



## Make Learning Fun, Make Learning Last

Understanding what it takes to make healthier lifestyle choices shouldn't be a chore. We've enclosed a series of fun and interactive activities (developed by public health experts) that you can use with your class or group to help reinforce the 5-2-1 messages.

### Enclosed you'll find:

- **5 Alive Bingo.** This game is based on classic bingo. Participants receive a bingo card, and one student (or the teacher or group leader) will read out clues. The first participant to spell "ALIVE" on the bingo card is the winner. Prizes to consider: Stickers, pencils, or healthy snacks based on the bingo clues.
- **5-A-Day Word Scramble.** This easy-to-use activity teaches spelling, and kids learn about the wide variety of fruits and vegetables available today.
- **The Jump Up and Go! Challenge.** Involve the entire class or school in the Challenge. Simply distribute the weekly log sheets, and have your kids track their 5-2-1 goals for a week.
- **Screen Time Downtime.** Motivating your class to think about doing something other than television or video games is easy with this group activity.

# 5 ALIVE Bingo



First, distribute the bingo cards to all players. Then, have someone lead the game. The clues and answers are below.

Here's what you can say (or have a student say) to lead the game:

- Everyone should have a bingo card. I will read the clues, and when you think you know the answer, mark the space on your card where the answer appears. The first person to spell “ALIVE” across the card is the winner.

## 5 ALIVE Bingo Clues and Answers

<p><b>Clue:</b> This fruit comes in a lot of styles, including Red Delicious, Granny Smith, Fuji, Braeburn, and Macintosh.</p> <p><b>Answer:</b> Apple</p>	<p><b>Clue:</b> This orange vegetable grows in the ground and is Bugs Bunny's favorite.</p> <p><b>Answer:</b> Carrot</p>	<p><b>Clue:</b> This white vegetable grows in the ground and looks like a white carrot.</p> <p><b>Answer:</b> Parsnip</p>	<p><b>Clue:</b> A green leafy vegetable that's good and crunchy before you cook it. Sometimes it comes in the Dinosaur style.</p> <p><b>Answer:</b> Kale</p>	<p><b>Clue:</b> This vegetable is a cousin of the cabbage and a good source of calcium (makes your bones strong) and it looks like trees.</p> <p><b>Answer:</b> Broccoli</p>
<p><b>Clue:</b> This citrus fruit is a good source of vitamin C—the juice and the fruit count as a serving of fruit.</p> <p><b>Answer:</b> Orange</p>	<p><b>Clue:</b> This red food can be considered both a fruit and a vegetable! It tastes great in salad.</p> <p><b>Answer:</b> Tomato</p>	<p><b>Clue:</b> This drink has lots of bubbles, but not a lot of vitamins or minerals. It does not count as part of the 5-A-Day plan.</p> <p><b>Answer:</b> Soda</p>	<p><b>Clue:</b> These round fruits grow in a bunch. They might be red, purple, or green and when you dry them they become raisins.</p> <p><b>Answer:</b> Grapes</p>	<p><b>Clue:</b> What a treat! This food is sweet and delicious, but has no fruits or vegetables. It can come glazed, frosted, with jelly, and even cream-filled!</p> <p><b>Answer:</b> Donut</p>
<p><b>Clue:</b> This stringy vegetable has a lot of water in it and packs a good crunch. It is great for dipping in peanut butter or yogurt.</p> <p><b>Answer:</b> Celery</p>	<p><b>Clue:</b> This purple-and-white root vegetable looks a little like an onion, or maybe a big radish. Cook it like a potato and have a tasty treat.</p> <p><b>Answer:</b> Turnip</p>	<p><b>Clue:</b> This green leafy vegetable usually has a lot of dirt to rinse off. It is Popeye's favorite.</p> <p><b>Answer:</b> Spinach</p>	<p><b>Clue:</b> A summertime treat, this little fruit has tiny seeds on its bright red skin.</p> <p><b>Answer:</b> Strawberry</p>	<p><b>Clue:</b> This vegetable can make you cry when you cut it.</p> <p><b>Answer:</b> Onion</p>
<p><b>Clue:</b> There are different types of this summer vegetable, including summer, spaghetti, acorn, butternut, and pumpkin.</p> <p><b>Answer:</b> Squash</p>	<p><b>Clue:</b> The state of Georgia is famous for this fruit that grows in the summertime. It is a yellow-orange color and has a fuzzy peel.</p> <p><b>Answer:</b> Peach</p>	<p><b>Clue:</b> This vegetable kind of looks like broccoli that forgot to get green and it's a good source of Vitamin C.</p> <p><b>Answer:</b> Cauliflower</p>	<p><b>Clue:</b> These green machines are full of vitamins. They are little, and look like tiny cabbages.</p> <p><b>Answer:</b> Brussels sprouts</p>	<p><b>Clue:</b> It has bread, meat and sadly, not a lot of fruits and vegetables. A good choice for lunch or dinner, especially after Thanksgiving.</p> <p><b>Answer:</b> Turkey sandwich</p>
<p><b>Clue:</b> This yellow fruit looks a little like a pinecone, and has a sweet juice and a hard core on the inside.</p> <p><b>Answer:</b> Pineapple</p>	<p><b>Clue:</b> You can get red, yellow, orange, and even purple varieties of this vegetable. It might be in the name, but you won't hear it ring.</p> <p><b>Answer:</b> Bell Pepper</p>	<p><b>Clue:</b> Make it part of your 5-A-Day by adding fruit and vegetable toppings like mushrooms, pineapple, onions, bell peppers, and artichokes.</p> <p><b>Answer:</b> Pizza</p>	<p><b>Clue:</b> A good, healthy choice for breakfast, but not a great way to get your 5-A-Day.</p> <p><b>Answer:</b> Cereal</p>	<p><b>Clue:</b> It is yellow. It is a fruit. It has a peel. And, you can make delicious bread with it too.</p> <p><b>Answer:</b> Banana</p>

