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Connecting Jump Into Foods and Fitness to Michigan Health Education Content Standards

In 2004, the Michigan State Board of Education adopted the “Policy on Comprehensive School Health Education,” which stated that “all students should be taught the essential knowledge and skills they need to become ‘health literate,’ making the healthiest choices available, and avoiding those behaviors that can cause damage to their health and well-being.” (The policy is available at www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf). The Jump Into Foods and Fitness curriculum strongly connects to this policy goal and to Michigan health education content standards and benchmarks (<http://www.emc.cmich.edu/cshp/hebench.htm>) and the standards from the Michigan Model for Comprehensive School Health Education (<http://www.emc.cmich.edu/mm/default.htm>).

MICHIGAN STATE UNIVERSITY EXTENSION

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Connections to Michigan Health Education Content Standards

The learning activities of the Jump Into Foods and Fitness program connect to the following Michigan Health Education early elementary benchmarks:

Applied Health Concepts

(All students will apply health promotion and disease prevention concepts and principles to personal, family and community health issues.)

- Recognize that personal health behaviors influence an individual’s well-being.

Health Behaviors

(All students will practice health enhancing behaviors and reduce health risks.)

- Identify responsible health behaviors.
- Demonstrate strategies to improve or maintain personal health.

Goal-Setting and Decision-Making

(All students will use goal-setting and decision-making skills to enhance health.)

- Demonstrate the ability to apply a decision-making or problem-solving process to health issues and problems.



- Set a personal health goal and track progress toward its achievement.

Connections to the Michigan Model for Comprehensive Health Education

The Michigan Model for Comprehensive School Health Education is currently being implemented in over 90 percent of Michigan’s public schools and more than 200 private and charter schools. The charts below indicate how the learning activities of the Jump Into Foods and Fitness program connect to the scope and sequence of the Michigan Model. (Note: The Michigan Model for Comprehensive School Health Education is currently being updated. The following information will be changed to reflect the revisions in early 2007.)

Kangaroo Jump 1:

Pyramids for Health

Project Skills

In this Kangaroo Jump, the children will:

- Identify that being healthy involves eating a variety of foods and being physically active.
- Follow stop-and-go signals.
- Perform a variety of fitness activities and indicate where they fit in the Kid's Activity Pyramid.
- Become familiar with the MyPyramid for Kids.
- Demonstrate the proper way to wash hands.

Learning & Life Skills

- Making healthy lifestyle choices
- Understanding nutrition information
- Exercising regularly
- Thinking critically (comparing and analyzing information)

Grade	Standards From the Michigan Model Scope & Sequence
3	<p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise for muscle health • Positive health habits <p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Problem-solving and decision-making <p>Nutrition Education</p> <ul style="list-style-type: none"> • Definitions of “nutrition” and “nutrients” • Nutrient value of food
4	<p>Disease Prevention and Control</p> <ul style="list-style-type: none"> • Hand washing <p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective communication skills <p>Nutrition Education</p> <ul style="list-style-type: none"> • Food group pyramid • Health benefits of each food group • Serving sizes, number of servings • Foods that promote dental health • Nutritious snack foods • Preventing food-borne illness
5	<p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise keeps the respiratory system healthy • Behaviors to prevent the spread of disease: hand washing <p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective teamwork • Listening skills • Decision-making and problem-solving skills <p>Nutrition Education</p> <ul style="list-style-type: none"> • Healthy snacking

Kangaroo Jump 2:

Go the Distance With Grains

Project Skills

In this Kangaroo Jump, the children will:

- Practice warm up, high energy and cool down activities.
- Make their own jump ropes.
- Identify foods in the grain group.
- Describe the connections among grain group foods, physical activity and energy.
- Identify safe food handling practices in the kitchen.

