THE TEXAS DEPARTMENT OF AGRICULTURE PRESENTS

Farm Fresh JUMP WITH JILL LIVE TOUR

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ARE YOU READY TO ROCK?!

GET FREE MUSIC

jumpwithjill.com/listen

ACTIVITY BOOK GRADES K-2

YOUR NAME_____

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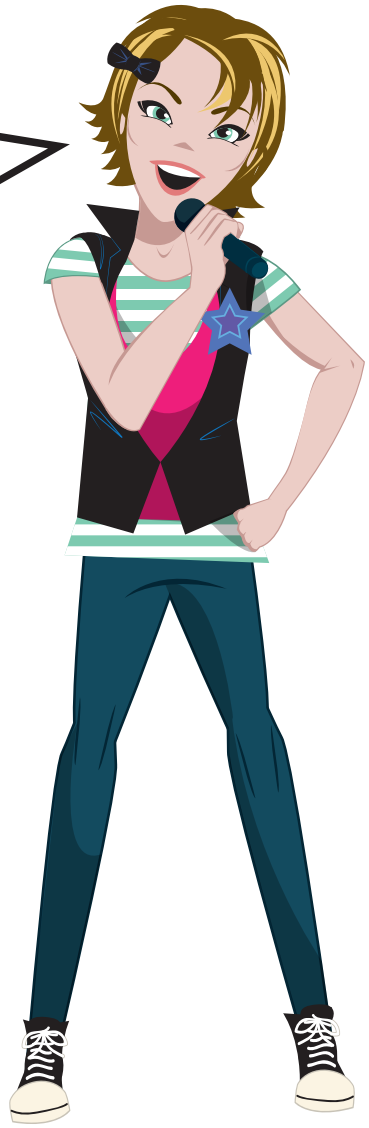
Hey there! Remember me? I'm Jill. I came to your school to sing about exercising and healthy eating. See, I love food and music so much that I made an entire show about it, starring me! It's called *Jump with Jill*.

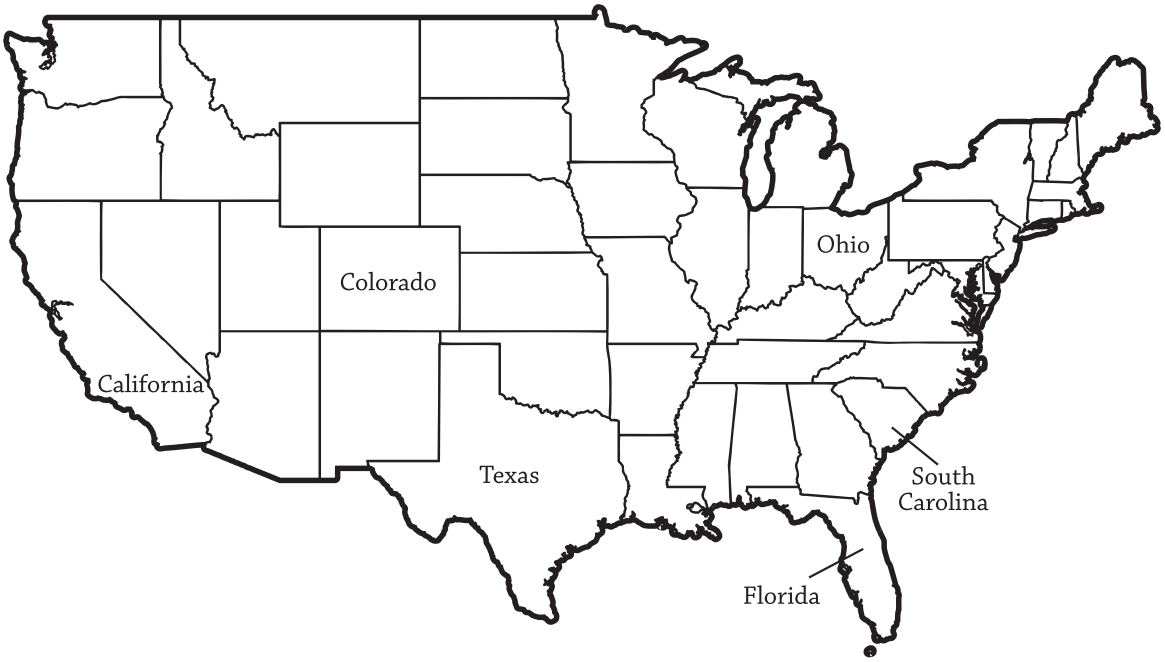
There are lots of words that rhyme with the action word in my show title, jump. How many can you think of? Write them below.

