

# SUMMER MEALS

# SUMMER FUN

OPERATOR ACTIVITY GUIDE

**INSIDE:**

6 games and activities to celebrate healthy choices this summer

**BOOST ATTENDANCE!**

- Posters
- Flyers
- Postcards
- Brochures for families, with lots of tips for a healthy summer

**Hello sunshine!**

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



**SUMMER FOOD  
SUMMER MOVES**

**VARY YOUR FRUITS AND VEGETABLES**



# Fruit and Veggie Rainbow

This simple ready-to-go game challenges kids to think of an entire rainbow of fruits and vegetables.



## PERFECT FOR...

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

## MATERIALS

None

## SET UP

None

See below “Make It Your Own” 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 a rainbow of fruits and vegetables over the course of the week? Why do you think it’s good to eat a variety of kinds 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 Fruit and Veggie Rainbow. 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 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 FOLLOW-UP:

- Ask kids to tell you which fruit or veggie they like the most.
- Have kids make posters of each color to display at the summer meal site.

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

## A Rainbow of Summer Fruits and Veggies

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

For younger kids, brainstorm a list before you start and see how many they can remember.

For older kids, use a clapping rhythm to keep up the pace.

### GROUP SIZE

For smaller groups, divide kids into two teams and take turns, instead of going around the circle.

For bigger groups, make two circles.

### TIME AVAILABLE

If you have more time, see how many they can remember.

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 of the rainbow?”



# 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 added sugars? So it’s better for keeping a healthy weight and preventing cavities than sugar-sweetened beverages. 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!”

## OPTIONAL FOLLOW-UP:

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



## 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 for kids to create their own props.

## SET UP

Optional: Write rules on large sized paper or chalkboard.

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



**TWEET IT!**



## 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, make groups of 2 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, simplify the rules and give kids less time to rehearse.

## 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 ages
- Size of Group: Any size group, but only two kids at a time
- Time: 5-20 minutes
- Setting: During meal service

### MATERIALS

None

### SET UP

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

### STEP-BY-STEP DIRECTIONS

1. **SAY TO TWO SELECTED KIDS:** “Did you know that fruits and vegetables 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 a positive leader. 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. 5) 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!”

### OPTIONAL FOLLOW-UP:

- Select a different pair of kids every week.
- Find more fruit and vegetable facts online at: <http://fnic.nal.usda.gov/consumers/eating-health/fruits-vegetables>.

### 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.



TWEET IT!



### Make It Your Own

#### AGES

For younger kids, tell them one fact to share.

For older kids, encourage them to look up nutrition facts at home and come prepared to share.

#### GROUP SIZE

For smaller groups, choose one kid.

For bigger groups, choose four kids at a time.

#### TIME AVAILABLE

If you have more time, see how many facts they can remember.

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 summer time, 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 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? Lettuce is crispy, crunchy, and full of Vitamin A which keeps 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'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)

### SET UP

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

See below “Make It Your Own” 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. 7) 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!”



### OPTIONAL FOLLOW-UP:

- 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.



Summer Meal Site  
@SummerTime



Following

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

RETWEETS 15 FAVORITES 6



**TWEET IT!**

### 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...
<b>Frog jumps</b>		
<b>Jumping jacks</b>		
<b>Invisible jump rope jumps</b>		
<b>Disco moves</b>		
<b>Chicken dances</b> (One chicken dance is pinching your fingers 4 times, flapping your arms 4 times, wiggling your body 4 times, clapping 4 times, then swinging in a circle with your partner.)		

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, encourage kids to make healthy choices, and let them taste. For a fun twist, make 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 in the Operator Booklet. Mix up the following combinations for kids to taste:

- Sparkling water
- 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 sparkling water is a much healthier choice than soda, sweet tea, and fruit punch, which have added sugars. Eating and drinking too much added sugar may lead to cavities and make it hard to keep a healthy weight. Sparkling water is fizzy like soda, but does not contain any added sugars. Today we are going to try sparkling water by itself and with a tiny splash of 100% fruit juice. This adds a little flavor without adding sugar."

### 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?"



**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



### 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 a ¼ cup of chicken salad into each lettuce leaf.

### OPTIONS

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

**Food Demonstration Samples:** Offer ⅛ 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.

### SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions in the Operator Booklet.

- Wash your hands. 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 in the Operator Booklet. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand washing steps, as found in the Operator Booklet.



### Get children involved in making the recipe!

**SHOW** them how to:

- Cut the strawberries, using a plastic (food service disposable) knife
- Tear the spinach into bite size pieces
- Remove the lettuce leaves from the head of Romaine
- 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 instead of a tortilla or bread!
- \* 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.

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<http://teamnutrition.usda.gov>





# SPLASH INTO SUMMER MEALS

OPERATOR ACTIVITY GUIDE

## INSIDE:

6 games and activities  
to celebrate healthy  
choices this summer

**Hot out?**  
Cool down  
with this  
fun water-  
themed kit.

## BOOST ATTENDANCE!

- Posters
- Flyers
- Postcards
- Family Activity Guides, with lots of tips for a healthy summer



**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 and easy ready-to-go game.

### PERFECT FOR...

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

### MATERIALS

**MyPlate** icon (next page)

**Note:** you can request a **MyPlate** poster from Team Nutrition at <http://teammnutrition.fns.usda.gov>

### SET UP

None

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



### STEP-BY-STEP DIRECTIONS

- 1. DO:** Gather kids into a circle.
- 2. ASK:** “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, Dairy, and Protein Foods). 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 solid fats. **Everyday Foods** are foods that have a lot of nutrients we need without a lot of extra calories from added sugars and solid fats. These foods help us stay healthy and strong.

Foods that are high in added sugars and solid 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 keep a healthy weight.

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 3.
- 4. WRAP-UP:** “Great job! Remember, water, 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. Cakes, cookies, and candies are **Sometimes Foods** because they contain solid fats and added sugars which are not good for our bodies. Remember, choosing fruits, vegetables, water, and fat-free milk more often helps us eat smart to play hard.”

