

Incorporating Nutrition Education and Physical Activity Curricula Into the Day

Before/After School

Classroom

Family/Community

Extracurricular



Jump into Foods and Fitness (JIFF)

PUBLICATION DATE: revised 2006

INTENDED AUDIENCE:

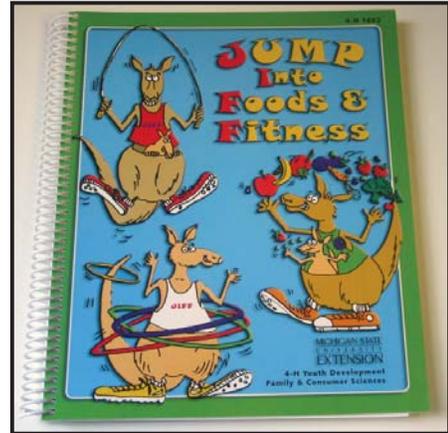
Grades 3-5, ages 8-11 (adaptable to younger (ages 5-7), older children (aged 12+))

LANGUAGE: English

FORMAT: Print, spiral-bound notebook

DESCRIPTION:

JIFF (Jump into Foods and Fitness) is a hands-on, research-based (Experiential Learning model) curriculum that utilizes "Joey," a kangaroo, as the age-appropriate character to appeal to youth as they learn about the importance of nutrition, increased physical activity, and food safety. The curriculum format contains eight 60- to 90-minute "Kangaroo Jumps" sessions. Each individual session includes clearly defined objectives and learning life skills. Individual activities, however, can also stand alone. Jiff may be taught by adults (volunteers, professionals, parents as well as older youths). There is no formal training required or provided. To assist the instructor, JIFF includes a program summary, facilitator background on child learning, youth development, tips for working with children and adapting JIFF materials for a variety of settings, as well as general implementation information, eight detailed lesson plans with copy-ready handout/templates, and a resource list. Also provided are background basics for fitness and nutrition for the facilitator, icebreakers and "Attention Getters," several learning activities with summary/reflection guides and reproducible handouts, healthy snack recipes and activity suggestions, family newsletter and additional resources, including Web links. A pre- and post-assessment is also available. JIFF was revised in 2006 to reflect the 2005 Dietary Guidelines and MyPyramid.



COST: \$13 each

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

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WEB SITE: <http://www.msue.msu.edu/cyf/youth/jiff/index.html>

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ReCharge!

PUBLICATION DATE: 2005

INTENDED AUDIENCE:

Grades 3-5

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

ReCharge! is an after-school curriculum that focuses on four concepts - Energy In, Energy Out, Teamwork, and Goal setting. The curriculum contains three modules for a total of 29 activities. Each module has 9-10 activities ranging from 30-60 minutes.

Energy In and Energy Out trackers are provided. The Energy In tracker comes in three levels – Rookie, Veteran and All-Pro. The trackers are a motivational tool. It is recommended that the tracker be used for one week or ideally for six weeks.

The objectives for each activity are clearly stated. The curriculum is well organized and interactive. In selected activities, older children are encouraged to mentor younger peers. A Coach's Clipboard provides the educator with nutrition and physical activity research. Educator preparation to teach the activities is moderate. No training is required, however an online training tool is provided for beginner educators. A Home Field newsletter (English/Spanish) is provided to extend the activity to the family. Families can choose to coach or participate. Parent participants are provided with blank tracking forms to track their nutrition and physical activity. The curriculum provides information on healthy snacks.

Children start by making three healthy nutrition choices from a list provided. The activities get progressively challenging as children's knowledge and skills increase. ReCharge! meets national standards for health education. National Football League's (NFL) football basics and trading cards are provided. The curriculum culminates with a Field Day to showcase to other students, families and community what was learned. No pre- or post-assessment is provided.

COST: \$225

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

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