Adapted from *The Produce for Better Health Foundation* and the *Massachusetts Department of Public Health*

# 5 ALIVE Bingo Card



A	L	I	V	E
Broccoli	Kale	Parsnip	Carrot	Apple
Onion	Strawberry	Spinach	Turnip	Celery
Banana	Cereal	Pizza	Bell Pepper	Pineapple
Turkey Sandwich	Brussels Sprouts	Cauliflower	Peach	Squash
Donut	Grapes	Soda	Tomato	Orange

Adapted from The Produce for Better Health Foundation and the Massachusetts Department of Public Health



# 5 ALIVE Bingo Card



A	L	I	V	E
Carrot	Tomato	Turnip	Peach	Bell Pepper
Broccoli	Donut	Onion	Turkey Sandwich	Banana
Apple	Orange	Celery	Squash	Pineapple
Parsnip	Soda	Spinach	Cauliflower	Pizza
Kale	Grapes	Strawberry	Brussels Sprouts	Cereal

*Adapted from The Produce for Better Health Foundation and the Massachusetts Department of Public Health*



# 5 ALIVE Bingo Card



A	L	I	V	E
Banana	Brussels Sprouts	Spinach	Tomato	Apple
Cereal	Cauliflower	Turnip	Orange	Pizza
Peach	Celery	Bell Pepper	Squash	Pineapple
Turkey Sandwich	Strawberry	Soda	Carrot	Onion
Grapes	Parsnip	Donut	Kale	Broccoli

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# 5-A-Day Word Scramble

On the following pages, you'll see a group of similarly colored fruits and vegetables whose names have been scrambled. The answer sheets follow.

Before beginning the activity, spend some time talking and brainstorming about the different colors of fruits and vegetables. How many colors can your group or class come up with? Is it more than you thought?

Distribute the Word Scrambles to each student to fill in the answers after you've had some time to talk about fruits and vegetables. Then, when they're finished, you can distribute the answer sheets and have the students check their answers.



*Adapted from The Produce for Better Health Foundation and the Massachusetts Department of Public Health*

# 5-A-Day Word Scramble



## Red Fruits & Vegetables "Word Scramble"

edr plsepa _____	tesbe _____
dolbo nagsero _____	dre gbaceab _____
hreicser _____	rde pftgiruaer _____
edr pagsre _____	dre nosoin _____
ribrecarsne _____	edr rapse _____
dre eprpesp _____	egnaopmerats _____
rde toatspoe _____	cihdraco _____
srdahsei _____	rpesireasbr _____
hbarbur _____	arwresirsbet _____
atosemot _____	lrmeaownte _____

