

Eat Smart. Play Hard.™ With MyPyramid

Target Audience: children and parents/caregivers
Estimated Time (excluding group performance): 15 minutes
Examples of events: community health fairs, schools, conferences

Background Information for Presenters

Eat Smart. Play Hard.™ is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be physically active using MyPyramid. The Eat Smart. Play Hard.™ Campaign messages and materials are fun for children and informative for caregivers. To make your job easier, this ready-to-use script contains messages based the 2005 *Dietary Guidelines for Americans* and MyPyramid for Kids, and conveys them in a kid-friendly, engaging format. These concepts are kid-tested and evidence-based.

The President's Challenge is a program that encourages all Americans to make being physically active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve. Additional information, and an online tracking tool, is available at:

<http://presidentschallenge.org>

Materials Needed

- Music player (e.g., stereo or boom box)
- Eat Smart. Play Hard.™ songs:
 - Power Panther is Here
<http://devel.public.fnsnet/eatsmartplayhard/Transition/EducationalMaterials/Songs.htm>
 - If You Wanna Be Like the Power Panther
<http://devel.public.fnsnet/eatsmartplayhard/Transition/EducationalMaterials/Songs.htm>
- MyPyramid for Kids poster
http://teamnutrition.usda.gov/Resources/mpk_poster.pdf
- MyPyramid for Kids food group posters (samples at right)
[Note: Posters similar to samples (right) can be created using any word processing program and a color printer.]
 - Grains: Make half your grains whole (orange)
 - Vegetables: Vary your veggies (green)
 - Fruits: Focus on fruits (red)
 - Milk: Get your calcium-rich foods (blue)
 - Meat & Beans: Go lean with protein (purple)
- Piece of fruit or bowl of fruit
- Copies of Power Up Moves for audience or on display
- PowerPoint presentation of Power Up Moves with words
- Poster or flyer of Slurp, Power Panther's nephew
<http://devel.public.fnsnet/eatsmartplayhardkids/Library/Images/Clipart/Slurp/slurp.gif>

Sample Food Group Posters:



Optional Materials

- The MyPyramid for Kids poster can be projected onto large screens using PowerPoint or other software to reinforce messages.
- Sports equipment

I. Background music: “Power Panther Is Here”

Speaker 1: Hello, Everyone! Welcome to ____ (name of event) _____. I’m (Speaker 1 introduce yourself).

Speaker 2: And, I’m (Speaker 2 introduce yourself).

Speaker 1: *These days, a lot of people are trying to eat better and be more physically active. Let’s see a show of hands -- how many of you want to eat healthier? (*Waits for audience response*)

***Customize It** by using time- and audience-specific language. For example:

Adults

- Winter or New Year: This time of year, a lot of people are making resolutions and eating healthier and getting fit.

Children

- Spring: This time of year, many kids are eating healthier and getting in shape so they can play hard at camp this summer.

Speaker 2: And, how many people would like to get in better shape? (*Waits for audience response*) Well, if you want to shape up, you’re in the right place, because we’re going to give you some tools to help you eat healthier AND be more physically active, both of which will help you feel better, think more clearly, and have more energy to enjoy life!

Optional Group Performance (approx. 5 minutes). If none, skip to “Introducing Power Panther” below

- A group performance at the beginning of your presentation may help draw a crowd.
- Group performances may include school dance/step teams, jump rope teams, or aerobics groups.

Speaker 1: Before we get started, we have some friends here to help us by pumping us all up and showing how much energy you have when you eat smart and play hard!

(group comes onto the stage)

Speaker 2: That’s right, they have to eat smart and play hard to be able to do their thing! Please join me in welcoming (name of group).

(applause)

Group performance

(applause)

II. Introducing Power Panther

Speaker 1: Now I'd like you to meet a special friend of ours – Power Panther! Power Panther is the USDA's nutrition and physical activity spokescharacter. He travels all over the country visiting with kids and parents like you to encourage them to eat smart and play hard by following the recommendations of MyPyramid.

PP: *Waves to audience and gives high five to Speaker 1 and Speaker 2.*

Speaker 2: Power Panther wants all of us to eat smart and play hard, and he wants you to share that message with others. Can you repeat Power Panther's message with me? I want to hear all the ladies yell 'Eat Smart' and all the guys say 'Play Hard.' Okay, ready? What does Power Panther want us to do? *(Hold Hand to Ear to prompt audience response)*
One more time: Eat Smart– Play Hard. That's great!

***Customize It** by using audience-specific language.

- If your audience is primarily children, address them as "girls" and "boys" (instead of "ladies" and "guys").

