



Educator guide: “3-2-1-0 Blast Off!” song

Recommended for grades:

Kindergarten

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.

Learning objectives:

After completing this activity students will be able to:

1. State how many meals should be eaten each day.

Activity description:

“3-2-1-0 Blast Off!” is a fun, high energy song that talks about different things students can do to be healthy. The song talks about the importance of eating three meals a day, getting exercise and spending time with family. Students can be encouraged to get up and dance along with the song.

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at figureheadsinc@gmail.com or 414-520-3275 or [Facebook.com/figureheadsinc](https://www.facebook.com/figureheadsinc).



Vocabulary:

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

- Balance – doing physical activities and eating healthy food every day
- Dairy – one of the food groups on MyPlate, which includes foods like milk, cheese and yogurt
- Everyday activity – a type of physical activity, such as walking the dog, helping around the house or taking the stairs that you can do every day to stay healthy
- Fruit – one of the food groups on MyPlate, which includes apples, grapes and pineapple
- Grains – one of the food groups on MyPlate, which includes bread, rice, noodles and cereal
- Physical activity – an activity that makes your body move a lot
- Protein – one of the food groups on MyPlate, which includes chicken, fish, eggs and beans
- Variety – eating different kinds of foods from each food group every day
- Vegetable – one of the food groups on MyPlate, which includes lettuce, broccoli, peppers and carrots

“3-2-1-0 Blast Off!” lyrics

Hi there kids, welcome to
3, 2, 1, zero
I mean zero the family's here yo
So grab what you need to proceed amigos
All day every day we need fuel
That's why breakfast is so cool
It wakes up our brains and bodies
I like eggs and red tomatties
I mean tomatoes I'm at the table
with my family turn off the cable
I eat a meal three times a day
and in-between uh huh it's time to play
And yeah a video game can be lots of fun
but when I got all this energy I got to run
because my body needs some movement to grow strong
That's why we wrote the song

Chorus:

3-2-1-0

3-2-1-0 blast off!

Check me out I'm sitting down for lunch
drinking milk or water instead of punch
'cuz all that sugar's gonna get me down
and that's the last thing I need right now
For the rest of the day yo I need to focus
Learning is like magic so hocus-pocus
I'm excited to write and read
These are the things that I know I need
to get by exercise keep my smile extra wide
flex my muscles as I go
stretch them out just like so
3-2-1-0 blast off I'm gonna run super fast off
to play until dinner
Three meals a day makes me a winner

Chorus X 2



Let's sit down all together
'cuz that way it's gonna be better
If we hang out talk and eat
how was your day turn off the TV
what made you mad sad or glad
Tell your story to mom or dad
Excuse yourself when you're all done
then do some jumping jacks just for fun

Kids did you know that you are a treasure
and that we can do great things together
Your little life is a gift to us you
Move your feet and flex your muscle
Don't sit still too long stand up
smile real big then put your hands up
and wave 'em around till you fall on the ground and
sing till you're heard by everybody in town Come on!

Chorus X 3

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