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Healthy Habits for Healthy Kids: the 5210 Patch

In central Indiana 4 out of 10 (40%) children are estimated to be overweight or obese, and obesity rates are on the rise nationwide. Obesity can put children at a higher risk for other health issues later in life such as heart disease, high blood pressure, and diabetes. Teaching good nutrition and physical activity habits, and instilling a healthy lifestyle can help prevent obesity and its associated health risks. A healthy lifestyle is also linked to good academic performance, and fewer behavioral issues. The 5-2-1-0 message is a simple, proven method that encourages including healthy habits in our everyday lives. It addresses four factors that can play a role in preventing obesity: increasing fruit and vegetable intake, reducing screen time, increasing physical activity, and limiting sugary beverage intake.

5 SERVINGS OF FRUITS AND VEGETABLES EACH DAY

2 HOURS OR LESS OF SCREEN TIME

1 HOUR OR MORE OF PHYSICAL ACTIVITY

0 SUGAR SWEETENED BEVERAGES



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Let's begin!

Thank you for choosing the 5210 Patch! By choosing this patch you are on your way to becoming leading examples of good health for yourself, your family, and your community. This patch is designed for scouts of all ages, however troop leaders should modify the program as needed to accommodate specific troop age and grade levels.

Patch Overview:



Discover 5-2-1-0: In this phase of the program, the scouts will learn the history and purpose of the 5-2-1-0 message, and what each number represents. Understanding the history of the message and its purpose will help the scouts better connect and feel comfortable using it.



Connect & Educate on 5-2-1-0: This section breaks down each of the numbers and explains their importance. Together, troops will learn why it is recommended to consume 5 or more servings of fruits or vegetables every day, limit recreational screen time to 2 hours or less everyday, engage in 1 hour or more of physical activity, and limit sugary drink intake. The scouts will be able to connect these recommendations to their health impact.



Take Action with 5-2-1-0: This part of the program allows the troop to put the 5-2-1-0 message into action. There are a number of fun and local activities to choose from. Complete one of the activities listed to receive the 5-2-1-0 patch, but feel free to take part in all the activities listed!

**The Discover and Connect portions are the learning and discussion parts of the patch. Depending on the size of the group, you can complete these sections as one big group, or break out into smaller groups. Together, these can be completed in one to two hours. All activities may be modified depending on the age of the group.

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Let's Learn!

The resource section at the end of this program will help guide you as you move through the Discover, Connect, and Take Action portions of the program.

Discover

What does the word healthy mean to you? The word healthy is used frequently to describe a lot of different things. Where have you heard the word “healthy” being used? What was it describing? Maybe you’ve heard it being used on TV, or at school. Maybe you’ve read about something being healthy for you in a book or magazine. Sometimes the information we hear or read can be confusing. That’s why, in 2004, a group of health professionals created the 5-2-1-0 concept. It is simple, easy to remember, and the four numbers represent four important healthy living recommendations that are proven to have an impact on childhood obesity, and overall health and well-being. They chose the numbers 5-2-1-0 to encourage the following:

- Consume **5** servings of fruits and vegetables every day
- Limit screen time to **2** hours or less
- Engage in **1** hour of physical activity daily
- Drink **0** sugar-sweetened beverages - stick with water or milk

Since its creation, the 5-2-1-0 concept has been adopted nationwide by organizations that invest in the health of our youth. Eating healthy and being active will help you maintain a healthy weight, do better in school, and help you feel more energized. Learning healthy habits at a young age will help you stay healthy as you get older through high school, college, and beyond.



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Connect!

Now it's time to break down each number of the 5-2-1-0 concept and how it impacts our health.

