

# EAT SMART. PLAY HARD.™

## Lessons to Promote Healthy Eating and Physical Activity Behaviors in Children

Are you looking for hands-on culturally specific nutrition and physical activities for children? These lessons were developed for children in preschool through the sixth grade. Most of the activities require little time, preparation or equipment. Every lesson links the Native American culture and provides a movement activity to energize your group.

These activities provide a way for teachers and volunteer educators to reinforce nutrition and activity concepts for children in classrooms, after-school programs or club settings – and have fun, too!

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#### **Lesson A: Three Sisters Together – Taste the Colors!**

Encourages children **ages 3 to 4** to try new fruits and vegetables and the movement activity has children growing like the Three Sisters.

#### **Lesson B: *Everyday Smart Snacks!***

**Kindergartens through second grade** students learn about healthy snacking and the movement activity introduces *Round Plate Dancing*.

#### **Lesson C: Start Smart With Breakfast!**

Children in **grades 3 and 4** are introduced to *Balanced Living for kids* and the *Smart Start Breakfast Ball Toss* gets them up and moving!

#### **Lesson D: Choose Smart Drinks!**

Students in **grades 5 & 6** learn to read and understand the nutrition facts label and the aerobic movement stimulates their brain.

**We hope these lessons and activities encourage  
children to eat smart and play hard!**