

5-2-1-0 Healthy Habits

AGES 2 – 9

LET'S GO!

5-2-1-0

We want to know how your child is doing! Please take a moment to answer these questions.

Child's Name: _____ Age: _____ Today's Date: _____



1. How many servings of fruits and vegetables does your child have a day? _____
One serving = 1/2 cup of fruit (the size of a fruit cup), a piece of fruit the size of a tennis ball, or 1 cup of leafy greens (a small salad).



2. How many times a week do you eat together as a family? _____

3. How many days a week does your child eat breakfast? _____

4. How many days a week does your child eat takeout or fast food? _____

5. How much screen time does your child have each day? Don't include schoolwork. _____

6. Does your child have a TV, video game console or keep a tablet or smartphone in their bedroom? _____



7. How many hours does your child sleep each night? _____

8. How many days a week are you and your child physically active together, like running or jumping rope? _____

9. How many days a week does your child do physical activity that makes their heart beat faster? _____



10. How many 8-ounce servings of these does your child drink a day (about the size of a juice box)?

_____ 100% juice _____ Water _____ Fruit or sports drinks _____ Whole milk

_____ Soda or punch _____ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk

11. Based on your answers, would any of these areas be helpful to your child & your family?

- ☐ Eat more fruits and vegetables ☐ Eat with your family more often ☐ Eat less fast food/takeout
☐ Eat less sugar ☐ Drink less soda, juice, or punch ☐ Drink more water ☐ Be more active as a family
☐ Get more exercise ☐ Spend less time watching TV or using a tablet/smartphone ☐ Set a regular bedtime

Please share this form with your provider, then take it home with you. Thank you!

Turn this over for tips to get started.

Help your child live 5-2-1-0 every day!

Scan for
more ideas!



**5
or more fruits
and vegetables**

Give foods fun names, like “x-ray vision carrots” and “mighty broccoli trees.”

Add veggies to foods you already make like pasta, soups, casseroles, pizza.

Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

Add fruit to cereal, pancakes, or other breakfast foods.

Try fruits and veggies with dip such as salad dressing, yogurt, nut butter, or hummus.



**2
hours or less of
recreational screen time**

Put away phones and turn off the TV during meals. Make meals a time to sit and talk about the day.

Have craft items ready to go. You can even find supplies in your recycling bin!

Stock up on books, coloring sheets, and board games. Print free activity sheets from the internet.

Create an obstacle course with chairs, blankets, and other household items.

Play hide and seek!



**1
hour or more of
physical activity**

Try to do something new, check out a different playground, or explore a new park or trail.

Play with a balloon to keep your child moving. Try to keep it from touching the floor!

Turn on music and have a family dance party.

Go for a hike on trails or in the park. Look for animal tracks or collect leaves and stones.

Try an outdoor scavenger hunt to add fun to your next walk or hike. Search online for ideas!



**0
sugary drinks,
more water**

Freeze fruit, like berries, in ice cubes. Watch your water change color as they melt!

Use cool cups, bottles, or straws to make water extra fun!

Add fresh fruit or herbs to water for natural flavor. Try mixing flavors, like watermelon and mint.

Try mixing seltzer with a splash of juice.

Suggest a glass of water or milk instead of juice.