



Educator guide: Make it to a million game

Recommended for grades:

8th grade

Time:

7 minutes

Prerequisites:

In order for students to be successful in the game, they would benefit from participating in the following lessons:

- 3-2-1-0 lesson (8th grade)
- Nutrition lesson (8th grade)
- Physical activity lesson (8th grade)
- Healthy minds lesson (8th grade)
- Goal setting lesson (8th grade)

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.
- Standard 3: Access valid and reliable resources to support health and well-being of self and others.
- Standard 6: Use a goal-setting process 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.
2. Choose the less processed food when given two foods from the same food group.
3. Determine the possible outcomes of eating too many processed foods and not getting regular physical activity.



Activity description:

In this game students will be asked questions about nutrition, physical activity, healthy minds and goal setting. If they answer all 8 questions correctly, they earn a million points and win the game. Students are able to use 50/50, text a friend or poll the audience help options once per game.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Make it to a million game. You may choose to use this list in any way that fits your needs.

- ADHD (Attention Deficit Hyperactivity Disorder) – a common brain disorder marked by persistent inattention, hyperactivity and sometimes impulsivity that begins in childhood and often persists into adulthood
- Aerobic exercises – physical activities that require your heart to pump blood faster to deliver oxygen to working muscles. Examples include: biking, running, swimming, skating, walking at a fast pace, etc.
- Anxiety – a feeling of worry, nervousness or unease
- Attainable – able to be reached or achieved
- Depression – a common mental health disorder that causes long lasting feelings of sadness, and/or a loss of interest in activities, lasting two or more weeks
- Fat – a type of nutrient that the body uses as a source of fuel
- Fiber – a nutrient that helps food move through the digestive system and helps you feel full
- Flexibility training activities – physical activities that help increase the range of motion of your joints, which allows you to move more freely. Examples include yoga, martial arts and gymnastics
- Food processing – changing the way a food looks or tastes
- Goal – something you decide to work towards achieving
- Measurable – able to be measured
- Mental illness– conditions or disorders that can affect your mood, thinking and behavior
- MyPlate – a tool created by the USDA that provides information about physical activity, the food groups and how much should be eaten from each food group each day
- Physical activity – any type of activity that gets the body working harder than normal
- Relevant – important or significant and connected with what is happening or being discussed

- 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
- SMART goal – a goal that is specific, measurable, attainable, relevant and timely
- Sodium – an essential nutrient, often called salt, that the body needs in small amounts to help maintain a balance of body fluids
- Strength training activities – physical activities that use resistance, such as your own body weight or weights, to build strength. Examples include sit-ups, push-ups and lifting weights.
- 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.
- Timely – having a timeframe or target date
- Whole grains – grains that contain 100% of the original kernel (all of the bran, germ and endosperm)

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://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)
- 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



Transcript

Instructions

Welcome to Make it to a million! The goal of this game is to earn one million points by correctly answering eight questions in a row. You can ask for help if you need it. Use the fifty fifty option to eliminate two of the incorrect choices. Use the poll option to ask the audience what they think the answer is. Or use the text a friend option to text a friend and ask them what they think the answer is. You can only use each of these options once per game. Good luck! Click the begin button to see if you can Make it to a Million.

Questions will appear in random order after each of the following statements. The game ends if a question is answered incorrectly.

Your first question is for one hundred points.

The next question is for five hundred points.

Answer this question correctly for one thousand points.

The next question is for five thousand points.

Answer this question correctly for fifty thousand points.

The next question is for one hundred thousand points.

Answer this question correctly for five hundred thousand points.

This is it ... the final question. Answer it correctly and win one million points.

What does the 3 in 3-2-1-0 stand for?

- a. Limit screen time to three hours or less each day. (Not quite. Three stands for eating three meals per day.)
- b. **Eat three meals per day.** (That's right! Eating three meals per day is important. Skipping meals is not good for your body.)
- c. Get at least three hours of physical activity each day. (Not quite. Three stands for eating three meals per day.)
- d. Drink no more than three sweetened drinks per day. (Not quite. Three stands for eating three meals per day.)



What does the 2 in 3-2-1-0 stand for?

- a. **Limit screen time to two hours or less each day.** (You're right! Two stands for two hours or less of screen time each day.)
- b. Eat two meals per day. (Sorry, two stands for two hours or less of screen time each day.)
- c. Get at least two hours of physical activity each day. (Sorry, two stands for two hours or less of screen time each day.)
- d. Drink no more than two sweetened drinks per day. (Sorry, two stands for two hours or less of screen time each day.)

What does the 1 in 3-2-1-0 stand for?

