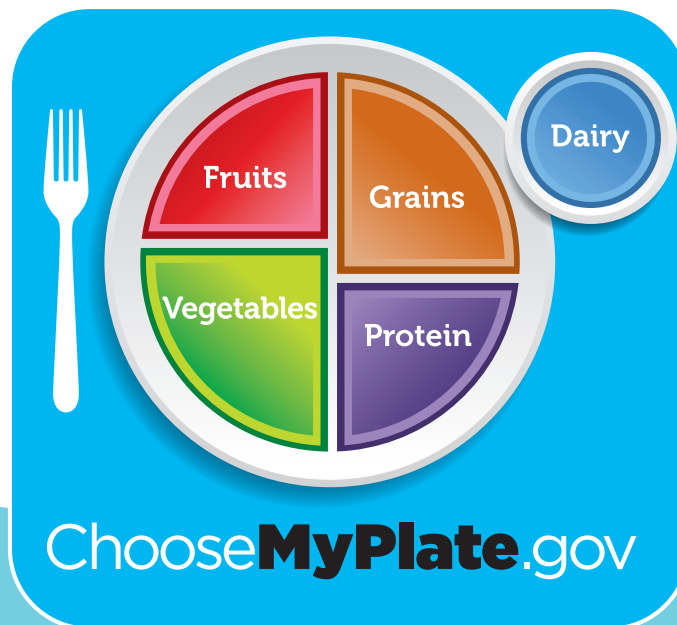


Examples of Sometimes Foods

- Candy Bars (added sugars, saturated fats)
- Cupcakes (added sugars, saturated fats)
- Sweetened Iced Tea (added sugars)
- Bacon (saturated fats)
- Regular Soda/Pop (added sugars)
- Cookies (added sugars, saturated fats)
- Sports Drinks (added sugars)
- Lemonade (added sugars)
- Gummy Fruit Snacks (added sugars)
- Donuts (added sugars, saturated fats)
- Pepperoni Pizza (saturated fats)
- Milkshakes (added sugars, saturated fats)



See page 6 for definitions of added sugars and saturated fats.



**EAT SMART,
EXERCISE,
HAVE FUN**



The Big Wind Blows

Kids will get moving while getting to know each other better.



PERFECT FOR...

- Ages: 7–14
- Size of Group: 10+
- Time: 15+ minutes
- Setting: Outdoors, indoors

MATERIALS

Chairs (optional)

SETUP

None

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. SAY:** We know how important it is to play hard and eat smart during the summer. Today, we’re going to get to know each other better while staying active.
- 2. DO:** Arrange students into a circle with one fewer spot or chair than the people playing the game. Make sure the circle is spread out enough for kids to run through the middle.
- 3. PLAY:** One person will stand in the middle and say “The Big Wind Blows for . . .” and finish the sentence by saying a favorite healthy food or a favorite way to stay physically active. For example, “The Big Wind Blows for anyone who loves blackberries.” If the statement is also true for others, those people must get out of their seats and rush to find new ones across the circle. The last person standing who cannot find a seat must come up with a new “Big Wind Blows” statement to continue the game.
- 4. WRAP UP:** “Did anyone find a seat every time? Great! How many new things did you learn about each other? Remember to eat smart, exercise, and have fun!”

OPTIONAL FOLLOWUP:

Bring in some of the favorite fruits and veggies that were called out for kids to try.



We had fun making friends while eating smart and playing hard at [\(insert name of location\)](#) today! We learned a lot of kids really love blackberries! We’ll be sure to have some for tasting on [\(insert day\)](#).



Make It Your Own

AGES

For younger kids, offer more suggestions for statements if kids get stumped.

For older kids, challenge them to come up with statements that are only about food and exercise.

GROUP SIZE

For smaller groups, students can share more about why their statement is true.

For bigger groups, divide into 2 circles.

TIME AVAILABLE

If you have more time, play longer!

If you have less time, limit the number of rounds played.

No materials? No time? No problem!

While you’re serving food, have kids call out their favorite fruits, vegetables, or summer activities.

Stay Safe With Water Games!

Kids love to get wet in the summertime. If you play any water games, follow the Water Safety Tips to ensure that everyone has a fun and safe time.

Water Safety Tips

Keep the activity fun and safe with these simple precautions:

- **NO RUNNING.** This applies to kids and adults.
- **Stop when you hear the whistle or when an adult yells “freeze!”**
- **The materials may only be used as part of the game (no throwing or grabbing materials).**
- **Children and adults must be wearing appropriate clothing for water play.**
- **It is highly recommended to have extra adult chaperones to assist you.**
- **The first aid kit must be stocked with adhesive bandages, antiseptic wipes, and antibiotic ointment (in case of scrapes).**
- **Always be mindful about not wasting water — a little goes a long way!**



NOTE TO FAMILIES

Send this note to families before water activities.



Dear families,

On _____ at _____,
(date) (time)



we will be celebrating summer with fun water games at our meal site.
If your child would like to participate, he or she must wear appropriate clothing for water play, such as a bathing suit and water shoes or clothes that can get wet.



Your friends at _____ summer meal site
(location)



**EAT SMART,
EXERCISE,
HAVE FUN**



Hot Tomato

Kids will get wet and learn about seasonal fruits and vegetables with this new version of a classic game.



PERFECT FOR...

- Ages: 8+
- Size of Group: 10+
- Time: 15–30 minutes
- Setting: Outdoors, indoors

MATERIALS

10 water balloons,* or 1 sponge and 1 clean bucket

SETUP

1. Before doing this activity, make sure parents are aware that their kids may get wet.
2. Read Water Safety Tips (p. 19) and prepare the area.
3. Fill water balloons with help from kids, or fill bucket with water, if using.

See “Make It Your Own” below for different ages, group sizes, and time available.

* **CHOKING HAZARD** — Children age eight and younger can choke or suffocate on uninflated or broken balloons. Adult supervision required. Keep uninflated balloons from children. Discard broken balloons at once.

STEP-BY-STEP DIRECTIONS

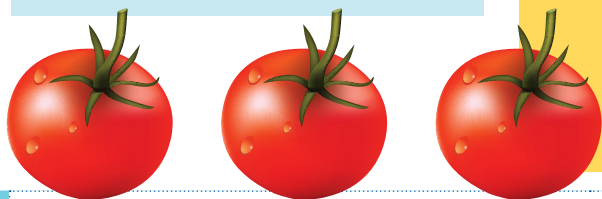
1. **DO:** Have kids sit in a circle.
2. **SAY:** “Today we are going to play a game called Hot Tomato. Some of you know the game Hot Potato, but tomatoes are a seasonal vegetable, so we are going to play Hot Tomato. All fruits and vegetables are picked in a season — seasonal fruits and veggies are just picked in one particular season rather than all of them. For example, tomatoes, corn, and many other fruits and vegetables are picked in the summer, so we can say they are in season, or “seasonal,” right now. For this game, you will need to know some summer fruits and vegetables. Who knows some fruits and vegetables that are harvested in the summer?” Take answers from kids and use examples provided on page 21 for more.
3. **BEFORE YOU PLAY:** Go over the Water Safety Tips on page 19. Anyone who breaks the rules will automatically be out for the rest of the game.
4. **PLAY:** Give one kid the “tomato” (a water balloon or soaked sponge). Sitting in a circle, pass the tomato from person to person while chanting the Hot Tomato Rhyme (below). When you reach the end and everyone says, “More!,” the kid holding the tomato must burst the balloon or squeeze the sponge over his or her head. Repeat with other seasonal fruits and vegetables, as suggested by kids.
5. **WRAP UP:** “That was fun! Remember, it’s easy to make half your plate fruits and vegetables when there are so many delicious seasonal fruits and vegetables.”

OPTIONAL FOLLOWUP:

- Have a competition to see who can remember the most seasonal fruits and vegetables.
- Hold a spelling bee for kids to spell the seasonal fruits and vegetables.

Hot Tomato Rhyme

**One tomato, two tomato, three tomato, four.
Five tomato, six tomato, seven tomato, more!**



Make It Your Own

AGES

For younger kids, use a sponge instead of the balloons, and write seasonal fruits and veggies on large-sized paper in advance.

For older kids, play a round where they pass the sponge or water balloon while spelling a fruit or vegetable one letter at a time.

GROUP SIZE

For smaller groups, toss the water balloon or sponge back and forth.

For bigger groups, use two “tomatoes” at a time.

TIME AVAILABLE

If you have less time, use sponges instead of water balloons.

If you have more time, ask each kid to list as many seasonal fruits and vegetables as possible.

No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Say, “You can enjoy the taste of fruits and vegetables year round, but many fruits and vegetables are freshly picked in the United States (U.S.) during the summer. This means they taste great and they are easier to get. Who knows some fruits and vegetables that are harvested in the summer?”

Summer Fruits & Vegetables



Apricots
Bell Peppers
Berries
Cherries
Corn
Cucumbers
Edamame
(green soybeans)



Eggplant
Figs
Garlic
Grapes
Grapefruit
Green Beans
Jalapeños



Lima Beans
Limes
Melon
Nectarines
Okra
Peaches
Peas



Plums
Radishes
Spinach
Squash
Sugar Snap Peas
Tomatoes
Zucchini

MAKE TODAY A TRY-DAY!

PREP TIME: 15 MINUTES

Fruit and Veggie Waters



**CHOOSE WATER
INSTEAD OF SUGAR-
SWEETENED DRINKS**



A few slices of fruit, vegetables, or herbs can make plain water more interesting. Don't worry about exact measurements — just add sliced fruit to water (about 1 cup of fruit per 5 cups of water), and let it sit in the refrigerator for at least 30 minutes to let the flavor infuse into the water. Store the water overnight in refrigerated, covered containers if you wish. It's easy!

MATERIALS

- Water
- Oranges
- Strawberries or pineapple (optional)
- Cucumbers or mint (optional)
- Ice (optional)
- Small cups
- Large utensil to stir water
- Large pitchers or mixing bowls



PREPARE THE FRUIT AND VEGGIE WATERS

Follow food safety directions on pages 4–5. Slice up any combination of fruit or veggies and mix them with water in large pitchers or mixing bowls to make the infused water. Make one flavor or a few. Chill it for at least 30 minutes in the refrigerator, and then stir before serving. Pour into small cups for easy serving.

