



Every Day!

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

A presentation By
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South Portland,
Maine School
District

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Let's Go

- Hey- did you hear about the 5-2-1-0 program at Kaler School?
- Our school is getting a new program called 5-2-1-0. It's all about eating right – being active- and getting healthy.
- Each number stands for a different part of the program:
- (show poster and explain)
- Here's what it's all about.



- This dude's name is "Redy". He's called that because he's ready to teach us about 5210
- What do we do?
- We start with the 5- We try to eat five fruits and vegetables a day.
- Next we go to the 2- We try to watch TV or use the computer for only 2 hours or less each day.
- Now the 1- We try to get one hour or more of physical activity every day
- The last part is the 0- We try to drink 0 or no sugary drinks.



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5

Eat at least
five fruits and
vegetables a day.



What is a serving?

Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

Kids

- Size of the palm of their hand

Breakfast Is Best!

**Boost your energy
and brain power!**

Why eat breakfast every day?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!



**Try a variety of
healthy foods!**

Hannaford's Guiding Stars® Program



Guiding Stars®

Nutritious shopping made simple.™

One star: Good nutritional value

Two stars: Better nutritional value

Three stars: Best nutritional value

Limit recreational
TV or computer
use to two hours
or less.



Did you know?

- Screen time includes TV, computer, Playstation, and Gameboy. All are important to limit.

Kids Like Us Spend...

22-28 hours per week viewing television, more than any other activity except sleeping. By the age of 70 they will have spent 7 to 10 years of their lives watching TV.

Too much TV...

- can make kids overweight
- can make reading harder
- can make us pay attention less

■ Healthy Screen Time:

- *No TV/computer under the age of 2*
- *No TV/computer in the room the child sleeps*
- *One hour of educational TV/computer time between ages 2 and 5*
- *After the age of 5, 2 hours or less*

Turn on the fun!

Life is lots more fun when you join in!
Try these activities instead of watching TV.

- Play board games
- Walk, run, or jog
- Start a journal
- Play ball (basketball, catch, soccer, etc.)

- Ride a bike
- Go on a nature hike
- Put together a puzzle

- Turn on the music and dance
- Read a book or magazine



- Explore gyms in your community
- Rollerblade
- Charades
- Sled, ski, or snowshoe

Active Video Games:

Try some of the cool active video games like dance mats and virtual games. They get your butt off the couch or floor and they're a blast!





Get one hour or more
of physical
activity
every day.



Did you know?

One hour of **moderate** physical activity means:

- Doing activities where you breathe hard like hiking or dancing.

20 minutes of **vigorous** physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball.

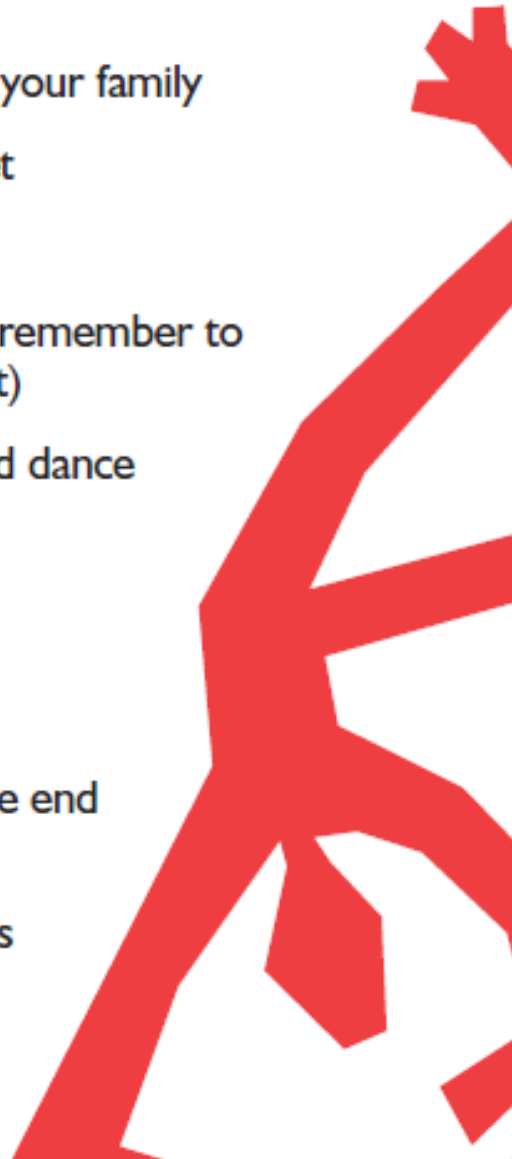
Physical activity...

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible



Let Physical Activity be Free and Fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels



It's easy to be more active!

Check all the things below that would help make you more active.