- a. Get at least one hour of screen time each day. (Nope. One stands for getting at least one hour of physical activity each day.)
- b. Eat one large meal per day. (Nope. One stands for getting at least one hour of physical activity each day.)
- c. **Get at least one hour of physical activity each day.** (That's right. One stands for one hour of physical activity each day.)
- d. Drink no more than one sweetened drink per day. (Nope. One stands for getting at least one hour of physical activity each day.)

What does the 0 in 3-2-1-0 stand for?

- a. Get zero hours of screen time each day. (Nope. Zero stands for drinking zero sweetened drinks per day. It's best to avoid drinks like soda, juice, lemonade, chocolate milk and sports drinks.)
- b. Eat zero snacks per day. (Nope. Zero stands for drinking zero sweetened drinks per day. It's best to avoid drinks like soda, juice, lemonade, chocolate milk and sports drinks.)
- c. Start out exercising zero days per week. (Nope. Zero stands for drinking zero sweetened drinks per day. It's best to avoid drinks like soda, juice, lemonade, chocolate milk and sports drinks.)
- d. **Drink zero sweetened drinks per day.** (That's right! Zero stands for drinking zero sweetened drinks per day. It's best to avoid drinks like soda, juice, lemonade, chocolate milk and sports drinks.)



Which of the following is a valid source of nutrition information?

- a. **MyPlate** (You got it! MyPlate is a valid source of nutrition information.)
- b. Your friends (Sorry, but MyPlate is the only valid source of nutrition information listed here.)
- c. TV commercials (Sorry, but MyPlate is the only valid source of nutrition information listed here.)
- d. Front of food packages (Sorry, but MyPlate is the only valid source of nutrition information listed here.)

Which of these is not a question you should ask yourself to determine if a source of information is valid?

- a. Who wrote it? (Not quite. To determine if a source is valid, you need to know who wrote it, if the information is up to date and what the intent of the information is.)
- b. Is the information up to date? (Not quite. To determine if a source is valid, you need to know who wrote it, if the information is up to date and what the intent of the information is.)
- c. What is the intent? (Not quite. To determine if a source is valid, you need to know who wrote it, if the information is up to date and what the intent of the information is.)
- d. **Do I like what they're saying?** (Correct. Liking what they're saying doesn't make it a valid source.)

What is the United States Department of Agriculture's website called?

- a. Choosemyfood.com (Not quite. You can find their website at choosemyplate.gov.)
- b. **Choosemyplate.gov** (That's right! Their website is choosemyplate.gov.)
- c. Healthiyou.org (Not quite. You can find their website at choosemyplate.gov.)
- d. Healthyfoods.com (Not quite. You can find their website at choosemyplate.gov.)

How many food groups are in MyPlate?

- a. Four (Not quite. There are actually five food groups: vegetables, fruits, grains, protein and dairy.)
- b. **Five** (That's right! There are five food groups: vegetables, fruits, grains, protein and dairy.)
- c. Six (Not quite. There are actually five food groups: vegetables, fruits, grains, protein and dairy.)
- d. Seven (Not quite. There are actually five food groups: vegetables, fruits, grains, protein and dairy.)



Changing the way a food looks or tastes is called:

- a. Food enhancing (Nope. Changing the way a food looks or tastes is called food processing.)
- b. Food cleansing (Nope. Changing the way a food looks or tastes is called food processing.)
- c. **Food processing** (That's correct! Changing the way a food looks or tastes is called food processing.)
- d. Food healthifying (Nope. Changing the way a food looks or tastes is called food processing.)

Highly processed foods tend to have more of what?

- a. Protein, calcium and iron (Sorry, but foods that are highly processed often have more sugar, fat and salt.)
- b. Weight, protein and fiber (Sorry, but foods that are highly processed often have more sugar, fat and salt.)
- c. Vitamins, wheat and fiber (Sorry, but foods that are highly processed often have more sugar, fat and salt.)
- d. **Sugar, fat and salt** (That's right! Foods that are highly processed often have more sugar, fat and salt.)

Which of the following is true about whole grains?

- a. **They include all parts of the grain.** (That's correct. Whole grains include all parts of the grain.)
- b. They have less fiber, vitamins and minerals. (Nope. Whole grains include all parts of the grain.)
- c. An example of a whole grain is white rice. (Nope. Whole grains include all parts of the grain.)
- d. They consist of grains that have been significantly modified. (Nope. Whole grains include all parts of the grain.)

How does fiber help your body?

- a. It helps fight infection. (That's incorrect. Fiber helps keep food moving through the body.)
- b. It builds strong bones. (That's incorrect. Fiber helps keep food moving through the body.)
- c. **It helps keep the food moving through the body.** (Correct! Fiber helps keep food moving through the body.)
- d. It helps repair muscles. (That's incorrect. Fiber helps keep food moving through the body.)



Which of the following would be the least processed?

