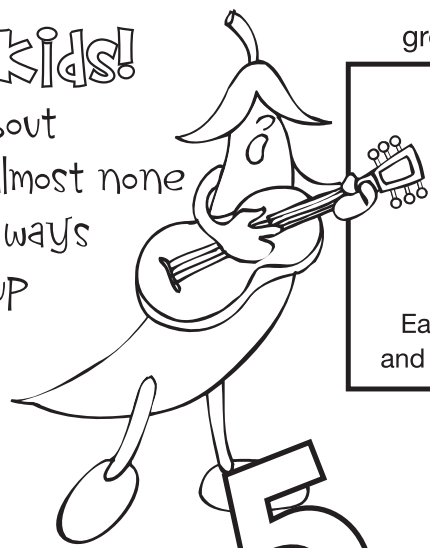


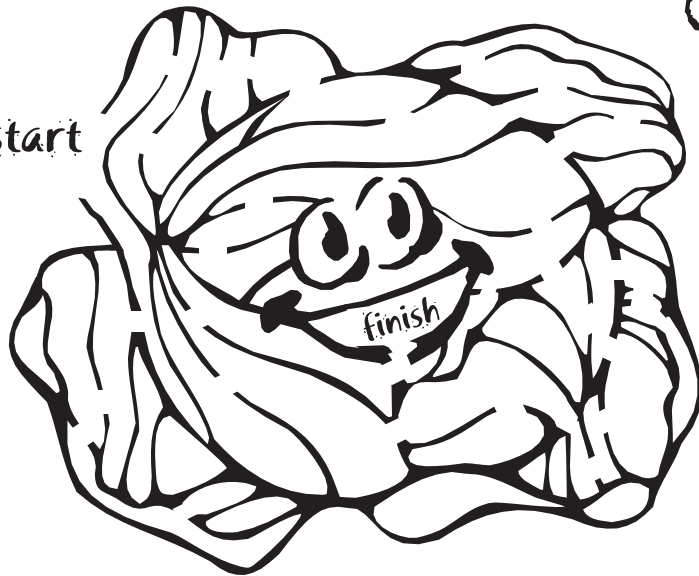
Hey kids!

Learn about 5-2-1-almost none and fun ways to grow up healthy!



Use your head (of leafy greens) to make healthy choices!

start



green	yellow	blue	red
5	2	1	almost none
Eat 5 or More Fruits and Vegetables per Day	Watch 2 Hours or Less Screen Time per Day	Get 1 Hour or More Physical Activity per Day	Drink Almost No Sugary Drinks – 2 or Less per Week

5

**Eat all your colors to stay strong & healthy!**

**Turn off the TV get out & play!**

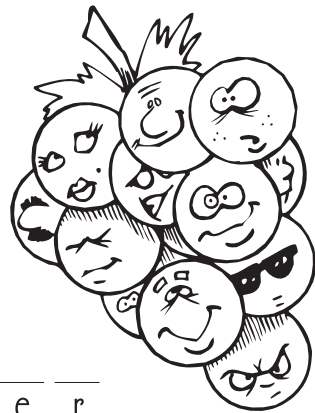
2

**Dance... Clean your room... Walk the dog. It all counts towards your hour a day!**

1

almost none

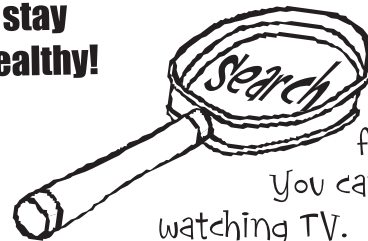
Name some fruits that grow in bunches.



a s p r e g

h e s c i r e r

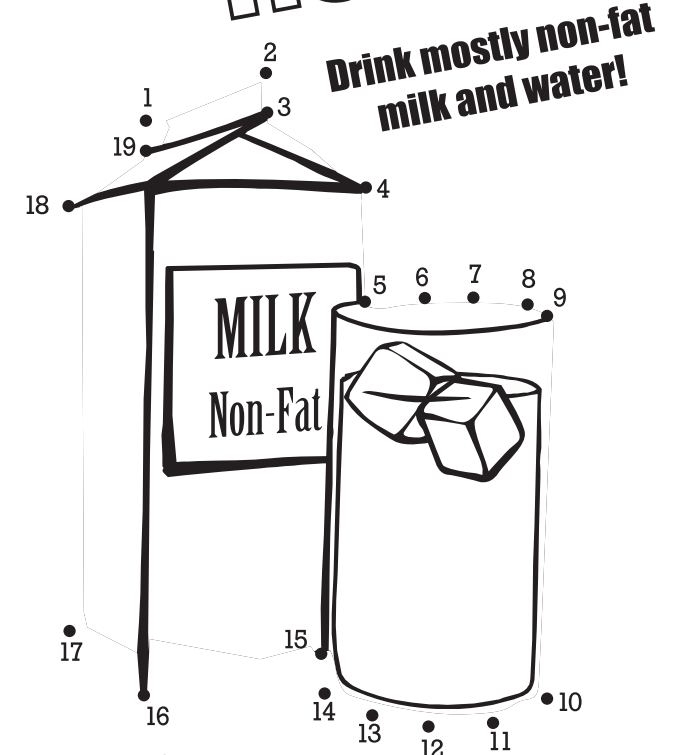
n a b a s a n



for some activities you can do instead of watching TV. Get one hour of physical activity every day.

- |         |       |
|---------|-------|
| BOUNCE  | RACE  |
| CATCH   | RIDE  |
| CLIMB   | RUN   |
| DANCE   | SKATE |
| DRIBBLE | SKIP  |
| FLIP    | SLIDE |
| GLIDE   | SPIN  |
| HIKE    | SWIM  |
| HOP     | SWING |
| KICK    | THROW |
| PEDAL   | TOSS  |
| PLAY    |       |

H S G T S R P E C N A D A E H V  
 H T W K G U E C H Y B V E D C P  
 T C I I A N D N Y C A T E I E L  
 A P T E N K A U P S A L H L A B  
 F Q W A L G L O X K P O P G T B  
 V W O Y C B J B S T P I L U R B  
 O C R P R L B S O G Z S N R M W  
 T Q W H Q A Y I M I L I R I Y A  
 B K N H I L C A R I K K L D U P  
 S S O T A L O E D D C C Z E Q I  
 I B T H R O W E N I N R G K O L  
 H I K E R F V I K J J S W I M F



**Drink mostly non-fat milk and water!**