

## Jump Into Foods & Fitness

### Curriculum Description:

The Jump Into Foods and Fitness (JIFF) curriculum is designed for children ages 8 to 11 (grades 3 to 5). The purpose of JIFF is to teach children healthy eating and physical activity skills and behaviors.

The curriculum may be used as an alternative to the Show Me Nutrition Curriculum and/or Kids in the Kitchen when teaching children in after school or summer school programs. JIFF contains eight lessons that each last about an hour to an hour and a half. Each lesson includes physical activities, nutrition activities and a food tasting opportunity. The following changes must be made before using the JIFF curriculum:

Change Location	JIFF Curriculum Change
<b>Welcome to Jump Into Fun and Fitness</b>	
<b>About the Curriculum</b> (pg 1) <ul style="list-style-type: none"> <li>The JIFF curriculum was developed by Michigan State University and so it contains several references to Michigan health and education statistics. This information is only for the educators' reference.</li> </ul>	<ul style="list-style-type: none"> <li>For more information on Missouri children's health statistics go to: <a href="http://www.dhss.mo.gov">www.dhss.mo.gov</a></li> <li>For more information about Missouri Department of Elementary and Secondary Education's Show-Me Standards go to: <a href="http://www.dese.mo.gov/standards/index.html">http://www.dese.mo.gov/standards/index.html</a></li> </ul>
<b>Did You Know?</b> (pg 1)	<ul style="list-style-type: none"> <li>The "Did You Know" segments appear several times throughout the curriculum. These segments are included only for the educators' reference. They are not intended to share with youth.</li> </ul>
<b>Activities, Curriculum Objectives and Learning and Life Skills</b>	
<b>Jump Into Fitness: Spaghetti Jump Ropes</b> (middle of pg 3) <ul style="list-style-type: none"> <li><i>Objectives</i> (2<sup>nd</sup> column)</li> <li><i>Learning &amp; Life Skills</i> (3<sup>rd</sup> column)</li> </ul>	<ul style="list-style-type: none"> <li>Delete "Make their own jump ropes"</li> <li>Delete "Constructing a useful piece of fitness equipment"</li> </ul>
<b>Jump Into Fitness: Muscle Mania</b> (top of pg 5) <ul style="list-style-type: none"> <li><i>Objectives</i> (2<sup>nd</sup> column)</li> <li><i>Learning &amp; Life Skills</i> (3<sup>rd</sup> column)</li> </ul>	<ul style="list-style-type: none"> <li>Delete all three objective and replace with               <ul style="list-style-type: none"> <li>Learn how to do several strength building exercises.</li> <li>Teach their peers how to correctly complete and exercise.</li> </ul> </li> <li>Delete the bullet point and replace with</li> </ul>

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<i>column)</i>	<ul style="list-style-type: none"> <li>○ Working with a small group</li> <li>○ Teaching peers</li> <li>○ Following directions</li> </ul>
<b>The Impacts of JIFF</b> (pg 9-10)	<ul style="list-style-type: none"> <li>● Delete “The Impacts of JIFF” section</li> </ul>