- a. Tomato juice (That's incorrect. Whole foods, like tomatoes, are the least processed.)
- b. **A tomato** (That's right. Whole foods, like tomatoes, are the least processed.)
- c. Canned tomatoes (That's incorrect. Whole foods, like tomatoes, are the least processed.)
- d. Tomato sauce (That's incorrect. Whole foods, like tomatoes, are the least processed.)

Which of the following would be the least processed?

- a. Raisins (Not quite. Whole fruits, like grapes, are the least processed.)
- b. Pears packed in syrup (Not quite. Whole fruits, like grapes, are the least processed.)
- c. **Grapes** (You're right! Whole fruits, like grapes, are the least processed.)
- d. Apple juice (Not quite. Whole fruits, like grapes, are the least processed.)

Which food group is a good source of calcium?

- a. Fruits (That's incorrect. All food groups are important, but it's the dairy group that provides calcium.)
- b. Vegetables (That's incorrect. All food groups are important, but it's the dairy group that provides calcium.)
- c. Grains (That's incorrect. All food groups are important, but it's the dairy group that provides calcium.)
- d. **Dairy** (That's right! Dairy products are excellent sources of calcium.)

How much physical activity should someone your age get each day?

- a. 30 minutes (Nope. It's recommended that someone your age gets 60 minutes of physical activity each day.)
- b. 45 minutes (Nope. It's recommended that someone your age gets 60 minutes of physical activity each day.)
- c. **60 minutes** (That's right! It's recommended that someone your age gets 60 minutes of physical activity each day.)
- d. 120 minutes (Nope. It's recommended that someone your age gets 60 minutes of physical activity each day.)



Which type of physical activity gets your heart pumping blood faster and quickens your breathing?

- a. **Aerobic exercise** (Correct! Aerobic exercise gets your heart pumping blood faster and quickens your breathing.)
- b. Strength training (Sorry, but aerobic exercise is the type of physical activity that gets your heart pumping blood faster and quickens your breathing.)
- c. Flexibility training (Sorry, but aerobic exercise is the type of physical activity that gets your heart pumping blood faster and quickens your breathing.)
- d. Anaerobic exercise (Sorry, but aerobic exercise is the type of physical activity that gets your heart pumping blood faster and quickens your breathing.)

Which type of physical activity helps build lean muscle and reduces fat?

- a. Aerobic exercise (That's incorrect. While all types of physical activity are good for you, strength training is the type that will build lean muscle and reduce fat.)
- b. **Strength training** (You're right. Strength training helps build lean muscle and reduces fat.)
- c. Flexibility training (That's incorrect. While all types of physical activity are good for you, strength training is the type that will build lean muscle and reduce fat.)
- d. Anaerobic exercise (That's incorrect. While all types of physical activity are good for you, strength training is the type that will build lean muscle and reduce fat.)

Which of these is an example of flexibility training?

- a. Running (That's incorrect. All these activities can be good for you, but yoga is an example of flexibility training.)
- b. Lifting weights (That's incorrect. All these activities can be good for you, but yoga is an example of flexibility training.)
- c. Push-ups (That's incorrect. All these activities can be good for you, but yoga is an example of flexibility training.)
- d. **Yoga** (Correct! Yoga is an example of flexibility training.)

Which of the following can be a result of not getting regular physical activity?

- a. Weight loss (Not quite. Poor sleep, mood and outlook can be a result of not getting regular physical activity, but the others are not.)
- b. **Poor sleep, mood and outlook** (That's right! Not getting regular physical activity can result in poor sleep, mood and general outlook on life.)
- c. Stronger bones (Not quite. Poor sleep, mood and outlook can be a result of not getting regular physical activity, but the others are not.)
- d. Decreased risk of certain diseases (Not quite. Poor sleep, mood and outlook can be a result of not getting regular physical activity, but the others are not.)



Which of the following is true about mental illness?

- a. Someone with a mental illness cannot get better. (That's incorrect. The only true statement here is that anyone can experience a mental illness.)
- b. **Anyone can experience a mental illness.** (That's right. Anyone can experience a mental illness, but that doesn't mean the person can't get help and feel better.)
- c. Only people in their 30s and 40s can experience a mental illness. (That's incorrect. The only true statement here is that anyone can experience a mental illness.)
- d. You can catch a mental illness from someone just like you can catch a cold. (That's incorrect. The only true statement here is that anyone can experience a mental illness.)

What is it called when someone's worry or fear is excessive and interferes with their life?

- a. Depression (That's incorrect. When someone's worry or fear is excessive and interferes with their life it's called an anxiety disorder.)
- b. ADHD (That's incorrect. When someone's worry or fear is excessive and interferes with their life it's called an anxiety disorder.)
- c. **Anxiety disorder** (That's right. Anxiety disorder is when someone's worry or fear is excessive and interferes with their sleep, behavior, or relationships.)
- d. Hyperactivity disorder (That's incorrect. When someone's worry or fear is excessive and interferes with their life it's called an anxiety disorder.)