## Blue/Purple Fruits & Vegetables "Word Scramble"

lpupre uapgasras _____	rulpep lniBega vedeni _____
irbecarebslk _____	clabk racnustr _____
lckab ysilafs _____	erbilbesuer _____
uplrep orarcest _____	idedr ulsmp _____
npgagtel _____	erdebsireler _____
elpurp sfgi _____	lpuper sagper _____
relupp rpespep _____	mpsul _____
erplpu toseptao _____	isarsni _____

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# 5-A-Day Word Scramble



## Yellow/Orange Fruits & Vegetables "Word Scramble"

- |                            |                         |
|----------------------------|-------------------------|
| loylwe lpsape _____        | pitosrac _____          |
| wleyol etbse _____         | turbetunt ausqhs _____  |
| lacnpuateo _____           | rsoctar _____           |
| olewyl sigf _____          | prftugirea _____        |
| nodegl wtrifkuii _____     | enslom _____            |
| ogsanem _____              | catrenesni _____        |
| asregno _____              | yapsapa _____           |
| ehapcse _____              | lewlyo sepra _____      |
| oylwel repepsp _____       | imemsorps _____         |
| lepepnapsi _____           | leywol tespotao _____   |
| pkmnuip _____              | buragatsa _____         |
| oleywl rumems sahusq _____ | etwse noer _____        |
| weste apeotost _____       | satreginen _____        |
| lelwoy testoamo _____      | yolwel emtaweronl _____ |
| woylel nretwi hqsasu _____ |                         |

## White Fruits & Vegetables "Word Scramble"

- |                        |                     |
|------------------------|---------------------|
| anabsan _____          | wornb eraps _____   |
| luwfirecaol _____      | sadte _____         |
| ralige _____           | nigegr _____        |
| ajmica _____           | humomsosr _____     |
| tiweh tenacisren _____ | oinosn _____        |
| ranpsisp _____         | hewti hcepsae _____ |
| ewthi aotepsto _____   | lhastosl _____      |
| nupsitr _____          |                     |

Adapted from The Produce for Better Health Foundation and the Massachusetts Department of Public Health



# 5-A-Day Word Scramble



## Green Fruits & Vegetables "Word Scramble"

- |                        |                      |
|------------------------|----------------------|
| enreg lpaspe _____     | cksheoatri _____     |
| lagurau _____          | prasgausa _____      |
| vadocsoa _____         | nrege nesab _____    |
| orclocib _____         | roliboc erba _____   |
| suBesrsl rostups _____ | erneg gebacab _____  |
| ercyel _____           | oyhatec sauhqs _____ |
| Cenihes babcaeg _____  | obk yhoc _____       |
| mucbecrus _____        | nevide _____         |
| gener asgper _____     | ewnohyed olnem _____ |
| ukriwfiti _____        | yalfe segnre _____   |
| ekesl _____            | uetelct _____        |
| simel _____            | karo _____           |
| erneg nonsoi _____     | aesp _____           |
| renge apsre _____      | neger prpeseq _____  |
| isaphnc _____          | ichunize _____       |

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# 5-A-Day Word Scramble



## Answers to Red "Word Scramble"

red apples	beets
blood oranges	red cabbage
cherries	red grapefruit
red grapes	red onions
cranberries	red pears
red peppers	pomegranates
red potatoes	radicchio
radishes	raspberries
rhubarb	strawberries
tomatoes	watermelon

## Answers to Blue/Purple "Word Scramble"

purple asparagus	purple Belgian endive
blackberries	black currants
black salsify	blueberries
purple carrots	dried plums
eggplant	elderberries
purple figs	purple grapes
purple peppers	plums
purple potatoes	raisins

## Answers to Yellow/Orange "Word Scramble"

yellow apples	apricots
yellow beets	butternut squash
cantaloupe	carrots
yellow figs	grapefruit
golden kiwifruit	lemons
mangoes	nectarines
oranges	papayas
peaches	yellow pears
yellow peppers	persimmons
pineapples	yellow potatoes
pumpkin	rutabagas
yellow summer squash	sweet corn
sweet potatoes	tangerines
yellow tomatoes	yellow watermelon
yellow winter squash	

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# 5-A-Day Word Scramble



## Answers to White "Word Scramble"

bananas	brown pears
cauliflower	dates
garlic	ginger
jicama	mushrooms
white nectarines	onions
parsnips	white peaches
white potatoes	shallots
turnips	

## Answers to Green "Word Scramble"

green apples	artichokes
arugula	asparagus
avocados	green beans
broccoli	broccoli rabe
Brussels sprouts	green cabbage
celery	chayote squash
Chinese cabbage	bok choy
cucumbers	endive
green grapes	honeydew melon
kiwifruit	leafy greens
leeks	lettuce
limes	okra
green onions	peas
green pears	green peppers
spinach	zucchini

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# The Jump Up and Go! Challenge



Have a Jump Up and Go! Challenge in your classroom. This is a fun, easy way to motivate your class or group to follow the 5-2-1 message of Jump Up and Go!