<b>Kangaroo Jump 1: Pyramids for Health</b>	
<b>Divider Tab</b> <ul style="list-style-type: none"> <li>● <i>Jumping With Jiff the Joey Through Kangaroo Jump 1-second sentence</i></li> <li>● <i>Unit Objectives –third bullet</i></li> </ul>	<ul style="list-style-type: none"> <li>● Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> <li>● Same as above</li> </ul>
<b>Fitness Background Basics</b> (pg 17-18)	<ul style="list-style-type: none"> <li>● Replace with revised “Fitness Background Basics” insert</li> </ul>
<b>Frozen Fruitcicles</b> (pg 21 and 22) <ul style="list-style-type: none"> <li>● <i>Materials</i></li> <li>● <i>Procedure: Before the meeting #2</i></li> <li>● <i>Procedure: During the meeting #8- first bullet</i></li> </ul>	<ul style="list-style-type: none"> <li>● Replace “Kids Activity Pyramid handout” with “MyActivity Pyramid Poster (MP687)”</li> <li>● Replace “Kids Activity Pyramid” with “MyActivity Pyramid Poster (MP687)”</li> <li>● Delete “Doing a chicken walk” This is not an appropriate activity.</li> </ul>
<b>Pretend</b> (pg 23) <ul style="list-style-type: none"> <li>● <i>Objectives- third bullet</i></li> <li>● <i>Objectives- fourth bullet</i></li> <li>● <i>Materials</i></li> <li>● <i>Procedure: Before the meeting #2</i></li> <li>● <i>Procedure: During the meeting #2</i></li> <li>● <i>Procedure: During the meeting #5- third sentence</i></li> <li>● <i>Procedure: During the meeting #7- last sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>● Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> <li>● Replace “8 to 12 seconds” with “10 to 30 seconds”</li> <li>● Replace “Kids Activity Pyramid handout” with “MyActivity Pyramid Poster (MP687)”</li> <li>● Add “MyActivity Pyramid handout (N386) for each child”</li> <li>● Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> <li>● Add a first sentence “Give MyActivity Pyramid to each child.”</li> <li>● Replace “8 to 12 seconds” with “10 to 30 seconds”</li> <li>● Change to “Explain that they should limit how long they do these activities and only if they have been active that day!” The 30 minute recommendation is not consistent with national guidelines.</li> </ul>
<b>Many Foods Make Me Healthy</b> (pg 28) <ul style="list-style-type: none"> <li>● <i>Materials- first bullet</i></li> <li>● <i>Procedure: During the meeting</i></li> </ul>	<ul style="list-style-type: none"> <li>● Include MyPyramid for Kids handout (N945) for each child</li> <li>● Add a first sentence “Distribute the MyPyramid for</li> </ul>

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#3.	Kids handout to each child.”
<b>Pyramid Picks Game Sheet</b> (p 31)	<ul style="list-style-type: none"> <li>• Replace with “Pyramid Picks” insert</li> </ul>
<b>Handwashing</b> (p 33)	<ul style="list-style-type: none"> <li>• Replace with “Handwashing” insert</li> </ul>
<b>Snack Suggestion: Almost-A-Pyramid Sundae</b> (pg 34)	<ul style="list-style-type: none"> <li>• Replace the “Almost-A-Pyramid Sundae” recipe with the revised “Almost-A-Pyramid Sundae” insert</li> </ul>
<b>Kangaroo Jump Review</b> (pg 34) <ul style="list-style-type: none"> <li>• <i>Process It- first bullet</i></li> <li>• <i>Generalize It</i></li> <li>• <i>Taking JIFF Home</i></li> </ul>	<ul style="list-style-type: none"> <li>• Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid” <i>Answer: MyPyramid taught us what foods we should eat in order to stay healthy. MyActivity Pyramid taught us which physical activities we should do and often we should do them in order to stay healthy.</i></li> <li>• Replace “Kids Activity Pyramid” with “MyActivity Pyramid”. <i>Answer: The similarities between MyActivity Pyramid and MyPyramid are that they both are pyramids and both provide guidelines for keeping our bodies healthy. The differences between MyActivity Pyramid and MyPyramid are that MyActivity Pyramid focuses on physical activity and MyPyramid focuses on food</i></li> <li>• Delete entire paragraph</li> <li>• Insert: Review and distribute the Kangaroo Jump Lesson 1: Pyramids for Health (N610) newsletter to the children and ask them to give to an adult in their family.</li> </ul>
<b>My Activity Pyramid Handout</b> (pg 35) and <b>Family Newsletter</b> (pg 36-37)	<ul style="list-style-type: none"> <li>• Delete both the handout and Family Newsletter</li> <li>• Insert “Kangaroo Jump Lesson 1: Pyramids for health (N610) ordered from Publications</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Kangaroo Jump 2: Go the Distance With Grains</b>	
<b>Divider Tab</b> <ul style="list-style-type: none"> <li>• <i>Unit Objectives – second bullet</i></li> <li>• <i>Learning &amp; Life Skills- second bullet</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete “Make their own jump ropes.”</li> <li>• Delete “Constructing fitness equipment.”</li> </ul>
<b>Fitness Background</b> (pg 39) <ul style="list-style-type: none"> <li>• <i>Second paragraph- third sentence</i></li> <li>• <i>Second paragraph-fifth sentence</i></li> <li>• <i>Second paragraph-last sentence</i></li> <li>• <i>Third paragraph-third sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete “intense, or” Some activities can be intense without being aerobic</li> <li>• Delete “for at least 20 minutes at a time.”</li> <li>• Delete “for a minimum of 20 minutes”</li> <li>• Delete “for 20 minutes” According to national recommendations children should not be expected to do continuous vigorous physical activity for several minutes in length. Most</li> </ul>

