

Keep Them Thinking

5-2-1-0 TRIVIA, FACTS AND QUESTIONS OF THE DAY

Use these trivia, facts, and daily questions to start a fun conversation about healthy behaviors. Try posting them on your bulletin board, Facebook page, or in a newsletter sent home to parents. Bring them up with the children during circle time or meal time.



For Young Kids:

- 1. What does 5-2-1-0 stand for?**
A: 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, 0 sugary drinks; more water!
- 2. Name 3 fruits that you could have at breakfast.**
- 3. Name 5 vegetables that you could bring for lunch.**
- 4. How many commercials do think you watch every year?**
A: The average child watches 20,000 commercials each year.
- 5. Name 3 activities you can do inside that don't involve a screen.**
Build a fort, play dress up, dance to your favorite music, etc.
- 6. What is the #1 thirst quencher?** A: Water
- 7. Frogs do not need to drink water because they absorb the water through their skin. You, however, are not a frog and need to drink plenty of water every day!**
- 8. Raisins are made from grapes that have dried in the sun for two to three weeks. ¼ cup of raisins in your lunch can count as one of your 5-a-day!**
- 9. What color are carrots? Did you know that they also come in purple, red, black, and white? Ask your parents to take you to the local farmer's market and find them!**

For Older Kids:

- 1. Most Americans eat about 20 teaspoons of sugar each day.**
- 2. True or False: Americans spend more money on fast food than on movies, books, magazines, newspapers, videos, and recorded music—combined.** A: True
- 3. According to a study from the Trust for America's Health and the Robert Wood Johnson Foundation, the number of fast food restaurant outlets in the United States increased from 30,000 in 1970 to 220,000 in 2001, and fast food spending has increased from \$6 billion to \$110 billion over the last three decades.**
- 4. How many teaspoons of sugar are in a 20oz bottle of mountain dew?** A: 18 tsp
- 5. Did you know that since the 1970s, the standard dinner plate has increased from 10½ inches to 12½ inches in diameter?**
- 6. Did you know that in 1969, 50% of kids walked to school each day compared to the 10% that walked to school in 2001?**
- 7. A serving of fruit for a kid is the size of the palm of their hand.**
- 8. How much of a child's body is made up of water?** A: 70-80%
- 9. Try this Physical Activity Break today! Run or March in place, lifting your knees in front of you as high as you can. Pump your arms. Count to 30!**