Learning & Life Skills

- Working with a partner
- Constructing fitness equipment (jump ropes)
- Understanding nutrition information

Grade	Standards From the Michigan Model Scope & Sequence
3	<p>Personal Health Habits</p> <ul style="list-style-type: none"> • Exercise for muscle health • Positive health habits <p>Nutrition Education</p> <ul style="list-style-type: none"> • Nutrient value of food
4	<p>Disease Prevention and Control</p> <ul style="list-style-type: none"> • Food-borne illness • Hand washing <p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective communication skills <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Preventing food-borne illness • Exercise and rest • Making a personal health plan <p>Nutrition Education</p> <ul style="list-style-type: none"> • Food group pyramid • Health benefits of food groups • Serving sizes, number of servings • Nutritious snack foods • Preventing food-borne illness
5	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Listening skills • Self-confidence and goal achievement <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise keeps the respiratory system healthy • Behaviors to prevent the spread of disease: hand washing • Exercise, sleep and rest relieve stress <p>Nutrition Education</p> <ul style="list-style-type: none"> • Healthy snacking • Relate snacks to food groups

Kangaroo Jump 3:

High Five for Health

Project Skills

In this Kangaroo Jump, the children will:

- Learn about a good warm-up and proper cool down stretches.
- Learn that eating fruits and vegetables helps to keep them healthy.
- Participate in a vigorous fitness activity as a team.

Learning & Life Skills

- Being creative
- Practicing teamwork
- Learning about and making healthy lifestyle choices

Grade	Standards From the Michigan Model Scope & Sequence
3	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Problem-solving and decision-making <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise for muscle health • Positive health habits <p>Nutrition Education</p> <ul style="list-style-type: none"> • Definitions of nutrition and nutrients • Nutrient value of food
4	<p>Disease Prevention and Control</p> <ul style="list-style-type: none"> • Hand washing <p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective communication skills <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise and rest • Sharing health messages <p>Nutrition Education</p> <ul style="list-style-type: none"> • Food group pyramid • Health benefits of each food group • Serving size, number of servings • Nutritious snack foods • Preventing food-borne illness
5	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective teamwork • Listening skills • Decision-making and problem-solving skills • Managing stress <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise, sleep and rest relieve stress • Exercise keeps respiratory system healthy • Behaviors to prevent the spread of disease: hand washing <p>Nutrition Education</p> <ul style="list-style-type: none"> • Healthy snacking • Relate snacks to food groups • Snacking as a part of a healthy and balanced diet

Kangaroo Jump 4: Moooving & Motion

Project Skills

In this Kangaroo Jump, the children will:

- Learn that strong bones and muscles result from eating foods from the milk group and the meat and beans group and from working the muscles regularly.
- Learn the names and movements for 12 human muscle groups.
- Increase their awareness of the plant and animal sources of foods in the milk and meat food groups.

Learning & Life Skills

- Understanding nutrition information
- Developing muscle knowledge
- Keeping personal space

Grade	Standards From the Michigan Model Scope & Sequence	
3	Emotional and Mental Health <ul style="list-style-type: none"> • Problem-solving and decision-making Personal Health Practices <ul style="list-style-type: none"> • Exercise for muscle health • Positive health habits 	Nutrition Education <ul style="list-style-type: none"> • Definition of nutrition and nutrients • Nutrient value of food
4	Disease Prevention and Control <ul style="list-style-type: none"> • Hand washing • Food-borne illness Emotional and Mental Health <ul style="list-style-type: none"> • Effective communication skills Personal Health Practices <ul style="list-style-type: none"> • Preventing food-borne illness • Exercise and rest • Sharing health messages 	Nutrition Education <ul style="list-style-type: none"> • Food group pyramid • Health benefits of each food group • Serving sizes, number of servings • Nutritious snack foods • Preventing food-borne illness
5	Emotional and Mental Health <ul style="list-style-type: none"> • Effective teamwork • Listening skills • Decision-making and problem-solving skills • Managing stress Personal Health Practices <ul style="list-style-type: none"> • Exercise, sleep and rest relieve stress • Exercise helps keep the respiratory system healthy • Behaviors to prevent the spread of disease: hand washing 	Nutrition Education <ul style="list-style-type: none"> • Healthy snacking • Relate snacks to food groups • Snacking as a part of a healthy and balanced diet

Kangaroo Jump 5: Power Up the Day

Project Skills

In this Kangaroo Jump, the children will:

- Learn that they can eat any nutritious food for breakfast.
- Learn that eating breakfast and beginning their day with physical activity gives the day a bright start.