BEFORE TASTING, SAY:

“When you're thirsty, cool water is a great choice. Want to try water with a new twist? Try these refreshing fruit and veggie waters for a change.”

AFTER TASTING, ASK:

“Did you like the fruit water? Which fruit or vegetable would you like to try next time?”



Have you tried the [Fruit and Veggie Waters](#) recipe we shared at our summer meal site? Kids love it.



TWEET!



FACEBOOK!

**MAKE HALF YOUR
PLATE FRUITS
AND VEGETABLES**



BE THE CHEF!

PREP TIME: 15 MINUTES

Cool Cucumber Yogurt Dip

Stay cool as a cucumber this summer! Serve this dip with cut-up veggies for a refreshing summer snack.



SERVINGS: 6

SERVING SIZE: ¼ cup

INGREDIENTS:

- 1 cup plain low-fat yogurt
- ½ cup fat-free sour cream
- 1 cucumber
- 1 tablespoon lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon dried dill weed
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup baby carrots
- 1 cup broccoli florets

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for **Cool Cucumber Yogurt Dip** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.

DIRECTIONS

1. Place the yogurt and sour cream in a medium-sized mixing bowl.
2. Peel cucumber and cut in half lengthwise. Remove the seeds by scraping them out with a spoon. Grate one half of the cucumber until you have ½ cup grated cucumber. Reserve the remaining cucumber. Place the grated cucumber in the mixing bowl with the yogurt and sour cream.
3. Add the lemon juice, garlic powder, dried dill weed, salt, and black pepper. Stir until the ingredients are evenly mixed.
4. Cover the dip and place in the refrigerator to chill for at least 1 hour. Stir again just before using.
5. Cut the remaining cucumber into ¼-inch slices. Arrange the cucumber slices, baby carrots, and broccoli florets on a platter. Serve with the Cool Cucumber Yogurt Dip.



OPTIONS

- Instead of dried dill, use 1 teaspoon of fresh dill if available. Consider adding fresh or dried mint leaves, too.
- Try using this dip as a sauce for flatbread sandwiches.

Food Demonstration Samples: Offer 1-tablespoon portions of the dip in a small cup. Add one or two pieces of cucumber, broccoli or baby carrot. Makes 24 samples.

Recipe adapted from Centers for Disease Control and Prevention and available from *What's Cooking? USDA Mixing Bowl* at <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-dip>

Nutrition Information

Amount per serving: ¼ cup; **Calories:** 53; **Total Fat:** 0.8 g; **Saturated Fat:** 0.4 g; **Sodium:** 165 mg; **Potassium:** 281 mg; **Total Carbohydrate:** 9 g; **Dietary Fiber:** 1 g; **Sugars:** 4 g; **Protein:** 3 g; **Vitamin A:** 3221 IU; **Vitamin C:** 16 mg; **Vitamin D:** 0 IU; **Calcium:** 112 mg; **Iron:** 0.4 mg.

Get children involved in making the recipe!

SHOW them how to:

- Use a vegetable peeler and a box grater to peel and grate the cucumber (for ages 6–7 and up with adult supervision).
- Measure the ingredients into the bowl and stir the dip until well combined.
- Arrange vegetables on the serving platter.
- Have one or more children taste test the mixture before serving to the group!



Share these fun facts:

- * Cucumber and yogurt are commonly eaten together in Middle Eastern cuisine. It is a cooling combination that soothes your mouth when eating other spicy foods in a meal.
- * We let the dip chill for at least 1 hour so the flavors from the herbs and spices can be released and intensified.

MUSIC & DANCE

MOVIN' With Summer Meals

Activities:

Red Pepper, Green Pepper, Chili Pepper	24
Movie Moves Party Game	25
Collaborative Poetry Slam	26
Screen-Free Limbo Challenge	28
Get Down with Bell Peppers	29
Berry Jams Party Bites	30



Turn on the music!
**And turn your meal site
into a celebration!**

FUEL UP WITH FRUITS AND VEGETABLES!



Red Pepper, Green Pepper, Chili Pepper

Kids will learn to eat smart while playing this fun, active group game.



PERFECT FOR...

- Ages: 6–11
- Size of Group: 5–30
- Time: 15–30 minutes
- Setting: Outdoors

MATERIALS

None

SETUP

None

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. SAY:** “Your body needs fuel to run, play, and be active. Fruits and vegetables can give your body the fuel you need to be your best. Today, we are going to play a fun game to get your body active. Who knows how to play Red Light, Green Light? This game is called Red Pepper, Green Pepper, Chili Pepper.”
- 2. DO:** Stand at the finish line. Have kids stand shoulder to shoulder at the starting line and face you.
- 3. PLAY:** When you face away from the kids and say “Green Pepper,” the kids run towards you. When you turn around and say, “Red Pepper,” they must stop. If anyone is caught still running, they go back to the starting line and start again. If you say “Chili Pepper” at any point, they have to dance or jump in place. The first player to reach you wins and becomes the “Pepper Master” for the next game.
- 4. WRAP UP:** “Even though this was a game, it teaches an important idea. Fuel your body with fruits and vegetables. Can you think of any other red and green fruits and vegetables?”

OPTIONAL FOLLOWUP:

- Invite family members to play.
- Play again with different red and green fruits and vegetables, like apples, pears, and tomatoes.

Fun Tip:
After you play this game, try Get Down With Bell Peppers on page 29.



Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, practice the directions once all together before playing the game.	For smaller groups, let each kid have a turn at being the leader.	If you have less time, call “Green Pepper” more often.
For older kids, call out red and green colored vegetables instead of peppers.	For bigger groups, spread out to a larger space.	If you have more time, follow up with the bell pepper tasting activity (p. 29).

No materials? No time? No problem!

Use this idea to manage how kids move while they wait in line! When you want the line to stop, say “Red Pepper.” When you want the line to go, say “Green Pepper.” When you want everyone to dance, say “Chili Pepper.”

Movie Moves Party Game

On days when kids can't go outside, everyone can get moving with this fun indoor activity.



BALANCE YOUR DAY WITH FOOD AND PLAY!



STEP-BY-STEP DIRECTIONS

- SAY:** "On days we can't go outside, sometimes we might watch a movie. But our bodies also need to get up and move! It's important to balance our day with food and play. It helps us stay healthy and feel good. What are some fun ways to exercise indoors? Today, we're going to play a game with moves based on your favorite movies."
- DO:** Have kids share their favorite movies while you (or one of the children) write the ideas down on the poster board. As a group, come up with three dance moves based on movies. For example, for a movie about winter, you could pretend to be shivering while you move from side to side.
- PLAY:** Divide kids into smaller groups and give them 5–10 minutes to come up with additional moves. Have each group teach the moves to the rest of the kids. Then, put on music and have a dance party with all your new dance moves. If you do not have music, lead kids in a clapping rhythm.
- WRAP UP:** "Give yourselves a round of applause! You just invented creative new dance moves and found a way to move more and sit less on a day when you can't go outside! How do you feel after getting some exercise?"
- HAND OUT:** Make sure parents receive the Activity Guide For Families when picking up their child.

OPTIONAL FOLLOWUP:

- Play again another day.
- Have kids create moves based on favorite books and games.
- Follow the game with free dance time.



PERFECT FOR...

- Ages: 7–11
- Size of Group: 10–30
- Time: 30 minutes
- Setting: Indoors

MATERIALS

- Music (optional but recommended)
- Whiteboard or large poster board
- Marker for writing

SETUP

1. Prepare music and speakers (optional).
2. Ask a few kids with positive leadership skills to help lead the activity.

See "Make It Your Own" below for different ages, group sizes, and time available.



Turn off the screen and turn on the music! We had a great [Movie Moves Dance Party](#) today at (insert name of location)!

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, suggest movies starring animals and ask: "What do the animals do in the movie? Can we move like that?"	For smaller groups, have each kid think of a move to teach to others.	If you have less time, skip the small group step. First think of moves all together, then have a dance party.
For older kids, set expectations before you begin. No inappropriate moves!	For bigger groups, put kids in groups of three or four.	If you have more time, extend the dance party.

No materials? No time? No problem!

Have the group follow dance moves as they wait in line for their meal, or have a small group of kids perform a dance demonstration while meals are being served.

BALANCE YOUR DAY WITH FOOD AND PLAY!



Collaborative Poetry Slam

Kids will recite a poem about being active in the summer.



PERFECT FOR...

- Ages: All ages
- Size of Group: Any size
- Time: 15–60 minutes
- Setting: Outdoors, indoors

MATERIALS

Copies of the *It's Time for Summer* poem on page 27 (one per kid)

SETUP

Copy poem or write it on the board or poster paper.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. SAY:** “A poetry slam is a poetry performance where people read poems with lots of expression. Today we’re going to have our own poetry slam.”
- 2. DO:** Distribute poems and have kids stand in a big circle. Kids count off from 1–28. If you have fewer than 28 kids, keep counting until 28 and some will get two numbers. If you have more than 28 kids, start over after 28 and two kids will share one number. Explain that each number corresponds with a line of the poem. Let them practice reading the whole poem and then their own lines with expression.
- 3. PERFORM:** Line kids up in numerical order. Then, make a circle and recite the poem a few times to rehearse. For the performance, have each kid step into the circle and act out his or her line while reciting it.
- 4. WRAP UP:** “Give yourselves a round of applause! What was the big idea of this poem? That’s right! This summer, eat smart, exercise, and have fun!”

OPTIONAL FOLLOWUP:

- Turn the poem into a dance by having each kid make a dance move for his or her line and using a clapping pattern to create rhythm.
- Make additional copies of the poem and send home for families to read together.



Tell kids to refer to the poster illustrating the 4 Healthy Moves to remember the big idea of the poem!

Make It Your Own

AGES

For younger kids, partner with older kids and read their line to them.

For older kids, let them add a movement to go with their line.

GROUP SIZE

For smaller groups (or shy kids), let them read the poem with a friend and take turns with each line.

For bigger groups, divide them into two smaller groups and take turn performing and being the audience.

TIME AVAILABLE

If you have less time, skip rehearsal.

If you have more time, have kids write their own verses.

No materials? No time? No problem!

Distribute the poem for families to read together at home.



