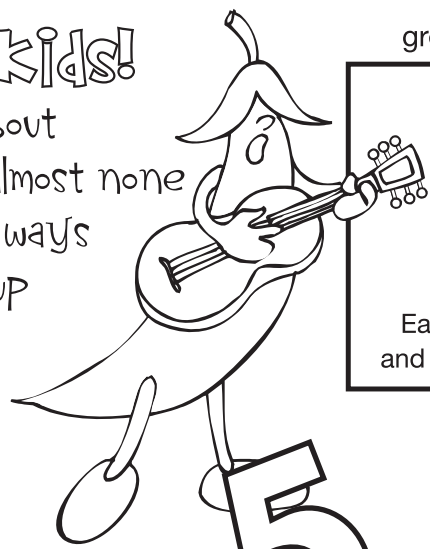


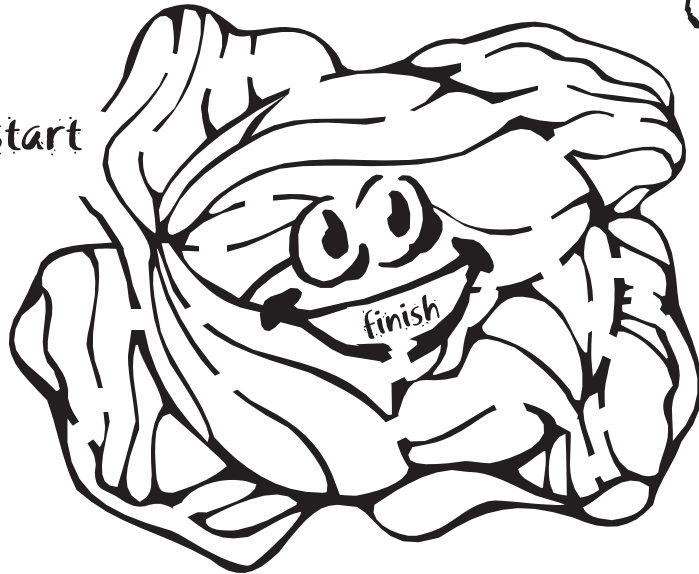
Hey kids!

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



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

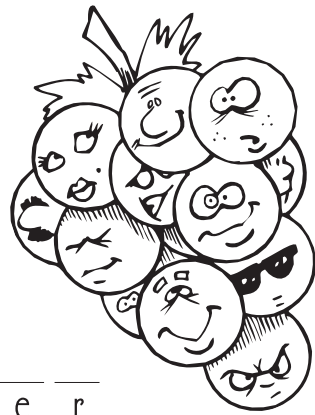
start



Nemours Health & Prevention Services

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

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

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

Drink mostly non-fat milk and water!



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