Which of the following is not true about depression?

- a. Depression causes long-lasting feelings of sadness. (That's incorrect. Depression is treatable with the right help.)
- b. Depression often causes a person to lose interest in activities they used to enjoy. (That's incorrect. Depression is treatable with the right help.)
- c. **Depression is not treatable.** (That's correct. Depression is treatable with the right help.)
- d. Depression can occur without a specific sad event. (That's incorrect. Depression is treatable with the right help.)



Which of the following is not true about ADHD?

- a. ADHD makes it harder to stay focused. (Nope. ADHD makes it harder to stay focused, pay attention and manage impulses. It can also cause a person to fidget more than others.)
- b. ADHD can cause a person to be more fidgety than others. (Nope. ADHD makes it harder to stay focused, pay attention and manage impulses. It can also cause a person to fidget more than others.)
- c. ADHD makes it harder to manage impulses. (Nope. ADHD makes it harder to stay focused, pay attention and manage impulses. It can also cause a person to fidget more than others.)
- d. **ADHD makes it easier to pay attention.** (That's right! ADHD makes it harder to pay attention.)

If you think a friend is struggling with a mental health concern, which of the following could help them?

- a. Leave them alone. (That's incorrect. You should check in with them regularly, and continue to include them in your plans, even if they don't always come.)
- b. Use "you" statements. (That's incorrect. You should check in with them regularly, and continue to include them in your plans, even if they don't always come.)
- c. **Check in with them regularly.** (You're right. Check in with them regularly, and continue to include them in your plans, even if they don't always come.)
- d. Force them to tell you what's wrong. (That's incorrect. You should check in with them regularly, and continue to include them in your plans, even if they don't always come.)

How many hours of sleep does someone your age need?

- a. 5-6 hours (Not quite. Someone your age needs between 8-10 hours of sleep each night.)
- b. 6-7 hours (Not quite. Someone your age needs between 8-10 hours of sleep each night.)
- c. **8-10 hours** (That's right! Someone your age needs between 8-10 hours of sleep each night.)
- d. 11-13 hours (Not quite. Someone your age needs between 8-10 hours of sleep each night.)



Which of the following is a healthy habit for your mind?

- a. Focus only on school. (Sorry, but it's really important to take time each day to relax and let your mind wander.)
- b. Keep your phone with you while you sleep. (Sorry, but it's really important to take time each day to relax and let your mind wander.)
- c. **Take time each day to relax and let your mind wander.** (That's right! It's really important to take time each day to relax and let your mind wander.)
- d. Get involved in as many activities as possible. (Sorry, but it's really important to take time each day to relax and let your mind wander.)

A SMART goal should be:

- a. Smart, meaningful, attainable, reliable and true (Not quite. A SMART goal is specific, measurable, attainable, relevant and timely.)
- b. Smart, measurable, attainable, relevant and true (Not quite. A SMART goal is specific, measurable, attainable, relevant and timely.)
- c. **Specific, measurable, attainable, relevant and timely** (You're right! A SMART goal is specific, measurable, attainable, relevant and timely.)
- d. Specific, meaningful, accurate, realistic and timely (Not quite. A SMART goal is specific, measurable, attainable, relevant and timely.)

Which of the following would be a SMART goal?

- a. I will get more physical activity. (Not quite. I will be active for 60 minutes each day this week is the only one listed that is specific, measurable, attainable, relevant and timely.)
- b. I will get more physical activity each day. (Not quite. I will be active for 60 minutes each day this week is the only one listed that is specific, measurable, attainable, relevant and timely.)
- c. **I will be active for 60 minutes each day this week.** (You're right. I will be active for 60 minutes each day this week is specific, measurable, attainable, relevant and timely.)
- d. I will get more physical activity next month. (Not quite. I will be active for 60 minutes each day this week is the only one listed that is specific, measurable, attainable, relevant and timely.)



Which of the following will help you reach your goal?

- a. **Write it down.** (That's right. Writing down your goal can help you actually reach it.)
- b. Don't tell anyone. (That's incorrect. Writing down your goal can help you reach it.)
- c. Don't think about it. (That's incorrect. Writing down your goal can help you reach it.)
- d. Only track your progress if you meet your goal. (That's incorrect. Writing down your goal can help you reach it.)

Game over

Sorry, you didn't make it to a million points. Click play again to give it another try.

Game win

Congratulations! You answered all of the questions correctly and made it to a million!
Great job!



Acknowledgements

Children's Wisconsin's 8th grade Nutrition and physical activity lessons and activities were developed in partnership with Kohl's Cares.

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of Nutrition and physical activity lessons and activities:

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





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