



JUMP INTO FOODS AND FITNESS

The Jump Into Foods & 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.

Lesson 1: Pyramids for health

Students are introduced to MyPyramid and MyActivity Pyramid. They learn how to use MyPyramid to achieve balanced diets by choosing a variety of foods, and how to use MyActivity Pyramid to choose the right amount of different physical activities. Students also learn proper hand washing techniques and when it is important to wash their hands.

Lesson 2: Go the distance with grains

Students identify foods in the grain group and learn about the connection between these foods, energy and physical activity. They learn about and practice aerobic activities using jump ropes. Students also learn basic kitchen safety rules.

Lesson 3: High 5 for health

Students learn the importance of eating fruits and vegetables for good health. They learn to wash fruits and vegetables carefully before eating them. Students participate in several aerobic activities to learn and experience how physical activity impacts heart rate.

Lesson 4: Moving and motion

Students learn that regularly working their muscles and eating foods from the meat and bean and the milk groups builds strong bones and muscles. Students also learn how to properly store milk products and meat and bean foods so they are safe to eat. Students participate in muscle-strengthening activities.

Lesson 5: Power up the day

Students learn the importance of eating breakfast, and they practice making decisions to keep breakfast foods safe to eat. Students experience and use physical activity game strategies.

Lesson 6: On the go

Students identify healthy snack foods from all of the food groups. They also review safe food handling practices when preparing snacks to be eaten away from home. Students demonstrate cooperation through physical activity.

Lesson 7: Choices for good health

Students learn how to read food labels so they can make healthy choices. They also work together in small groups to develop their own fun movement activities.

Lesson 8: Celebrating JIFF

Students apply the concepts of all of lessons to establish personal fitness and healthy eating goals. Successfully completing the lessons is celebrated.

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