- ☐ Ride your bike
- ☐ Walk to school
- ☐ Play at recess
- ☐ Skateboard
- ☐ Play basketball
- ☐ Jump rope
- ☐ Play soccer
- ☐ Walk your dog
- ☐ Play frisbee



- ☐ Practice karate
- ☐ Play hopscotch
- ☐ Swim
- ☐ Play tennis
- ☐ Play at the park
- ☐ Play softball or baseball
- ☐ Vacuum or sweep
- ☐ Do yoga or pilates
- ☐ Go on a nature hike



Get one hour or more of
physical activity every day.

Redy's Rules

Move An Hour Every Day!

■ Encourage at least an hour of daily



Move It! *Choose your FUN!*

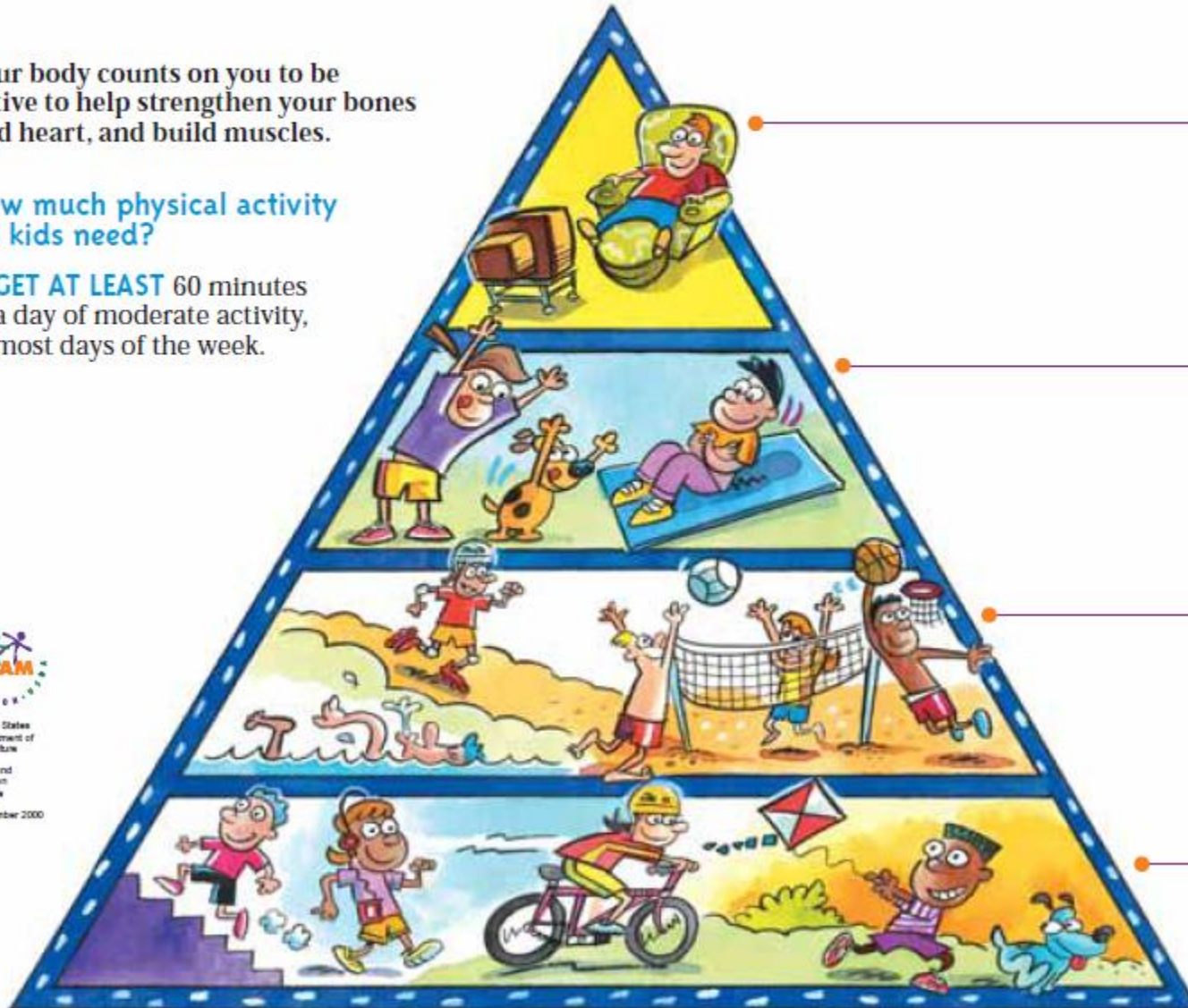
Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- **GET AT LEAST** 60 minutes a day of moderate activity, most days of the week.



United States
Department of
Agriculture
Food and
Nutrition
Service
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Do...

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

Do enough strengthening activities to keep your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

PLENTY

Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.

0

Drink less sugar.

Try water and
low fat milk
instead of soda
and drinks with
lots of sugar.



Milk

Encourage low fat milk instead of sugar-sweetened drinks:

According to the national dairy council:

- Children ages 4–8 years old should be consuming three 8-ounce glasses of milk or other dairy each day.
- Children ages 9–18 years old should be consuming four and a half 8-ounce glasses of milk or other dairy each day.

