

# SING

Original Version of the  
**5-2-1-0 SONG**

5 – 2 – 1 and 0  
That's a funny way to count you say.  
5 – 2 – 1 and 0  
Well that's the way to stay healthy today.

5 fruits and vegetables everyday  
Make your mind and body strong.  
Like carrots or broccoli or apples or bananas  
Or green beans that grow long.

5 – 2 – 1 and 0  
That's a funny way to count you say.  
5 – 2 – 1 and 0  
But that's the way to stay healthy today.

And TV and video games, we know that they are fun  
But just keep it under 2 hours  
And let your imagination run ...

With.... 5 – 2 – 1 and 0  
That's a funny way to count you say.  
But 5 – 2 – 1 and 0  
That's the way to stay healthy today.

And run and jump and play outside  
For at least 1 hour  
And when you're thirsty, leave the soda behind  
But grab an ice cold milk or a water that's fine...

And remember.... 5 – 2 – 1 and 0  
Well that's a funny way to count you say.  
But 5 – 2 – 1 and 0  
Well that's the way to stay healthy today.  
That's the way to stay healthy today!



Lyrics and Music  
By Sara Yasner



Listen to the Original 5-2-1-0 Song [online at www.letsgo.org](http://www.letsgo.org).