It's Time for Summer



1. My friend said, "Hey!
2. Don't be a bummer.
3. Get off the couch.
4. It's time for summer!"

5. Let's jump around.
6. Let's do a dance.
7. Let's wear our shorts
8. Instead of pants!

9. Let's get some veggies
10. And learn to cook.
11. Let's climb a tree
12. And take a look.

13. Let's ride our bikes
14. And skateboard, too.
15. Let's talk to monkeys
16. At the zoo.

17. Let's jump some rope
18. And count to thirty.
19. Let's plant a garden
20. And get all dirty.

21. Let's make fruit salad
22. And make a mess.
23. Let's move much more.
24. Let's sit much less.

25. Summer's too short
26. To sleep all day.
27. So get off your couch
28. And let's go play!



BALANCE YOUR DAY WITH FOOD AND PLAY!



Screen-Free Limbo Challenge

Kids will come up with screen-free ways to spend time at home — while playing this classic and simple party game.



PERFECT FOR...

- Ages: All ages
- Size of Group: 4+
- Time: 5–20 minutes
- Setting: Outdoors, indoors

MATERIALS

- Limbo stick (e.g., broom, yardstick)
- Music (optional but recommended)

SETUP

1. Prepare music and speakers (optional).
2. Ask two older kids to volunteer as limbo stick holders.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

1. **SAY:** “During the summer, lots of kids spend time in front of screens: TVs, computers, video games, and smartphones. But if you want to have energy and be your best, you need to eat smart and play hard. Did you know that kids need at least 60 minutes of physical activity each day? Today we are going to play a really fun party game that originally comes from the country of Trinidad: limbo! This version has a little twist. Before we start, I want everyone to think of a way that you can be physically active when you’re at home.”
2. **DO:** Have kids stand in line. Volunteers hold up limbo sticks parallel to the ground. Put on music (optional). If possible, play twice or more so that everyone will get a chance to play (otherwise the kids holding up the stick don’t get to limbo). Or, have kids take turns holding the limbo stick.
3. **PLAY:** Kids take turns going under the limbo stick, and they announce an idea for how to be more active before going under the stick. If using music, pause it when someone is talking. Kids can go under the limbo stick any way they want (crouching, ducking, on all fours). If a kid falls, another one may borrow his or her idea. After everyone has gone through, lower the limbo stick by an inch or two. Repeat. The winner is the last kid who can go under the stick and name a physical activity.
4. **WRAP UP:** “You all just gave me so many ideas of things to do instead of looking at a screen. When you go home, which one will you try? Remember to eat smart and play hard to stay healthy and strong.”

OPTIONAL FOLLOWUP:

The following day, invite kids who followed through with their ideas to share with the group. Have everyone play limbo again. Write down the ideas as kids say them and share them on social media! (Remember not to use kids’ names.)



Remind everyone that the “Move More” poster has ideas for fun ways to be physically active!

Make It Your Own

AGES

For younger kids, have them share ideas for screen-free activities and then choose their favorite when they play.

For older kids, challenge them to think of an original idea every time.

GROUP SIZE

For smaller groups, use tables and chairs to hold up the limbo stick.

For bigger groups, put kids in groups of three or four.

TIME AVAILABLE

If you have less time, drop the stick even lower each time.

If you have more time, ask kids to create skits sharing ideas for limiting screen time and being active.

No materials? No time? No problem!

Say: “Do you know how to limbo? Limbo is a great way to move more and sit less. Can you think of other ways that you can move more and sit less at home?”

MAKE TODAY A TRY-DAY!

PREP TIME: 15 MINUTES

Get Down With Bell Peppers



EAT FRUITS AND VEGETABLES AT MEALS & SNACKS



Let kids explore the sweet taste and crunchy texture of three colors of bell pepper. Start by teaching kids a few interesting facts about the nutritional value of bell peppers, and then let them taste and discuss the differences in flavor.

INGREDIENTS AND MATERIALS

- Red, yellow, and green bell peppers
- Small plates, plastic knife, cutting board, and napkins

PREPARE THE PEPPERS

Follow food safety directions on pages 4–5. Rinse and slice the peppers into strips. Place one of each color on the small plates.

BEFORE TASTING, SAY:

“Have you ever tried bell peppers?” Here are five delicious facts:

- Bell peppers have a fun shape, shiny skin, and come in many bright colors.
- They are part of the same family as tomatoes, eggplant, and chili peppers (but they’re not spicy like chili peppers).
- Bell peppers are high in vitamin C, which helps your body heal cuts and scratches.
- You can find them all year long, but they grow best in summer and early fall.
- Try bell peppers for a snack or to add crunch to a salad or sandwich.

AFTER TASTING, ASK:

“What did each color taste like?”

“Have you eaten bell peppers before today?”

“What kinds of dishes use bell peppers?” (*Salads, sandwiches, burritos and fajitas, stir-fry, stews, and many more!*)



TWEET!



FACEBOOK!

We made today a Try-Day. Bell peppers are delicious and nutritious! Try them at home!



Ask kids if there are any fruit and veggie snack ideas they would like to try at home or at your meal site!

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES



BE THE CHEF!

PREP TIME: 15 MINUTES

Berry Jams Party Bites

This healthy treat combines fruit, nuts, and whole grains to make sure you have lots of energy to dance and play all day.



SERVINGS: 6

SERVING SIZE: ½ muffin

INGREDIENTS:

- 3 whole-grain English muffins
- 6 tablespoons peanut butter or sunflower seed butter
- 1 cup fresh or frozen (and thawed) strawberries, sliced
- ½ cup fresh or frozen (and thawed) blueberries

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Berry Jams Party Bites** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



DIRECTIONS

1. Using a fork, gently split English muffin in half.
2. Spread 1 tablespoon of peanut butter on each English muffin half.
3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
4. Serve immediately or chill until served.

OPTIONS

- Instead of strawberries and blueberries, use pineapple (canned in 100% juice is OK) or bananas for a delicious twist.
- **Allergic to nuts?** Use sunflower seed butter in place of peanut butter.

Food Demonstration Samples: Divide each muffin half into fourths. Makes 24 servings.

NUTRITION INFORMATION

Amount per serving: ½ muffin; **Calories:** 177; **Total Fat:** 9 g; **Saturated Fat:** 2 g; **Sodium:** 195 mg; **Potassium:** 225 mg; **Total Carbohydrate:** 20 g; **Dietary Fiber:** 4 g; **Sugars:** 7 g; **Protein:** 7 g; **Vitamin A:** 10 IU; **Vitamin C:** 17 mg; **Vitamin D:** 0 IU; **Calcium:** 100 mg; **Iron:** 1 mg.



Get children involved in making the recipe!

SHOW them how to:

- Slice the strawberries, using a plastic knife (for ages 6–7 and up with adult supervision).
- Use a fork to gently split English muffin halves.
- Measure the peanut butter.
- Spread the peanut butter on each muffin half.
- Add the berries to muffins.



Share these fun facts:

- * Cups, tablespoons, and teaspoons are divided into fractions.
- * Show children ½ cup and 1 cup to illustrate the fractions.
- * Nut and seed butters are an excellent source of protein.



FRIENDSHIP

Summer Meals, Summer Friends

Make Friends!

A week's worth
of friendly meals
and activities

Activities:

Ultimate MyPlate	32
Circle of Friends Cheer	33
That's What Friends Are For	34
Game Inventors	36
Melon Medley	37
Summer Vegetable Salsa	38

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES



Ultimate MyPlate

Kids will work together as a team to fill their plates with fruits and vegetables in this creative twist on a popular game.



PERFECT FOR...

- Ages: 10+
- Size of Group: 10–30
- Time: 30 minutes
- Setting: Outdoors

MATERIALS

- 1 flying disc
- 1 *MyPlate* poster
- Poster board for scoreboard
- 1 marker or pen
- 4 cones or a way to make goal posts

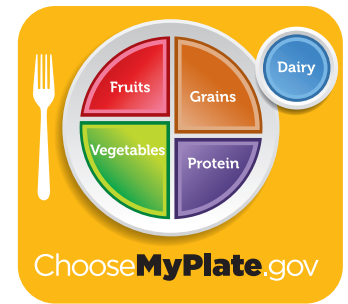
SETUP

1. Find large playing area.
2. Set up goal posts, as for soccer.
3. On scoreboard, draw two large *MyPlate* shapes, one for each team.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

1. **DO:** Divide kids into two teams of equal size. Set up the field with two goals, like setting up for a soccer game. Have kids sit while you explain the rules.
2. **SAY:** “Did you know that eating smart helps you play hard? The *MyPlate* icon reminds us to make half of our plates fruits and vegetables. Most people need to choose fruits and vegetables more often at meals and snacks. Fruits and vegetables are important because they have vitamins, minerals, and fiber that help us stay healthy and be our best. (Show *MyPlate* poster.) Today we are going to play a game called *Ultimate MyPlate*. This game is like soccer but uses a flying disc instead of a ball to score goals, and you throw instead of kick. Look at the scoreboard. These are your ‘score-plates.’ If you score a goal, you will get a point and add a fruit or veggie drawing to your plate. The team who has the most points at the end of the game wins.”
3. **PLAY:** Let kids warm up by tossing the flying disc to each other in a circle. Teach the basic rules listed below. When a team scores, make a tally mark under the circle and draw a fruit or vegetable inside the circle. That way, kids can keep track of the points and see their plates fill up as they score!
4. **WRAP UP:** “You worked together and played really hard today. Remember that you can eat smart to play hard every day by making half your plate fruits and vegetables.”



OPTIONAL FOLLOWUP:

Write the names of seasonal fruits and vegetables on the scoreboard.



Kids had a blast playing *Ultimate MyPlate* at summer meals today. All you need are some friends and a flying disc. Try it!

Ultimate MyPlate Rules

- No running or walking with the flying disc; only turn and pass.
 - If the flying disc falls on the ground or gets intercepted, it goes to the other team.
 - You score a point when you throw the flying disc through the other team’s goal.
 - You may not touch another player.

Tip: This is a great activity to have older kids lead!

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, substitute flying disc with soccer ball.	For smaller groups, make the field smaller by bringing the goals closer.	If you have less time, let kids practice throwing the flying disc on one day, and play the game on a different day.
For older kids, assign a responsible kid as referee.	For bigger groups, play two games at once.	If you have more time, let kids play again.