- 5** The number 5 represents **how many servings of fruits and vegetables** should be consumed every day. However, many kids fall short of getting the 5 recommended servings. Fruits and vegetables are good for our bodies because they have a lot of fiber, vitamins, and minerals. These help support a child's growth and development. They are also good for the immune system, which helps fight off sickness. Over time, consistently consuming a diet rich in fruits and vegetables can help prevent weight gain, and lower the risk of developing chronic diseases such as heart disease, high blood pressure, and diabetes. Fresh, canned, and frozen fruits and vegetable are all good options to choose from.
- 2** Recreational **screen time should be limited to 2 hours or less every day**. The average child however, watches 5-6 hours of television a day. Screen time includes time spent watching TV, playing video games, using the computer, and using a cell phone. Too much screen time can be harmful to our health. Spending too much time in front of a screen usually means we are being sedentary instead of physically active. Inactivity can lead to weight gain and other health issues. It can also be bad for our eyes to look at a screen for too long. It's also important to make sure screen time is not interfering with other important activities such as sleep. To help reduce screen time, keep TVs, computers, and smartphones out of the bedroom. Eat meals at the table, not in front of the TV. And don't bring cell phones to mealtimes.
- 1** It is recommended to **be physically active for at least 1 hour** every day. Being physically active helps boost energy, and promotes a positive attitude. It also helps maintain a healthy weight. There are many ways you can be active, such as going for a walk or a bike ride, gardening, playing a sport, cleaning, or even playing on the playground. Being physically active can help achieve reduced screen time as well.
- 0** The last number in the 5-2-1-0 message recommends that we **consume 0 sugary beverages**. Sugary beverages are high in calories, and generally do not contain any nutrients. High consumption of sugary beverages is associated with weight gain, and cavities. To see if a drink is high in sugar, read the nutrition facts label. Look for the "added sugars" section. Sugar content is listed in grams, and 4 grams is equal to 1 teaspoon of sugar. To put that into perspective, one 20 oz bottle of soda contains about 65 g of added sugar. That's over 16 teaspoons of sugar! Choose healthier beverage options instead, such as water and low-fat milk.

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Activities

- 1 Plan a day around the 5-2-1-0 message. Think of 5 different fruits and vegetables you will eat during the day and when. Will you have them at meals, or as snacks? Try to fit them in at every mealtime, snacks included. Track your screen time. When you are using a screened device, use a timer to track how many minutes or hours you spend on it. If you make it to 2 hours, stop and have a plan to do something active or educational. If you choose something active, this will help you get your 1 hour of physical activity. To get moving, think of a few different activities that you could do, and where you will do them. Will you go to the park maybe? Pick 1 more activities to achieve 1 hour of physical movement. Last, plan out what you will drink during the day. Don't include sugary drinks. You can use the form on the next page to complete your day plan.

MY DAY:

I plan to eat my 5 fruits and vegetables at the following meals and snacks:

- 1.
- 2.
- 3.
- 4.
- 5.

I will limit my screen time to two hours by only watching and playing:

I will engage in 1 hour of physical activity when I:

Instead of sugar-sweetened beverages, I will drink:

Activities continued...

2 How much sugar do you think is in a can of soda? Measure out sugar (or sand, to show amount) into a cup and guess how much is in a can of soda or a bottle of sports drink. Learn about the effects sugar can have on your physical and dental health.

- 12oz can of Coke (39g, almost 8 tsp of sugar)
- 16oz Lemon-Lime Gatorade (29g, over 7 tsp of sugar)
- 8.4oz Red bull (27g, almost 7 tsp of sugar)
- 20oz bottle of Sprite (64g, 16 tsp of sugar)
- 8oz Arizona sweet tea (23g, almost 6 tsp of sugar)

Would you eat eight teaspoons of sugar out of the sugar dish? Ew, no! That's how much you're getting in a can of soda.

