

5210 Healthy Habits

AGES 2 – 9

A Program of
hca
NEVADA

NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH

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 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? _____

2

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? _____

1

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

0

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

Adopted From
LET'S GO!
9-2-1-0

Please share this form with your provider, then take it home with you. Thank you! Turn this over for tips to get started.



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



**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.



**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!



**hour or more
of physical
activity**

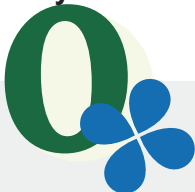
Try jump ropes and hula hoops to keep the whole family active.

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.



**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 +

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heal
NEVADA

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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? _____

2

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?

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

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5
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.



2
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!



1
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.



0
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.