

Eat Well Play Hard

for 3-5 year olds

Eat Well Play Hard is an evidence-based curriculum developed by NY State Department of Health, which focuses on improving the nutrition and physical activity behaviors of **preschool age children (3-5 years)** and their parents or caregivers.

The lessons can be delivered in person, virtual live, and pre-recorded.

In 2019, Eat Well Play Hard reached 3,568 children in 81 early child care sites across Maine. Research has demonstrated that this curriculum has a positive influence on healthy eating, including increased consumption of vegetables and healthy snacks.



Eat Well Play Hard Objectives:

- Increase consumption of vegetables and fruits
- Increase developmentally appropriate physical activity
- Decrease exposure to television and other recreational screen time
- Decrease consumption of sugar sweetened beverages

For Preschoolers

There are 6 lessons that can be scheduled weekly, every other week, or monthly. Each 30 minute lesson is taught by a Maine SNAP-Ed Nutrition Educator and includes hands-on learning, food sampling, and physical activity.

For Teachers

Optional lessons are available for childcare teachers to reinforce and complement the lesson provided by the SNAP-Ed Nutrition Educator.

For Families

Optional lessons are available for parents or caregivers of 3-5 year olds receiving this curriculum. These lessons focus on improving nutrition and physical behaviors for the whole family.

After each youth lesson, a newsletter is sent home to families to keep the conversation going at home.

For more information:

Visit www.mainesnap-ed.org

Call 207-221-4560

Reach out to your local SNAP-Ed Nutrition Educator

