

Keep Them Thinking

5-2-1-0 TRIVIA, FACTS AND QUESTIONS OF THE DAY

Use these trivia, facts, and daily questions to start a fun conversation about healthy behaviors.

Try using them in morning announcements, or posting them on bulletin boards or your Facebook page. Bring them up with the students during class time or lunch periods.

For middle school:

1. **What does 5-2-1-0 stand for?**
A: 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, 0 sugary drinks; more water!
2. **Name 3 fruits that you could have at breakfast.**
3. **Name 5 vegetables that you could bring for lunch.**
4. **How many commercials do think you watch every year?**
A: The average kid watches 20,000 commercials each year.
5. **Name 3 activities you can do inside that don't involve a screen.**
Build a fort, play board games, dance to your favorite music, etc.
6. **What is the #1 thirst quencher?** A: Water
7. **True or False: Beans/legumes count as a vegetable.** A: True
8. **What's the recommended limit for 100% juice each day?** A: 8-12 ounces for adolescents

For high school:

1. Most Americans eat about 20 teaspoons of sugar each day. That's more than double the American Heart Association's recommended daily limit!
2. **True or False: Americans spend more money on fast food than on movies, books, magazines, newspapers, videos, and recorded music – combined.** A: True
3. According to a study from the Trust for America's Health and the Robert Wood Johnson Foundation, the number of fast food restaurants in the United States increased from 30,000 in 1970 to 220,000 in 2001, and fast food spending has increased from \$6 billion to \$110 billion over the last three decades.
4. **How many teaspoons of sugar are in a 20oz bottle of Mountain Dew?** A: 18 tsp
5. Did you know that since the 1970s, the standard dinner plate has increased from 10½ inches to 12½ inches in diameter?
6. Did you know that in 1969, 50% of kids walked to school each day compared to the 10% that walked to school in 2001?
7. A serving of fruit for a teen is half a cup, or about the size of a tennis ball.
8. **How much of your body is made up of water?** A: 70-80%