Original 5-2-1-0 Song Lyrics

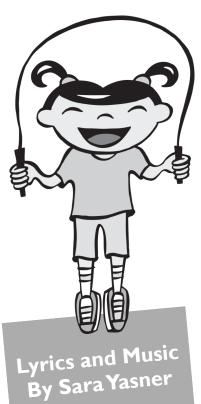
5-2-1 and 0 That's a funny way to count you say. 5-2-1 and 0 Well that's the way to stay healthy today.

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

And run and jump and play outside For at least I 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!