Pump

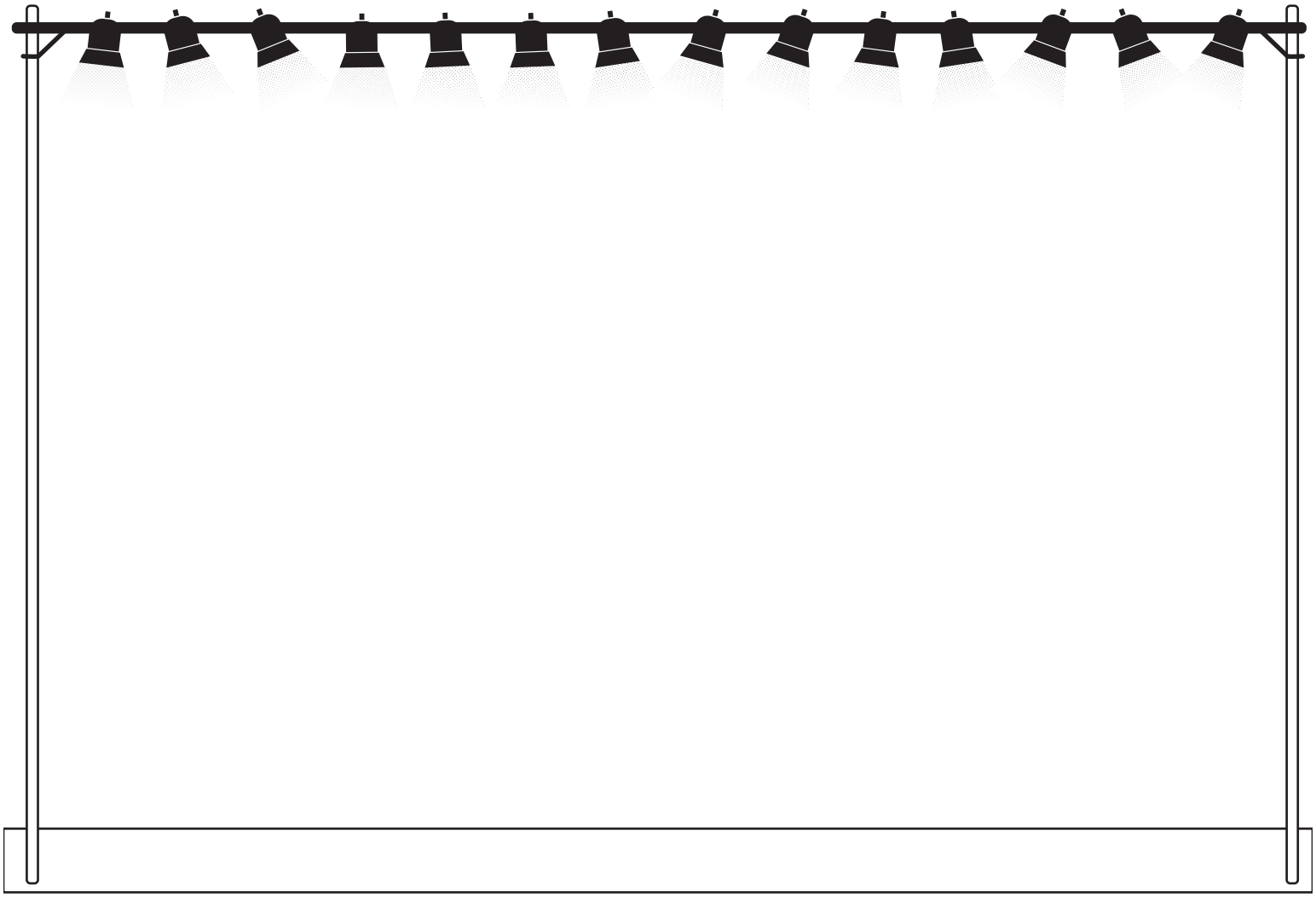


I travel all around the country performing my nutrition rock music. On this map of the United States:

- Put a star where you live
- Color in Texas
- Draw a line from Colorado to Florida
- Put a circle around Ohio
- Draw a tree in California
- Draw a beach umbrella in South Carolina



Remember the show? Draw a picture of what you remember the stage looking like when you saw the *Jump with Jill* show. Don't forget to include the set, the sound equipment, the lights, and the characters – Jill and DJ.



