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.