No materials? No time? No problem!

Distribute the Activity Guide for Families, and encourage kids to make half their plates fruits and vegetables.

Circle of Friends Cheer

Circle up and start clapping! This call-and-response cheer is a great way for kids to share favorite ways to be active and to show off their best moves. Great for days when kids have to play indoors.



EAT SMART
TO PLAY HARD



STEP-BY-STEP DIRECTIONS

- 1. DO:** Have kids stand in a circle. Give everyone name tags. (Optional: Start with a small group of volunteers and invite others to join once the excitement builds.)
- 2. SAY:** “I know that you all love to be active. It makes you feel good and have more energy, right? Today I want to show you a really fun game that shows off your sport and dance moves. This game will give you lots of ideas of how to eat smart and play hard. First, we have to think of some popular dances and sporty movements. What are some dances you know? What are some sports or games you know? Now, let’s think of some fruits and vegetables you like to eat.”
- 3. PLAY:** Stand in the middle of the circle. Start to clap and have kids repeat the last word of each line of the *Eat Smart, Play Hard Cheer* (below) after you. When you name a sport or dance, do an action to imitate it. On the last line, point to a new kid when you say their name. The chosen kid comes to the center of the circle instead of you. Continue playing for 10 minutes.
- 4. WRAP UP:** “I’m impressed! You all know so many ways to eat smart and play hard. Remember: We need at least 60 minutes of physical activity every day for good health.”

OPTIONAL FOLLOWUP:

- Play again the next day to let other kids get a chance to lead.
- Invite parents to join.

PERFECT FOR...

- Ages: 7–14
- Size of Group: 10–30
- Time: 15 minutes
- Setting: Outdoors, indoors

MATERIALS

Name tags, marker

SETUP

1. Practice the cheer by yourself.
2. Ask a few kids to help lead the cheer.
3. Optional: Write the cheer on a whiteboard or large-sized paper.

See “Make It Your Own” below for different ages, group sizes, and time available.

Eat Smart, Play Hard Cheer

My name is _____.
I live in _____.
I like to eat smart
so I can play hard.
First I eat _____,
then I _____,
then I _____,
then I choose a friend named _____. Yeah!

*My name is Tanya. (Tanya!)
I live in Brooklyn. (Brooklyn!)
I like to eat smart (eat smart!)
so I can play hard. (Play hard!)
First I eat apples, (apples!)
then I jump rope, (jump rope!)
then I “moonwalk,” (moonwalk!)
then I choose a friend named Carlos.” (Yeah!)*

Here is an example,
with the group repeating
back the last word.



Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, give some examples and make up movements all together before you start the cheer.	For smaller groups, put kids into pairs to come up with a cheer to lead together.	If you have less time, skip the brainstorming and just start playing!
For older kids, set expectations for dance moves. No inappropriate dances.	For bigger groups, give everyone a chance to lead by playing this game a few times a week.	If you have more time, after you finish the cheer, go around the circle and everyone can share a favorite dance or movement.

No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Say, “Eating smart and playing hard help us be healthy and strong. What are your favorite ways to eat right, exercise, and have fun?”

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES



That's What Friends Are For

Kids will inspire each other to eat more fruits and vegetables with this colorful and creative art project.



PERFECT FOR...

- Ages: 7–14
- Size of Group: 3–30
- Time: 15–30 minutes
- Setting: Indoors

MATERIALS

- 1 paper or poster board for every 3 kids
- Art supplies (such as crayons, markers, paint, or colored pencils)

SETUP

1. Gather materials and put them out on tables.
2. Find out if/where you can display art work.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

1. **DO:** Invite kids to join you for an art project. Have kids sit at tables.
2. **ASK:** “What makes a healthy meal?” (Encourage conversation about the Five Food Groups: **Fruits, Vegetables, Grains, Protein Foods, and Dairy.**)
3. **SAY:** “To eat healthy, we should fill half our plate with fruits and vegetables. Fruits and vegetables help keep us healthy and feeling great. That’s what we want for ourselves and for our friends! Today you are going to work with your friends to make inspirational signs that will motivate other kids to choose more fruits and vegetables. For example, you could write, ‘Fruit makes me feel great!’ and draw a picture of you and your friends eating fruit.”
4. **CREATE:** Give kids time to work with their friends, develop inspiring slogans, and color their posters. Use the messages on page 35 for ideas.
5. **WRAP UP:** Have kids walk around and look at each other’s posters. Say: “Great job! Your posters will remind you and inspire other kids to fill half their plates with fruits and vegetables. Taking care of each other and helping each other be our best... that’s what friends are for!”

OPTIONAL FOLLOWUP:

- Display posters on the walls, or choose one poster to highlight each day.
- Send posters home or share them on social media, to remind kids to eat more fruits and vegetables at home.



TWEET!



FACEBOOK!

Friends help each other eat smart. Check out these healthy eating slogans, created by kids at [\(insert name of location\)](#). (Post original slogans from this activity.)



Make It Your Own

AGES

For younger kids, have them draw kids eating fruits and vegetables, instead of writing slogans.

For older kids, encourage them to write reasons to eat fruits and vegetables.

GROUP SIZE

For smaller groups, have each kid present his or her poster at the end.

For bigger groups, have more kids work on each poster.

TIME AVAILABLE

If you have less time, let kids finish at home and bring it back.

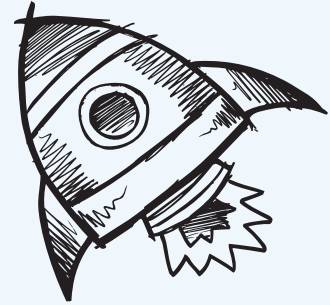
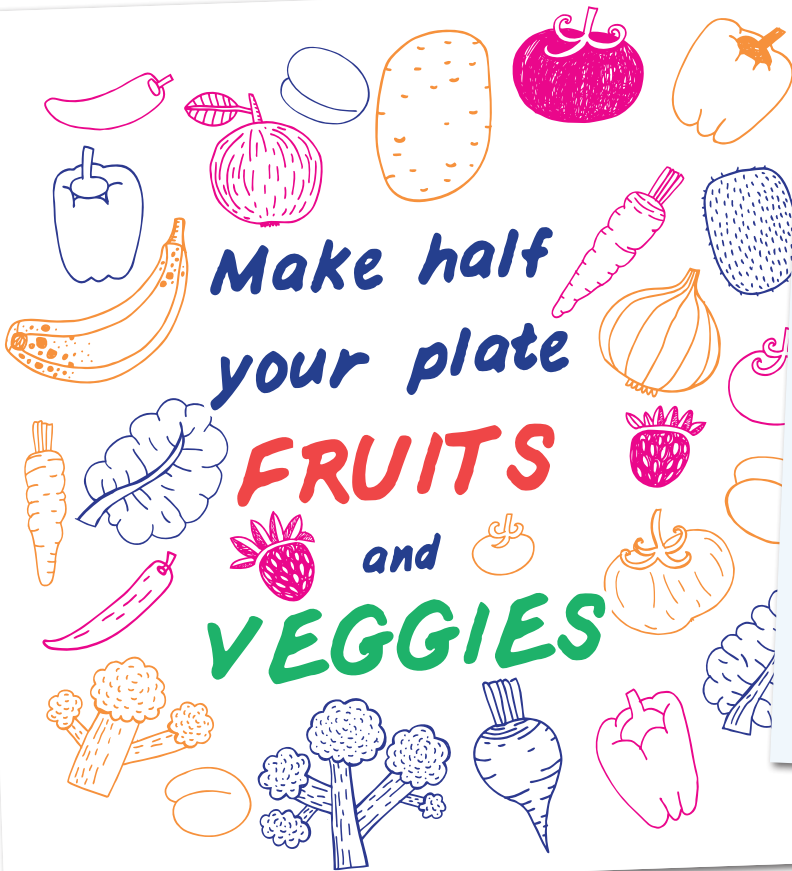
If you have more time, encourage kids to add more details to their posters.

No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Say: “Fruits and vegetables help keep us healthy and feeling great, but sometimes kids need some extra encouragement to eat more of them. What would you say if you were encouraging your friend to eat more fruits and vegetables?”

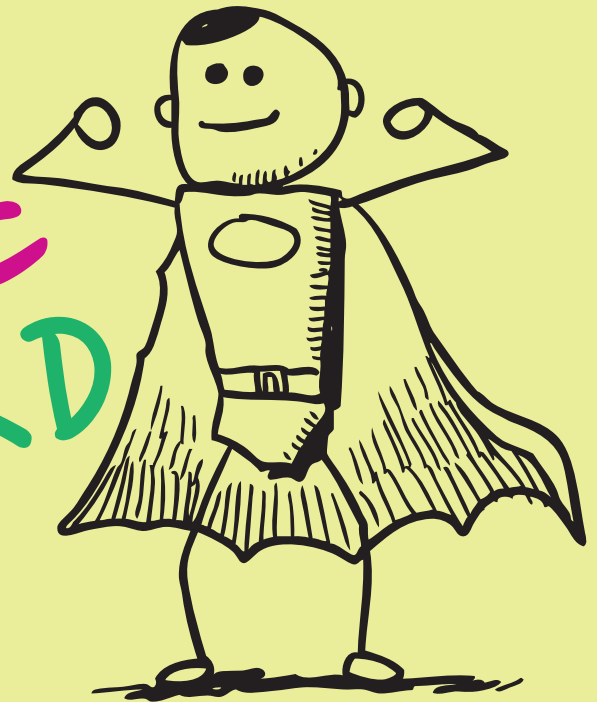


Inspiring Messages



**FUEL UP WITH FRUITS
AND VEGGIES.
SOAR THROUGH YOUR
DAY LIKE A ROCKETSHIP.**

**Eat smart
to play HARD**



BALANCE YOUR DAY WITH FOOD AND PLAY!



Game Inventors

Kids will invent an active and creative new game with their friends by combining games they already know.



PERFECT FOR...

