

# Educator Guide: 3-2-1-0 Lesson

## **Recommended for Grades:**

5<sup>th</sup>

## **Time:**

2 minutes

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors they can do each day.

## **Lesson Description:**

In this lesson students will learn about 3-2-1-0 and how they can use it to stay healthy. 3-2-1-0 stands for eating three meals, having two hours or less of sedentary activities, getting one hour of physical activity and drinking zero sugary beverages each day.



### Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Outside of school, you should get no more than how many hours of sedentary activity each day?
  - a. **2 hours**
  - b. 3 hours
  - c. 4 hours
2. How much physical activity should you get each day?
  - a. 30 minutes
  - b. 45 minutes
  - c. **60 minutes**

### Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the 3-2-1-0 Lesson. You may choose to use this list in any way that fits your needs.

- Physical activity – any type of activity that gets the body working harder than normal
- Sedentary activities – things you do where you're pretty much just sitting still and being inactive; examples include watching TV or playing video games
- Sugar – a sweet substance commonly used to sweeten foods and beverages
- Yoga – a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and Physical Activity Resources for Parents, Caregivers and Educators

- American Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Slide 1

Jack: Hey. I'm Jack.

Sofia: And I'm Sofia. You ready for an adventure?

Jack: At school we've been learning about keeping our bodies healthy.

Sofia: Yeah, our class has already done some really cool stuff. We even had a competition to see which class could walk enough steps to get all the way from Georgia to Maine along the Appalachian Trail.

## Slide 2

Jack: And we learned a really easy way to remember some of the ways to stay healthy. 3-2-1-0 Blast off! Click on each number to learn what it stands for.

Sofia: 3 stands for eating three meals a day. Each day is an adventure, and we need to give our bodies fuel throughout the day!

Jack: 2 stands for 2 hours or less of sedentary activities. Those are activities where we're pretty much just sitting still. So, like playing video games or watching tv. We sit most of the day at school, so why would we want to sit around after school too?!

Sofia: 1 stands for getting one hour of physical activity each day. That may sound like a lot, but it's really not. I like to go for hikes, play basketball, and I just started learning yoga!

Jack: And 0 stands for drinking zero sugary beverages. Soda and sports drinks really aren't great for our bodies. Water is so much better!

## Slide 3

Sofia: And there are lots of other things we can do to stay healthy too! We should probably get going. Today's going to be quite the adventure! Have fun!



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