

JUMP INTO FOODS AND FITNESS

The Jump Into Foods and Fitness curriculum is designed to teach students, grades three through five, about healthy eating and physical activity. Each lesson includes opportunities for students to learn about and practice healthy eating and physical activity habits. A family newsletter, reinforcing classroom lessons, accompanies each lesson.

Jump Into Foods and Fitness (3rd-5th grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1-Pyramids for Health <ul style="list-style-type: none"> Students identify healthy foods and different types of physical activity by using MyActivity Pyramid and MyPyramid for Kids. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A4b
	Physical Education	PA3A3
2-Go the Distance with Grains <ul style="list-style-type: none"> Students increase their aerobic capacity as well as recognize that grains provide energy for activity. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	
3-High Five for Health <ul style="list-style-type: none"> Students participate in activities that encourage creative and cooperative movement. They identify a variety of fruits and vegetables. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B4
	Physical Education	PA1C3, PA3A3

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<p>4-Moooving & Motion</p> <ul style="list-style-type: none"> Students connect movement and activity with different muscles in the body. They recognize that the foods in the milk and meat and beans groups provide protein for muscles. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	FS1B3, ME2D4
	Physical Education	
<p>5-Power Up the Day</p> <ul style="list-style-type: none"> Students identify the benefits of breakfast. They practice working cooperatively through game strategies. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D4
	Physical Education	
<p>6-On the Go</p> <ul style="list-style-type: none"> Students identify healthy snacks from foods in the five food groups and plan “activity snacks” to ensure that they’re physically active all day long. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A4b, ME2D4
	Physical Education	PA1B3
<p>7-Choices for Good Health</p> <ul style="list-style-type: none"> Students learn how we need a variety in foods and physical activity. They analyze the information on the Nutrition Facts label. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2C3, ME2C5
	Physical Education	

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
8-Celebrating JIFF <ul style="list-style-type: none"> Students reflect on what they have learned. They set long-term food and fitness goals. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	

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