- Ages: 9–14
- Size of Group: Any size
- Time: 30+ minutes
- Setting: Outdoors

MATERIALS

- Sports or game equipment
- Paper and markers (optional)

SETUP

Gather any equipment available.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. ASK:** “Do you and your friends ever get bored in the summer? What do you do when you’re bored? What are some of your favorite games?” (Encourage lots of ideas, including video games, computer games, board games, outdoor games, and playground games.)
- 2. SAY:** “Today you will discover fun new active games to play with friends! You will get to invent a game by combining two games you already know. For example, combine a relay race with Scrabble and have teams retrieve letters (written on cards, bean bags, or tennis balls) to spell the names of a fruit or veggie.”
- 3. PLAY:** Make small groups of 2–5 kids or let kids get together with their friends. Choose one kid in each group to be the “Referee,” meaning that he or she will solve small disagreements that come up. Kids will choose two games to combine into a new game. Each game must involve physical activities, such as running, jumping, dancing, and so on. Let kids play their games.
- 4. WRAP UP:** Have each group present its game.
- 5. HAND OUT:** Make sure parents receive the Activity Guide For Families when picking up their child.



Say goodbye to boredom! Today at summer meals, we played “Game Inventors” and made up new ways to move more and sit less.

OPTIONAL FOLLOWUP:

Provide paper and markers for kids to make posters explaining the rules of their games. Then hang up the posters.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, work as a group to make changes to one familiar game, such as tag or hopscotch.	For smaller groups, invent a new game together.	If you have less time, skip the wrap-up presentations.
For older kids, have them write down the rules.	For bigger groups, include materials that are not sports equipment, such as plastic spoons or paper cups.	If you have more time, let each group teach the game to another group.



No materials? No time? No problem! Show the “Move More” poster when kids are eating. Ask: “Do you ever get bored in the summer? What do you do when you’re bored? It’s important to eat smart, exercise, and have fun! Let’s think of some physically active games you could play instead of watching TV or playing video games. What are your favorite ways to be active?”

Melon Medley



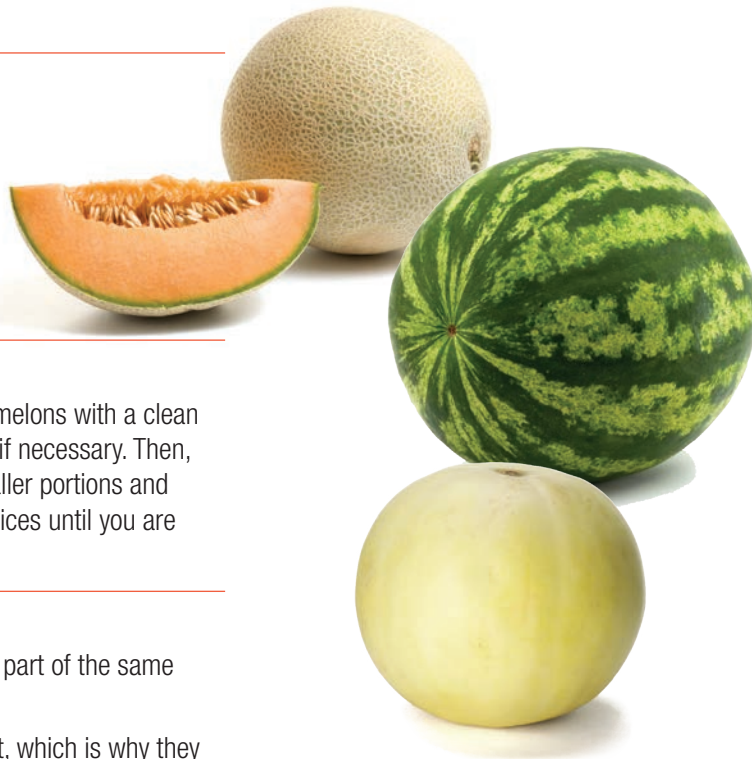
FUEL UP WITH FRUITS
AND VEGETABLES!



Nothing says summer like sweet, refreshing melons. It will be easy to gather a crowd as children taste and learn about different kinds of melons.

INGREDIENTS AND MATERIALS

- Cutting board and knife
- Cantaloupe
- Watermelon
- Honeydew
- Small plates



PREPARE THE MELONS

Follow the food safety directions on pages 4–5. Rinse and scrub the melons with a clean produce brush before slicing. Cut each melon in half. Remove seeds, if necessary. Then, slice the melon into wedges with cut side down. Cut wedges into smaller portions and place on small plates. If slicing ahead of time, refrigerate the melon slices until you are ready to use them.

BEFORE THE TASTING, SAY:

“Even though they look and taste different, these three melons are all part of the same family of plants.

- Melons grow above ground on a vine. They need heat to get sweet, which is why they ripen in the summer.
- Cantaloupe and watermelon are high in vitamin A, which helps your eyes and skin stay healthy. All three melons are high in vitamin C, which helps keep your teeth and gums healthy.
- Most watermelons have red flesh but there are orange- and yellow-fleshed varieties, too. Some have seeds and some are seedless.”

AFTER TASTING, ASK:

- “What did you think of the melons?”
- “Did you try any of the melons for the first time today?”
- “Which melon did you like best? Why?”



TWEET!



FACEBOOK!

We made today a [Try-Day](#).
Melons are delicious and
nutritious! Try them at home!



EAT FRUITS AND
VEGETABLES AT
MEALS & SNACKS



BE THE CHEF!

PREP TIME: 15 MINUTES

Summer Vegetable Salsa

All the kids will come when you put this fresh salsa on the table. Easy to make and packed with seasonal summer veggies.



SERVINGS: 6

SERVING SIZE: ½ cup

INGREDIENTS:

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes
- 1 jalapeño pepper (optional)
- 4 cloves garlic
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ cup lime juice

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Summer Vegetable Salsa** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



DIRECTIONS

1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and tomatoes into small pieces and put into a medium bowl.
3. Because the jalapeño* can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add the seeded and minced jalapeño and garlic to the tomato mixture. *Wear latex gloves when handling the jalapeño.
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.



OPTIONS

- Grill the vegetables before dicing and adding them to the salsa.
- Instead of zucchini, you could use 1 cup of yellow squash or cucumber.
- Add watermelon, peaches, or pineapple for a fruity summer salsa.
- Serve with cut-up vegetables or whole-wheat pita chips, or on top of grilled chicken or fish!

Food Demonstration Samples: Offer ⅛-cup portions in a small cup. Makes 24 servings.

NUTRITION INFORMATION

Amount per serving: ½ cup; **Calories:** 25; **Total Fat:** 0 g; **Saturated Fat:** 0 g; **Sodium:** 198 mg; **Potassium:** 212 mg; **Total Carbohydrate:** 6 g; **Dietary Fiber:** 1 g; **Sugars:** 3 g; **Protein:** 1 g; **Vitamin A:** 444 IU; **Vitamin C:** 18 mg; **Vitamin D:** 0 IU; **Calcium:** 19 mg; **Iron:** 0 mg.

Get children involved in making the recipe!

SHOW them how to:

- Cut the zucchini, yellow squash, or cucumber into small pieces, using a plastic knife (for ages 6–7 and up with adult supervision).
- Measure the lime juice and salt, and stir them into the salsa.



Share these fun facts:

- * Jalapeños don't have to be so spicy! Removing the seeds helps to cut down on the spice level.
- * Cilantro is an herb that is traditionally used in Latin, Indian, and Thai cooking.
- * Lime juice and other citrus flavors like lemon and orange are a great way to add flavor without adding more salt.



CELEBRATIONS



Let's Celebrate Summer Meals!

Summer!
It's the season
of parties and
celebrations



Activities:

Cheer and Leap Game	40
Herb Gardening	41
Play Hard Activity Cube	42
My Party Plate	44
Garden Fiesta Tuna Pockets	46

EAT SMART TO PLAY HARD



Cheer and Leap Game

Kids will cheer each other on with this two-part activity of making up cheers and playing a jumping game.



PERFECT FOR...

- Ages: 6–13
- Size of Group: Any size
- Time: 15–30 minutes
- Setting: Outdoors, large indoor area

MATERIALS

- Masking tape or other tape that you can write on
- Marker

SETUP

Gather materials

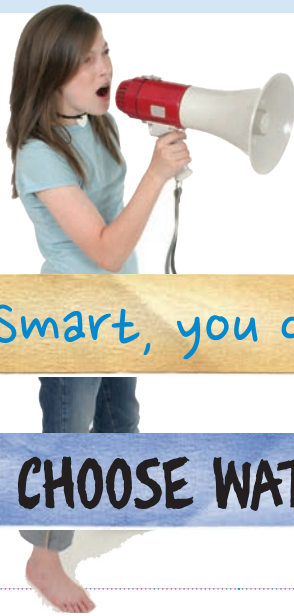
See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. ASK:** “Why do you think some sports have cheerleaders and coaches?” (Listen to kids’ ideas about how encouragement helps people feel good and perform better.)
- 2. SAY:** “Everybody needs encouragement and help to do his or her best. You all know that eating healthy foods and drinking healthy drinks can help kids stay healthy and feeling great. What would you say to a friend to encourage him or her to choose more fruits and vegetables, or choose water instead of sugar-sweetened drinks?”
- 3. WRITE:** Unroll the masking tape and write kids’ ideas on different pieces. Remind kids that the cheers don’t have to rhyme or sound a certain way. The important thing is to be encouraging to others. Read them out loud to everyone!
- 4. PLAY:** Place three pieces of tape on the ground, with about 12 inches of space in between. Have the kids line up, read the cheers all together, and then jump over each cheer without touching the masking tape. When every child has gone once, to increase the challenge, add another cheer a bit further away from the first three cheers. After each round, add a cheer and increase the space.
- 5. WRAP UP:** “This game was a fun way to play, but the really important part is the encouragement. So let’s read these cheers out loud. Remember: Eating more fruits and vegetables and choosing water instead of sugary drinks can help you be your best!”

OPTIONAL FOLLOWUP:

- Let kids illustrate their cheers and display them on the walls.
- Encourage kids to use these cheers with their friends and family.



Eat Smart, you can do it! Play hard, get right to it!

CHOOSE WATER AND CHOOSE TO FEEL AWESOME!

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, come up with cheers all together.	For smaller groups, have each kid present his or her cheer to the group.	If you have less time, write the cheers on one day and play the game on a different day.
For older kids, encourage them to make cheers that rhyme.	For bigger groups, have kids work in pairs.	If you have more time, play again.