### OPTIONAL FOLLOW-UP:

- 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.

### 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 1 fruit or veggie that they like to eat.

### No materials? No time? No problem!

Try this quick tip when kids are eating. Read aloud Step 2 and ask kids to say “Everyday” or “Sometimes” when you call out a food. Use list on page 3.



# Everyday and Sometimes Foods



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



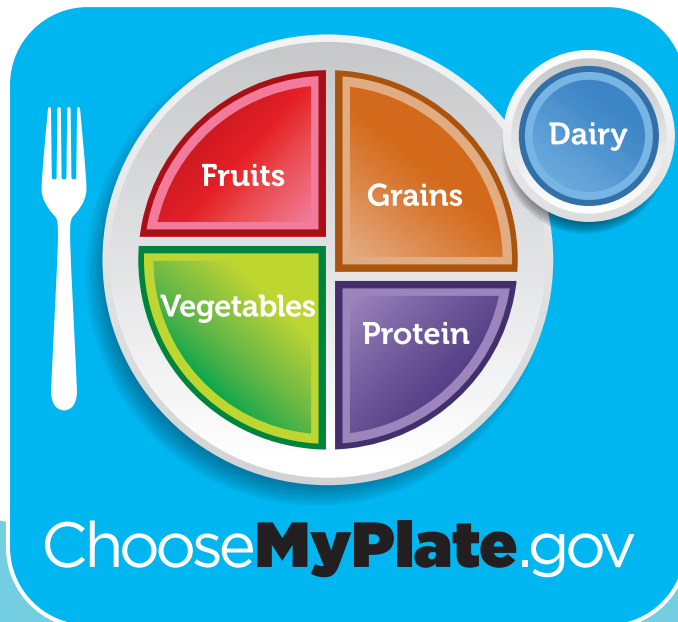
## Examples of Everyday Foods

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



## Examples of Sometimes Foods

- Candy (added sugars, solid fats)
- Cupcakes (added sugars)
- Sweet Iced Tea (added sugars)
- Bacon (solid fats)
- Regular Soda/Pop (added sugars)
- Cookies (solid fats, added sugars)
- Sports Drinks (added sugars)
- Lemonade (added sugars)
- Gummy Fruit Snacks (added sugars)
- Donuts (solid fats)
- Pizza (solid fats)
- Milkshake (added sugars, solid fats)



# Make a Splash with Water Games!

Kids love to get wet in the summertime. Follow the Water Safety Rules to ensure that everyone has a fun and safe time.

## Water Safety Rules

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).**



## FAMILY NOTE

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)

# Water Balloon Relay Toss

Kids will get off the couch and run outside to join this high-energy water game.



EAT SMART,  
EXERCISE,  
HAVE FUN



## STEP-BY-STEP DIRECTIONS

- DO:** Set up a starting line and a finish line. Put the buckets at the finish line. Invite kids to join for a water balloon game.
- SAY:** “Summer is my favorite season because we can get outside and play fun outdoor games like this one. I know some of you like to play video games and watch television, but your body needs to get up and get moving each day. Eating smart and playing hard helps us be strong and healthy. Really, we should limit our screen time to just an hour or two a day. With games like this, it’s fun to move more and sit less.”
- BEFORE YOU PLAY:** Go over the Water Safety Rules on page 4. Anyone who breaks the rules will automatically be out for the rest of the game.
- PLAY:** Make 2 or more even mixed-age teams. Have kids stand about 3-5 feet apart in a line between the starting line and finish line. Each player must gently toss the water balloon to the next team member. When the balloon gets to the finish line, the last person gently places it into the bucket. If the balloon breaks or falls on the ground, they have to start from the beginning. The goal is for each team to get three water balloons to the bucket behind the finish line.
- WRAP-UP:** “That was fun! Remember that summer is a great time to move more and sit less!”

## OPTIONAL FOLLOW-UP:

Encourage kids to think of other water games to play instead of watching TV or playing video games.

## PERFECT FOR...

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

## MATERIALS

- 6 latex-free water balloons per team (3 to play and 3 to break)
- Water
- 2 clean buckets
- Whistle (optional)

## SET UP

1. Before doing this activity, make sure parents are aware that their kids may get wet.
2. Read Water Safety Rules (p.4) and prepare the area.
3. Fill water balloons with help from kids.

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



TWEET IT!



Summer Meal Site  
@SummerTime



Following

Kids had a blast during the [Water Balloon Toss](#) at our summer meal site this week! More games are planned for (insert date).

## Make It Your Own

### AGES

For younger kids, have kids stand closer together.

For older kids, add a rule that they must throw underhand only. Any kids who throw a water balloon in an unsafe way will have to sit out.

### GROUP SIZE

For smaller groups, play water balloon catch instead.

For bigger groups, give each group a limited number of balloons.

### TIME AVAILABLE

If you have less time, prepare the water balloons one day in advance.

If you have more time, play a round in which every kid is standing in one long line.

## No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Say, “Summer is a great time to turn off the TV and video games and play with water outside. What are some of your favorite outdoor water games?”



**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: All ages
- Size of Group: 10+
- Time: 15-30 minutes
- Setting: Indoors, Outdoors

### MATERIALS

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

### SET UP

1. Before doing this activity, make sure parents are aware that their kids may get wet.
2. Read Water Safety Rules (p. 4) and prepare the area.
3. Fill water balloons with help from kids, or fill bucket with water, if using.

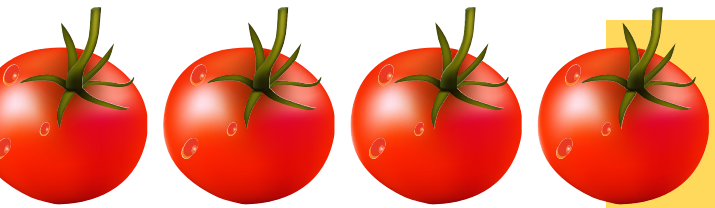
See below “Make It Your Own” for different ages, group sizes, and time available.

