



Let's Be Healthy Together!

Following 5-2-1-0 is a fun, easy way to boost your family's healthy habits. Join the 5-2-1-0 League to get healthy together!

5 Eat at least five servings of fruits and veggies each day!

2 Limit screen time not linked to schoolwork or learning to less than 2 hours each day.

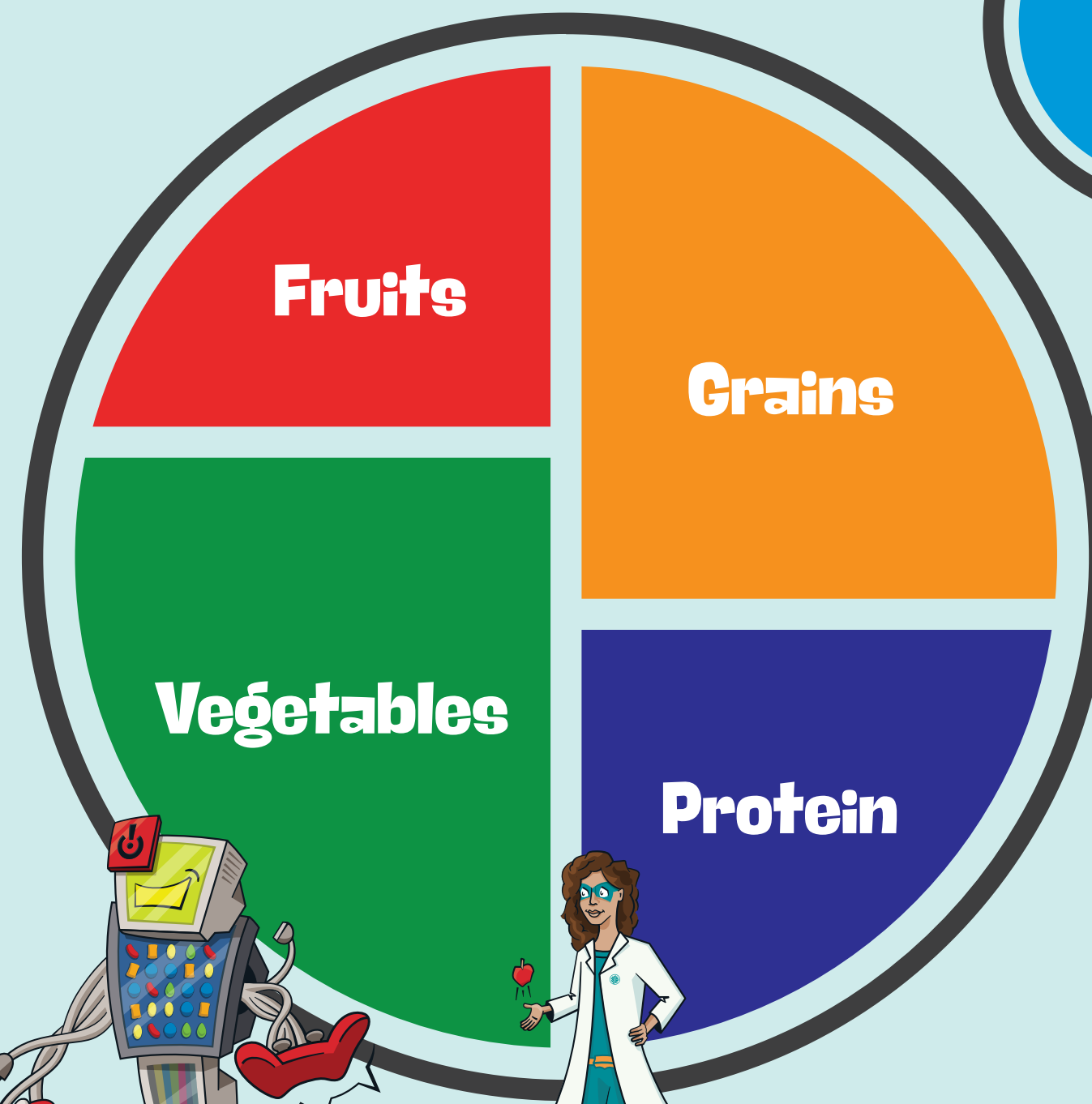
1 Be active for at least one hour each day.

0 Avoid sugary drinks – go for water or low-fat milk!

Your Healthy Plate

Use a 7-inch plate. Fill half of it with fruits and vegetables.

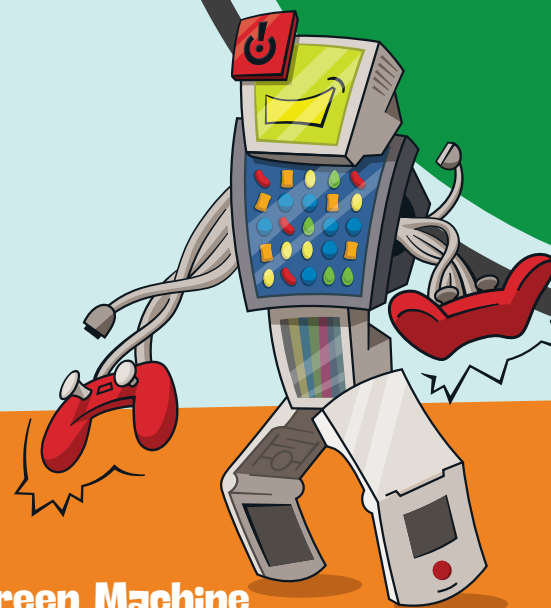
Dairy



Crouch Potato



Captain Active



Screen Machine



Dr. Fit





Dr. Fit says to:

Aim For **5** **servings of fruits and veggies each day.**

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday

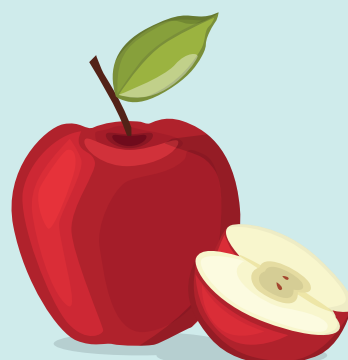


Saturday

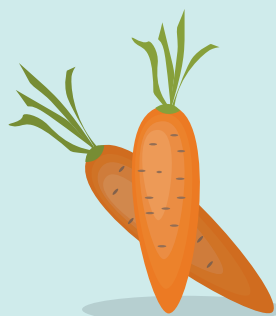


- ★ Count the servings of fruits and veggies that you eat.
- ★ Give yourself a star when you eat 5 servings of fruits and vegetables each day.
- ★ Each serving is the size of your hand or as much as you can hold in one hand.

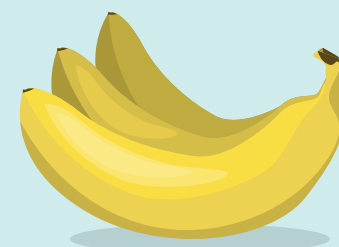
Put a rainbow on your plate and eat different colored fruits and veggies.



Apple



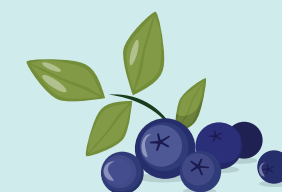
Carrots



Bananas



Broccoli



Blueberries