No materials? No time? No problem!

Get silly and cheer kids on yourself! Walk around and give high-fives to kids eating their fruits and veggies.

Herb Gardening

This seed-planting activity is the perfect way to celebrate how our food is grown!



**EAT SMART,
EXERCISE,
HAVE FUN**



STEP-BY-STEP DIRECTIONS

- SAY:** “Did you know you can grow herbs inside your home? All you need is a sunny window, water, and patience. Today we are going to plant basil seeds in cups. You can take them home, take care of them, and watch them grow.”
- INTRODUCE BASIL:** Show kids a full-grown basil plant. “Basil is used to flavor many veggie dishes and sauces, such as tomato sauce or pesto. You can chop it up and add it to peaches and berries for a yummy fruit salad.” Allow kids to taste washed basil leaves.
- DO:**
 - Distribute a cup and paper plate to each kid.
 - Demonstrate how to write your name on the side in permanent marker and poke a few holes in the bottom. Let kids write names and poke holes.
 - Explain that the holes will keep the plant from getting over-watered, but now the cups have to stay on a plate so they don’t drip. Have kids place their cups on their plates.
 - Have kids fill cups with soil up to ½ inch from rim. Water the mixture until it feels evenly moist.
 - Place two seeds in each cup. Cover with more soil as indicated on seed packet. Have kids pat the soil down and mist with water.
- WRAP UP:** “Today you planted basil seeds to take home and grow into a full plant. This growing plant is your responsibility! It is up to you to water it when the soil is almost dry, make sure it gets lots of sun, and be patient. When the basil plant has grown, you’ll be able to use the leaves to add flavor to recipes. Be sure to rinse the leaves under cool running water before cooking with them.” Over the next few weeks, check in with kids and ask them how their seeds are growing.
- HAND OUT:** Make sure parents receive the Activity Guide For Families when picking up their child.

OPTIONAL FOLLOWUP:

- Decorate cups or make a plant marker by placing a popsicle stick in the soil and writing the name of the herb on the stick.
- Have kids plant additional herbs for their indoor herb gardens. If you have outdoor space, plant some herbs in outdoor pots as well. Add herbs to meals whenever possible!

PERFECT FOR...

- Ages: All ages
- Size of Group: 3–30
- Time: 15–30 minutes
- Setting: Outdoors

MATERIALS

- Paper cups, unwaxed
- Small paper plates
- Basil seeds and plant
- Permanent markers to label cups
- Potting soil
- Water and spray bottle
- Pen or thumbtack (to poke holes in cups)

SETUP

1. Read planting directions on seed packet.
2. Set out materials.
3. Prepare the area (it will get dirty).

See “Make It Your Own” below for different ages, group sizes, and time available.



Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, demonstrate each step before letting the kids do it.	For smaller groups, let them plant a cup for siblings or friends.	If you have less time, use cups with holes that are pre-filled with soil.
For older kids, let them help the younger kids with planting.	For bigger groups, have siblings share a cup.	If you have more time, decorate the cups.

No materials? No time? No problem!

Tell kids about an herb in the food you are serving, and how it helps make the food taste good.

BALANCE YOUR DAY WITH FOOD AND PLAY!



Play Hard Activity Cube

Kids will beat summer boredom with this fun Activity Cube that can be shared with their families!



PERFECT FOR...

- Ages: 6–12
- Size of Group: Any size
- Time: 15–30 minutes
- Setting: Outdoors, indoors

MATERIALS

- Activity Cube (p. 43), tape, scissors to cut and assemble cube
- Copies of the Activity Cube template (1 per kid to take, and 1 for assembling).

SETUP

1. Assemble one cube.
2. Copy templates for kids to take home.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

1. **ASK:** “What are your favorite ways to get exercise and have fun?”
2. **SAY:** “It’s important for kids to do moderate to vigorous physical activity for at least 60 minutes every day! Physical activity simply means moving your body enough to use energy, but there are different levels of activity. During moderate activity, you can talk, but you can’t sing. During vigorous activity, you can only say a few words without stopping to catch your breath. Balancing your day with food and play helps you stay healthy and strong. There are lots of fun ways to be active, and we are going to try a few out. You can even do these inside — when it’s raining — or when it’s too hot to play outside.”
3. **PLAY:** Ask one kid to roll the Activity Cube. Then read the activity out loud to the kids. The game continues until each side has been called, but everyone must do each activity when it is called.
4. **WRAP UP:** Distribute templates of Activity Cubes for kids to take home. Say, “Try using this Activity Cube at home as something to do with your family or friends! Remember, balance your day with food and play!”



OPTIONAL FOLLOWUP:

- Have kids make their own cubes at the site! You will need additional templates, scissors, and tape.
- Have kids create their own Activity Cubes by writing on the blank side of the template.



Celebrate Independence Day with 10 Firework Jumps! Kids jumped and played with [Activity Cubes](#) today at summer meals.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, read the activities out loud to them.	For smaller groups, have kids take turns being the leader.	If you have less time, roll the cube a few times to show what it does, then distribute template.
For older kids, tell them to modify the activities once they’ve done them. For example, they can add a spin to the Firecracker Jumps or think of a new activity.	For bigger groups, make a big circle with the Activity Cube and activity leader in the center.	If you have more time, encourage kids to invent new exercises for the cube.

No materials? No time? No problem!

Distribute Activity Cube templates for kids to play at home.



Activity Cube Template



CUT

FOLD



Do 10 Firecracker Jumps!
Jump with your arms and legs exploding out.



Do an Alligator Plank!
Start at the top of a push-up, lower down, and crawl on your stomach like an alligator for 3 seconds. Repeat 3 times.



Do a Lunge Splat Walk!
Walk across the room while doing lunges. Every time you lunge down, say "Splat"!



Walk like a crab across the room 3 times.
Squat down low and move sideways.



ASSEMBLY INSTRUCTIONS:

1. Cut out the template along the dotted lines.
2. Fold along the solid lines.
3. Assemble into a cube by taping the sides together along the tabs.

Do 5 Silent Karate Kicks.
Stand very still and count to three with your eyes closed. Then, do a fast karate kick.



Run in place while you count to 100.
Raise both hands when you get to a number that is a multiple of five (such as 5, 10, 15, 20...).



ASSEMBLED CUBE

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES



My Party Plate

Kids will think about how to eat more fruits and vegetables at barbecues or picnics, and illustrate their ideas. Great for 4th of July, beginning or end of summer programs, or Labor Day celebrations.



PERFECT FOR...

- Ages: 6–14
- Size of Group: 3–30
- Time: 15–30 minutes
- Setting: Indoors

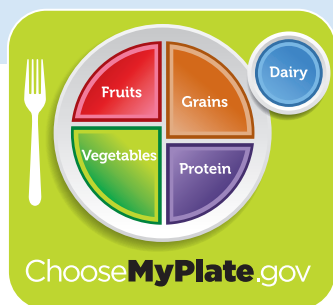
MATERIALS

- Paper plates or **MyPlate** graphic printouts from <http://www.fns.usda.gov/tn/graphics-library>
- **MyPlate** poster
- Coloring supplies (such as crayons, markers, or colored pencils)

SETUP

1. Put materials out on tables.
2. Color an example plate or print the **MyPlate** template.

See “Make It Your Own” below for different ages, group sizes, and time available.



STEP-BY-STEP DIRECTIONS

1. **DO:** Invite kids to join you for an art project. Show them the **MyPlate** Poster and have them share what they know about the Five Food Groups (**Fruits, Vegetables, Grains, Protein Foods, and Dairy**).
2. **SAY:** “Raise your hand if you like to go to celebrations and picnics in the summer. You can have fun and still make healthy choices at these events. Let’s think of what kinds of healthy choices might be offered? What kinds of fruits and vegetables could you eat at a celebration or picnic?” (See list below for ideas.)
3. **CREATE:** Have kids draw a **MyPlate** celebration meal with a reminder to make half of their plate fruits and veggies. Be sure to include low-fat milk or water as a beverage with your meal instead of a sugary drink, like sweet tea or soda.
4. **WRAP UP:** Set up finished plates along the tables and have kids walk around and observe. Say: “Look at all of the tasty and healthy ideas you came up with today!”

OPTIONAL FOLLOWUP:

- Display plates at the meal site.
- After the 4th of July, ask kids to tell you about the fruits and vegetables they ate at their celebrations or picnics.

Ideas for Fruits and Veggies That You Can Find at a Celebration or Picnic

- | | |
|---------------|-------------------------------------|
| Watermelon | Corn on the cob |
| Strawberries | Coleslaw with a light dressing |
| Orange slices | Carrots and celery with low-fat dip |
| Fruit salad | Baked beans |
| Garden salad | Grilled zucchini kabobs |

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, help them understand what half a plate means by folding their plate in half and making a line down the middle.	For smaller groups, have each kid present his or her plate at the end.	If you have less time, let kids finish at home and bring it back.
For older kids, finish with a vote on the most delicious and nutritious plate.	For bigger groups, have kids work in pairs.	If you have more time, choose a few excellent plates and have kids tell about what they drew.

No materials? No time? No problem!

Ask: “Have you gone to a celebration or picnic before? What fruits and veggies can you eat at a celebration or picnic?”

❁❁❁ My Party Plate Samples ❁❁❁



Choose **MyPlate.gov**

Lucy's Party Plate:

- Fruits:** Apple, grapes, watermelon,
- Vegetables:** Broccoli, carrots, peas, corn
- Grain:** Brown rice
- Protein:** Chicken legs
- Dairy:** Low-fat milk



Choose **MyPlate.gov**

Jorge's Party Plate:

- Fruits:** Strawberries
- Vegetables:** Lettuce, tomato
- Grain:** Whole-grain tortilla
- Protein:** Pinto beans
- Dairy:** Low-fat milk, low-fat cheese



Ask kids if there are any fruit and veggie snack combos they would want at a celebration or picnic!



Garden Fiesta Tuna Pockets

Fuel up with protein-rich tuna and colorful vegetables tucked into a pita pocket.