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	activity will come in short bursts ranging from a few seconds to several minutes alternated with rest periods.
<b>Spaghetti Jump Ropes</b> (pg 41) <ul style="list-style-type: none"> <li>• <i>Objectives – first bullet</i></li> <li>• <i>Learning &amp; Life Skills – first bullet</i></li> <li>• <i>Materials – first 3 bullets</i></li> <li>• <i>Procedure: Before the meeting #1</i></li> <li>• <i>Procedure: During the meeting- Volunteer Note</i></li> <li>• <i>Procedure: During the meeting #1</i></li> <li>• <i>Procedure: During the meeting #2</i></li> <li>• <i>Procedure: During the meeting #6- second sentence</i></li> <li>• <i>Procedure: During the meeting #10</i></li> <li>• <i>Talking It Over –Process It</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete “Make their own jump ropes.”</li> <li>• Delete “Constructing a useful piece of fitness equipment.”</li> <li>• Delete “Rope, Duct tape or electrical tape, Pruning shears”</li> <li>• Add “Jump ropes (1 per child)”, “Permanent markers”</li> <li>• Change to “Gather the materials.”</li> <li>• Add “Jumping rope may be difficult for some children. If children are unable to jump rope, direct them to the activities listed in Procedure #7.”</li> <li>• Change to “Give each child a jump rope and jump rope tag with a string attached.”</li> <li>• Change to “Have the children write their names on the back of tags with permanent marker and attach the tag to their jump rope.”</li> <li>• Change to “Let them know that jumping rope is a good way to build strong hearts and lungs.”</li> <li>• Add “#10. Collect the jump ropes for use in Lesson 7. Tell the children that they will be able to take their jump ropes home with them at the end of the JIFF program.”</li> <li>• Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> <li>• <i>Answer: Jump roping fits into the Active Aerobics portion of the MyActivity Pyramid.</i></li> </ul>
<b>Handout: Jump Ropes Tag Template</b> (pg 43)	<ul style="list-style-type: none"> <li>• Replace with the revised “Jump Ropes Tag Template” insert</li> </ul>
<b>Handout: Hop, Skip &amp; Jump Your Way to Fitness</b>	<ul style="list-style-type: none"> <li>• Replace with revised insert “Hop, Skip &amp; Jump Your Way to Fitness”</li> </ul>
<b>Stretch With Rope</b> (pg 45) <ul style="list-style-type: none"> <li>• <i>Procedure #2- third sentence</i></li> <li>• <i>Talking It Over – Share It –first bullet</i></li> <li>• <i>Taking It Over – Share It</i></li> </ul>	<ul style="list-style-type: none"> <li>• Replace “8 to 12 seconds” with “10-30 seconds”</li> <li>• Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> <li>• <i>Answers:</i> <ul style="list-style-type: none"> <li>○ <i>Jump roping fits into the Active Aerobics portion of the MyActivity Pyramid.</i></li> <li>○ <i>One high energy activity we did today is jump roping (other correct answers will depend on</i></li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>• <i>Talking It Over- Process It</i></li> </ul>	<p><i>activities selected for “Back to Back”</i>)</p> <ul style="list-style-type: none"> <li>○ <i>One low energy activity we did today is walking in “Back to Back”</i></li> </ul> <ul style="list-style-type: none"> <li>• <i>Answer: You can increase the time you can jump rope without stopping by continuing to practice jumping rope and gradually adding a few more minutes each time you jump rope.</i></li> </ul>
<p><b>Go With Grains</b> (pg 47)</p> <ul style="list-style-type: none"> <li>• <i>Materials –first bullet</i></li> <li>• <i>Materials-second bullet</i></li> <li>• <i>Procedure: Before the meeting #1</i></li> </ul>	<ul style="list-style-type: none"> <li>• Replace “Kids Activity Pyramid handout” with “MyActivity Pyramid Poster (MP687)”</li> <li>• Dairy Council food models may also be used.</li> <li>• Replace “Kids Activity Pyramid” with “MyActivity Pyramid Poster”</li> </ul>
<p><b>Great Grain Obstacle Course</b> (pg 48-49)</p> <ul style="list-style-type: none"> <li>• <i>Procedure: During the meeting #1</i></li> <li>• <i>Procedure: During the meeting #6</i></li> <li>• <i>Talking It Over #1</i></li> </ul>	<ul style="list-style-type: none"> <li>• Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> <li>• Delete</li> <li>• Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> </ul>
<p><b>Snack Suggestion: Trail Mix</b></p>	<ul style="list-style-type: none"> <li>• Replace the “Trail Mix” recipe with “Wholey Great Grains Mix” recipe insert</li> </ul>
<p><b>Kangaroo Jump Review</b> (pg 51)</p> <ul style="list-style-type: none"> <li>• <i>Taking JIFF Home</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete entire paragraph</li> <li>• Insert: Review and distribute the Kangaroo Jump Lesson 2: Go the distance with grains (N611) newsletter to the children and ask them to give to an adult in their family.</li> </ul>
<p><b>Handout: Kangaroo Food ‘N’ Fitness Activity Log</b> (pg 52)</p>	<ul style="list-style-type: none"> <li>• Delete</li> </ul>
<p><b>Family Newsletter</b> (pg 53-54)</p>	<ul style="list-style-type: none"> <li>• Delete the Family Newsletter and order “Kangaroo Jump Lesson 2: Go the distance with grains (N611)” from Publications</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Kangaroo Jump 3: High Five for Health</b>	
<p><b>Streamers Galore</b> (pg 56)</p> <ul style="list-style-type: none"> <li>• <i>Materials</i></li> <li>• <i>Procedure: During the meeting- #1</i></li> </ul>	<ul style="list-style-type: none"> <li>• Add “A watch with a second hand.”</li> <li>• Add a first sentence “Teach the children how to locate their heart beat in their neck or wrist. Have the children count how many times their heart beats in 30</li> </ul>

