

## **Appendix C: The Ohio State University Extension Program and “Jump into Food and Fitness” Curriculum Overview**

### **ABOUT “JUMP INTO FOODS AND FITNESS”**

“Jump into Foods and Fitness” (JIFF) is a nutrition, food safety and physical activity curriculum written by faculty at Michigan State University. JIFF also includes parent newsletters. The content is developed from published research best-practices, including the USDA MyPyramid and Dietary Guidelines for Americans, 2005. The curriculum is designed for adult and teen volunteers, parents, professionals and others to use in working with children 8 to 11 to help them develop healthier lifestyles that will improve their overall health. The activities can easily be adapted for older or younger children.

### **TRAINING**

OSU Extension will organize training sites based upon the number of enrichment program directors whose sites are the recipients of the GOFBCI Feed Ohio grant. Presenters will include OSU Extension professionals with training and experience in youth nutrition education programming. One state-wide training conference is the minimum to be offered. Additional training conferences can be scheduled by request of leaders of this initiative.

### **PROPOSED TRAINING CONFERENCE CONTENT**

The proposed training requires 3 hours of direct contact with participants. Training topics include: Overview of JIFF Lessons and Content, Working with Groups and Experiential Learning Process, MyPyramid and Nutrition Background Basics, JIFF Nutrition and Food Safety Activities, Physical Fitness Background Basics, JIFF Fitness Activities and Adaptations, Sharing Session / Q&A, Paperwork and Evaluation. CEU’s will be applied for and if approved, available for conference participants.

### **PROPOSED BUDGET**

<b>EXPENSES PER PARTICIPANT</b>	
JIFF curriculum	\$13.50
OSU Extension Training Fee	10.00
CEU processing fee (offered at pre-registration)	5.00
Basic training resources to implement JIFF	10.00
<b>OPTIONAL EXPENSES TO BE DETERMINED PER PARTICIPANT</b>	
Physical activity teaching resources	TBD
Food safety activity teaching resources	TBD
Nutrition activity teaching resources	TBD