SERVINGS: 6

SERVING SIZE: 1 filled pocket

INGREDIENTS:

- 2 5-oz cans of low-sodium tuna packed in water, drained
- 1 15-oz can no-salt-added black beans, rinsed and drained
- $\frac{3}{4}$ cup corn
- 1 green bell pepper, diced
- 1 medium carrot, diced
- 1 small red onion, diced (optional)
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- $\frac{1}{4}$ teaspoon salt
- 4 teaspoons chili powder
- 2 teaspoons garlic powder
- 3 6-inch whole-wheat pitas, cut in half

DIRECTIONS

1. In a bowl, combine tuna with beans, corn, bell pepper, carrot, and onion.
2. Add in lime juice, vegetable oil, salt, and spices and mix thoroughly to combine.
3. Place 1 cup of the tuna mixture in each pita half.
4. Serve immediately.

OPTIONS

- Dice 1 avocado and add to sandwich for a delicious spin.
- Want a creamier filling? Before stuffing the pockets, add 1 tablespoon of fat-free sour cream to each pocket.
- Instead of black beans, use chickpeas (garbanzo beans) or pinto beans.
- Instead of pita pockets, use whole-wheat tortillas or lettuce leaves for a quick and easy wrap!



Food Demonstration Samples: Offer $\frac{1}{4}$ -cup portions of tuna salad in small cups. Cut each pita into 8 wedges and serve 1 wedge tucked alongside the tuna salad in each portion cup. Makes 24 samples.

NUTRITION INFORMATION

Amount per serving: 1 pocket; **Calories:** 215; **Total Fat:** 4 g; **Saturated Fat:** 0 g; **Sodium:** 392 mg; **Potassium:** 454 mg; **Total Carbohydrate:** 32 g; **Dietary Fiber:** 6 g; **Sugars:** 3 g; **Protein:** 17 g; **Vitamin A:** 2364 IU; **Vitamin C:** 21 mg; **Vitamin D:** 0 IU; **Calcium:** 40 mg; **Iron:** 3 mg.

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Garden Fiesta Tuna Pockets** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.

Get children involved in making the recipe!



SHOW them how to:

- Cut each pita in half using a plastic knife (for ages 6–7 and up with adult supervision).
- Cut the bell pepper into small cubes using a plastic knife (for ages 6–7 and up with adult supervision).
- Measure the lime juice and the oil; measure the salt, garlic powder, and chili powder.
- Stir the garden fiesta salad.
- Stuff 1 cup of garden fiesta salad into each pita pocket.

Share these fun facts:

- * **ASK** the children if they know the different colors of onions (red, white, and yellow). **TELL** them that today they are using red onions because they have a fun fiesta color.
- * Herbs and spices, like garlic and chili powder, help us create flavorful dishes.



SPORTS



POWER PANTHER SAYS:

Eat Smart To Play Hard

Activities:

Power Up and Give Me 60!	48
Five Food Groups Relay Race	49
Drink Smart To Play Hard	50
Power Path	52
Power Up Your Snack	53
Home Run Hummus Wrap	54

A group of diverse children playing hula hoops on a grassy field. A boy in a red shirt is in the foreground, jumping over a blue hula hoop. Other children are in the background, also playing hula hoops.

**Get Kids Moving
and Feeling Good!**

EAT SMART TO PLAY HARD



Power Up and Give Me 60!

Let's get moving! Kids will get active and have fun by doing 60 repetitions of silly exercises.



PERFECT FOR...

- Ages: 7–12
- Size of Group: Any size
- Time: 15–30 minutes
- Setting: Outdoors, indoors

MATERIALS

None

SETUP

None

See "Make It Your Own" below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. SAY:** "Do you know how many minutes of physical activity kids need every day? (At least 60 minutes.) Being physically active and eating smart helps keep our bodies healthy and strong. Today we are going to play a funny, active game called 'Power Up and Give Me 60.' Instead of being active for 60 minutes, we are going to do 60 of each move I call out."
- 2. SAY:** "When I say a funny move, you will all stand up and do the move 60 times, while we count out loud as a team. If you feel like you can't do any more, sit down and cheer for the others. The last kids standing at 60 will get a round of applause, and we'll go on to the next move."
- 3. PLAY:** Call out any of the following moves:
 - Hop like a bunny
 - Prowl like a panther
 - March like a zombie
 - Dribble and then shoot an invisible basketball
 - Touch your head, shoulders, knees, and toes
 - Make up your own move!
- 4. WRAP UP:** "Which was your favorite move? Notice how your body feels warmed up and ready to go. You can tell your body is being active enough because your heart is beating faster than usual and you may be breathing heavier than usual. You are also being active enough if you exercise for at least 60 minutes during the day. Remember to eat smart to play hard every day."
- 5. HAND OUT:** Make sure parents receive the Activity Guide For Families when picking up their child.

Tip: This is a great activity to have older kids lead!

Kids need at least 60 minutes of physical activity every day!



OPTIONAL FOLLOWUP:

- Let kids come up with their own moves that involve animals, shapes, sports, hobbies, people, places, and fictional characters.
- Use this activity as an indoor warm-up on days kids have to stay indoors.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, play all together and do 6 exercises 10 times each.	For smaller groups, make teams of two.	If you have less time, play fewer rounds.
For older kids, make smaller groups or have kids play individually.	For bigger groups, use a whistle to get everyone's attention between directions.	If you have time, play more rounds, and let a few kids invent moves and be the leaders.

No materials? No time? No problem!

Try this quick tip before serving food. Say: "Eating smart and getting enough physical activity helps keep your body healthy and strong. Do you know how many minutes of exercise kids need every day? (At least 60 minutes.) To remember that number, let's jump 60 times!"

Five Food Groups Relay Race

Learn about the Five Food Groups while having fun in this high-energy relay race.



BALANCE YOUR DAY WITH FOOD AND PLAY!



STEP-BY-STEP DIRECTIONS

- 1. DO:** Invite kids to join you for a relay race. Have kids make teams of five and sit together on the starting line.
- 2. ASK:** “What is a relay race?” (Let kids explain.) A relay race is a team activity where each person runs a specific distance before passing the baton to the next person. It can be set up in a circle, like a running track, or in a straight line between two markers.
- 3. SAY:** “Today’s relay race is going to be a little different. We are going to have a Five Food Groups Relay Race. Who knows what the Five Food Groups are? (**Fruits, Vegetables, Grains, Protein Foods,** and **Dairy.**) The **MyPlate** icon reminds us that we need to make healthy choices from all Five Food Groups to get the nutrition we need to grow, learn, play, and be healthy. Most people don’t choose enough fruits and vegetables. As you can see on the **MyPlate** icon, half your plate should be fruits and vegetables. They also make great snacks. OK, let’s play and see whose **MyPlate** team is the fastest. Each team member will represent one of the food groups on **MyPlate.**”
- 4. PLAY:** Have kids decide which teammate will be which food group. Have each team line up behind the starting line, with teams a few feet apart. Distribute batons. The idea here is that each runner will run to the finish line and back to pass the baton to the next person. Explain that as they pass the baton, they must shout the name of their food group. The winning team is the one that finishes the race first.
- 5. WRAP UP:** Give each food group a round of applause. Say: “Great job! You’ve really got the hang of it. Remember, we need to make healthy choices from all Five Food Groups to eat smart and play hard.”

OPTIONAL FOLLOWUP:

- Encourage kids to match the foods in their summer meal with the food groups.
- Play the *Alive with Five Food Groups* song, available at: <http://www.fns.usda.gov/multimedia/music/alivewithfive.mp3>.

PERFECT FOR...

- Ages: 7–14
- Size of Group: 10+
- Time: 30 minutes
- Setting: Outdoors

MATERIALS

- Paper plates (or an object to pass as a baton, such as a plastic spoon)
- Any equipment to mark starting line and finish line
- **MyPlate** poster

SETUP

1. Find a large space that can be used for a relay race.
2. Mark starting line and finish line.

See “Make It Your Own” below for different ages, group sizes, and time available.



Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, make the distance shorter for the race.	For smaller groups, make smaller teams but have the kids shout all Five Food Groups when passing the baton.	If you have less time, skip the questions and simply tell kids the names of the Five Food Groups.
For older kids, encourage them to cheer each other on with their food group names.	For bigger groups, make teams of seven and have more kids be fruits and vegetables.	If you have more time, ask kids to name healthy foods from each food group.

No materials? No time? No problem!

Before serving a meal, say: “The **MyPlate** icon reminds us to eat foods from each of the Five Food Groups. Who can tell me which food groups we have as part of our meal today?”

**CHOOSE WATER
INSTEAD OF SUGAR-
SWEETENED DRINKS**



Drink Smart To Play Hard

Kids will guess the amount of added sugars in familiar drinks, and then play a sweet game.



PERFECT FOR...

- Ages: 7–12
- Size of Group: 6+
- Time: 15–30 minutes
- Setting: Outdoors, indoors

MATERIALS

- 50 individual sugar packets containing 1 teaspoon of sugar (4 g) each
- Plastic spoons
- Beverage containers of cola (12-oz), fruit drink (12-oz), lemonade (20-oz), sports drink (20-oz), sparkling water (any size), and water (any size)
- 6 slips of paper and pencil or pen
- Hat, bag, or basket

SETUP

1. Gather materials and count out the sugar packets.
2. Display beverage containers on a table.
3. Write beverage names on slips of paper and put in a hat, bag, or basket
4. Set up starting and finish lines.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. ASK:** “Does anyone know what added sugars are? Added sugars are put into a food or drink when it is made. For example, when sugar is added to iced tea. Can you guess how much added sugar is in these drinks? Use these sugar packets to show me. Each sugar packet contains about 1 teaspoon of sugar.”
- 2. DO:** After kids guess, show them the answer by counting out the correct amount for each drink, using the chart on page 51. Put the packets in front of each drink after counting. For example, with a 12-oz can of cola, have the kids count out eight sugar packets.
- 3. SAY:** “That’s a lot of added sugar! Eating and drinking too many foods with added sugars may contribute to cavities. And the extra calories from added sugars may make it hard to keep a healthy weight. Water is a great drink choice because it does not have any added sugars. Let’s play a game to remind ourselves to pass on the added sugars and choose water instead.”
- 4. PLAY:** Make six teams and line up behind the starting line. Have the first person in each team draw a slip of paper and take the correct number of sugar packets. The first kid in each line must walk or run with a sugar packet in his or her spoon to the finish line, drop the packet, and run back to pass the spoon to the next person. If the sugar packet is dropped before the finish line, the kid must go back to the starting line and start again with the same packet. The goal is to get all of the sugar packets to the finish line first.
- 5. WRAP UP:** “Did you notice that you had to run a lot more for the drinks with lots of sugar added? That shows that if you drink a sugary beverage, you have to exercise a lot more to burn off the calories from the added sugar. To be healthy, you have to balance your food and play. Every day you make choices about what to eat and drink. As you can see, sweet drinks have a lot of added sugar. Remember to choose water instead of regular soda, fruit drinks, sweet tea, sports drinks, and lemonade.”