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<ul style="list-style-type: none"> <li>• <i>Procedure: During the meeting- #3</i></li> </ul>	<p>seconds.”</p> <ul style="list-style-type: none"> <li>• Add “After the music has stopped have the children locate their heart beat again. Have the children count how many times their heart beats in 30 seconds.”</li> </ul>
<p><b>Fitness Scavenger Hunt</b> (pg 58)</p> <ul style="list-style-type: none"> <li>• <i>Talking it Over-Process It-second bullet</i></li> </ul>	<ul style="list-style-type: none"> <li>• Replace “Kid’s Activity Pyramid” with “MyActivity Pyramid”</li> <li>• <i>Answer: The parts of the MyActivity Pyramid we worked on today are the Active Aerobics/ Recreational Activities and Flexibility/Strength.</i></li> </ul>
<p><b>Cool Down: Jiff Kangaroo Says Stretch</b> (pg 59)</p> <ul style="list-style-type: none"> <li>• <i>Procedure #2- fourth sentence- portion in ( parentheses) and picture of person doing a toe touch</i></li> <li>• <i>Procedure #2- last sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete text “or seated toe touches” and picture of person doing a toe touch This stretch is not recommended.</li> <li>• Replace “(5 to 15 seconds)” with “(10-30 seconds)”</li> </ul>
<p><b>Nutrition Background Basics</b> (pg 60)</p>	<ul style="list-style-type: none"> <li>• Delete the vegetable subgroup information.</li> </ul>
<p><b>Jiff the Joey Scores With More</b> (pg 63)</p> <ul style="list-style-type: none"> <li>• <i>Try This Too! – first bullet</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete</li> </ul>
<p><b>Handout: Score with More</b> (p 64)</p>	<ul style="list-style-type: none"> <li>• Replace with revised handout “Score with More”</li> </ul>
<p><b>Snack Suggestion: Crunchy Bananas</b> (pg 66)</p>	<ul style="list-style-type: none"> <li>• Replace with revised “Crunchy Bananas” insert</li> </ul>
<p><b>Kangaroo Jump Review</b> (pg 66)</p> <ul style="list-style-type: none"> <li>• <i>Taking JIFF Home-both paragraphs</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete both paragraphs</li> <li>• Insert: Review and distribute the Kangaroo Jump Lesson 3: High five for good health (N612) newsletter to the children and ask them to give to an adult in their family.</li> </ul>
<p><b>Handout: Fruits &amp; Veggies on the Move: A Personal Log</b> (pg 67-68)</p>	<ul style="list-style-type: none"> <li>• Delete</li> </ul>
<p><b>Family Newsletter</b> (pg 69-70)</p>	<ul style="list-style-type: none"> <li>• Delete the Family Newsletter and order “Kangaroo Jump Lesson 3: High five for good health (N612)” from Publications</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Kangaroo Jump 4: Moooving &amp; Motion</b>	
<p><b>Fitness Background</b> (pg 71)</p> <ul style="list-style-type: none"> <li>• <i>Fifth paragraph- first sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>• Change “two or three times a week” to “three to five times a week.”</li> <li>• Delete “for 20 to 30 minutes at a time”</li> </ul>

