5-2-1-0 Healthy Habits

A G E S 2 – 9

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 is: 1/2 cup of fresh or frozen (the size of a fruit cup), 1 cup of leafy greens (a small salad), or a piece of fruit the size of a tennis ball.

2. How many times a week does your child eat dinner at the table with the family? _______________

3. How many times a week does your child eat breakfast? __________________________

4. How many times a week does your child eat takeout or fast food? __________________________

5. How much screen time does your child have each day? Don’t include school work. _______________

6. Does your child have a TV or keep a tablet or smartphone in their bedroom? __________________________

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

8. How much time each day does your child spend being active? __________________________
   This means they are breathing harder and their heart is beating faster.

9. How many 8-ounce servings of these does your child drink a day?
   _____ 100% juice    _____ Water    _____ Fruit or sports drinks    _____ Whole milk
   _____ Soda or punch  _____ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk

10. Based on your answers, is there ONE thing you would like to help your child change now?
    ☐ Eat more fruits and vegetables    ☐ Eat with your family more often    ☐ Eat less fast food/takeout
    ☐ Drink less soda, juice, or punch    ☐ Drink more water    ☐ Be more active – get more exercise
    ☐ Spend less time watching TV or using a tablet/smartphone    ☐ Get more sleep

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!

<table>
<thead>
<tr>
<th>5</th>
<th>or more fruits and vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>hours or less of recreational screen time</td>
</tr>
<tr>
<td>1</td>
<td>hour or more of physical activity</td>
</tr>
<tr>
<td>0</td>
<td>sugary drinks, more water</td>
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</tbody>
</table>

## Help Your Child Live 5-2-1-0 Every Day!

**5:**
- Give foods fun names, like “x-ray vision carrots” and “mighty broccoli trees.”

**2:**
- Put away phones and turn off the TV during meals. Make it a time to sit and talk about the day.

**1:**
- Try jump ropes and hula hoops to keep the whole family active.

**0:**
- Freeze fruit, like berries, in ice cubes. Watch your water change color as they melt!

**5-2-1-0**
- 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:**
- Stock up on books, coloring sheets, and board games. Print free activity sheets from the internet.

**1:**
- Use a balloon to keep your child moving. Try to keep it from touching the floor!
- Turn on music and have a family dance party.

**0:**
- 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.

## Tips to Help Your Child Stay Healthy and Active

- **5:**
  - Add more fruits and vegetables to your child’s diet.
  - Encourage your child to try new foods.

- **2:**
  - Limit screen time to 2 hours or less per day.
  - Set a timer to remind your child of meal times.

- **1:**
  - Increase physical activity to 1 hour or more per day.
  - Plan family activities that encourage physical activity, like hiking or playing soccer.

- **0:**
  - Reduce sugary drinks and increase water intake.
  - Encourage your child to drink water instead of sugary drinks.