

Jump Into Foods & Fitness (JIFF)



Agenda

- Review JIFF curriculum, guide sheets and handouts
- Explain use of jump ropes
- Discuss evaluation



What is the difference between:

- A jump?
- A hop?
- A leap?

Jump Into Foods & Fitness

- Developed by MSU
- Audience: 3rd to 5th grade
- Use: Less formal settings



Jump Into Foods & Fitness

- Eight 1- to -1 ½ hour units
- Subjects: Nutrition, Physical Activity, Food Safety



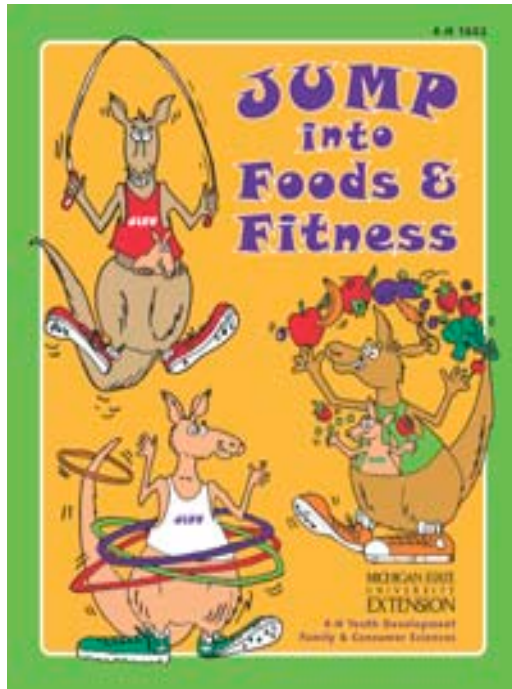
Jump Into Foods & Fitness



Why Kangaroos?

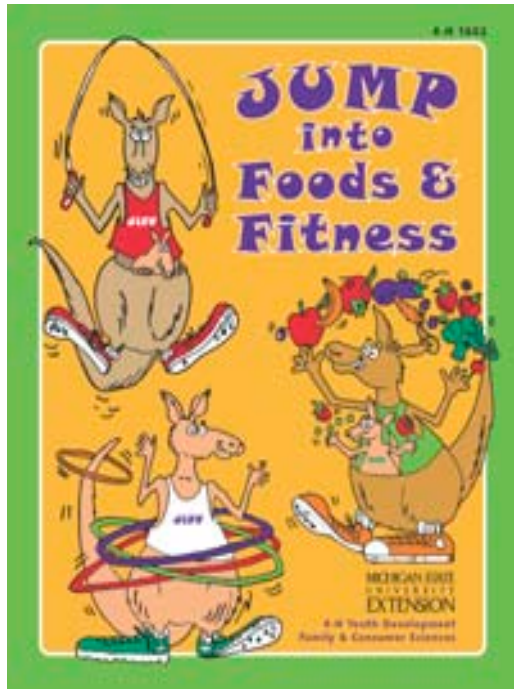
- Fascinating
- Fun
- Inspirational

JIFF Lessons



- Background Basics
- Attention Getters
- Learning Activities

JIFF Lessons (cont.)