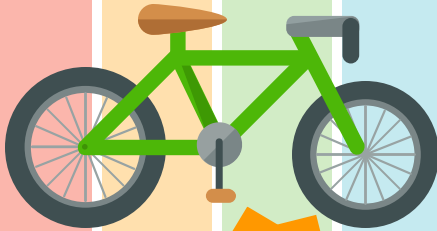
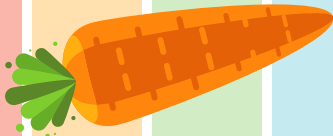
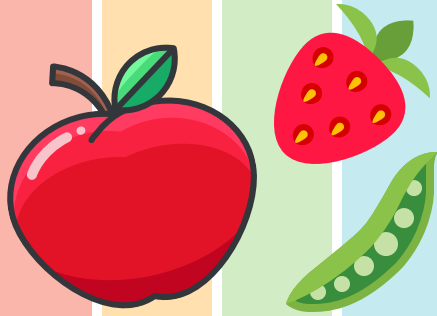
3 Test your heart rate. Find your pulse by pressing two fingers on the side of your neck. Your troop leader can help, and will keep time during this activity. Make sure you are rested and relaxed during the first part of this activity. Find your pulse and count how many beats/pulses you feel in 15 seconds. Multiply that by 4 to get your resting beats per minute. 70-120 beats per minute is normal for ages 5-12. 60-100 is normal for ages 12 and older. Next, run in place, or do jumping jacks for 1 minute (30 seconds for younger scouts). When you are finished, test your heart rate again. Did your heart rate change? What do you think that means? By taking part in physical activity, your blood moves through your body at a faster pace, which overtime will improve your heart function and help you stay healthy.

4 Think about all the different screens that are in your home, and that you travel with. Write down what devices you use, as well as the recreational (not school/education related) activities you do on those screens. These could include games you play, and/or the shows you watch regularly. Estimate how much time you spend looking at a screen every day. Make a plan to limit your time and write down activities you could do to replace screen time. To help you, think about when you normally spend time on a screen? Before school? After dinner? There are so many other activities you could do instead - try to think of at least 5!



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Healthy Habits Worksheet



5 SERVINGS OF FRUITS AND VEGETABLES EACH DAY:

A serving is about the size of the palm of your hand.
Choose the colors of the rainbow.

Which fruits and vegetables do I like to eat?

How can I eat more fruits and vegetables?

5

2 HOURS OR LESS OF SCREEN TIME:

This includes television, computers and all hand held devices.

How much screen time do I get in a day? Break it down by TV time, computer time, tablet time, and phone time:

What ideas do I have for cutting back on my screen time?

2

1 HOUR OR MORE OF PHYSICAL ACTIVITY:

Move every day for an hour or more.
Aim for pink cheeks by running, jumping and playing.

What physical activity do I like or am I willing to try?

How can I be more active?

1

0 OR ALMOST NONE - SUGAR SWEETENED BEVERAGES:

This includes soda, juice, Kool-Aid and sports drinks.
Drink water or low fat or skim white milk.

What sugared beverages do I drink?

How can I drink more water each day?

0

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Let's Go!

TAKE ACTION:

Put the 5-2-1-0 message into action by doing one (or all!) of the following.



1. Plan a trip to your local Farmers Market to learn about fruits and vegetables. Ask a farmer about what fruits and vegetables they grow, and how they like to prepare and eat them. If possible, purchase a food that you've never had before or don't eat often and research how to cook and eat it. Be adventurous!



2. As a troop, contact the Indy Greenways and plan a walk. Invite people from your community to join. The Indy Greenways offers a Walk with a Dietitian who can teach you about healthy eating while you walk. Check out the Indy Greenways patch during your planning.



3. Set up a tour with a dietitian at a grocery store. Some stores have dietitians on staff that can lead you, or you can contact a local dietitian to join you. Spend some time in the produce section and learn about 1 new fruit or vegetable. Visit the soda aisle to learn about reading labels.



4. Use the 5-2-1-0 Challenge Calendar to track your healthy habits. Track your healthy behaviors with this calendar for 1 month. Calculate your score. If you notice areas to improve, create a plan and continue to track your scores the following month. It's about improvement, not perfection!

