



Educator Guide: 3-2-1-0 Lesson

Recommended for Grades:

8th grade

Time:

5 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.

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.

Lesson Description:

In this lesson students will learn about the importance of eating 3 meals, having less than 2 hours of screen time, getting 1 hour of physical activity and having 0 sweetened beverages each day. They will also learn why these things are important and be given tips on how to start building healthy habits.



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 drinks**
 - b. 1 drink
 - c. 2 drinks

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.

- Exercise – activity requiring physical effort, done to sustain or improve health and fitness
- Muscles – fibrous tissues that help move our bodies
- 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
- Sleep – the natural state of rest in which the eyes are closed and the body is inactive, allowing the body and brain to rest and recover
- Sugar – a simple carbohydrate that can be found naturally in foods such as fruits, vegetables, milk and milk products or added to foods and drinks during processing
- 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 on the next page and on the activity page in the e-Learning Center)

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 8 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 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



Transcript

Slide 1

There's an easy way to remember some of the ways to stay healthy. Just think 3-2-1-0!

Three stands for eating three meals a day. Skipping meals is bad for your body and can make you tired and cranky.

Everyone's so busy these days, but try to eat as many meals with your family as possible. And remember, it doesn't have to be dinner. Maybe for your family, breakfast before school and work is easier. Use this time to talk with each other.

Turn off all electronics while you eat. Eating with the TV on, or texting your friends can be so distracting that you don't even notice how much you are actually eating.

Don't rush through your meals, especially dinner. You may only have 10-15 minutes to eat breakfast or lunch, but try to make dinner last for 20 to 30 minutes. It's nice to slow down after a busy day.

Because of our busy lifestyles, people often eat out. Try to limit eating out to no more than 1-2 times per week. Any more than that and you'll probably find yourself taking in a lot more calories than your body needs.

Slide 2

Two stands for 2 hours or less of screen time each day. This includes playing video games, watching TV and using your phone, tablet or computer. You burn almost no energy doing these activities, and that can lead to weight gain, lower grades, poor sleep and weak muscles and bones.

Start by cutting back on screen time by 30 minutes each day. Try doing other fun things during that 30 minutes like swimming, cooking, playing a game or going for a walk.

Also, make sure you put away your electronics at least 30 minutes before going to bed. Don't even bring them in to your bedroom at night. This can greatly improve your sleep. Even when your phone is on vibrate, incoming texts, emails and other messages can grab your attention when you are trying to sleep.



Slide 3

One stands for getting one hour of physical activity each day. That means moving your body so that your heart rate increases and you're using your muscles. This can include sports, walking or jogging, swimming, dancing or yoga. Regular physical activity will help you have more energy, maintain a healthy weight, sleep better and focus better in school.

Start out slowly if you currently aren't doing any physical activity. Start with one or two days a week. And then increase that as your body gets stronger.

Take quick exercise breaks. For every 30 minutes that you spend sitting, get up and move around for 5 minutes.

When you can't get outside, try exercising indoors. You can do many strength training exercises, like sit-ups and push-ups at home. Plus you can find lots of exercise videos online.

Slide 4

And 0 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 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 that contain less than 3 grams of sugar per serving. White milk is the one exception to this rule because it has other benefits that outweigh the natural sugars. Water and milk are the best choices for everyday drinks. You can also try flavored water that doesn't have any added sugar. Or, try adding lemon, orange or cucumber slices to a glass of water for a little flavor.

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Brian Butler, PT, DPT, LAT, Children's Wisconsin

Jennifer Crouse, MS, RD, CD, CDE, Children's Wisconsin

John Parkhurst, Ph.D. LP, Child & Adolescent Psychologist, Assistant Clinical Professor of Psychiatry, Medical College of Wisconsin





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

