

Original 5210 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 ...



Lyrics and Music
By Sara Yasner

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!



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