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Tracking

Use the following month-long tracking calendar to keep track of your 5-2-1-0 habits. If you don't do all four one day, try again the next. Don't get discouraged; just aim to improve a little each day.

5 2 1 0 Challenge

Track your healthy behaviors all month long!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
___ # fruits and veggies ___ 2 hrs or less "screen" time ___ 1 hr physical activity ___ 0 sugar-sweetened drinks	___ # fruits and veggies ___ 2 hrs or less "screen" time ___ 1 hr physical activity ___ 0 sugar-sweetened drinks	___ # fruits and veggies ___ 2 hrs or less "screen" time ___ 1 hr physical activity ___ 0 sugar-sweetened drinks	___ # fruits and veggies ___ 2 hrs or less "screen" time ___ 1 hr physical activity ___ 0 sugar-sweetened drinks	___ # fruits and veggies ___ 2 hrs or less "screen" time ___ 1 hr physical activity ___ 0 sugar-sweetened drinks	___ # fruits and veggies ___ 2 hrs or less "screen" time ___ 1 hr physical activity ___ 0 sugar-sweetened drinks	___ # fruits and veggies ___ 2 hrs or less "screen" time ___ 1 hr physical activity ___ 0 sugar-sweetened drinks
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Score one point for each serving of a fruit or veggie
 Score 2 points for every day you had 2 hours or less of "screen" time (tv, computer, Gameboys)
 Score 2 points for every day you participated 1 hour (or more) in physical activity
 Score 2 points for every day you had zero (no) servings of a sugar-sweetened drinks
 Score 2 bonus points for each new fruit and vegetable you ate:
 List new fruits/vegetables _____

_____ Points
 _____ Points
 _____ Points
 _____ Points
 _____ Points



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NAME _____ PARENT SIGNATURE _____ TOTAL POINTS _____

11/10/08



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Resources to Support Your 5-2-1-0 Commitment:

- [Outdoor Farmers Markets](#): Start your planning for your Farmers Market visit here. Be sure to call first in case days/times have changed.
- [Indy Winter Farmers Market](#): Find out the days and times to visit the Indy Winter Farmers Market.
- [Indy Greenways](#): Here is your starting point to plan an Indy Greenways walk.
- [Nutrition Facts Label](#): Learn about the nutrition facts label here, and how you can identify drinks that are high in added sugars.

Fruits and Vegetables

[Ways to Enjoy Fruits and Vegetables](#)
[Fruit and Vegetable Coloring Book \(K-5\)](#)

Physical Activity

[Activity Room](#)
[Activity Calendar](#)
[Get 1 Hour](#)
[Take it Outside](#)

Screen Time

[Ditch Your Phone](#)
[Limit Screen Time](#)
[Shake Up Your Routine](#)

Beverages

[Fun with Flavored Water](#)
[Sports and Energy Drinks](#)
[Water is Fuel for Your Body](#)
[How Much Sugar?](#)



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Let's Review!

Try to answer the following questions based on what you learned today. If you aren't sure on some questions, work together with your fellow troop members and leaders to find the answer. Use the resource section if needed.

1. How many servings of fruits and vegetables should you eat every day?
2. Using the 5-2-1-0 message on a daily basis can help prevent the development of chronic disease. Can you name 3 chronic diseases it might prevent?
3. How many hours of physical activity is recommended every day?
4. What are two kinds of physical activity that you enjoy doing?
5. We should limit how many sugary drinks we have. What are some healthier beverage options?
6. Name one reason why too much screen time is bad for our health.
7. Where can you look to find how much sugar is in a food or drink?
8. Four grams of sugar is how many teaspoons?
9. What are 3 types of screens we might look at every day?
10. Write down 2 ways you can reduce screen time.

Congratulations! You've just finished the 5-2-1-0 program and earned your patch! Don't stop here though. Share the 5-2-1-0 message with your friends, family, and teachers! Set a good example to those around you by choosing to do these healthy habits today and every day. Look for new ways to teach others about making healthy choices, every day.