- Focus on Food Safety
- Snack Suggestion
- Family Newsletter

JIFF Lessons

Attention Getters



- Ready, Set, Jump
- Ready, Set, Eat

Learning Activities



- 15-20 minute
- Includes
 - Objectives
 - Materials

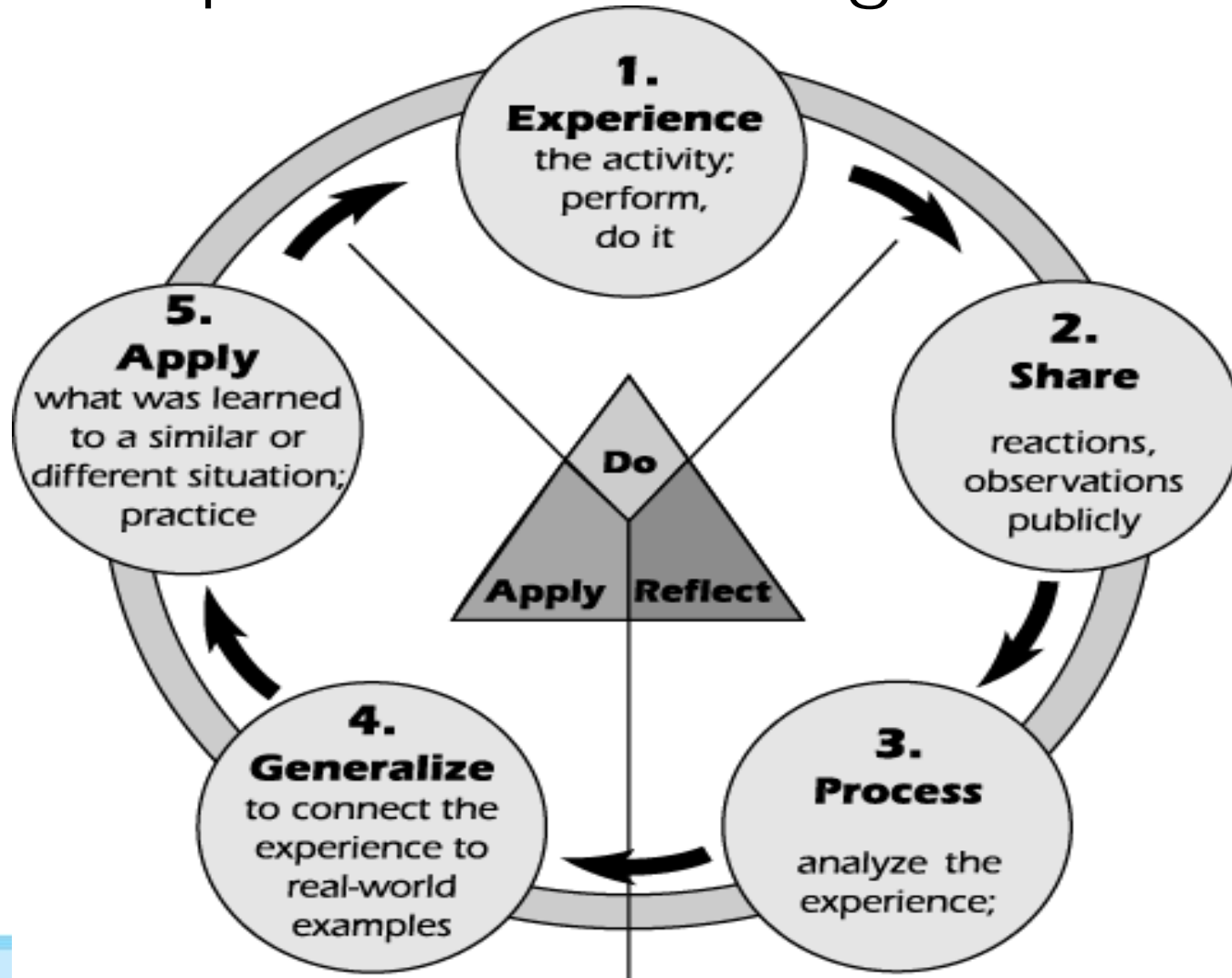
Learning Activities (cont.)



➤ Includes

- Time
- Procedure
- Talking It Over

Experiential Learning Model



Focus on Food Safety

Information on Food:



➤ Preparation

➤ Serving

➤ Storing

Snack Suggestions



- Recipe
- Involve children in preparation
- Tasting!
- Recipe in newsletter

Family Newsletters



- 7 newsletters
- Do NOT use those in curriculum
- Order from Publications N610-N616

JIFF Guide Sheet

Significant Physical Activity Changes

- Use MyActivity Pyramid
- Stretch: 10-30 seconds
- Length of physical activity



JIFF Guide Sheet

Significant Physical Activity Changes (cont.)

- Measuring heart beat
- Jump ropes
- Muscle Mania



Muscle Mania

Share It

- What muscles did each activity exercise?
- Where do you find strength-building activities on the MyActivity Pyramid?



Muscle Mania

Process It

- What other activities can you do to build your muscles?



JIFF Guide Sheet

Significant Nutrition Changes

➤ Recipes

- Almost-A-Pyramid Sundae
- Wholey Great Grains Mix
- Crunchy Bananas



JIFF Guide Sheet

Significant Nutrition Changes

- Deleted several food/physical activity record handouts



Handouts

- Copy-ready originals
- Posted on share drive
- Revised Background materials



Handouts (cont.)

- Revised lesson plans
- JIFF marketing handout on FNEP website
- Use the current fiscal year's current fiscal year's Teacher Observation and Behavior Report



My Physical Activity Log

What Activity Did You Do?	For how many minutes?	Where Does Your Activity Fit on the MyActivity Pyramid?			
		Everyday Activity	Aerobic Recreational	Flexibility Strength	Inactivity
walk to school	10	x			
PE -basketball	30		x		
Recess-tag	15		x		
X-box	120				x
Soccer	60		x		
TV	120				x
Total Minutes:	115				

My Healthy Eating and Physical Activity Goals

Name _____ Date _____

Eating habits	never	sometimes	most of the time	always
Think about what you usually eat for breakfast, lunch, dinner and snacks. Every day, do you...				
1. Wash your hands before making or eating any food?				
2. Eat whole-grain foods, such as whole-wheat bread or whole-grain cereal?				
3. Eat two or more fruits?				
4. Eat three or more vegetables?				
5. Drink milk or eat yogurt or cheese at least 3 times?				
6. Eat breakfast?				

In the future, I want to:



Physical activity goal:

Healthy eating goal:



Funded in part by USDA SNAP.
Raising out of money for food! Contact your local food stamp office or go online to dca.mo.gov/foodstamp. For more information call MU Extension's Show-Me Nutrition line at 1-888-215-0116.

Kangaroo Jump & Celebrate JIFF - 135
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Jump Ropes



- Guide sheet
- For JIFF only
- Lesson 2, 7, 8
- Lengths
- Activities

Evaluation



➤ Teacher feedback

Marketing



- Promotion handout on FNEP marketing website

Questions?

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