### 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 fruit, 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 7 for more.
3. **BEFORE YOU PLAY:** Go over the Water Safety Rules on page 4. 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. 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 FOLLOW-UP:

- 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, write seasonal fruits and veggies on large-sized paper in advance.

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

#### GROUP SIZE

For smaller groups, toss the water balloon 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 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  
Jalapenos



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 one 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

- Oranges
- Water
- 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 in the Operator Booklet. Slice up any quantity of fruit or veggies and mix them with water to make the infused waters. 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, ice cold 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?"



Summer Meal Site  
@SummerTime



Following

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



RETWEETS  
15

FAVORITES  
6



TWEET IT!

**MAKE HALF YOUR  
PLATE FRUITS  
AND VEGETABLES**



**BE THE CHEF!**

**PREP TIME: 15 MINUTES**

## Watermelon and Spinach Salad

Watermelon is a favorite summer fruit for kids everywhere! Toss it with spinach, herbs, and spices for a colorful salad.



**SERVINGS:** 6

**SERVING SIZE:** 1 cup

### INGREDIENTS

- 1 small watermelon, preferably seedless (Remember to rinse the watermelon before dicing)
- 2 cups spinach, leaves torn into bite-size pieces
- ½ cup green onions, thinly sliced
- ½ cup cilantro OR parsley, chopped
- 2 tablespoons lime juice
- 2 teaspoons vegetable oil
- 1 teaspoon cumin
- ½ teaspoon salt

### DIRECTIONS

1. Prepare watermelon by cutting into slices, removing rind and dicing into 1" cubes.
2. In a large bowl, combine watermelon cubes, spinach, onions, and cilantro.
3. Drizzle lime juice and vegetable oil over watermelon. Add in cumin and salt and toss salad gently to evenly mix in the spices.
4. For best results, chill the salad for 15 minutes before serving.

### OPTIONS

- Instead of green onions, use finely sliced yellow or red onions.
- Instead of lime juice, use orange juice.
- Add other fruits like berries, pineapple, or grapes to make an even more colorful salad.

**Food Demonstration Samples:** Offer ¼ cup portions in small cups. Provide a fork. Makes 24 samples.



### SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions in the Operator Booklet.

- Wash your hands. 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 **Watermelon and Spinach Salad** using safe food-handling practices as described in the Operator Booklet. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand washing steps, as found in the Operator Booklet.



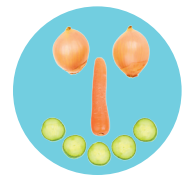
### NUTRITION INFORMATION

**Amount per serving:** 1 cup; **Calories:** 86; **Total Fat:** 5 g; Saturated Fat: 0 g; **Sodium:** 206 mg; **Potassium:** 240 mg; **Total Carbohydrate:** 11 g; Dietary Fiber: 1 g; Sugars: 8 g; **Protein:** 1 g; Vitamin A: 1838 IU; Vitamin C: 17 mg; Vitamin D: 0 IU; Calcium: 30 mg; Iron: 1 mg.

### Get children involved in making the recipe!

**SHOW** them how to:

- Use a melon baller to create watermelon balls, instead of cutting into 1" cubes
- Tear the spinach into bite size pieces
- Tear the cilantro or parsley off the stems and into smaller pieces
- Measure the lime juice, oil, cumin, and salt
- Help stir the salad



### Share these fun facts:

- \* Sweet watermelon with tart lime juice makes a refreshing summertime treat.
- \* Spinach leaves are packed with Vitamin A and also contain Vitamin C, folate, and the mineral potassium. These nutrients help us stay healthy.
- \* Cilantro is an herb that is traditionally used in Latin, Indian, and Thai cooking.
- \* Cumin is a spice used in Latin, Indian, and Mediterranean dishes.

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<http://teammnutrition.usda.gov>





# MOVIN' with Summer Meals

OPERATOR ACTIVITY GUIDE



## Turn up the music!

## And turn your meal site into a celebration!

### INSIDE:

6 games and activities  
to celebrate healthy  
choices this summer

### BOOST ATTENDANCE!

- Posters
- Flyers
- Postcards
- Family Activity Guides,  
with lots of tips for a  
healthy summer



SUMMER  
FOOD  
SUMMER  
MOVES

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

## SET UP

None

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

**Fun Tip:** After you play this game, try Get Down With Bell Peppers on page 7.



## 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 FOLLOW-UP:

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



## Make It Your Own

### AGES

For younger kids, practice the directions once all together before playing the game.

For older kids, call out red and green colored vegetables instead of peppers.

### GROUP SIZE

For smaller groups, let each kid have a turn at being the leader.

For bigger groups, spread out to a larger space.

### TIME AVAILABLE

If you have less time, call "Green Pepper" more often.

If you have more time, follow up with the bell pepper tasting activity (p. 7).

## No materials? No time? No problem!

Use this idea to manage how kids move 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

Instead of watching movies on a rainy day, kids will get moving with this fun indoor activity.



**BALANCE YOUR DAY  
WITH FOOD AND PLAY!**



## STEP-BY-STEP DIRECTIONS

- 1. SAY:** “On a rainy day, sometimes we may 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 on rainy days? Today we’re going to play a game with moves based on your favorite movies.”
- 2. DO:** Have kids share their favorite movies while you (or a student leader) 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.
- 3. 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.
- 4. 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 rainy day! How do you feel after getting some exercise?”

## OPTIONAL FOLLOW-UP:

- Play again on the next rainy 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

## SET UP

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

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



**TWEET IT!**



Summer Meal Site  
@SummerTime



Following

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



RETWEETS 15 FAVORITES 6



## Make It Your Own

### AGES

For younger kids, suggest movies starring animals and ask: “What do the animals do in the movie? Can we move like that?”