PP: *Holds hand to ear.*

III. Eat Smart. Play Hard.TM – and being Powerful

PP: *Walks to center of the stage, and points to his Eat Smart. Play Hard T-shirt, and makes a bicep flex with a fisted power glove to suggest power/strength.*

Speaker 1: Do you know what Eat Smart. Play Hard. means? *(Waits for audience responses)* It means eating healthy meals and snacks, and making sure you're physically active each day.*

***Customize It** by using event-specific language.

Give kudos to your audience for participating in physical activities at your event. For example, after Speaker 1 says "...making sure you're physically active each day," add:

- "Just like you're doing here today by walking around the Convention Center."
- "Just like you're doing today by participating in the dance contest."

Speaker 2: Why is eating smart and playing hard so important for kids? Eating smart or healthy helps you go, glow, and grow since it will give you energy, and help you focus and learn in school.

PP: *Gives a "thumbs up" to the helper and nods yes.*

Speaker 1: Power Panther says adults should also eat smart and play hard. It helps them to stay healthy and helps reduce the risk of some health problems,

and controls weight. And when parents eat healthy and are active, they show their kids that it's good for them too, so kids will eat healthy too.

[If audience is children, omit last sentence above.]

PP: *Gives a “thumbs up” to the helper and nods yes.*

Speaker 2: Power Panther says it's really important to combine your day with healthy food and active play so you can have the energy and strength to be your very best.

Speaker 1: Power Panther knows that we all have the power within ourselves to make healthy choices every day. And parents can help their kids to make healthy choices too - like Power Panther does with his nephew Slurp who lives with him.

PP: *Holds up a cut out of Slurp and holds his fist to his chest to communicate his love for Slurp.*

Use Slurp cut out that is at least 47” tall or a projected image of Slurp

IV. Eat Smart. Play Hard.™ – and MyPyramid

PP: *Turns around to show MyPyramid on back of shirt.*

Speaker 2: Power Panther uses MyPyramid to help him and Slurp eat smart and play hard. He wears the MyPyramid on his t-shirt. How many of you know about MyPyramid? *(Waits for audience responses)* How many of you have visited MyPyramid on the internet? *(Waits for audience responses)*

Speaker 1: MyPyramid shows us how to eat healthy, in the right amounts from all the different food groups, and to be active. You can use the MyPyramid Web site to create a healthy eating and physical activity plan that's just right for you.

PP: *Gives thumbs up.*

Speaker 2: Does anyone know what the orange stripe on MyPyramid means?” *(Waits for audience responses).*

PP: *Sneaks across stage behind presenters' backs showing orange poster to audience. Poster, from MyPyramid for Kids reads “Grains: Make half your grains whole.”*

Optional – Give prizes to audience for participating in the presentation.

Speakers can prompt audience participation by passing out small participation prizes that reinforce eating smart and playing hard – examples include Eat Smart. Play Hard.™ stickers.

Speaker 1: That’s right, orange is for grains. Can anyone name some foods that are grains?

Speaker 2: Each day, we need to make sure that half our grains are **whole** grains, but what exactly does that mean? Can anyone name some whole grains?

Speaker 1: That’s right. You can tell which foods are whole grain by looking at the food label – make sure you see the word “whole” before grains on the ingredients list. Whole grains are foods like corn, oatmeal, brown rice, low fat popcorn, and whole wheat bread.

PP: *Gives thumbs up.*

Speaker 2: Does anyone know what the green stripe on MyPyramid means?” (*Waits for audience responses*).

PP: *Walks across stage holding green “Vegetables: Vary your veggies” poster above his head for audience to see.*

Speaker 1: Green is for vegetables – it’s important to make your plate colorful by varying your veggies and eating different types each day. Be sure to include dark green and orange vegetables too. Can anyone name a dark green or orange vegetable? They are things like spinach, broccoli, carrots, and sweet potatoes. And can anyone name a purple vegetable? Eggplant and cabbage can both be purple vegetables!

PP: *Rubs his stomach.*

Speaker 2: How about the red stripe on MyPyramid – does anyone know which food group red represents?” (*Waits for audience responses*).

PP: *Walks across stage holding red “Fruits: Focus on fruits” poster above his head for audience to see.*

Speaker 1: Red is for fruits – nature’s treats: sweet and delicious. It’s good to focus on fruits – to eat fruits with meals, and at snack time too. Choose fresh, frozen, canned, or dried fruit. When you do choose juice, make sure it’s 100% juice.

Speaker 2: How about the yellow stripe – any ideas? I'll give you a hint...it's not a food group, but you need some every day for good health (*Waits for audience responses*).

