Across
4. Chips, cookies, cake, pop and fried foods are considered _____________ food.
5. 0 stands for 0 _____________ drinks.
8. 2 stands for 2 hours or less of recreational _____________.
9. Try to practice 5-2-1-0 every _____________.
10. Following the 5-2-1-0 initiative will help you live _____________ lifestyle.
12. When counting your screen time you should not include screen time used during school or for _____________.

Down
1. The 0 in 5-2-1-0 wants you to limit one type of beverage and drink more of another beverage. What is the beverage you should try to drink more of?
2. One way to get active is to _____________ to your favorite music.
3. 1 stands for 1 hour of _____________ activity.
4. _____________ is considered a sugary drink even though it is made from fruits or vegetables.
5. One hour of physical activity is equal to how many minutes?
6. Fruits and vegetables are full of vitamins and minerals which are _____________ for your body.
7. 5 stands for 5 servings of fruits and _____________.
11. When you are physically active your _____________ beats faster.