

5



PLAY FRUIT AND VEGGIE CHARADES!

Write the names of different fruits and vegetables on pieces of paper. One per sheet. Place the pieces of paper into a bowl or bag. Take turns choosing a piece of paper and acting out the food until someone guesses the right answer.

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

4



SNACK ATTACK!

Before you eat, arrange your fruits and vegetables in the shape of a monster. Draw a picture of your monster and show your friends! Tell them all the fruits and veggies you see.

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FRUITS AND VEGGIES IN NATURE

Go on a walk and see if you can find fruits and veggies in nature! Remember to check trees, bushes, and gardens. How many can you find? Write down all that you see.

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PICTURE A PIZZA

Draw a pizza with as many vegetable toppings as you can think of! Share your pizza with a friend and see who can name more vegetables.

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5-A-DAY BRACELETS

Put 5 bracelets on your RIGHT wrist. Each time you eat a serving of fruits or vegetables, move one bracelet to your LEFT wrist. The goal is to have 5 bracelets on your LEFT wrist by the end of the day!

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG



ENJOY EVERY DAY WITH 5 OR MORE SERVINGS OF FRUITS & VEGGIES!

What counts as a 5-A-Day Serving?

- 1 medium-sized piece of fruit
- 1 cup raw, leafy salad
- ½ cup chopped fresh or canned fruit
- ½ cup cooked or canned vegetables
 - ¼ cup dried fruit (raisins, dried apricots, etc.)
- ½ cup cooked beans or peas

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

BE CAREFUL



Carefully cut along the dotted lines to make a deck of 5210 Kids' Quest Cards.



LIFE

1 in 6 young folks experience obesity.
Adopting a 5-2-1-0 lifestyle is a great way for your kids to maintain a healthy weight.

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PLAY TV TAG

The person who is “it” tags someone, they are frozen in place. To be unfrozen, someone must touch them and must yell out the name of a TV show (“Spongebob!”). A TV show name can only be used once.

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BE THE STAR!

Instead of watching music videos, YOU be the star. Make up a dance to your favorite song.

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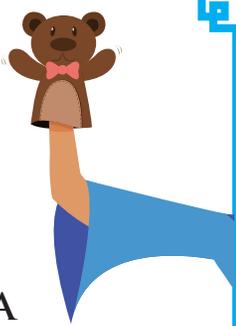


SHOW HOST

Pretend you are the host of a nature show. Take turns leading your friends on a walk and pointing out any insects, plants, or animals that you see.

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PUT ON A PUPPET SHOW

Make a puppet with a sock, paper bag, paper plate, or anything else you can find! Create your own puppet show and share it with your friends.

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ACT IT OUT

Think of your favorite game that you play on your phone, computer, or gaming console. Now get creative! Try to play the game in real life by pretending to be the game characters!

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

WILD

ENJOY EVERY DAY WITH 2 OR LESS HOURS OF RECREATIONAL SCREEN TIME!

What counts as screen time?

- TVs
- Computers
- Gaming Consoles/Handhelds
- Tablets
- Smartphones

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

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ZEKE

The more time kids engage with screens, the harder time they have turning them off as they become older.

Two hours or less is best.

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PLAY HOPSCOTCH!

Use sidewalk chalk to draw your own board.

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MAKE YOUR OWN OBSTACLE COURSE

Get creative! Use trees, shrubs, shoes, or anything you can find to make obstacles! Now jump over, go around, and move under. See how fast you can do it!

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

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GO ON A COLOR WALK

Make up a movement for each color of the rainbow. Go on a walk and do the movement whenever you see that color!

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GIVE 5

Do five different activities that get your heart pumping (jumping jacks, march in place, jump rope, etc.)

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FREEZE DANCE!

Have someone turn the music on and off. When it's on you must dance and move, but when it is shut off you must balance and freeze.

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

WILD

ENJOY EVERY DAY WITH AT LEAST 1 HOUR OF PHYSICAL ACTIVITY

Did you know? One hour of moderate physical activity means doing activities where you breathe hard, like fast walking, hiking, or dancing. Physical activity...

- Makes you feel good
- Makes your heart happy
- Makes you stronger
- Makes you flexible

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG



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JEANIE

Studies show kids who can't sit still during class are likely not getting enough exercise.

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MAKE WATER MORE FUN

Add fruits, veggies, or herbs to your water to create two new flavors.

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

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DRESS UP YOUR ICE CUBES

Make your own ice cubes by adding colorful fruit before freezing. Add them to your water!

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

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WATER RACE

Race your friends while each holding a cup of water. Try not spill any! Once you cross the finish line, drink whatever water is left.

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

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MAKE SILLY STRAWS

Cut out silly beards, mustaches, and lips and tape them to straws. Pretend to be someone else as you drink your water!

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG

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CHECK THIS CHART TO SEE HOW MUCH WATER YOU SHOULD DRINK EVERY DAY! REMEMBER TO DRINK MORE WHEN IT'S HOT OR IF YOU'RE EXERCISING!

AGE	GLASSES OF WATER PER DAY
5-8	5 glasses
9-12	7 glasses
13+	8-10 glasses

FOR MORE INFO, CHECK OUT BODIESMINDS.ORG



ENJOY EVERY DAY WITH 0 SUGARY DRINKS

Water is fuel for your body:

- Between 70-80% of our body is made up of water
- When you exercise, you sweat, and you lose water - it is important to replace the water you lose when you sweat
- Water is the #1 thirst quencher!

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BE CAREFUL



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ROWAN

A regular 32 oz. bottle of Gatorade contains more than 4 tablespoons of sugar. So, what's the best thirst quencher? Water.

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