- First, pick a week for the Challenge and distribute the weekly log sheets to each student.
- Then have students fill out the sheet, indicating that they will participate in the Jump Up and Go! Challenge for a week.
- The log must be signed by a parent or guardian and given to the coordinating teacher.
- Repeat the Challenge as often as you like.

## Your Weekly Log

Growing Up Healthy and Strong Is as Easy as 5-2-1!

**5**—Record the servings of fruits and veggies you eat each day. **5** or more each day is the healthy way.

**2**—Limit your screen time; try not to guess—you'll be a success if it's **2 hours or less**.

**1**—Add up your time to get the activity score—**get 1 hour or more** to build a strong core.



Track your progress every day. Record each amount in the chart below.

Family Member Name \_\_\_\_\_

Week of \_\_\_\_\_

	Mon Date:	Tues Date:	Wed Date:	Thurs Date:	Fri Date:	Sat Date:	Sun Date:
<b>5</b> Fruits and Veggies	1 _____	1 _____	1 _____	1 _____	1 _____	1 _____	1 _____
	2 _____	2 _____	2 _____	2 _____	2 _____	2 _____	2 _____
	3 _____	3 _____	3 _____	3 _____	3 _____	3 _____	3 _____
	4 _____	4 _____	4 _____	4 _____	4 _____	4 _____	4 _____
	5 _____	5 _____	5 _____	5 _____	5 _____	5 _____	5 _____
<b>2</b> Screen Time	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under
	<input type="checkbox"/> Over 2 hrs Describe: _____ _____	<input type="checkbox"/> Over 2 hrs Describe: _____ _____	<input type="checkbox"/> Over 2 hrs Describe: _____ _____	<input type="checkbox"/> Over 2 hrs Describe: _____ _____	<input type="checkbox"/> Over 2 hrs Describe: _____ _____	<input type="checkbox"/> Over 2 hrs Describe: _____ _____	<input type="checkbox"/> Over 2 hrs Describe: _____ _____
<b>1</b> Physical Activity	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more
	<input type="checkbox"/> 30 minutes or more Describe: _____ _____	<input type="checkbox"/> 30 minutes or more Describe: _____ _____	<input type="checkbox"/> 30 minutes or more Describe: _____ _____	<input type="checkbox"/> 30 minutes or more Describe: _____ _____	<input type="checkbox"/> 30 minutes or more Describe: _____ _____	<input type="checkbox"/> 30 minutes or more Describe: _____ _____	<input type="checkbox"/> 30 minutes or more Describe: _____ _____



Completed by participating family member \_\_\_\_\_

Confirmed by another family member \_\_\_\_\_

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# Screen Time Downtime



Television is a great way to communicate, entertain, and inform. But there is more to life than just watching TV. To help encourage your students to be active participants in life, instead of passive watchers, try the Screen Time Downtime activity.

First, talk about the kinds of shows you all watch. Then, have your students add up the number of hours they normally watch during one week (video games included).

Then talk about what you'd do if you could swap watching the show for another activity. Have the students write down these activities on slips of paper. Have the entire class or smaller groups of students pick an activity that they will do instead of watching one TV show per day for one week. At the end of the week, talk to the students about the new activities with the class. Were the activities fun or difficult? Did the students like or dislike them?

Repeat Screen Time Downtime monthly or weekly.

# Screen Time Downtime

## What I do when I don't watch TV

1. What TV shows did you watch yesterday?

2. What TV shows would you be willing to swap for another activity?

3. As a class/group, make a list of activities, games, and things to do instead of watching TV.

4. Write down each activity on a slip of paper and put them into a bowl.

5. Have each group member pick out a slip of paper.

6. For the next week, instead of watching one TV show per day, do the activity on the list. Be prepared to discuss these new activities with the class—were they fun? Difficult? Did you like or dislike them?