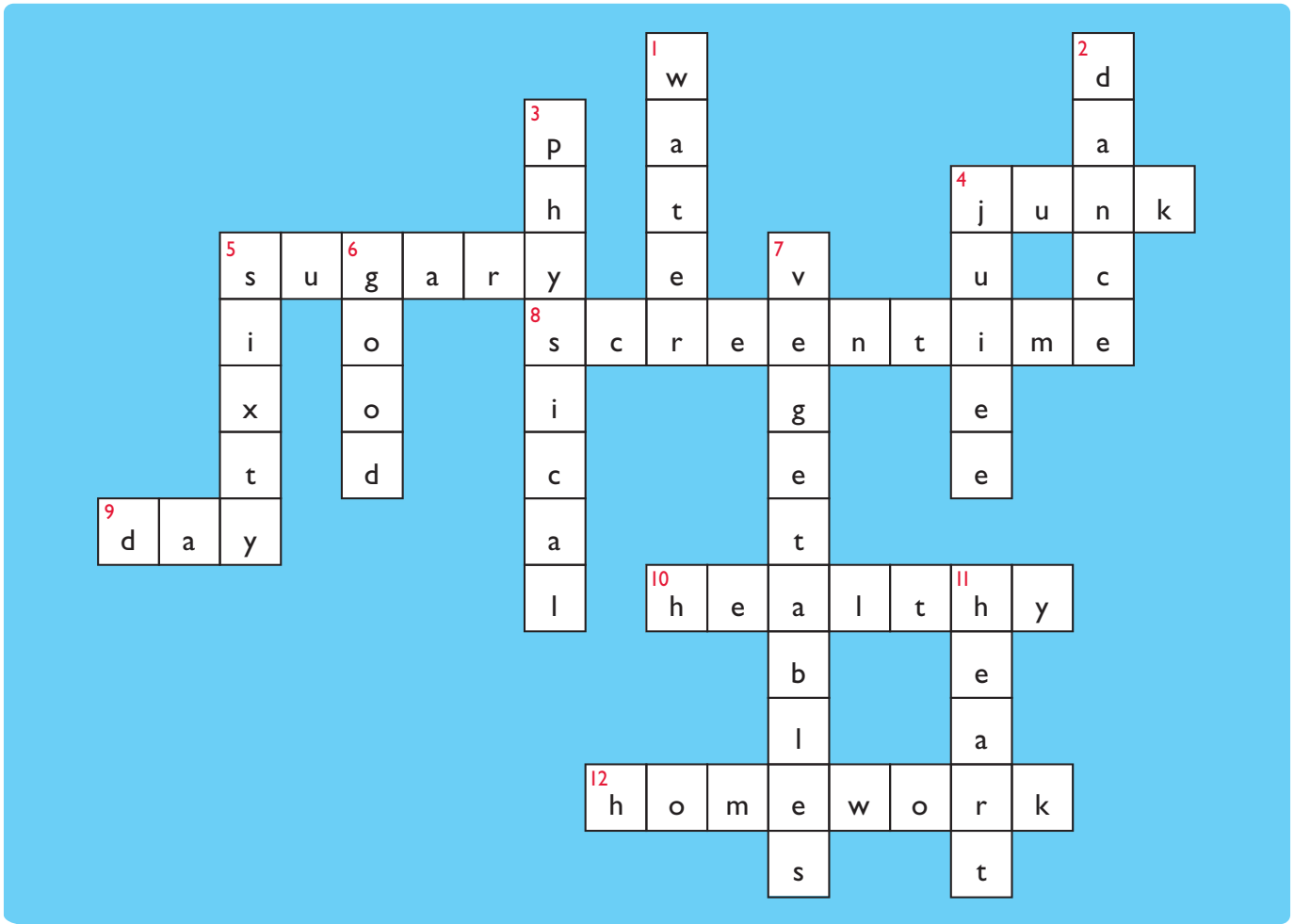


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# 5-2-1-0 Crossword Puzzle



## Across

4. Chips, cookies, cake, pop and fried foods are considered \_\_\_\_\_ food.
5. 0 stands for 0 \_\_\_\_\_ drinks.
6. 2 stands for 2 hours or less of recreational \_\_\_\_\_.
8. 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.



UPMC HEALTH PLAN



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.lets-go.org](http://www.lets-go.org). Recommended for grades 5 and above.