Speaker 1: Yellow is for oils. We all need oil. It's best to get oils from fish, nuts and liquid oils like corn, soybean, canola, and olive oil. Does anyone know what the blue stripe represents? I'll give you a hint...it comes from cows. (*Waits for audience responses*).

PP: *Walks across stage holding blue "Milk: Get your calcium-rich foods" poster above his head for audience to see.*

Speaker 2: That's right, it's the milk group. We all need calcium-rich foods – like milk, yogurt, and cheese -- to build strong bones. Be sure to check the container to make sure your milk, yogurt, or cheese is low fat or fat-free.

PP: *Flexes muscles.*

Speaker 1: There's only one group left and, you're right Power Panther, it helps build muscles. Does anyone know which foods are represented by the purple stripe? (*Waits for audience responses*).

PP: *Walks across stage with purple "Meat & Beans: Go lean with protein" poster above head for audience to see.*

Speaker 2: Purple stands for meat and beans – be sure to go lean with your protein by choosing lean or low fat meat, chicken, turkey, and fish. And, like Power Panther always does, eat it baked, broiled, or grilled – not fried.

Speaker 1: And, it's nutty but true. Nuts, seeds, peas, and beans are all great sources of protein, too. Try changing your tune by adding beans and peas to your meals – in salads, burritos, or soups.

PP: *Gives thumbs up.*

V. Power Up with Breakfast!

PP: Whispers into Speaker 2's ear.

Speaker 2: Power Panther likes to eat breakfast. He wants to ask you about breakfast that's one of his favorite meals. How many of you eat breakfast every day – raise your hands? (*Waits for audience responses*) That's great!

Speaker 1: Do you know why breakfast is important? (*Waits for audience responses*) Eating breakfast will not only make you feel good and powerful, it will give you energy, and help you be more alert so you'll do better in school or work. How many of you had breakfast today?

PP: *Pulls out a piece of fruit and holds it up to the audience.*

Speaker 2: Breakfast helps get Power Panther going in the morning and helps him keep his mind on what he's doing. If he's running late, he sometimes grabs something like leftovers from dinner or makes a quick peanut butter and banana sandwich to eat on the way.

Speaker 1: Power Panther thinks it's important for families to eat breakfast together. In fact, every morning, he has a healthy breakfast like cereal, fruit, and low-fat milk with his nephew, Slurp.

Speaker 2: Let's see a show of hands for everyone who plans to eat breakfast in the morning – that's a great way to start eating smart!

VI. Balance Your Day with Food and Play

Speaker 1: Power Panther tries to balance his day with food and play to grow healthy and strong. Does anyone know why physical activity is important? *(Waits for audience responses).*

Speaker 2: That's right! Being physically active is good for your health, builds strong bones and muscles, and helps you feel more energetic and strong. It will also help adults stay healthier longer, lower their risk for diseases, and helps control weight.

Speaker 1: Power Panther likes to set a good example for Slurp, so he makes sure that fun physical activities are part of their time together. They're even taking the President's Challenge together!

[Note: See Background Information for Presenters for additional information on the President's Challenge.]

Speaker 2: By taking the President's Challenge, they get to track their physical activities together online, and earn awards for being active. Like MyPyramid recommends, Power Panther and Slurp get 60 minutes of activity on most days of the week by playing basketball together or going on walks around their neighborhood.

PP: *Pretends to shoot a basket.*

Speaker 1: Can you name some other great physical activities you could have fun doing every day?

PP: *Prompts audience response by dancing, swinging a golf club, stretching, running in place, doing jumping jacks, etc.*

Speaker 2: That's right, being active should be fun! Activities like dancing, gardening, golfing, and jump roping are all great ways to be physically active.

Speaker 1: Anything you like that makes you move more and sit less is great!

PP: *Gestures, pointing to himself.*

Speaker 2: Do you remember what Power Panther wants us to do? Eat Smart. Play Hard. Let's hear it again! Eat Smart. Play Hard.

VII. Interactive Audience Activity (Est. Time: 5 minutes)

Speaker 1: Would you like to join Power Panther in an activity today? It's a little activity with big ideas that we call Power Up Moves! Everyone please stand up and repeat after us!

Perform "Power Up Moves" with audience

Speaker 2: OK, should we try it with some music?

music starts → "If You Wanna Be Like the Power Panther" (Instrumental Original or Remix)

Repeat activity 2-3 times

Speaker 1: Great Job! Thanks for participating!

Make any closing announcements – e.g., Stop by Booth XX to have your photo taken with Power Panther!