For older kids, set expectations before you begin. No inappropriate moves!

### GROUP SIZE

For smaller groups, have each kid think of a move to teach to others.

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

### TIME AVAILABLE

If you have less time, skip the small group step. First think of moves all together, then have a dance party.

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 5 (one per kid)

### SET UP

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

See below "Make It Your Own" 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 less 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 FOLLOW-UP:

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



### Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, partner with older kids.	For smaller groups (or shy kids), let them read the poem with a friend and take turns with each line.	If you have less time, skip rehearsal.
For older kids, let them add a movement to go with their line.	For bigger groups, divide them into two smaller groups and take turn performing and being the audience.	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.

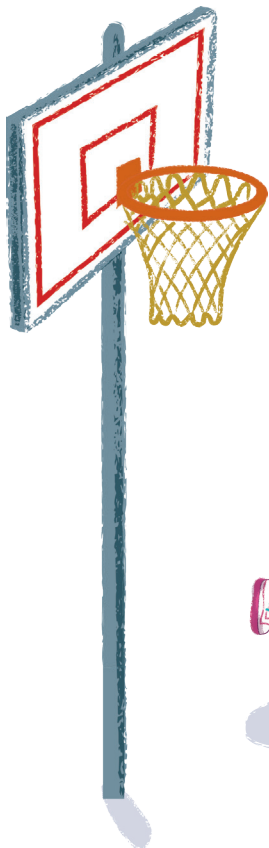


# It's Time for Summer



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 sit 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)

### SET UP

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

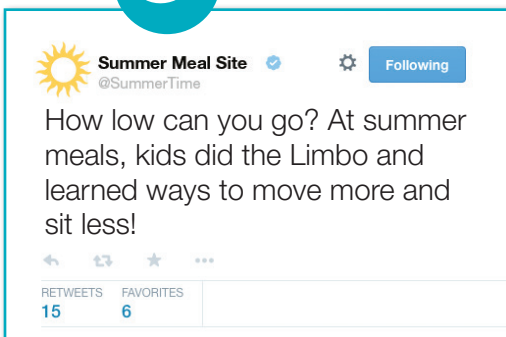
See below “Make It Your Own” for different ages, group sizes, and time available.

### 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 spend time at home without looking at a screen. When you have an idea, get in line for Limbo.”
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 their 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.”



**TWEET IT!**



### OPTIONAL FOLLOW-UP:

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.)



### Make It Your Own

#### AGES

For younger kids, have them share ideas for screen-free activities, 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, have the kids share their favorite ideas at the end.

### 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 tangy 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

### PREPARE THE PEPPERS

Follow food safety directions in the Operator Booklet. Rinse and slice up 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, Chinese stir-fry, African stews, and many more!*)



TWEET IT!



Summer Meal Site  
@SummerTime



Following

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

RETWEETS  
15

FAVORITES  
6



**MAKE HALF YOUR  
PLATE FRUITS  
AND VEGETABLES**

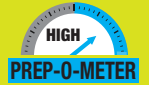


**BE THE CHEF!**

**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 in the Operator Booklet.

- Wash your hands. 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 in the Operator Booklet. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand washing steps, as found in the Operator Booklet.



### 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) for a tropical twist.
- Instead of strawberries and blueberries, use 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 (food service disposable) knife
- 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.



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<http://teammnutrition.usda.gov>



# Summer Meals, Summer Friends

OPERATOR ACTIVITY GUIDE

## Make Friends!

A week's worth  
of friendly meals  
and activities



### BOOST ATTENDANCE!

- Posters
- Flyers
- Postcards
- Family Activity Guides, with lots of tips for a healthy summer

### INSIDE:

6 games and activities  
to celebrate healthy  
choices this summer



SUMMER  
FOOD  
SUMMER  
MOVES



**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 Ultimate Frisbee.



## PERFECT FOR...

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

## MATERIALS

- 1 frisbee
- 1 **MyPlate** poster, that can be requested at <http://teamnutrition.usda.gov>
- Posterboard for scoreboard
- 1 marker or pen
- 4 cones or a way to make goal posts

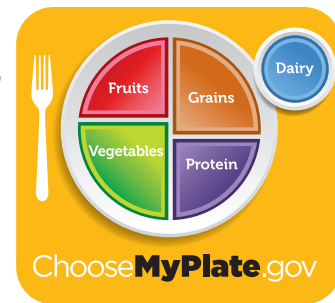
## SET UP

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

See below “Make It Your Own” 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 frisbee 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 frisbee to each other in a circle. Teach the basic rules. 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 guys really worked together and played hard today. Remember that you can eat smart to play hard every day by making half your plate fruits and vegetables.”



## OPTIONAL FOLLOW-UP:

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

## Ultimate MyPlate Rules

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

**TWEET IT!**

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

## Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, substitute frisbee 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 frisbee 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 Family Activity Guides, 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 rainy days indoors.



EAT SMART  
TO PLAY HARD



## STEP-BY-STEP DIRECTIONS

- 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.)
- 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.”
- 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.
- 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 FOLLOW-UP:

- 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

## SET UP

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 below “Make It Your Own” 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 posterboard for every 3 kids
- Art supplies (such as crayons, markers, paint, or colored pencils)

**SET UP**

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

See below "Make It Your Own" 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: Fruit Group, Vegetable Group, Protein Foods Group, Dairy Group, and Grains Group.**)
3. **SAY:** "To make a healthy meal, we should fill half of 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 eat 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 reproducible messages on page 5 for inspiration.
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 FOLLOW-UP:**

