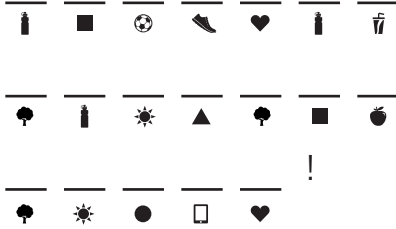


1 Lucy's Secret Code Message

Lucy has something very important she wants you to know. Use the symbols to discover your super-secret message!



A	☺	O	☀
C	♣	N	□
E	■	S	🍎
H	👤	T	♥
I	▲	U	●
L	👣	Y	🗑️

2 Miss Roberta's Number Match

Draw a line from the number to the picture it goes with!
Hint: What healthy habit does each number stand for?"



___ hours or less of screen time.



___ sugary drinks— more water.



___ servings of fruits and vegetables.



___ hour or more of physical activity.



3 Crossword Puzzler

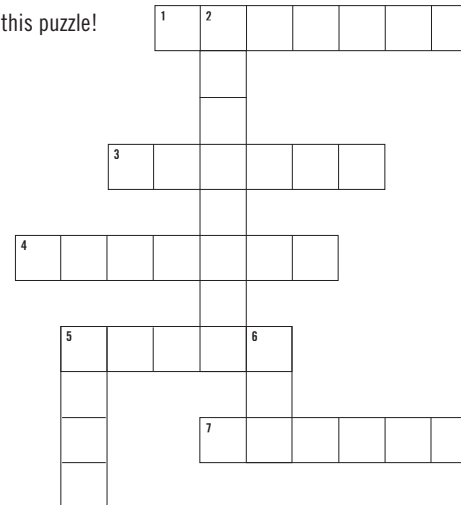
Think about 5-2-1-0's healthy habits to help you solve this puzzle!

ACROSS

1. "_____ choices count!"
3. 5-2-1-0 helps you be healthy and this _____
4. Eat fruits and _____ every day
5. Forget the sugary drinks and sip this instead
7. Carrots, apples and bananas are examples of healthy _____

DOWN

2. Dancing, jump roping and biking are all types of this _____
5. Taking a _____ is a great way to get active
6. This kind of exercise rhymes with "fun"



See far right for answers!



Number Match: 2, 0, 5, 1
Crossword Answers:
ACROSS
1. Healthy
2. Exercise
DOWN
1. Healthy
2. Exercise
3. Strong
4. Vegetables
5. Water
6. Run
7. Snacks



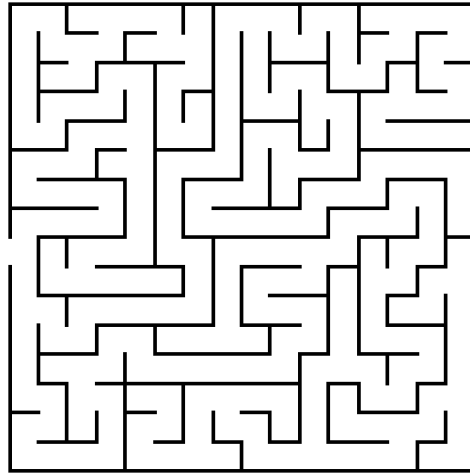
Awesome Activity Guide

5-2-1-0: These four little numbers help keep you bigtime healthy!



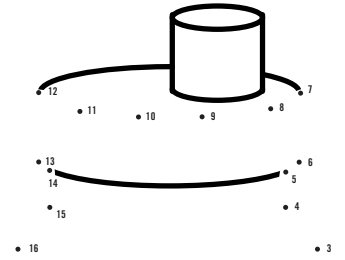
4 Glen's Amazingly Amazing Maze!

Help Glen make his way through the maze so he can water his very thirsty tomato plant.



5 Connect the Dots with D.O.G.!

Start with number 1 and trace your way through. And when you're done you can color it too!

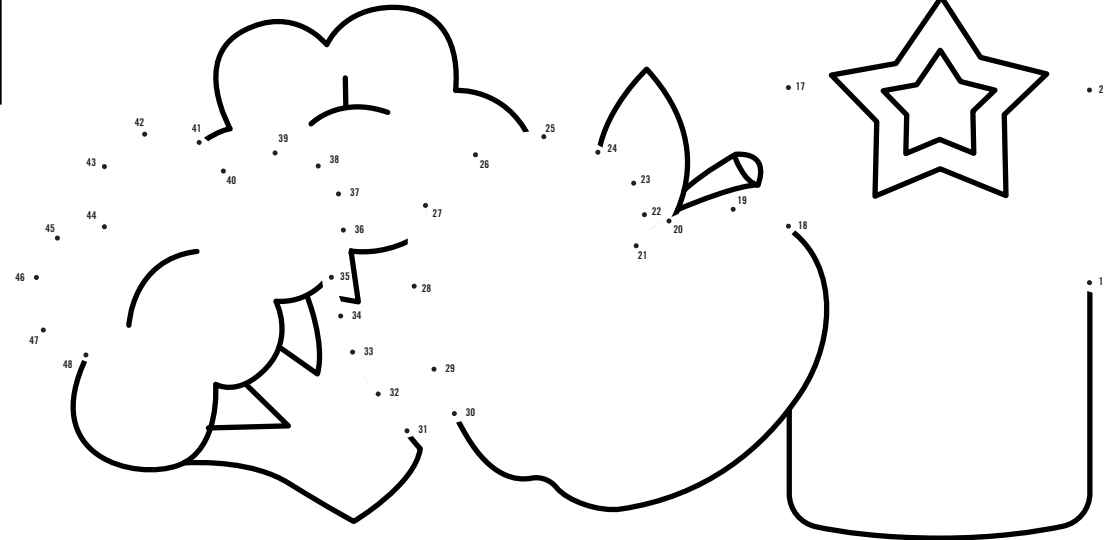
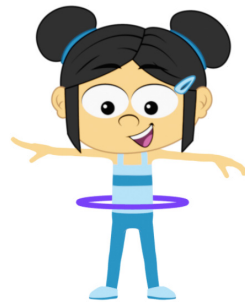


6 Fill in the Blank

What are your favorite ways to get moving? Start with filling in your name!

_____ 's favorite ways to get moving:

1. _____
2. _____
3. _____



Awesome Activity Guide

5-2-1-0: These four little numbers help keep you bigtime healthy!

