



## Educator guide: 3-2-1-0 lesson

### **Recommended for grades:**

6<sup>th</sup> grade

### **Time:**

3 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 (including one that specifically helps keep the mind healthy) they can do each day.
2. Describe two benefits of physical activity.

### **Lesson description:**

In this lesson students will learn about the concept of 3-2-1-0. It's an easy way for them to remember to have three meals, two hours or less of screen time, one hour of physical activity and zero sweetened 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. How much physical activity should you get each day?
  - a. 30 minutes
  - b. 45 minutes
  - c. 1 hour**
2. What is the most amount of time per day you should spend watching TV, playing video games and using your phone, tablet or computer, outside of school?
  - a. 2 hours**
  - b. 3 hours
  - c. 4 hours
3. How many sugary, or sweetened, drinks should we drink each day?
  - a. 0**
  - b. 1
  - c. 2

### 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
- Screen time – time spent using a device such as a computer, phone, tablet, television or game console
- Sweetened drinks – drinks that contain added sugar, such as lemonade, flavored milks, sports drinks, soda, etc.

# Supplemental activity: Personal health behaviors

## **Objectives:**

After completing this activity students will be able to:

- Establish a baseline of personal health behaviors.

## **Materials needed:**

- Copies of the Personal health behaviors worksheet (included below)

## **Time required:**

5 minutes

## **Instructions:**

In this activity students will answer questions about their current health habits. Encourage students to take these questions home and answer them with the help of an adult or family member. Let students know that no one else needs to see their answers, so they should answer the questions honestly.

# Personal health behaviors worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Take these questions home and answer them with the help of an adult or family member. Base your answers on a normal day or week for you. No one else needs to see your answers, so answer the questions honestly.

1. How many times per day do you eat fruit?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. More than 3
2. How many times per day do you eat vegetables?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. More than 3
3. How many times per week do you skip a meal?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. More than 3
4. On average, how many hours per day outside of school do you watch TV, play video games, or use a computer, tablet or phone?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. More than 3



5. How many days per week are you physically active for at least 60 minutes?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. More than 5
6. How many times per day do you drink any of the following: 100% fruit juice, regular soda, sports drinks, juice drinks, juice boxes, flavored milk, lemonade or Kool-Aid?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. More than 3
7. How many times per week do you eat at restaurants, including fast food?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. More than 3
8. How many times per week does your family eat a meal together at the table?
  - a. 0-3 times
  - b. 4-6 times
  - c. 7-9 times
  - d. 10-12 times
  - e. More than 12 times
9. How many nights per week do you get at least 10 hours of sleep?
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. More than 5

# 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 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://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)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Slide 1

Sofia: Hey. I'm Sofia.

Jack: And, I'm Jack.

Sofia: We're here to talk with you about being the healthiest you can be.

Jack: It's hard to know the right things to do to stay healthy. It seems like everyone has a different opinion about what that means. It's all "Do this...don't do that..." It's all so confusing.

## Slide 2

Sofia: You know, there is an easy way to remember some of the ways to stay healthy. Just think 3-2-1-0. Click on each number to learn what it stands for.

Jack: Three stands for eating three meals a day. It's important to always eat three meals each day. Skipping meals is bad for your body and can make you tired and cranky. Ideally your meals would be about four to six hours apart, with healthy snacks in between. Eat as many meals together with your family as possible. And put those phones away while you eat! It's easy to overeat when you are distracted by technology.

Sofia: Two stands for 2 hours or less of screen time each day, outside of school. That includes activities like playing video games, watching TV, and using your phone, tablet or computer. You burn almost no energy when you sit in front of a screen, and that can lead to weight gain, lower grades, poor sleep and weak muscles and bones. And who wants all of that?!

Jack: One stands for getting one hour of physical activity each day. That means moving your body so that your heart beats faster and you're using your muscles. This can include sports, walking or jogging, swimming, dancing or even playing tag with your little brother or sister. Regular physical activity will help you have more energy, maintain a healthy weight, sleep better and focus better in school.

Sofia: Zero stands for drinking zero sweetened drinks. That includes drinks like soda, juice, lemonade, chocolate milk and sports drinks. Avoiding sugary drinks is one of the best things you can do to keep your weight healthy and lower your risk for type 2 diabetes. It's also way better for your teeth! Just one sweetened drink can have more sugar than you should get in a whole day. So, try to stick with drinks like water or white milk. Or, try flavored water that doesn't have any added sugar.





Slide 3

Jack: And there are lots of other things we can do to stay healthy too! We better get going. Have fun!



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