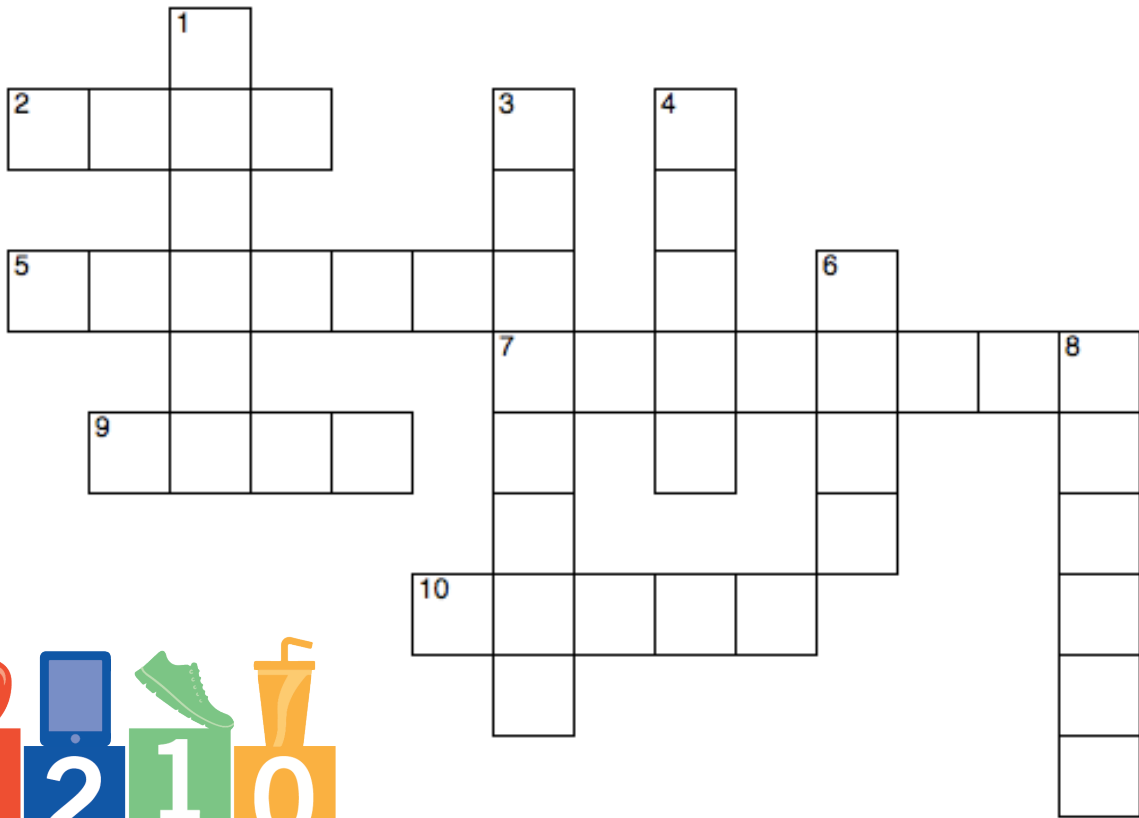


5-2-1-0 HEALTHY CHOICES COUNT!



iowahealthieststate.com/5210

ACROSS:

- 2 – Instead of watching TV, read this.
- 5 – 5-2-1-0 helps kids create _____ habits.
- 7 – Eat 5 or more _____ of fruits and vegetables.
- 9 – What state wants to become the healthiest state in the nation?
- 10 – 0 sugary drinks – drink more _____!

DOWN:

- 1 – This red vegetable is actually a fruit!
- 3 – It's important to get one hour of _____ activity each day.
- 4 – Watch 2 _____ or less of screen time.
- 6 – A no-sugar added beverage with calcium.
- 8 – This sport is played with a black and white ball.

SOLUTION:

