

FOODPLAY

Pledge of Allegiance



I pledge allegiance to my body for all it does for me, and to the community of which I am a part, one planet, under the sun, interconnected, with health and happiness for all.

I will try to:

- Take 5! Eat at least 5-9 servings of fruits and vegetables each day.
- Fuel up on Pyramid Power foods.
- Read It Before I Eat It!
- Eat breakfast every day.
- Enjoy being active.
- Feed healthy messages to my mind.
- Make choices that are good for my health and for the health of the planet.

My Signature _____

Date _____



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FOODPLAY'S *Post on your refrigerator!* Favorite Fun Snacks

Good for your health and the health of the planet!

- ★ Fruit - grab a piece of fruit and eat it on the way!
- ★ Fruit Parfait - fruit salad with yogurt or cottage cheese
- ★ Banana Rocket Pop - frozen banana on a stick!
- ★ Veggies - baby carrots, celery sticks, broccoli trees, and green pepper pinwheels dipped in salad dressing
- ★ 'Nuke' a potato and add yogurt or cottage cheese on top
- ★ Trail mix - nuts, seeds, raisins and dry cereal
- ★ English muffin pizza
- ★ Popcorn, pretzels, sunflower seeds, or pumpkin seeds
- ★ Roll-up enchiladas - melt low-fat cheese on tortilla, roll up and dip into salsa
- ★ Leftovers like rice and beans or pasta salad
- ★ Low-sugar cereal and low-fat milk
- ★ Sandwiches like PB & J or hummus and tomato
- ★ Fruit Smoothie - blend fruit juice, yogurt and banana or other favorite fruits
- ★ 'Soda Naturale' - half fruit juice, half seltzer



KIDS, PARENTS, TEACHERS:
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SODA NATURALE

INGREDIENTS:

Seltzer Water
Any 100% Fruit Juice: Orange, grape, cranberry, apple, etc.

WHAT TO DO:

1. Mix together half seltzer and half juice in a cup.
2. Name your soda and make up a cool label. Paste it on a recycled bottle and package your drink!
(There are 10 teaspoons of sugar in a can of soda! For a tasty but healthy drink make your own soda...naturally!)



YOGURT PARFAIT

INGREDIENTS:

Yogurt
Cut-up fruits (such as strawberries, bananas, peaches, apples)
Topping (cereal, granola, nuts, seeds)
Cherry (Optional!)

WHAT TO DO:

1. Put a layer of yogurt in the bottom of a cup, then add a layer of cut-up fruit, then another layer of yogurt, then another layer of fruit, and a last layer of yogurt.
2. Finish off with your favorite topping. Add a cherry if you'd like!

