

5 **2** **1** **almost none**

Activity:
The Passport to Health

5
5 or More Fruits and Vegetables per Day

2
2 Hours or Less Screen Time per Day

1
1 Hour or More Physical Activity per Day

almost none
Almost No Sugary Drinks - 2 or Less per Week

How do you do 5-2-1-1 - Almost none?

Kick **Pedal** **Slide** **Bounce** **Race** **Jump**

Throw **Dance** **Tag** **Swim** **Climb** **Catch**

Splash **Play** **Glide** **Spin** **Flip**

Skate **Dunk** **Groove** **Swing** **Dribble** **Hike**

Non-Fat Milk

Water

100% juice
(1 cup to 8-16 oz per day)