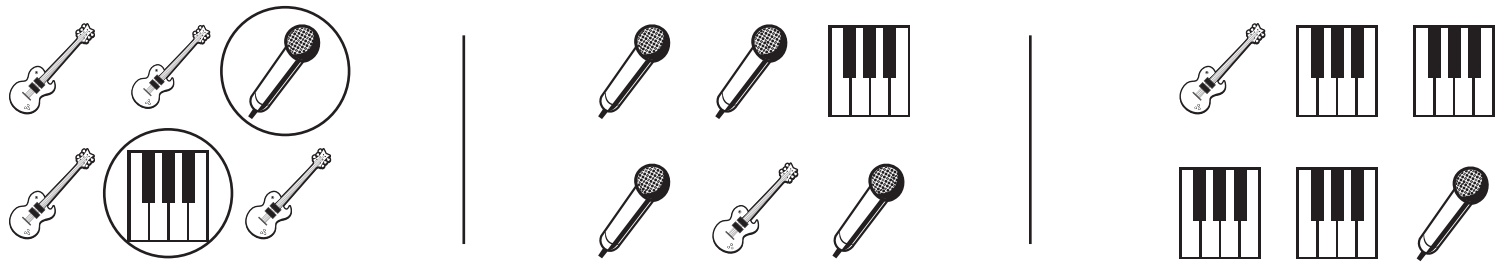
What healthy habits did we sing about in the show? Write or draw your answer.

What new food did you learn about in the show? Write or draw your answer.

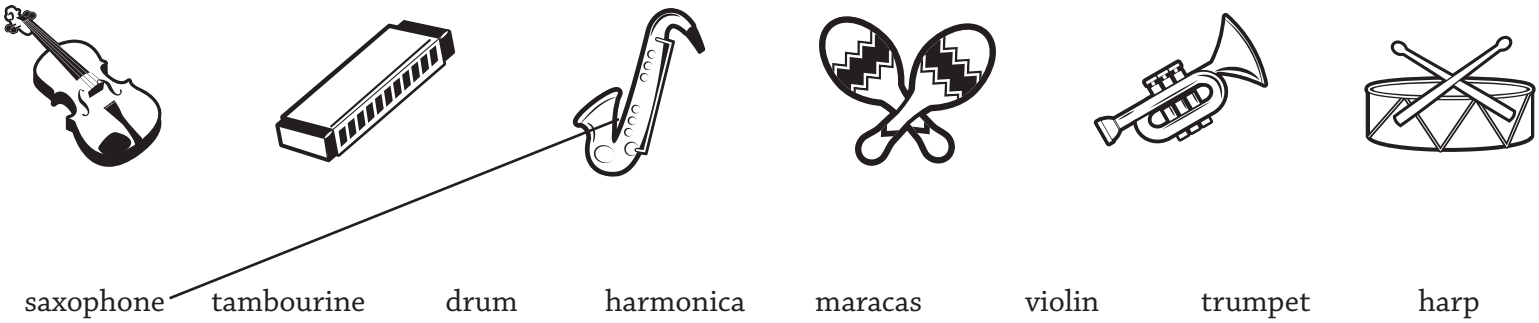
You made a promise in the *Jump with Jill* show to try a new vegetable within the next week. What vegetable do you plan on trying? Write or draw your answer.

I made you this activity book so we could learn even more about each other. Making healthy choices means you have to be smart, so you'll notice these activities use a lot of math, science, and writing. Don't worry. There is no test. This just helps you apply all the stuff you learn with your teacher to decisions you make every day, like what to eat.

Let's start with the music. I'm a musician, which means making music is my job. Music is how I express myself. I play guitar, piano, and sing. Circle the instruments that do not belong.



When I'm in the recording studio, I try out the sounds of new instruments. Draw a line from the instrument to its name.



Read the clue that describes what each instrument looks or sounds like. Write in the name of the instrument pictured above that matches the description below.

1. shakers that look like lollipops _____

2. a stringed instrument that looks like a tiny guitar _____

3. a piano you play with your mouth _____

4. a small, three buttoned brass instrument that looks like it's been tied into a knot _____

5. a brass instrument that is bent like a soup ladle _____

6. played with two wooden sticks and keeps the rhythm _____

What instrument is your favorite? Draw or write your answer.

