

# Intercom Announcements:

## 5210 Trivia & Facts of the Day

Consider reading these healthy announcements over the intercom, or use as discussion starters in the classroom; encourage students to come up with their own healthy trivia.

1. What does 5210 stand for?  
*Answer: 5 or more servings of fruits and vegetables, 2 or less of recreational screen time, 1 hour or more of physical activity, 0 sugar sweetened beverages – more water & low-fat milk!*
2. Name 3 fruits that you could have at breakfast. *Some good answers: berries, kiwi, banana, etc.*
3. Name 5 vegetables that you could bring into school for lunch.  
*Some good answers: carrots, cucumbers, snap peas, broccoli, red pepper, etc.*
4. How many commercials do think you watch every year?  
*Answer: The average child watches 20,000 commercials each year.*
5. Name 3 activities you can do inside besides watching TV.  
*Some good answers: Build a fort, play dress up, dance to your favorite music, etc.*
6. Frogs do not need to drink water as they absorb the water through their skin.  
You, however, are not a frog and need to drink plenty of water every day!
7. Raisins are made from grapes that have dried in the sun for two to three weeks.  
One cup of raisins in your lunch can count as one of your 5 a day!
8. What color are carrots? Did you know that besides orange, they also come in purple, red, black and white? Go to the local farmers market and find them!
9. What is the number one source of calories in the American diet?  
*Answer: Soft drinks!*
10. True or False, Americans spend more on fast food than on movies, books, magazines, newspapers, videos, and recorded music - combined. *Answer: True*
11. According to a study from the Trust for America's Health and the Robert Wood Johnson Foundation, the number of fast-food restaurant outlets 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.
12. How many teaspoons of sugar are in a 20oz bottle of Mountain Dew? *Answer: 18 tsp*
13. Did you know that since the 1970's, the standard dinner plate has increased from 10 ½ inches to 12 ½ inches in diameter?
14. Did you know that in 1969 50% of kids walked to school each day compared to the 10% that walk to school in 2001.
15. A kid's serving size of fruit is the palm of their hand.
16. What is the #1 thirst quencher? *Answer: Water*
17. How much of a child's body is made up of water? *Answer: 70-80%*
18. **Try this Physical Activity Break:**  
High Knee Run/March: Run or March in place, lifting your knees in front of you as high as you can. Count to 30!

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**19. Try this Physical Activity Break:**

Chair Pose: Feet together. Legs together. Keeping your knees together, sit back like you were sitting in a chair. Hold that position as long as you can. Relax when you need to, and then try again.

20. What is a serving size for low-fat milk? *Answer: 1 Cup*

21. Name 3 of milk's nine essential nutrients?

*Answer: Potassium, Vitamin B12, Vitamin A, Riboflavin, Niacin, Phosphorus, Calcium, Protein, Vitamin D*

22. True or False: If you are not getting enough calcium each day, your body will take the calcium from your bones? *Answer: True*

23. Screen time is watching TV, using the computer, *and* playing video games.

How many hours or less should you limit your screen time to each day? *Answer: 2 hours or less*

24. Did you know that children who watch a lot of television are likely to: have lower grades in school, read fewer books, exercise less, and to be overweight?

25. Does physical activity have to be a sport or can other activities that get your body moving count as well?

Can you name some? *Some good answers include: dancing, skating, sledding, walking, jogging, biking, skate boarding, a rousing game of Simon Says!*

26. True or False: Water is the only substance found on earth naturally in the three forms.

*Answer: True—3 forms: solid, liquid, and gas*

27. True or false: The acid in sodas eats away at your tooth enamel. *Answer: True*

28. Physical activity reduces feelings of depression and anxiety and promotes psychological well being.

29. Physical activity does *not* have to be strenuous to be beneficial.

30. Empty Calories: Kids drink twice as much soda today compared to kids ten years ago.

31. True or false: Physical activity helps the brain work better. *Answer: True*

32. Most nutritionists recommend not eating fast food more than once a month.

33. One hour of physical activity broken into smaller segments of 10-15 minutes throughout the day has significant health benefits.

34. Physical activity helps build and maintain healthy bones, muscles and joints.

35. About 75% of your muscles are made up of water. It is important to drink lots of water!

36. Guess what? The average American household has more televisions than people!

37. When you play hard, you sweat. When you sweat, you lose water and minerals.

Drink water after playing outdoors or after any activity that makes you sweat.

38. Having fresh fruit or vegetables as a snack will help you stay full longer!

They pack more sustaining energy over sugary snacks.

39. Try a new fruit or vegetable once a week. You may find that you love kiwi fruit or avocados!

40. If you're close enough, bike to and from school instead of riding the bus (but don't forget your helmet)!

41. Does screen time include just TV or time spent on the computer too?

*Answer: Both – computer games, surfing the web, anything done outside of school projects on the computer counts towards the two hours.*

42. Guess the Amount of Sugar: Capri Sun, 10 oz (*6 ¼ tsp*); Orange Juice, 15.5 oz bottle (*13 tsp*); Snapple Iced Tea, 16 oz (*12 ½ tsp*), Water, any size (*none*); Coca-Cola, 20 oz. (*17 tsp*); Mountain Dew, 20 oz (*19 tsp*); Gatorade, 20 oz (*9 tsp*); Kool-Aid, 20 oz (*10 tsp*).