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

- **5** Eat 5 or More Fruits and Vegetables per Day
- **2** Watch 2 Hours or Less Screen Time per Day
- **1** Get 1 Hour or More Physical Activity per Day
- **Almost None** Drink Almost No Sugary Drinks – 2 or Less per Week

**Parents can help by making healthy choices!**

**Goal:**
- Turn off the TV and get out to play!
- Eat all your colors to stay strong and healthy!
- For some activities you can do instead of watching TV: Get one hour of physical activity every day.

**Name some fruits that grow in bunches:**
- Asp...reg
- h...esc...r...er
- n...ab...a...n

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