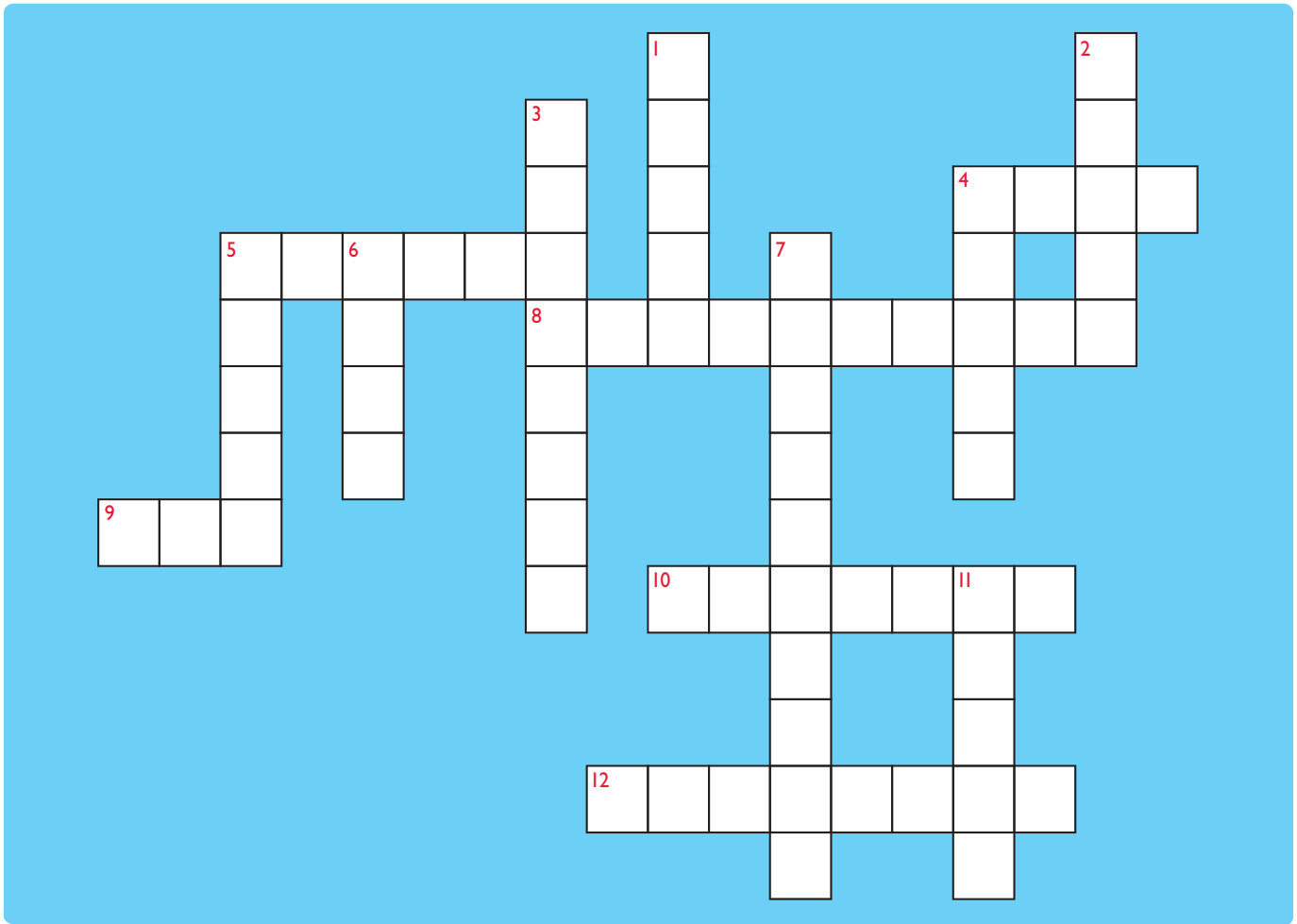


Name: _____

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 _____.
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.



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.letsgo.org. Recommended for grades 5 and above.