

# 5210 Healthy Habits

AGES 2 – 9

We want to know how your child is doing! Please take a moment to answer these questions.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date: \_\_\_\_\_



1. How many servings of fruits and vegetables does your child have a day? \_\_\_\_\_

One serving is: 1/2 cup of fresh or frozen (the size of a fruit cup), 1 cup of leafy greens (a small salad), or a piece of fruit the size of a tennis ball.

2. How many times a week does your child eat dinner at the table with the family? \_\_\_\_\_

3. How many times a week does your child eat breakfast? \_\_\_\_\_



4. How many times a week does your child eat takeout or fast food? \_\_\_\_\_

5. How much screen time does your child have each day? Don't include school work. \_\_\_\_\_

6. Does your child have a TV or keep a tablet or smartphone in their bedroom? \_\_\_\_\_



7. How many hours does your child sleep each night? \_\_\_\_\_

8. How much time each day does your child spend being active? \_\_\_\_\_

This means they are breathing harder and their heart is beating faster.

9. How many 8-ounce servings of these does your child drink a day?

\_\_\_\_\_ 100% juice    \_\_\_\_\_ Water    \_\_\_\_\_ Fruit or sports drinks    \_\_\_\_\_ Whole milk

\_\_\_\_\_ Soda or punch    \_\_\_\_\_ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk



10. Based on your answers, is there ONE thing you would like to help your child change now?

Eat more fruits and vegetables     Eat with your family more often     Eat less fast food/takeout

Drink less soda, juice, or punch     Drink more water     Be more active – get more exercise

Spend less time watching TV or using a tablet/smartphone     Get more sleep



# Help your child live **5210** every day!



**5**  
or more fruits  
and vegetables

Give foods fun names, like “x-ray vision carrots” and “mighty broccoli trees.”

Add veggies to foods you already make like pasta, soups, casseroles, pizza.

Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

Add fruit to cereal, pancakes, or other breakfast foods.

Try fruits and veggies with dip such as salad dressing, yogurt, nut butter, or hummus.



**2**  
hours or less of  
recreational screen time

Put away phones and turn off the TV during meals. Make it a time to sit and talk about the day.

Have craft items ready to go. You can even find supplies your recycling bin!

Stock up on books, coloring sheets, and board games. Print free activity sheets from the internet.

Create an obstacle course with chairs, blankets, and other household items.

Play hide and seek!



**1**  
hour or more of  
physical activity

Try jump ropes and hula hoops to keep the whole family active.

Use a balloon to keep your child moving. Try to keep it from touching the floor!

Turn on music and have a family dance party.

Go for a hike on trails or in the park. Look for animal tracks or collect leaves and stones.

Get outside and ride bikes or play tag. Look up different tag games online.



**0**  
sugary drinks,  
more water

Freeze fruit, like berries, in ice cubes. Watch your water change color as they melt!

Use cool cups, bottles, or straws to make water extra fun!

Add fresh fruit or herbs to water for natural flavor. Try mixing flavors, like watermelon and mint.

Try mixing seltzer with a splash of juice.

Suggest a glass of water or milk instead of juice.

# 5210 Healthy Habits

AGES 10+

We want to know how your child is doing! Please take a moment to answer these questions.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date: \_\_\_\_\_

5 

1. How many servings of fruits and vegetables do you have a day? \_\_\_\_\_

One serving is: 1/2 cup of fresh or frozen (the size of a fruit cup), 1 cup of leafy greens (a small salad), or a piece of fruit the size of a tennis ball.

2. How many times a week do you eat dinner at the table with your family? \_\_\_\_\_

3. How many times a week do you eat breakfast? \_\_\_\_\_

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4. How many times a week do you eat takeout or fast food? \_\_\_\_\_

5. How much screen time do you have each day? Don't include school work. \_\_\_\_\_

6. Do you have a TV or keep a tablet or smartphone in your bedroom? \_\_\_\_\_

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7. How many hours do you sleep each night? \_\_\_\_\_

8. How much time each day do you spend being active? \_\_\_\_\_

This means they are breathing harder and their heart is beating faster.

9. How many 8-ounce servings of these do you drink a day?

\_\_\_\_\_ 100% juice    \_\_\_\_\_ Water    \_\_\_\_\_ Fruit or sports drinks    \_\_\_\_\_ Whole milk

\_\_\_\_\_ Soda or punch    \_\_\_\_\_ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk

0 

10. Based on your answers, is there ONE thing you would like to change now?

Eat more fruits and vegetables     Eat with your family more often     Eat less fast food/takeout

Drink less soda, juice, or punch     Drink more water     Be more active – get more exercise

Spend less time watching TV or using a tablet/smartphone     Get more sleep



# Live **5210** every day!



**or more fruits  
and vegetables**

Want something quick? Grab a piece of fruit, some yogurt, a cheese stick, or whole grain crackers.

Squeeze in veggies where you can. Add things like cucumber, avocado, or sliced peppers to your sandwich or burger.

Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

Add fruit to your cereal, pancakes, or other breakfast foods.

Try fruits and veggies with a dip such as salad dressing, yogurt, nut butter, or hummus.



**hours or less of  
recreational screen time**

Put away your phone during meals. Make it a time for slowing down and catching up with family or friends.

Put on some headphones or ear buds and listen to music while you draw, journal, or craft.

Forget social media! Meet up in person to grab a bite, play a game, or get some studying done.

Need to relax? Instead of a TV binge, find a great book.

Make your free time count. Help a neighbor, play a sport, or get outside!



**hour or more of  
physical activity**

Fit activity into your busy day. Play some music and dance while you get ready or do chores.

Grab a friend and make it fun! Walk or bike together and catch up on your day.

You can get outside year-round. Hike, bike, swim, sled, or skate to stay active!

Time for a study break? Walk around the block, or do some sit-ups and squats to get your blood flowing!

Challenge yourself! Try a new activity, sign up for a race, or learn a new skill in your favorite sport.



**sugary drinks,  
more water**

Keep water on hand—carry a reusable bottle or bring some bottled water when you're away from home.

Fill a pitcher with water and keep it in the fridge.

Add fresh fruit or herbs (like mint or basil) to water for natural flavor. Try mixing flavors, like strawberry and lemon!

Try mixing seltzer with a splash of juice.

Drink a glass of water or milk instead of juice or soda.