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



**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 kids work in pairs.

**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.

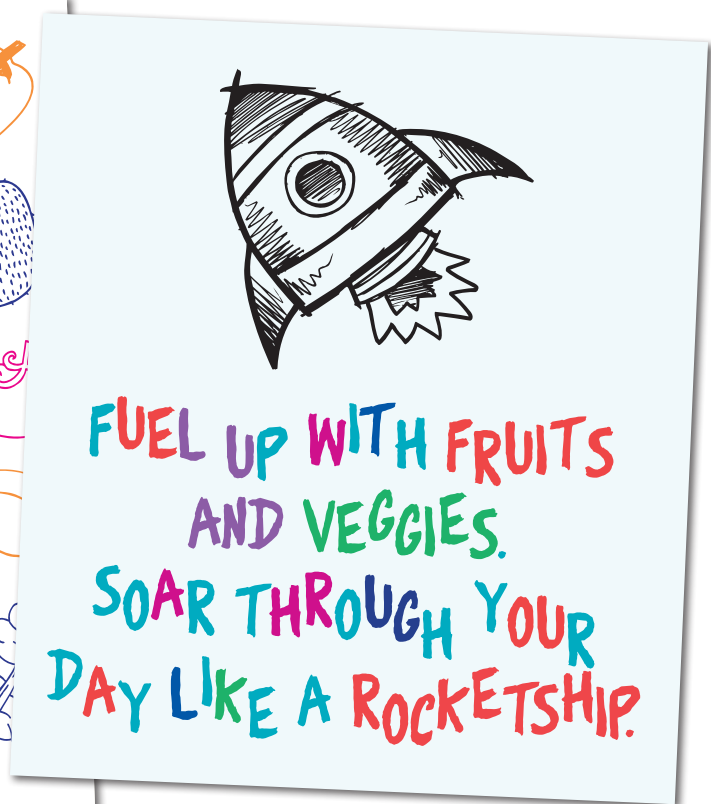
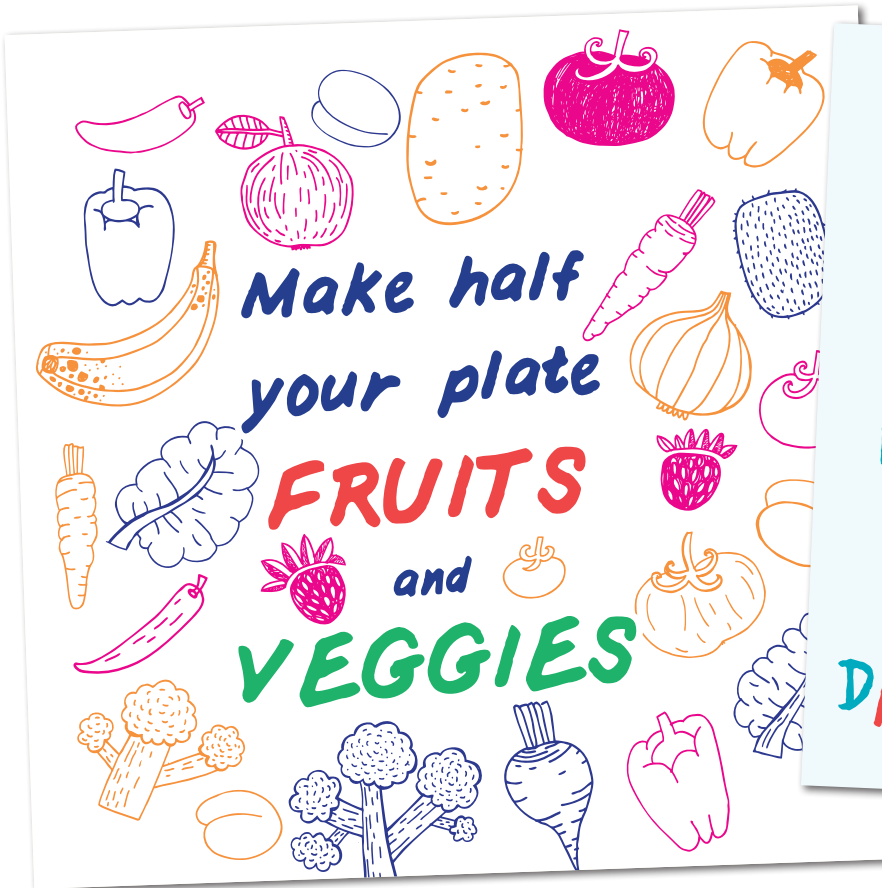
**No materials? No time? No problem!**

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



## 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)

### SET UP

Gather any equipment available.

See below “Make It Your Own” 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 they 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 their game.

### OPTIONAL FOLLOW-UP:

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



TWEET IT!



Summer Meal Site  
@SummerTime

Following

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

RETWEETS 15  
FAVORITES 6



### Make It Your Own

#### AGES

For younger kids, work as a group to make changes to one familiar game, such as Tag or Hopscotch.

For older kids, have them write down the rules.

#### GROUP SIZE

For smaller groups, invent a new game together.

For bigger groups, include materials that are not sports equipment, such as plastic spoons or paper cups.

#### TIME AVAILABLE

If you have less time, skip the wrap-up presentations.

If you have more time, let each group teach the game to another group.

### No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Ask: “Do you and your friends 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 some of your favorite games?”

## Melon Medley



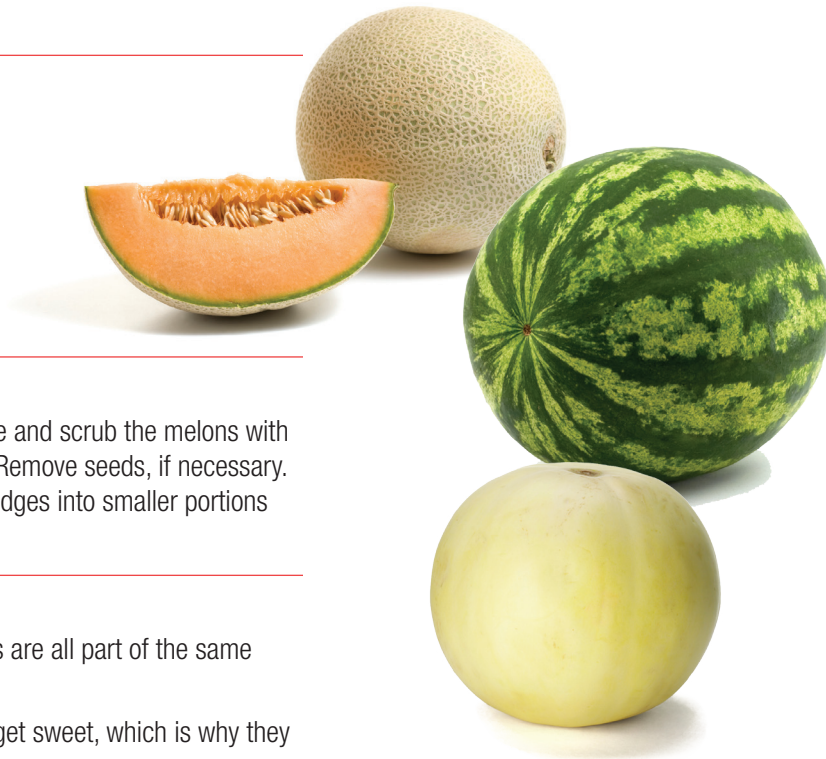
FUEL UP WITH FRUITS  
AND VEGETABLES!



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 in the Operator Booklet. 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.

### 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 watermelon have red flesh but there are orange- and yellow-fleshed varieties, too. Some have seeds and some are seedless.
- Honeydew has Vitamin C, which can help keep your teeth and gums healthy.”

### 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?



**Summer Meal Site** @SummerTime

Following

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

RETWEETS

15

FAVORITES

6

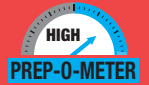
TWEET IT!





## Summer Vegetable Salsa

All your friends 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
- 3 Roma tomatoes
- 1 jalapeño (optional)
- 4 cloves garlic
- 1 medium white onion
- 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 in the Operator Booklet.

- Wash your hands. 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 in the Operator Booklet. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand washing steps, as found in the Operator Booklet.



### DIRECTIONS

1. Dice zucchini and Roma tomatoes into small pieces and put into a medium bowl.
2. Carefully split jalapeño,\* remove and throw away the seeds and inner membrane. Mince jalapeño and garlic and add to zucchini and tomatoes. \*Wear rubber gloves when handling jalapeño (optional).
3. Dice onion into small pieces. Add to tomatoes.
4. Add cilantro, salt, and lime juice to tomatoes. Stir to combine well.
5. Chill in the refrigerator for at least 30 minutes before serving.

### OPTIONS

- Grill the vegetables before cutting and adding them to the salsa.
- Instead of zucchini, you could use equal amounts of yellow squash or cucumber in this recipe.
- Add watermelon, peaches, pineapple, or other fruit in place of the zucchini for a fruity summer salsa.
- Serve with cut up vegetables, whole-wheat pita chips, or on top of grilled chicken or fish!

**Food Demonstration Samples:** Offer ⅓ 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 or cucumber into very small pieces, using a plastic (food service disposable) knife
- Measure the lime juice and salt
- Stir the salsa



### Share These Fun Facts:

- \* Jalapeños don't have to be so spicy! Removing the seeds and membrane 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.



# Let's Celebrate Summer Meals!

OPERATOR ACTIVITY GUIDE

## Summer!

It's the season of parties and celebrations

### INSIDE:

6 games and activities to celebrate healthy choices this summer

### BOOST ATTENDANCE!

- Posters
- Flyers
- Postcards
- Family Activity Guides, with lots of tips for a healthy summer



SUMMER FOOD SUMMER MOVES

**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

**SET UP**

Gather materials

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

**STEP-BY-STEP DIRECTIONS**

1. **ASK:** “Why do you think some sports have cheerleaders?” (Listen to kids’ ideas about how encouragement helps people feel good and perform better.)
2. **SAY:** “Everybody needs encouragement and help to do their 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:** Write kids’ ideas on masking tape. 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 6 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 cheers. 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 FOLLOW-UP:**

- Let kids illustrate their cheers and display 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.



# My Party Plate

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



**MAKE HALF YOUR PLATE FRUITS AND VEGETABLES**



## STEP-BY-STEP DIRECTIONS

- 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 (**Fruit Group**, **Vegetable Group**, **Protein Foods Group**, **Dairy Group**, and **Grains Group**).
- 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, 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.)
- 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.
- WRAP-UP:** Set up finished plates along the tables and have kids walk around and observe. Say: “Even though some celebrations may have lots of protein foods, grains, and sweets choices, be sure to make half your plate fruits and vegetables. Did you know that many fruits and veggies can taste great when cooked on a grill? Ask your parents to try it sometime. Take your plates home to show your family your ideas for a healthy and delicious celebration meal!”

## OPTIONAL FOLLOW-UP:

- Display plates on the walls.
- After the 4<sup>th</sup> 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

## PERFECT FOR...

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

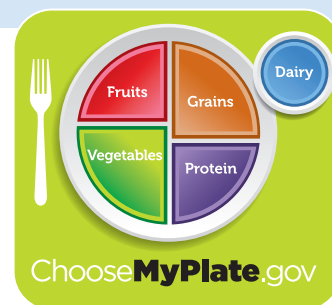
## MATERIALS

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

## SET UP

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

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



## Make It Your Own

### AGES

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 older kids, finish with a vote on the most delicious and nutritious plate.

### GROUP SIZE

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

For bigger groups, have kids work in pairs.

### TIME AVAILABLE

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

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?”

**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 copied on cardstock, tape, scissors to assemble cube
- Copies of Activity Cube to distribute

### SET UP

1. Assemble one cube on cardstock.
2. Copy template for kids to take home.

See below "Make It Your Own" 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 FOLLOW-UP:

- 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.



**TWEET IT!**



### Make It Your Own

#### AGES

For younger kids, read the activities out loud to them.

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.

#### GROUP SIZE

For smaller groups, have kids take turns being the leader.

