Review:

After watching 54321+10: Countdown to Your Health for Kids, answer the following questions.

Next to the numbers listed below, write what the number represents from the 54321+10 countdown.

5 –
4 –
3 –
2 –
1 –
10 –
Answer the questions below.

1. My favorite fruits are…

2. My favorite vegetables are…

3. I like to drink water when…

4. When I am with my friends, we like to…

5. Instead of watching TV or playing on the computer, I like to…

6. My favorite ways to move my body are…

7. I go to sleep at ________________ and I wake up at ________________.
Next to the numbers listed below, write what the number represents from the 54321+10 countdown.

5 – *Fruits and vegetables*

4 – *Glasses of water*

3 – *Laughs with friends*

2 – *Hours or less screen time*

1 – *Hour of physical activity*

10 – *Hours or more sleep*
Answer the questions below. **Answers will vary.**

1. My favorite fruits are…

2. My favorite vegetables are…

3. I like to drink water when…

4. When I am with my friends, we like to…

5. Instead of watching TV or playing on the computer, I like to…

6. My favorite ways to move my body are…

7. I go to sleep at ________________ and I wake up at ________________.