

**2ND GRADE**  
**LESSON: 5-2-1-0**  
**SC STANDARD: 2.NSBT.5**

## 5-2-1-0

### OBJECTIVES:

- Understanding what 5-2-1-0 means and why each number is important

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

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

### ACTIVITY (15 MINUTES):

- Using the base-ten notation, students will calculate 5-2-1-0 for an entire week

### 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:

- 2.NSBT.5 Add and subtract fluently through 99 using knowledge of place value and properties of operations.

### MATERIALS:

- Boss' Base-Ten Notation worksheet
- Boss' Backpack Bulletin
- Markers or crayons

## 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

- 5-2-1-0 is a tool that you can all use to help guide you to having a healthier and more active lifestyle! Each number serves as a reminder of something important that you should remember during the day!
- The 5 stands for 5 fruits or vegetables! This means that you should have at least 5 fruits and/or vegetables every day!
- The 2 stands for 2 hours of screen time. Does anyone know what screen time is? Screen time means the amount of time you spend watching television, playing video games, or doing something on a computer or tablet! This time should be limited to only two hours per day when it comes to 5-2-1-0!
- The 1 stands for 1 hour of physical activity per day! Staying physically active is extremely important when it comes to being healthy, and can include anything that gets your body moving! Playing sports, running on the playground, walking to school, or even walking your dog are all great examples of ways to stay physically active!
- The 0 stands for 0 sugary drinks during the day! This would include any soda, juice, fruit juice, sports drink, and flavored milk, like chocolate, vanilla, or strawberry. The best option is to drink water and low-fat milk during the day rather than any drink that may have artificial sugar in it.
- 5-2-1-0 is important because it helps remind you of some ways to increase your physical activity and stay healthy.
- Does anyone have any questions on 5-2-1-0 so far?

## ACTIVITY

- The activity for this lesson is going to use the base-ten notation to calculate 5-2-1-0 for an entire week
- Have students pick four colors that will represent the four numbers in 5-2-1-0
- Once the students have picked their colors, begin explaining the activity

## DIALOGUE BOX: STORY

- This activity is going to use the base-ten notation for 5-2-1-0.
- Pick a color that will go with one of the four numbers in 5-2-1-0 and color the square that is under that number on the left side of the worksheet.
- We are going to focus on the ones and tens of the base-ten notations for this worksheet!
- Using base-ten, you are going to count up the 5-2-1-0 for the entire week.

## 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

## BOSS' FUN FACTS

To burn off one sugary soda, you would have to walk for close to 45 minutes! And that is just for one soda! If you drink more than one soda per day, then that time would double, or even triple!

## 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-

# BOSS' BASE-TEN NOTATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Total Blocks
5 <input type="text"/>						
2 <input type="text"/>						
1 <input type="text"/>						
0 <input type="text"/>						