

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

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

After watching *54321+8: Countdown to Your Health*, answer the following questions.

1. What does the “5” represent in the countdown? \_\_\_\_\_

What are some easy ways for you to get at least 5 of these each day?

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\_\_\_\_\_

\_\_\_\_\_

2. What does the “4” in the countdown represent? \_\_\_\_\_

Why is getting enough of this important? What are some tips to get more?

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\_\_\_\_\_

\_\_\_\_\_

3. What does the “3” in the countdown represent? \_\_\_\_\_

How do you get at least 3 of these each day?

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\_\_\_\_\_

4. What does the “2” represent in the countdown? \_\_\_\_\_

What activities are included in the “2”? What is not included?

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How can you get less than 2 each day?

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5. What does the “1” in the countdown represent? \_\_\_\_\_

Why is it important to include this every day?

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What are your favorite ways to get at least 1 of these each day?

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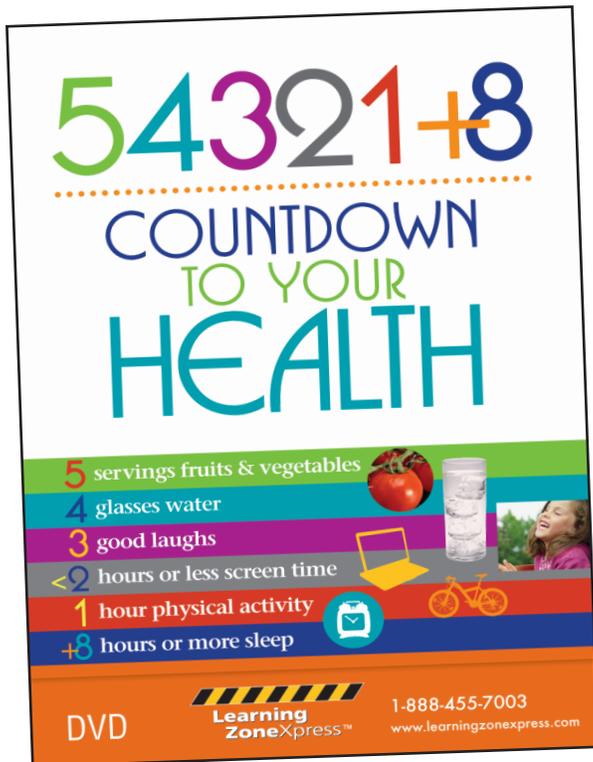
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6. What does the “+8” represent in the countdown? \_\_\_\_\_

Why is getting 8 or more of this each day important?

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# ANSWER KEY

## Review:

After watching *54321+8: Countdown to Your Health*, answer the following questions.

1. What does the “5” represent in the countdown? **5 fruits and vegetables**

What are some easy ways for you to get at least 5 of these each day?

***Possible answers include: Keep a bowl of fruit on the table, cut up fruits and veggies and store them in a clear container in the refrigerator so you can see them, try dried fruit, make a fruit smoothie (try adding veggies too!), dip veggies in hummus (which is also a vegetable), etc.***

2. What does the “4” in the countdown represent? **4 glasses of water**

Why is getting enough of this important? What are some tips to get more?

***Drinking plenty of water keeps our bodies hydrated. You can make sure you get enough water by keeping it handy – carry a reusable water bottle with you and to make drinking water fun, try adding slices of fruit or vegetables to add flavor.***

3. What does the “3” in the countdown represent? **3 good laughs with friends**

How do you get at least 3 of these each day?

***Answers will vary. Possible answers include spending time with friends, do an outdoor activity together with a friend, have a conversation with a friend, watching a funny movie, telling a joke, or recalling a funny or embarrassing situation, etc.***

4. What does the “2” represent in the countdown? ***2 hours or less screen time*** \_\_\_\_\_

What activities are included in the “2”? What is not included?

***Time spent watching TV, playing video games, or on the computer is included in the 2 hours.*** \_\_\_\_\_

***Time spent at the computer for work or homework is not included.*** \_\_\_\_\_

How can you get less than 2 each day?

***Answers will vary. Possible answers include: recording TV shows and watching them when you have time, fast-forwarding through commercials, go outside after watching one show, try playing active video games, etc.*** \_\_\_\_\_

5. What does the “1” in the countdown represent? ***1 hour of physical activity*** \_\_\_\_\_

Why is it important to include this every day?

***Physical activity is important because it helps maintain a balance of energy from the foods we eat.*** \_\_\_\_\_

***Physical activity has many positive benefits including building muscles, releasing endorphins, strengthening our immune system, etc.*** \_\_\_\_\_

What are your favorite ways to get at least 1 of these each day?

***Answers will vary and should include physical activities. Possible responses could include playing soccer, taking the dog for a walk, or swimming.*** \_\_\_\_\_

6. What does the “+8” represent in the countdown? ***8 hours (or more) sleep*** \_\_\_\_\_

Why is getting 8 or more of this each day important?

***Sleep is when the body rebuilds itself and without it, our system wears down and our brains don't work as well. Sleep is necessary so we can function at our best.*** \_\_\_\_\_