



**3RD GRADE**  
**LESSON: 5-2-1-0**  
**SC STANDARD: 3.ATO.8**

## 5-2-1-0

### OBJECTIVES:

- Understand the meaning behind 5-2-1-0
- Discuss why each number is important
- Explain how 5-2-1-0 guides a healthy lifestyle

### LET'S GET STARTED! (10 MINUTES):

- Discuss what each part of 5-2-1-0 means
- Explain the importance of each number and how they help guide the students to live a healthier lifestyle

### ACTIVITY (15 MINUTES):

- The students will complete real-world problems using addition and subtraction to remember 5-2-1-0 and what each number means.

### WRAPPING UP (5 MINUTES):

- Review what 5-2-1-0 means and its importance
- Pass out Boss' Backpack Bulletin with reminders on 5-2-1-0 and the weekly goal

### SC STANDARDS:

- 3.ATO.8 Solve two-step real-world problems using addition, subtraction, multiplication and division of whole numbers and having whole number answers. Represent these problems using equations with a letter for the unknown quantity.

### MATERIALS:

- Boss' word problem worksheet
- Boss' Backpack Bulletin
- Pencils

## LET'S GET STARTED!

- This week's topic is going to be on 5-2-1-0! Ask the students if anyone has ever heard of 5-2-1-0, and if so, ask if they know what the numbers stand for
- Begin explaining what each of the numbers in 5-2-1-0 stand for, why they are important, and how they can be used as a guide to having a healthier, more active lifestyle

## DIALOGUE BOX

- Has anyone ever heard of 5-2-1-0 or know what it means?
- 5-2-1-0 is a tool that can be used to help you live a healthy life. Each number serves as a reminder of something that is important to being healthy.
- The number 5 refers to the number of servings of fruits and vegetables you should eat throughout the day.
- The 2 stands for hours of screen time. Do you know what qualifies as screen time?
- Screen time refers to the time you spend looking at screens, whether it is a television screen, computer screen, or tablet/phone screen. Watching television, playing video games, or doing things on tablets all count as screen time and should be limited to 2 hours or less a day!
- The 1 refers to hours of physical activity you should try to get daily. Staying physically active is an important part of being healthy. Physical activity can be anything that gets your body moving and your heart beating faster. It could be playing a sport, running around the playground at recess, or walking or riding your bike!
- The 0 stand for the number of sugary drinks you should have during the day. Sugary drinks are things like fruits juice, sodas, flavored milks, juices, and other soft drinks. Drinks with artificial sugar in them are not very healthy for your body, and it best to consumed as little of them as possible!
- 5-2-1-0 is a guide you can use to help you remember some of the ways to keep your body healthy!
- Ask students about their favorite ways to stay physically active.
- Discuss ways to increase physical activity.

## DIALOGUE BOX

- What are some of your favorite ways to stay physically active? Do you like to play sports? What about swimming in the pool in the summer?
- Not everyone has to be physically active in the same way. As long as you are moving your body and getting your heart to beat faster for at least one hour every day, you are helping your health. Some people may like to play basketball, and other people may like to rollerblade! That's okay, everyone likes to do different things, but they can all help you stay healthy.
- Can anyone think of some ways to add more physical activity to your day? Imagine you have a friend who doesn't get one hour of physical activity daily. What would you suggest to them?
- An easy way to get more physical activity is to walk more. Take a walk with your parents or your dog after dinner. Ride your bike to school or rollerblade around where you live. Try creating new games with your friends at recess, or try a new sport!

## ACTIVITY

- The students will complete real-world problems using addition and subtraction to remember 5-2-1-0 and what each number means.
- Have the students solve the real-world problems to help them with addition and subtraction.

## DIALOGUE BOX:

- Now that we've gone over 5-2-1-0, I am going to have you solve the following questions using addition and subtraction. The first thing that you must do is determine which one you will need to use based on the words in the question. Then write out the equation based on what you read. Then you can solve the equation to answer the question.

## BOSS' FUN FACTS

Knowing serving sizes can help you when you eat things that don't come in packages that have food labels, or when you are out at a restaurant and they give you a portion that is much larger than the serving size you should be eating!

## WRAPPING UP

- Ask students if they can remember what 5-2-1-0 stands for and what each individual number means
- Hand out Boss' Backpack Bulletin with the weekly goal and some reminders on the 5-2-1-0 lesson

## DIALOGUE BOX

- This week's goal is going to be to try and follow the rules of 5-2-1-0!
- On Boss' Backpack Bulletin, there is a reminder at the top of the sheet that will help you remember what each number stands for!
- There will be a separate block for each day of this week where you can write down your 5-2-1-0 for that day!



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

# BOSS' BACKPACK BULLETIN

Your goal for this week is to try and do the 5-2-1-0! For every day, write down what 5 fruits and vegetables you ate, how you spent your 2 hours of screen time, what you did for physical activity, and if you had sugary drinks that day!

**Remember:**

- **The 5** stands for five fruits and vegetables
- **The 2** stands for two hours of screen time
- **The 1** stands for one hour of physical activity
- **The 0** stands for zero sugary drinks



Monday	Tuesday
5-	5-
2-	2-
1-	1-
0-	0-

Wednesday	Thursday	Friday
5-	5-	5-
2-	2-	2-
1-	1-	1-
0-	0-	0-

Saturday	Sunday
5-	5-
2-	2-
1-	1-
0-	0-

# ADDITION AND SUBTRACTION WORD PROBLEMS

Jake knows that he needs 5 servings of fruits and vegetables a day. He also knows that he can use 1 banana, 1 apple, 1 bowl of strawberries, 1 garden salad, 1 carrot and 1 squash to equal the 5 servings. When looking at breakfast+lunch+dinner, make an equation that ends up balanced and equaling the number of servings Jake needs for the day.

Sally knows that she can only have 2 hours equaled to 120 minutes of screen time. If she wants to watch a 60 minute show and play on the computer 30 minutes, how many minutes does she have left over before reaching the 120 minute limit?

Will knows that he needs 60 minutes (1 hour) of physical activity every day. He walked 30 minutes, swam 15 minutes and rode his bike 45 minutes. Did he get enough exercise?

A can of soda has 39 grams of sugar. Orange Juice has 24 grams of sugar. Apple juice has 26 grams of sugar. If you had orange juice for breakfast, apple juice for lunch and a soda for dinner, how many sugary drinks would you have for the day? How many sugary drinks should you strive to have each day?