OPTIONAL FOLLOWUP:

Teach kids how to read ingredient lists to learn about sugar content. Explain that sugar goes by other names, such as high-fructose corn syrup, fructose, honey, syrup, sucrose, and dextrose.

Pay attention to the size! Use only 12-oz or 20-oz cans or bottles for this activity.

Make It Your Own









AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, have them count the packets out loud.	For smaller groups, ask kids to count out sugar packets.	If you have less time, do the two parts of the activity on different days.
For older kids, have them look at the ingredients list and identify sources of added sugars.	For bigger groups, have everyone sit in a semi-circle while you count out the sugars.	If you have more time, encourage kids to talk about the times they can make better beverage choices.

No materials? No time? No problem!

Try this quick tip while serving meals or when kids are eating. Say: “How much added sugar do you think is in one can of regular soda? Eight teaspoons! An average 10-year-old would need to walk for 1 hour to burn off that much sugar!”

How Much Added Sugar Is in My Drink?

Look at the chart below to see how much added sugar is in some popular drinks.

Beverage	Size	Teaspoons of added sugar	Calories from added sugar
Water 	Any	0	0
Sparkling Water (unsweetened) 	Any	0	0
Soda 	12 ounces	 (8)	126
Fruit-Flavored Drink 	12 ounces	 (10)	168
Lemonade 	20 ounces	 (14)	220
Sports Drink 	20 ounces	 (8)	122

All information taken from *MyPlate* SuperTracker at <https://www.supertracker.usda.gov>.



Wow! A can of soda can have 8 teaspoons of added sugar! Choose water instead.



Power Panther visited summer meals today to say: Eat Smart to Play Hard.



Tell kids that this poster reminds us why water is the better choice!



Get into it!

Interested in using the Power Panther mascot? Visit the Team Nutrition Web site for more information:
<http://www.fns.usda.gov/power-panther>

BALANCE YOUR DAY WITH FOOD AND PLAY!



Power Path

Set up five easy fitness stations and let kids lead each other on a high-energy Power Path. This is a great activity for large groups.



PERFECT FOR...

- Ages: 6–12
- Size of Group: 20+
- Time: 30–45 minutes
- Setting: Outdoors

MATERIALS

- **MyPlate** poster
- Whistle (optional)

SETUP

1. Ask five kids to help lead the activity.
2. Explain to leaders what to do at each station.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

1. **SAY:** “Today we are going to learn about eating smart to play hard. We are going to try out some fun ways to get exercise, too.”
2. **ASK:** “What are the Five Food Groups?” (Encourage conversation about the Five Food Groups: **Fruits, Vegetables, Grains, Protein Foods, and Dairy.** Show **MyPlate**.) “You can see all of the food groups on the **MyPlate** icon. The healthiest food choices from these food groups are low in calories from added sugars and saturated fats. What are some healthy choices from each food group?”

Examples of healthy choices, see more ideas at <http://www.choosemyplate.gov>:

- **Fruit:** Peaches, blueberries, strawberries
- **Vegetables:** Spinach, carrots, bell peppers
- **Grain:** Whole-wheat bread, brown rice, oatmeal
- **Protein Foods:** Eggs, beans, skinless chicken breast, seafood, peanut butter
- **Dairy:** Low-fat milk, low-fat yogurt

3. **PLAY:** Divide kids into five groups and have them rotate through the stations. Blow your whistle or yell, “Freeze!” to switch stations. Let the leaders explain what to do.

Power Station 1: Veggie-tastic! Do five jumping jacks, then yell the name of a vegetable. Repeat until you’ve yelled five different vegetables.

Power Station 2: Fruit-abulous! Hop on one foot five times, then whisper the name of a fruit you like. Repeat until you’ve whispered five different fruits.

Power Station 3: Grain-derful! With a partner, make up a handshake that ends with you both shouting the name of a healthy grain.

Power Station 4: Protein-credible! Do the chicken dance all together, then make up a similar dance for a different protein, such as peanut butter or fish.

Power Station 5: Dairy-mazing! With a partner, make up a “footshake” that ends with both of you shouting the name of a healthy dairy food.

4. **WRAP UP:** “Give each leader a round of applause! Today you got a lot of activity and learned about the Five Food Groups. Nice work! Remember: Eat smart to play hard.”

OPTIONAL FOLLOWUP:

Take pictures of the activity and share them on social media to celebrate a job well done. See the social media tips on page 2.



Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, have them pair up with older kids.	For smaller groups, do each station all together.	If you have less time, do one station at a time.
For older kids, pair them up with younger kids and encourage them to act as coaches.	For bigger groups, find parent volunteers or other adults to help.	If you have more time, have kids repeat stations.

No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Say: “Do you know the Five Food Groups? Great! Can you give me an example of a food from each group?”

Power Up Your Snack



**POWER-UP
WITH FRUITS &
VEGETABLES!**



Fruit is a great energizing snack for kids who want to play hard all summer long. In this fun tasting activity, you'll serve kid-friendly spiced summer fruit combinations.

INGREDIENTS AND MATERIALS

Choose 2–3 combinations:

- Apples, sliced, with a sprinkle of cinnamon
- Peaches, sliced, with a sprinkle of ginger powder or pumpkin pie spice
- Strawberries, halved, with chopped mint
- Mango, sliced, with chili powder
- Cutting board
- Knife
- 3 clean serving trays
- Small plates
- Forks
- Napkins

PREPARE THE FRUIT

Wash your hands and follow food safety directions on pages 4–5. Slice the fruit into single-serving bite-sized pieces and place on serving trays. Sprinkle with spices or herbs. Prepare plates with one of each spiced fruit. **Note:** Fruits that are frozen and canned (in water or 100% juice) may be substituted for fresh. Be sure to choose frozen and canned fruits without added sugars.

BEFORE THE TASTING, SAY:

“To eat smart and play hard, power up with fruit as snacks. Fruits contain many nutrients that help your body stay healthy. They provide important vitamins and minerals and they taste great. We are going to taste some fruits right now. Are you ready? I've added some herbs and spices for even more flavor.”

AFTER TASTING, ASK:

- “What are some times that you could eat fruit as a snack?”
- “What other fruits would taste good with cinnamon?”
- “Which was your favorite?”
- “Which kinds of fruits do you eat at home?”



TWEET!



FACEBOOK!

We made today a [Try-Day](#). Kids tasted fruits flavored with herbs and spices. Yum!



Home Run Hummus Wrap

Keep kids energized and satisfied with this delicious, healthy wrap made with beans and veggies.



SERVINGS: 6

SERVING SIZE: 1 wrap

INGREDIENTS:

- 6 8-inch whole-wheat tortillas
- 1½ cups prepared hummus
- 1 cup red bell pepper, cut into ¼-inch strips
- 1½ cups carrots, grated
- 1½ cups baby spinach leaves

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for **Home Run Hummus Wrap** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



DIRECTIONS

1. Place the 6 tortillas on a clean surface.
2. Place ¼ cup hummus in the center of each tortilla. Use a butter knife to spread the hummus evenly from side to side across the center of the tortilla.
3. Top the hummus with 4–6 red pepper strips and ¼ cup grated carrots.
4. Divide the spinach leaves evenly between each tortilla, arranging the leaves over the top of the other vegetables.
5. Fold the bottom edge of the tortilla up and over the vegetables, and then continue rolling up to the top edge.
6. Cut each wrap diagonally across the center width of the wrap.
7. Place both halves on a plate to serve.



OPTIONS

- Consider using other vegetables in this wrap. Cucumbers, zucchini, and shredded purple cabbage would be colorful and delicious.
- This wrap is also a satisfying snack to share with friends.

Food Demonstration Samples: To serve for a demonstration tasting, cut each wrap into 4 equal pieces. Place a toothpick through each piece and assemble on a tray. Alternately, place each sample piece in a small cup. Makes 24 samples.

NUTRITION INFORMATION

Amount per serving: 1 wrap; **Calories:** 249; **Total Fat:** 9 g; **Saturated Fat:** 2 g; **Sodium:** 428 mg; **Potassium:** 366 mg; **Total Carbohydrate:** 33 g; **Dietary Fiber:** 8 g; **Sugars:** 2 g; **Protein:** 10 g; **Vitamin A:** 5824 IU; **Vitamin C:** 23 mg; **Vitamin D:** 0 IU; **Calcium:** 106 mg; **Iron:** 2 mg.

Get children involved in making the recipe!

SHOW them how to:

- Spread the hummus across the tortilla.
- Use a box grater to grate the carrots (for ages 6–7 and up with adult supervision).
- Arrange the vegetables in each wrap.



Share these fun facts:

- * Hummus is a bean dip, or spread, made from cooked garbanzo beans (chickpeas), garlic, lemon juice, and sometimes sesame seeds.
- * Hummus is commonly eaten in Middle Eastern countries. The smooth bean spread is sometimes eaten with flat bread with a meal.



Remember The 4 Healthy Moves!

LIMIT SCREEN TIME

Limit your computer, phone, TV,
and video game time to no
more than 1-2 hours a day.



GET ACTIVE

Get at least 60 minutes
of physical activity
every day.



DRINK SMART, TO PLAY HARD!

Thirsty? Drink
water, instead of
sugar-sweetened
beverages.



CHOOSE MORE FRUITS AND VEGETABLES

Color your plate with
great-tasting fruits and
vegetables at meals and snacks.



Discover other nutrition education materials developed under the
U.S. Department of Agriculture's Team Nutrition initiative at
<http://teamnutrition.usda.gov>



SUMMER
FOOD
SUMMER
MOVES