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<b>Muscle Mania</b> (pg 73-74)	<ul style="list-style-type: none"> <li>Delete pages 73-74</li> <li>Replace with revised “Muscle Mania” insert (1 page)</li> </ul>
<b>Muscle Groups posters</b> (pg 75-76)	<ul style="list-style-type: none"> <li>Delete pages 75-76</li> <li>Replace with “Muscle Activity Cards, pg 75” and “Muscle Activity Cards for Limited Space, pg 76” inserts</li> </ul>
<b>Foods From Animals/ Foods From Plants</b> (pg 80) <ul style="list-style-type: none"> <li><i>Procedure: During the meeting #5</i></li> </ul>	<ul style="list-style-type: none"> <li>Modify the second sentence to read “Be ready with examples such as seeds, nuts, beans and peas, and tofu (soybean curd) in the meat and beans group, and soy milk, and cheese and yogurt <i>made from soy milk</i> in the milk group.</li> </ul>
<b>Kangaroo Jump Review</b> (pg 82) <ul style="list-style-type: none"> <li><i>Taking JIFF Home</i></li> </ul>	<ul style="list-style-type: none"> <li>Delete entire paragraph</li> <li>Insert: Review and distribute the Kangaroo Jump Lesson 4: Moving and motion (N613) newsletter to the children and ask them to give to an adult in their family.</li> </ul>
<b>Family Newsletter</b> (pg 83-84)	<ul style="list-style-type: none"> <li>Delete the Family Newsletter and order “Kangaroo Jump Lesson 4: Moving and motion (N613)” from Publications</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Kangaroo Jump 5: Power Up the Day</b>	
<b>Fitness Background</b> (pg 85) <ul style="list-style-type: none"> <li><i>Second paragraph- last sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>Change to “Sit-ups, push-ups and modified push-ups will help them ‘power up,’ too.”</li> </ul>
<b>Nutrition Background Basics</b> (pg 89) <ul style="list-style-type: none"> <li><i>Final paragraph, last sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>Replace “Michigan Team Nutrition at <a href="http://www.tn.fcs.msue.msu.edu">http://www.tn.fcs.msue.msu.edu</a>” with “USDA Team Nutrition at <a href="http://www.fns.usda.gov/tn">www.fns.usda.gov/tn</a>”</li> </ul>
<b>Handout: Fast Breaks to B.R.E.A.K.F.A.S.T.</b> p 93	<ul style="list-style-type: none"> <li>Replace with revised insert “Fast Breaks to B. R.E.A.K.F.A.S.T.”</li> </ul>
<b>Kangaroo Jump Review</b> (pg 97) <ul style="list-style-type: none"> <li><i>Taking JIFF Home</i></li> </ul>	<ul style="list-style-type: none"> <li>Delete entire paragraph</li> <li>Insert: Review and distribute the Kangaroo Jump Lesson 5: Power up the day (N614) newsletter to the children and ask them to give to an adult in their family.</li> </ul>
<b>Family Newsletter</b> (pg 98-99)	<ul style="list-style-type: none"> <li>Delete the Family Newsletter and order “Kangaroo Jump Lesson 5: Power up the day (N614)” from Publications</li> </ul>

