Parents, caregivers and early learning educators play a valuable role in providing healthy food choices to children at an early age.

HEALTHY EATING FOR A HEALTHY CHILD

• Make half your plate fruits and vegetables
• Make at least half your grains whole
• Watch portion sizes
• Drink more water
• Include dairy

PRACTICE 5-2-1-0 EVERY DAY!
5 or more servings of fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

head hand heart
CALL FIRST 5 SAN DIEGO FOR A GOOD START

First 5 San Diego
1-888-5 FIRST 5
(1-888-534-7785)
first5sandiego.org

LIVE WELL SAN DIEGO

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Resources:
www.5210sandiego.org
www.choosemyplate.gov
Can you put these foods where they belong?

Connect the Dots & Color!

Help Billy find the healthy snack