

# 5-2-1-0 Poster Contest!

Help our school celebrate Healthiest State Month by creating a 5-2-1-0 poster!

Student-created posters will serve as daily reminders for the 5210 messages in the school cafeteria.

## 5-2-1-0 Healthy Choices Count!

- 5 fruits and vegetables each day
- 2 hours of recreational screen-time
- 1 hour of physical activity daily
- 0 sugary beverages.

### POSTER REQUIREMENTS:

1. Submitted posters must include student's name, grade and teacher
2. Posters are to be submitted on 8 1/2 inch by 11-inch paper
3. Artwork to be done in color
4. Each poster to focus on one number of the 5-2-1-0 message
5. Students can work individually or with others
6. Students can submit more than one poster
7. Four posters will be selected, enlarged and displayed in the cafeteria!
8. Be creative and have fun!



### Healthy Choices Count!

How do Iowa kids stay healthy? They Live 5-2-1-0!  
It's a fun way to make being healthy easy.

[iowahealthieststate.com/5210](http://iowahealthieststate.com/5210)