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<b>Handout: Pyramid-Powered Snacks</b> (p 108)	<ul style="list-style-type: none"> <li>• Replace with revised insert “Pyramid-Powered Snacks”</li> </ul>
<b>Handout: Food Group Names</b> (p 109)	<ul style="list-style-type: none"> <li>• Replace with revised insert “Food Group Names”</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Kangaroo Jump 6: On the Go</b>	
<b>Focus on Food Safety: Keep It Cooool</b> (pg 110) <ul style="list-style-type: none"> <li>• <i>Materials</i></li> <li>• <i>Procedure: Before the meeting #1</i></li> <li>• <i>Procedure: During the meeting #3</i></li> <li>• <i>Talking It Over: Share It</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete sentence.</li> <li>• Replace with “Order copies of Kangaroo Jump Lesson 6: On the go (N615) newsletter from publications.</li> <li>• Replace “Packing a Snack Food Safety Hints handout” with “Kangaroo Jump Lesson 6: On the go (N615) newsletter”</li> <li>• Replace “Packing a Snack Food Safety Hints handout” with “Kangaroo Jump Lesson 6: On the go (N615) newsletter”</li> <li>• Replace “Go over the checklist on the handout” with “Go over The Food Safety Zone section of the Kangaroo Jump Lesson 6: On the go (N615) newsletter”</li> <li>• Replace “Packing a Snack Food Safety Hints handout” with “Kangaroo Jump Lesson 6: On the go (N615) newsletter”</li> </ul>
<b>Food Safety Handout: Packing a Snack Food Safety Hints</b> (pg 111)	<ul style="list-style-type: none"> <li>• Delete</li> </ul>
<b>Kangaroo Jump Review</b> (pg 112) <ul style="list-style-type: none"> <li>• <i>Taking JIFF Home</i></li> </ul>	<ul style="list-style-type: none"> <li>• Delete sentence</li> <li>• Replace with “Review the rest of the Family Newsletter and remind the children to give it to an adult in their family.”</li> </ul>
<b>Family Newsletter</b> (pg 113-114)	<ul style="list-style-type: none"> <li>• Delete the Family Newsletter and order “Kangaroo Jump Lesson 6: On the go (N615) newsletter” from Publications</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Kangaroo Jump 7: Choices for Good Health</b>	
<b>Design a Game</b> (pg 117) <ul style="list-style-type: none"> <li>• <i>Materials- Jump ropes</i></li> <li>• <i>Procedure #1-second sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>• Replace “see Kangaroo Jump 2: Go the Distance With Grains” with “Give the children the jump ropes used in Kangaroo Jump 2: Go the Distance With Grains”</li> <li>• Replace sentence with “Give each team two or three pieces of equipment along with the jump ropes they</li> </ul>

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	received in Kangaroo Jump 2: Go the Distance With Grains.”
<b>Labels Tell All</b> (pg 120) • <i>Materials</i>	<ul style="list-style-type: none"> <li>Suggest using canned items that are lighter to carry such as a 3 oz can of tuna, 6oz can of tomato paste or 8 oz cans of vegetables</li> </ul>
<b>Nutrition Facts Sample Labels</b> (pg 122) • <i>Materials</i>  • <i>Procedure: During the meeting #4</i>	<ul style="list-style-type: none"> <li>Replaced with revised insert “Nutrition Facts Sample Labels”</li> <li>Add “See the Looking at Labels Answer Sheet, pg 125 a &amp; b for discussion points.”</li> </ul>
<b>Handout: Looking At Labels</b> (pg 125)	<ul style="list-style-type: none"> <li>Replace with revised insert “Looking at Labels”</li> <li>Add “Looking At Labels Answer Sheet” for discussion points</li> </ul>
<b>Kangaroo Jump Review</b> (pg 127) • <i>Taking JIFF Home</i>	<ul style="list-style-type: none"> <li>Delete paragraph</li> <li>Replace with “Review and distribute the Kangaroo Jump Lesson 7: Choices for good health (N616) newsletter to the children and ask them to give to an adult in their family. Distribute “My Physical Activity Log” to each child. Ask them to write down all of the activities they do for the next 24 hours and how long they do each activity. Tell the children that they do not have to complete the last 4 columns because they will be completing them in the next lesson as a class. Ask them to bring their log back the next day in turn it into the teacher or NPA.”</li> </ul>
<b>My Personal Physical Activity Log</b> (pg 127a)	<ul style="list-style-type: none"> <li>Insert handout “My Physical Activity Log, pg127a”</li> </ul>
<b>Family Newsletter</b> (pg 128-129)	<ul style="list-style-type: none"> <li>Delete the Family Newsletter and order “Kangaroo Jump Lesson 7: Choices for good health (N616) newsletter from Publications</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Kangaroo Jump 8: Celebrating JIFF</b>	
<b>Evaluation &amp; Celebration Background Basics</b> (pg 131) • <i>First column, first paragraph, last sentence</i> • <i>First column, second paragraph</i> • <i>Second column, paragraphs 1,2,3,4</i>	<ul style="list-style-type: none"> <li>Delete “Finally, they will complete the “JIFF Sound Off Survey.”</li> <li>Delete paragraphs</li> <li>Delete paragraphs</li> </ul>
<b>Heading for the Future- Setting</b>	<ul style="list-style-type: none"> <li>Replace with revised insert “Heading for the Future –</li> </ul>