For bigger groups, make a big circle with the Activity Cube and activity leader in the center.

#### TIME AVAILABLE

If you have less time, roll the cube a few times to show what it does, then distribute template.

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 three seconds. Repeat three 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.



Do 5 Silent Ninja 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...).



## ASSEMBLY INSTRUCTIONS:

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



**ASSEMBLED CUBE**



**VARY YOUR  
FRUITS AND  
VEGETABLES!**



**MAKE TODAY A TRY-DAY!**

**PREP TIME: 15 MINUTES**

## Herb Tasting Party

Celebrate the benefits of herbs by tasting different varieties. Follow up with Herb Gardening on page 7.



**PARSLEY**



**CILANTRO**



**BASIL**

### MATERIALS

- One bunch each: parsley, cilantro, basil, oregano, chives, mint, or other fresh herbs
- Paper towels
- Scissor (optional)

### PREPARE THE HERBS

Follow food safety and hand washing directions in the Operator Booklet. Rinse herbs carefully and lay them out on paper towels. Cut or tear the herbs into sprigs. When serving, have kids open their palms and put a few types of herbs into their hands.

### BEFORE TASTING, SAY:

Have kids close their eyes and put their hands behind their backs. Let them smell each herb and ask if anyone can identify the herb.

“When you smelled those herbs, did they remind you of any other foods? Herbs are used to add delicious and unique flavors to many different foods. We use them in both fresh and dried forms. We usually don’t eat herbs by themselves, but today you’ll get to try it! Add flavor to your veggies with herbs instead of salt or butter.”

### AFTER TASTING, ASK:

- What did you think of the different herbs?
- Have you tried any of them before? In what dishes?
- Did you know that you can grow herbs in a pot on a sunny windowsill or balcony?



**OREGANO**

**CHIVES**



**MINT**



**TWEET IT!**



Summer Meal Site  
@SummerTime



Following

We tasted different herbs today at summer meals. Make today a [Try-Day](#) and try cooking with a new herb or spice at home.

RETWEETS FAVORITES

15

6

# Herb Gardening

This seed-planting activity is the perfect follow-up to the Herb Tasting Party.



**EAT SMART,  
EXERCISE,  
HAVE FUN**



## STEP-BY-STEP DIRECTIONS

- 1. ASK:** “What did you discover about herbs in the Herb Tasting?” Leave out this question if you did not do the tasting.
- 2. 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.”
- 3. 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.” If you did not do the Herb Tasting Party, let kids taste the basil now.
- 4. DO:**
  - Distribute a cup 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. Distribute plates.
  - Have kids fill cups with soil up to ½ inch from rim. Water the mixture until it feels evenly moist.
  - Place 2 seeds in each cup. Cover with more soil. Have kids pat it down.
- 5. 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.
- 6. HAND OUT:** Make sure parents receive the Family Activity Guide when picking up their child.

## OPTIONAL FOLLOW-UP:

- 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
- Soil
- Water
- Pen or thumbtack (to poke holes in cups)
- Family Activity Guides to distribute after
- Broom (optional)

## SET UP

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

See below “Make It Your Own” 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, skip Step 1.
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. For example, say, “Our Parade Bean Salad is made with the herb oregano. Oregano is used to make lots of foods taste good, like tomato sauce.”



## Parade Day Bean Salad

This delicious salad is packed with protein to give kids the energy to play hard all summer. March right up and enjoy!



**SERVINGS:** 6

**SERVING SIZE:** 2/3 cup

### INGREDIENTS

- 1 15-ounce can no salt added red kidney beans, drained and rinsed
- 1 15-ounce can no salt added garbanzo beans, drained and rinsed
- 1/3 cup cherry tomatoes, halved
- 1/3 cup bell peppers, diced
- 1/3 cup celery, diced
- 1/2 cup part-skim or low-fat mozzarella cheese, shredded
- 2 tablespoons red onion, minced
- 2 tablespoons red wine vinegar
- 1 tablespoon vegetable oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

### DIRECTIONS

1. In a large bowl, combine the kidney beans, garbanzo beans, cherry tomatoes, bell peppers, celery, mozzarella cheese, and red onion.
2. In a small bowl, whisk together the red wine vinegar, vegetable oil, dried oregano, salt, and pepper.
3. Pour the dressing over the beans and vegetables and mix to thoroughly combine.
4. This salad can be prepared up to one day in advance.



### OPTIONS

- This recipe works with other beans, too. Try white beans, pinto beans, or black beans.
- Instead of dried oregano, try using 1/2 teaspoon dried basil or 1 1/2 teaspoons fresh thyme.
- White wine, apple cider, or balsamic vinegar can be substituted for red wine vinegar.

**Food Demonstration Samples:** Offer 1/4 cup bean salad in small cups. Provide a fork. Makes 24 samples.

### NUTRITION INFORMATION

**Amount per serving:** 2/3 cup; **Calories:** 183; Total Fat: 5 g; Saturated Fat: 1 g; **Sodium:** 199 mg; **Potassium:** 324 mg; **Total Carbohydrate:** 24 g; Dietary Fiber: 7 g; Sugars: 1 g; **Protein:** 10 g; Vitamin A: 173 IU; Vitamin C: 21 mg; Vitamin D: 1 IU; Calcium: 130 mg; Iron: 2 mg.

### SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions in the Operator Booklet.

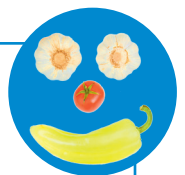
- Wash your hands. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for **Parade Day Bean Salad** using safe food-handling practices as described in the Operator Booklet. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand washing steps, as found in the Operator Booklet.



### Get children involved in making the recipe!

**SHOW** them how to:

- Cut the bell peppers or celery into very small pieces, using a plastic (food service disposable) knife.
- Measure the vinegar and oil; measure the oregano, salt, and pepper.
- Stir the salad until well mixed.



