You can learn more about **JIFF** on the Michigan State Extension web site. The newly revised book using the updated MyPyramid from the USDA will be available late March or early April. On the web site you can download sample activities and newsletters. Check it out at:

http://web1.msue.msu.edu/cyf/youth/jiff/index.html

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services.

You are not required to be a nutrition or fitness expert to teach a **JIFF** session or any of the Healthy Oklahoma lessons. Training is available for you to assist Extension Educators working in the Healthy Oklahoma Impact to provide educational opportunities for Oklahoma youth. Through this education we can improve the health of our state. Become a partner and contact your County OSU Cooperative Extension Service Office.

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**Healthy Oklahoma**

Teaching Healthy Lifestyles
Using **JIFF**

So, what is **JIFF**?
**Jiff,** stands for “Jump Into Foods and Fitness”. This curriculum was developed, piloted, and reviewed by Michigan State University Extension as part of their 4-H Youth Development Program. These materials use kangaroos particularly “Jiff the Joey” as a mascot to guide youth through the lessons in the book. Kangaroos were selected because they are active and intriguing animals that fascinate children.

The curriculum has also been used in Oklahoma classrooms, after-school and summer programs.

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**What does JIFF offer?**

- Fun research-based curriculum for adults and older teens to teach youth ages 8 to 11 (grades 3-5)
- Curriculum is easily adapted to younger youth 5-7 or older youth 12 and up.
- Sessions teach nutrition, physical fitness, food safety, importance of breakfast and eating healthy snacks

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**How is JIFF organized?**

- There are 7 jumps or sessions designed to be 60 to 90 minutes. The jumps can be adapted for 30 to 45 minute sessions.
- The introduction includes objectives and the learning and life skills taught.
- There is background basics for both nutrition and fitness.
- Icebreakers and Attention Getters
- Learning Activities - 15-20 minute lesson teaching the nutrition and fitness concepts.
- Short focus lessons on Food Safety - lessons contain reproducible take home flyers and posters.
- Snack suggestions - theses are nutritious, tasty, low-cost and easy-to-make.
- “Take Home News” Family Newsletter - This is a reproducible newsletter informing parents what their child has learned in the current jump and ways they, as a family, can help each other to improve their health and fitness.