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<b>JIFF Goals</b> (pg 133- 134)	Setting JIFF Goals”
<b>My Eating and Physical Activity Goal Sheet</b> (pg 135)	<ul style="list-style-type: none"> <li>• Delete</li> <li>• Replace with revised insert “My Healthy Eating and Physical Activity Goals”</li> </ul>
<b>Evaluation: The JIFF Sound Off Survey</b> (pgs136 – 145)	<ul style="list-style-type: none"> <li>• Delete</li> </ul>
<b>Party With Jiff the Joey</b> (pg 145) <ul style="list-style-type: none"> <li>• <i>Materials</i></li> <li>• <i>Procedure: During the meeting #2</i></li> </ul>	<ul style="list-style-type: none"> <li>• Add “Jump ropes with children’s name tags”</li> <li>• Change to “Call each participant by name into the center of the circle and give him or her a University of Missouri Extension apple graduation certificate and their jump rope to recognize his or her efforts.”</li> </ul>
<b>Jump Into Foods And Fitness participation certificate</b> (pg 146)	<ul style="list-style-type: none"> <li>• Replace with University of Missouri Extension apple graduation certificate, N960 and order from Publications</li> </ul>

<b>Change Location</b>	<b>JIFF Curriculum Change</b>
<b>Jump Into Foods &amp; Fitness Helpful Resources</b>	
<b>Helpful Resources</b> (pg 149) <i>Activity Materials</i> <ul style="list-style-type: none"> <li>• <i>Kids Activity Pyramid Handout, Michigan State University Extension.</i> <a href="http://www.msue.msu.edu/cyf/youth/jiff/index.html">http://www.msue.msu.edu/cyf/youth/jiff/index.html</a></li> <li>• <i>MyPyramid for Kids Poster and Handout</i> <a href="http://www.mypyramid.gov">http://www.mypyramid.gov</a></li> <li>• <i>Food Models-set of 185 colorful food picture cards with Nutrition Facts labels, United Dairy Industry of Michigan:</i> <a href="http://www.udim.org">http://www.udim.org</a></li> <li>• <i>Add</i></li> <li>• <i>Add</i></li> <li>• <i>Add</i></li> </ul>	<ul style="list-style-type: none"> <li>• Change to “MyActivity Pyramid handout (N386) and MyActivity Pyramid poster (MP687) and order from Publications</li> <li>• Change to “MyPyramid for Kids handout (N945) and MyPyramid for Kids poster (N946) and order from Publications</li> <li>• Change to “Food Models will be provided by University of Missouri Extension campus staff.”</li> <li>• Jump ropes will be provided by University of Missouri Extension campus staff.</li> <li>• All lesson handouts can be downloaded at S:\MuCampus\HES\FNEP\JIFF</li> <li>• Order family newsletters for each lesson from Publications</li> </ul>
<b>Internet Resources by Topic</b> (pg 149-150) <ul style="list-style-type: none"> <li>• <i>Bone Health- United Dairy Industry of Michigan:</i> <a href="http://www.udim.org">www.udim.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• Replace with “St. Louis District Dairy Council: <a href="http://www.stldairycouncil.org">www.stldairycouncil.org</a>” and “Midwest Dairy Association: <a href="http://www.midwestdairy.com">www.midwestdairy.com</a>”</li> </ul>