### Share these fun facts:

- \* Beans are high in protein.
- \* Sweet peppers come in many cool colors — green, red, orange, yellow, and purple.
- \* Cherry tomatoes can be small like a marble, large like a ping-pong ball, or anywhere in between.
- \* Garbanzo beans are also called chickpeas.



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<http://teamnutrition.usda.gov>





POWER PANTHER SAYS:

# Eat Smart to Play Hard

OPERATOR ACTIVITY GUIDE

**INSIDE:**

6 games & activities  
to celebrate healthy  
choices this summer

**BOOST  
ATTENDANCE!**

- Posters
- Flyers
- Postcards
- Family Activity Guides, with lots of tips for a healthy summer



## 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

### SET UP

None

See below "Make It Your Own" 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 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 60 minutes. Remember to eat smart to play hard every day."

### OPTIONAL FOLLOW-UP:

- 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 rainy days.

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



### Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, play altogether and do six 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

- DO:** Invite kids to join you for a relay race. Have kids make teams of five and sit together on the starting line.
- ASK:** “What is a relay race?” (Let kids explain.) A relay race is a team activity in which 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.
- 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? (**Fruit Group, Vegetable Group, Protein Foods Group, Dairy Group, and Grains Group.**) 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 foods from the Fruit and Vegetable Groups. 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*.”
- 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 their food group. The winning team is the one that finishes the race first.
- 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 FOLLOW-UP:

- 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 finishing line
- *MyPlate* poster

## SET UP

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

See below “Make It Your Own” 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

- 80 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

## SET UP

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 hat.
4. Set up starting and finish lines.

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

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

## STEP-BY-STEP DIRECTIONS

1. **ASK:** “Added sugars are sugars that are put into a drink when it is made. 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 5. 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 can lead to cavities and make it hard to keep a healthy body. That’s because all those added sugars are providing empty calories and not other nutrients like vitamins and minerals. Water is a great drink choice because it does not have any added sugars and has zero calories. Let’s play a game to remind ourselves to pass on the added sugars and choose water instead.”
4. **PLAY:** Make 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 their 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 added calories. 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 soda, fruit drinks, sweet tea, sports drinks, and lemonade.”

## OPTIONAL FOLLOW-UP:

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

## 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 nutrition labels. Teach them how many teaspoons of sugar there are by dividing the grams of sugar by four.	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!

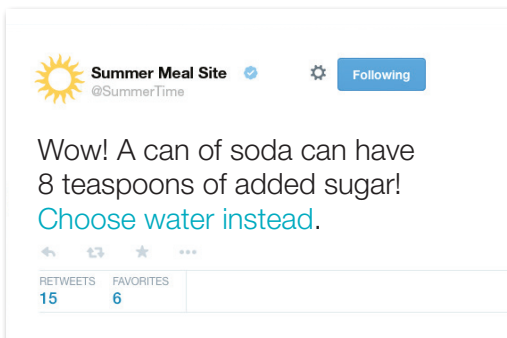
Try this quick tip while serving meals or when kids are eating. Say: “How much added sugar do you think is in one can of regular soda? Eight teaspoons! An average ten-year-old would need to walk for one hour to burn off that much sugar!”

# 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	 (16)	192
Lemonade 	20 ounces	 (12)	285
Sports Drink 	20 ounces	 (8)	125

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



TWEET IT!



## Get into it!

Interested in using the Power Panther mascot? Visit the Team Nutrition website for more information:

<http://www.fns.usda.gov/eat-smart-play-hard%E2%84%A2-power-panther%E2%84%A2>

**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**

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

**SET UP**

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

See below “Make It Your Own” 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: **Fruit Group**, **Vegetable Group**, **Protein Foods Group**, **Dairy Group**, and **Grains Group**. 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 empty calories from added sugars and solid 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
  - **Protein Foods:** Eggs, Beans, Skinless Chicken Breast, Fish, Peanut Butter
  - **Grain:** Whole-Wheat Bread, Brown Rice, Oatmeal
  - **Dairy:** Low-fat or Fat-free Milk, 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: Dairy-mazing!** With a partner, make up a “footshake” that ends with both of you shouting the name of a healthy dairy food.

**Power Station 5: Protein-credible!** Do the chicken dance all together, then make up a similar dance for a different protein, such as peanut butter or fish.
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 FOLLOW-UP:**

Take pictures of the activity and share them on social media to celebrate a job well done. See Getting Started with Social Media in the Operator Booklet for more information.

Power-up with **MyPlate!**



**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, give more time at each station.

**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, 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
- 3 clean serving trays
- Small plates
- Forks
- Napkins



### PREPARE THE FRUIT

Wash your hands and follow food safety directions in the Operator Booklet. Slice the fruit into single serving bite sizes and place on serving trays. Sprinkle with spices or herbs. Prepare plates with one of each spiced fruit. **Note:** Fruits that are dried, frozen, and canned (in water or 100% juice) may be substituted for fresh. Choose 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 IT!**



**Summer Meal Site** @SummerTime

Following

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

RETWEETS 15 FAVORITES 6



## 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, drained
- ¾ cup corn (fresh, canned, or frozen and thawed)
- 1 green bell pepper, diced
- 1 medium carrot, diced
- 1 small red onion, diced
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- ¼ 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 romaine lettuce leaves for a quick and easy wrap!



**Food Demonstration Samples:** Offer ¼ cup of tuna salad portions in small cups. Cut each pita into eight wedges and serve one 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 in the Operator Booklet.

- Wash your hands. 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 in the Operator Booklet. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand washing steps, as found in the Operator Booklet.

### Get children involved in making the recipe!

**SHOW** them how to:

- Cut each pita in half using a plastic (food service disposable) knife.
- Cut the bell pepper into small cubes using a plastic (food service disposable) knife.
- 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 sweeter flavor and a fun fiesta color.
- \* **Herbs and spices, like garlic and chili powder, help us create flavorful dishes.**