Redy's Rules

Water

Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Fill a pitcher of water and keep it in the fridge.
- Drink water when you're thirsty. It's the best choice.
- Cut back slowly on sugar-sweetened drinks.
- Replace soda with water; instead of other sugar-sweetened beverages, such as juice or sports drinks.



Water Is Fuel for Your Body

Ever wonder why you need water? Like food, water acts like fuel in your body and helps your body function. To keep your body running smoothly, drink plenty of water throughout the day.

Children who eat healthy, drink enough water, and sleep well at night will have energy for all their sports and activities.

- Water is the most important nutrient for active people.
- Between 70-80% of a child's body is made up of water.
- Water is the #1 thirst quencher!



THINK YOUR

DRINK

When it comes to **NUTRITION**, not all drinks are created equal!



MILK LOWFAT 1%

Calories 100

	% Daily Value
Total Fat	4%
Total Carbohydrates	4%
Protein	16%
Vitamin A	10%
Vitamin C	0%
Vitamin D	25%
Calcium	30%



CHOCOLATE MILK LOWFAT 1%

Calories 160

	% Daily Value
Total Fat	4%
Total Carbohydrates (includes 3 tsp added sugar)	9%
Protein	16%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%



100% ORANGE JUICE

Calories 110

	% Daily Value
Total Fat	1%
Total Carbohydrates	8%
Protein	4%
Vitamin A	4%
Vitamin C	140%
Vitamin D	0%
Calcium	2%



FRUIT PUNCH

Calories 120

	% Daily Value
Total Fat	0%
Total Carbohydrates (includes 3 tsp added sugar)	10%
Protein	0%
Vitamin A	0%
Vitamin C	1%
Vitamin D	0%
Calcium	2%



COLA

Calories 90

	% Daily Value
Total Fat	0%
Total Carbohydrates (includes 6 tsp added sugar)	8%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%



SOY BEVERAGE, PLAIN*

Calories 100-130

	% Daily Value
Total Fat	6-7%
Total Carbohydrates	3-4%
Protein	14-22%
Vitamin A	10-30%
Vitamin C	0%
Vitamin D	10-30%
Calcium	10-30%



BOTTLED WATER

Calories 0

	% Daily Value
Total Fat	0%
Total Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%



SPORTS DRINK

Calories 70

	% Daily Value
Total Fat	0%
Total Carbohydrates (includes 3 tsp added sugar)	6%
Protein	0%
Vitamin A	0%
Vitamin C	2%
Vitamin D	0%
Calcium	0%

But I Don't Like It!

Redy's Rules

Try it!

- Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time—it can take 7 to 10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing.
Try a low fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low fat yogurt.

Mix it!

- Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.
- Be a good role model for your family and have at least one veggie at every meal.



Good Food For Our Class Parties



We Can Try These Awesome Treats

- Fruit and Cheese Kabobs

- Make Your Own Trail Mix

- Fruit Smoothies

- Yogurt Parfaits

- Vegetable or Fruit Platters with Low Fat Dip

Suggestions for Nutritious Snacks!

Beverages

- Water
- Seltzer
- Low fat milk



Low Fat Dairy

- Milk
- Squeezable yogurt tubes
- String cheese
- Yogurt smoothie
- Frozen yogurt



Fruits & Vegetables

- Apple slices
- Bananas
- Fresh berries
- Applesauce
- Melon balls
- Celery sticks with peanut butter
- Sliced colored peppers with hummus
- Baby carrots or cucumbers with low fat dip
- Orange sections
- Raisins

Try this with a couple of
tablespoons vanilla
yogurt or low fat granola
for a more filling snack.



Whole Grains

- Trail mix with nuts*, seeds, whole grain cereal, and dried fruit
- Plain rice cakes – Spread them with your favorite nut butter.
- Multigrain pretzels
- Whole grain cereal with or without milk (Look for cereals with at least 4 grams of fiber per serving.)
- Popcorn





Go Foods Slow Foods Whoa Foods

Go Foods

- Baby carrots
- Celery sticks
- Snap peas
- Grape tomatoes
- Apples
- Cherries
- Melon
- Oranges
- Peaches
- Pears
- Whole grain breads
- Low fat and skim milk
- Chicken and turkey without skin
- Lower fat cheese and yogurt
- Water

Slow Foods

- 100% fruit juice
- Fruits canned in light syrup
- White bread
- French toast, waffles, and pancakes
- Tuna canned in oil

Whoa Foods

- French fries
- Fruits canned in heavy syrup
- Doughnuts
- Muffins
- Whole milk
- Fried hamburgers
- Chicken nuggets
- Cookies
- Ice cream

Are You Ready

- Remember 5210
- You will feel better, do better, and be better
- And you'll have a happy life
- You can teach grown ups about healthy living too!
- Go home and tell your family about 5210



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