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<ul style="list-style-type: none"> <li>• <i>Food Labels- Food and Drug Association- Food Labeling and Nutrition:</i> <a href="http://www.cfsan.fda.gov/~dms/lab-gen.html">www.cfsan.fda.gov/~dms/lab-gen.html</a></li> <li>• <i>Fruits and Vegetables- Eat 5 to 9 A Day Program:</i> <a href="http://www.5aday.nci.nih.gov">www.5aday.nci.nih.gov</a></li> <li>• <i>Fruits and Vegetables- Fruits &amp; Vegetables Galore:</i> <a href="http://www.fns.usda.gov/tn/resources">www.fns.usda.gov/tn/resources</a></li> <li>• <i>Healthy School Environment- Fit, Healthy and Ready to Learn:</i> <a href="http://www.emc.cmich.edu/healthyweight">www.emc.cmich.edu/healthyweight</a></li> <li>• <i>Healthy School Environment- Healthy School Action Tool:</i> <a href="http://www.mihealthtools.org/school">www.mihealthtools.org/school</a></li> <li>• <i>Add under Healthy School Environment</i></li> <li>• <i>National Organizations- FDA Center for Food Safety and Applied Nutrition</i> <a href="http://www.vf.cfsan.fda.gov">www.vf.cfsan.fda.gov</a></li> <li>• <i>U.S. Department of Agriculture Resource Library:</i> <a href="http://www.fns.usda.gov/tn/resources">www.fns.usda.gov/tn/resources</a></li> <li>• <i>Add</i></li> </ul>	<ul style="list-style-type: none"> <li>• Replace web address with <a href="http://www.cfsan.fda.gov/label.html">www.cfsan.fda.gov/label.html</a></li> <li>• Delete- address not valid</li> <li>• Replace web address with: <a href="http://www.fns.usda.gov/tn/Resources/fv_galore.html">http://www.fns.usda.gov/tn/Resources/fv_galore.html</a></li> <li>• Replace web address with: <a href="http://www.nasbe.org/HealthySchools/fithealthy.html">http://www.nasbe.org/HealthySchools/fithealthy.html</a></li> <li>• Delete- address not valid</li> <li>• Model Missouri Wellness Policy: <a href="http://www.msbanet.org/policy_issues/policy/wellness.asp">www.msbanet.org/policy_issues/policy/wellness.asp</a></li> <li>• Replace the web address with: <a href="http://www.cfsan.fda.gov">www.cfsan.fda.gov</a></li> <li>• Replace the web address with: <a href="http://www.fns.usda.gov/tn/">www.fns.usda.gov/tn/</a></li> <li>• <b>Missouri</b> <ul style="list-style-type: none"> <li>○ Missouri Action for Healthy Kids: <a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a></li> <li>○ Missouri Association for Health, Physical Education, Recreation and Dance: <a href="http://hes.truman.edu/moahperd">http://hes.truman.edu/moahperd</a></li> <li>○ Missouri Department of Elementary and Secondary Education: <a href="http://www.dese.mo.gov">www.dese.mo.gov</a></li> <li>○ Missouri Department of Health and Senior Services: <a href="http://www.dhss.mo.gov">www.dhss.mo.gov</a></li> <li>○ Missouri Coordinated School Health Coalition: <a href="http://www.healthykidsmo.org">www.healthykidsmo.org</a></li> <li>○ University of Missouri Human Environmental</li> </ul> </li> </ul>
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	<p>Sciences Extension:  <a href="http://extension.missouri.edu/hes/">http://extension.missouri.edu/hes/</a></p>
<p><b>Surfing the ‘Net for Food, Nutrition &amp; Fitness Resources</b> (pg 151)</p> <ul style="list-style-type: none"> <li>• <i>First paragraph, last sentence</i></li> <li>• <i>Second paragraph, 1<sup>st</sup> sentence</i></li> </ul>	<ul style="list-style-type: none"> <li>• Change to “Reference to commercial products or trade names does not imply endorsement by Michigan State University Extension or University of Missouri Extension or bias against those not mentioned.”</li> <li>• Replace “MSU” with “University of Missouri”</li> </ul>
<p><b>Jump into Foods and Fitness Promotional and Registration brochure</b> (pg 152-153)</p>	<ul style="list-style-type: none"> <li>• Replace with JIFF marketing tool. Go to <a href="http://outreach.missouri.edu/fnep/marketing.htm">http://outreach.missouri.edu/fnep/marketing.htm</a> to download</li> </ul>