



# BRIGHT IDEAS

...for using the Eat Smart. Play Hard.™ materials

## DELIVER NUTRITION EDUCATION IN 3-D!

Healthy choices in the right amounts from all the food groups is key to eating smart. The new MyPyramid for Kids makes it easy to learn what to eat and how much. Let children learn to Eat Smart by making a mobile using the Eat Smart. Play Hard.™ table tent. Kids can get pictures of foods from newspapers and magazines. Tape or glue these pictures on the color paper related to their MyPyramid food groups (see below). Write the name of the corresponding food group on each. Using string, affix the images to the tent to make a mobile. Place a string or hook in the tip of the tent to hang. This idea makes great physical activity mobiles too! Let the kids take their mobiles home to hang in their room or display them at school. Recognize kids with the most colorful mobile. Make it all about food and fun!

Here is what you will need:

- ✓ Eat Smart. Play Hard.™ Table Tent:  
[www.fns.usda.gov/eatsmartplayhard/collection/collect\\_tools\\_3.html](http://www.fns.usda.gov/eatsmartplayhard/collection/collect_tools_3.html)  
(e-mail orders to [eatsmartplayhard@fns.usda.gov](mailto:eatsmartplayhard@fns.usda.gov))
- ✓ Invisible string (such as fishing line)
- ✓ Scissors
- ✓ Color paper:
  - Orange paper for grain group
  - Green paper for vegetables group
  - Red paper for fruits group
  - Blue paper for milk group
  - Purple paper for meat and beans group



GET FAMILIES GEARED-UP FOR PHYSICAL ACTIVITY

Celebrate summer with physical activity by encouraging parents, caregivers, and grandparents to help children make active living a habit! Get the whole family involved using the new *"Make Family Time an Active Time"* lesson plan in your nutrition program, community group, or school.

Make Eat Smart. Play Hard.™ gear as incentives to motivate kids and adults to be active every day! Click on the images below, size as desired, and print on transfer paper printer (*be sure to use transfer printer paper appropriate for your printer and follow instructions*). Iron the image on to your favorite gear. You can also glue images to water bottles, hats, and other items. To make the image water proof, paint them with a light coating of glue.



*\*FNS Program Cooperators contact us at [eatsmartplayhard@fns.usda.gov](mailto:eatsmartplayhard@fns.usda.gov) for an advanced copy of the "Make Family Time an Active Time" lesson plan.*

### SUMMER + TASTE THE COLORS = EATING FRUITS & VEGETABLES



The *"Taste the Colors"* lesson plan uses a hands-on approach for kids to discover, discuss, and taste different fruits and vegetables. Organize a field trip to a pick-your-own farm with a day camp, vacation church group, or school recreational program and have fun with the activities in *"Taste the Colors."* Or, let kids plant their own tasting garden and label it with a Power Panther marker. Cut out the card and write the name of the plant in the white area provided. Laminate and glue to a popsicle stick. Place along side of your plants and watch your garden grow! See *"Taste the Colors"* for additional ideas.



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