Learning & Life Skills

- Making healthy lifestyle choices
- Developing strategies
- Working with groups

Grade	Standards From the Michigan Model Scope & Sequence
3	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Problem-solving and decision-making • Acceptance of differences <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise for muscle health • Positive health habits
4	<p>Disease Prevention and Control</p> <ul style="list-style-type: none"> • Hand washing • Food-borne illness <p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective communication skills <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Preventing food-borne illness • Exercise and rest • Making a personal health plan <p>Nutrition Education</p> <ul style="list-style-type: none"> • Nutritious snack foods • Preventing food-borne illness
5	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective teamwork • Listening skills • Decision-making and problem-solving skills <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Exercise, sleep and rest relieve stress • Behaviors to prevent the spread of disease: hand washing <p>Nutrition Education</p> <ul style="list-style-type: none"> • Healthy snacking • Snacking as a part of a healthy and balanced diet

Kangaroo Jump 6: On the Go

Project Skills

In this Kangaroo Jump, the children will:

- Identify snack foods from all of the food groups.
- Learn new ideas for “activity snacks” and food snacks.
- Learn to follow directions.

Learning & Life Skills

- Developing trust in a partner.
- Learning cooperation with a team
- Being creative
- Following a healthy lifestyle

Grade	Standards From the Michigan Model Scope & Sequence
3	<p>Personal Health Practices</p> <ul style="list-style-type: none"> • Positive health habits <p>Nutrition Education</p> <ul style="list-style-type: none"> • Definition of nutrition and nutrients • Nutrient value of food
4	<p>Disease Prevention and Control</p> <ul style="list-style-type: none"> • Hand washing <p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective communication skills <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Preventing food-borne illness • Exercise and rest • Sharing health messages • Making a personal health plan <p>Nutrition Education</p> <ul style="list-style-type: none"> • Food group pyramid • Health benefits of each food group • Serving sizes, number of servings • Nutritious snack foods • Preventing food-borne illness
5	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Effective teamwork • Listening skills <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Behaviors to prevent the spread of disease: hand washing <p>Nutrition Education</p> <ul style="list-style-type: none"> • Healthy snacking • Relate snacks to food groups • Snacking as a part of a healthy and balanced diet

Kangaroo Jump 7:

Choices for Good Health

Project Skills

In this Kangaroo Jump, the children will:

- Become aware that they can make decisions to be healthy through their food and activity choices.
- Participate in designing their own nutrition group games.

Learning & Life Skills

- Being creative
- Cooperating
- Preventing diseases
- Choosing a healthy lifestyle
- Gathering information
- Comparing alternatives
- Relaxing

Grade	Standards From the Michigan Model Scope & Sequence
3	Emotional and Mental Health <ul style="list-style-type: none">• Problem-solving and decision-making Personal Health Practices <ul style="list-style-type: none">• Positive health habits Nutrition Education <ul style="list-style-type: none">• Definition of nutrition and nutrients• Nutrient value of food
4	Disease Prevention and Control <ul style="list-style-type: none">• Hand washing Emotional and Mental Health <ul style="list-style-type: none">• Effective communication skills Personal Health Practices <ul style="list-style-type: none">• Making a personal health plan• Sharing health messages Nutrition Education <ul style="list-style-type: none">• Nutritious snack foods• Preventing food-borne illness
5	Emotional and Mental Health <ul style="list-style-type: none">• Effective teamwork• Listening skills• Decision-making and problem-solving skills Personal Health Practices <ul style="list-style-type: none">• Behaviors to prevent the spread of germs: hand washing, cover mouth Nutrition Education <ul style="list-style-type: none">• Healthy snacking• Food labeling

Kangaroo Jump & Celebrating JIFF

Project Skills

In this Kangaroo Jump, the children will:

- Provide feedback on their JIFF experience.
- Establish goals for their future fitness and eating choices.
- Celebrate the completion of the JIFF program.

Learning & Life Skills

- Choosing a healthy lifestyle
- Developing responsibility
- Thinking critically
- Making decisions
- Setting goals

Grade	Standards From the Michigan Model Scope & Sequence
3	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Expressing appreciation • Problem-solving and decision-making <p>Personal Health Practices</p> <ul style="list-style-type: none"> • Positive health habits
4	<p>Personal Health Practices</p> <ul style="list-style-type: none"> • Making a personal health plan
5	<p>Emotional and Mental Health</p> <ul style="list-style-type: none"> • Expressing appreciation • Decision-making and problem-solving skills