

## Drop-In Article

# Eat Smart. Play Hard.™ Power Plans

### Integrated, Interactive, and Flexible Lesson Plans

The U.S. Department of Agriculture Food and Nutrition Service (FNS) has released **Eat Smart. Play Hard.™ Power Plans** -- interactive, behavior-focused lessons for children and adults. Tested in a variety of FNS Program settings, these lessons are ready-to-go, flexible, and easy to use. The activities are easy to plan, fun to teach, and require about 20 minutes of teaching time. Extra activities reinforce learning at home and in the community.

The Power Plans are designed around Eat Smart. Play Hard.™ themes and focus on specific behaviors. They can be used in a variety of settings such as WIC clinics, Food Stamp offices, child and adult care centers, schools, and in the community.

The lessons are comprehensive in that they have been developed to reach the individual, the family, and the community. The Power Plans integrate Eat Smart. Play Hard.™ materials such as brochures, activity sheets, and posters, as well as relevant materials from the WIC, Food Stamp, and Child Nutrition Programs.

Visit: [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard) to download the lessons.

### Power Plans for Children:

#### Taste the Colors Ages 3-4



#### Snack Smart Ages 5-7



#### Power Up with Breakfast Ages 8-10



#### Choose Drinks that Count Ages 11-12



### Power Plans for Adults:

Conduct these lessons in groups or as part of a one-on-one counseling session. Include at-home and community activities.

#### Balance Your Day with Food & Play



#### Choosing Food for a Day



#### Grab Quick and Easy Snacks



#### Start Smart! Eat Breakfast



#### Make Family Time an Active Time