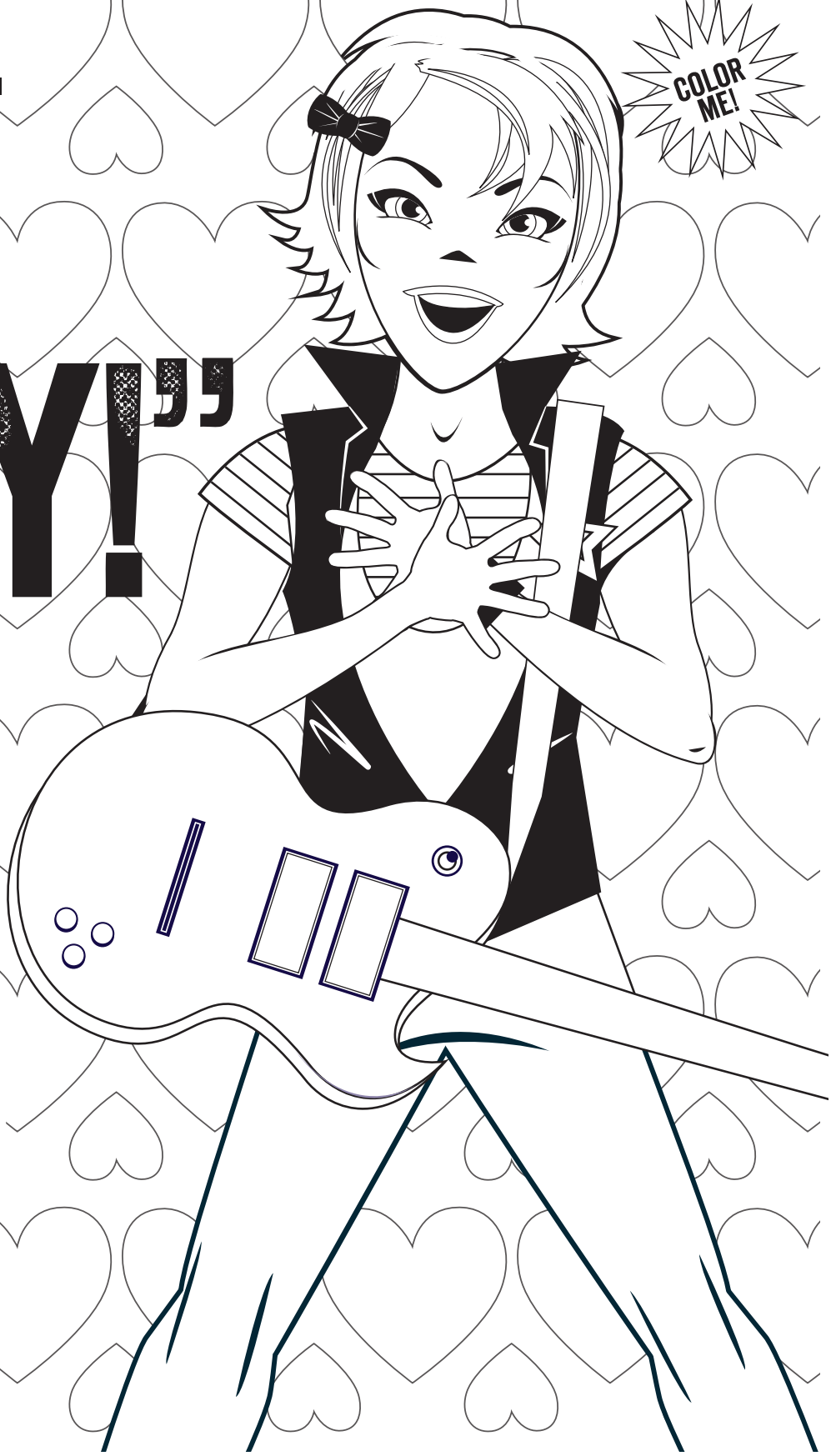
I eat healthy food in order to fuel my brain and body. A healthy brain helps me think creatively so I can make new music for you. Eating healthy also keeps me strong and allows me to do things that I love, like sing and dance. My body is my instrument!

Say it loud! Say it proud!

"THIS IS... MY BODY!"

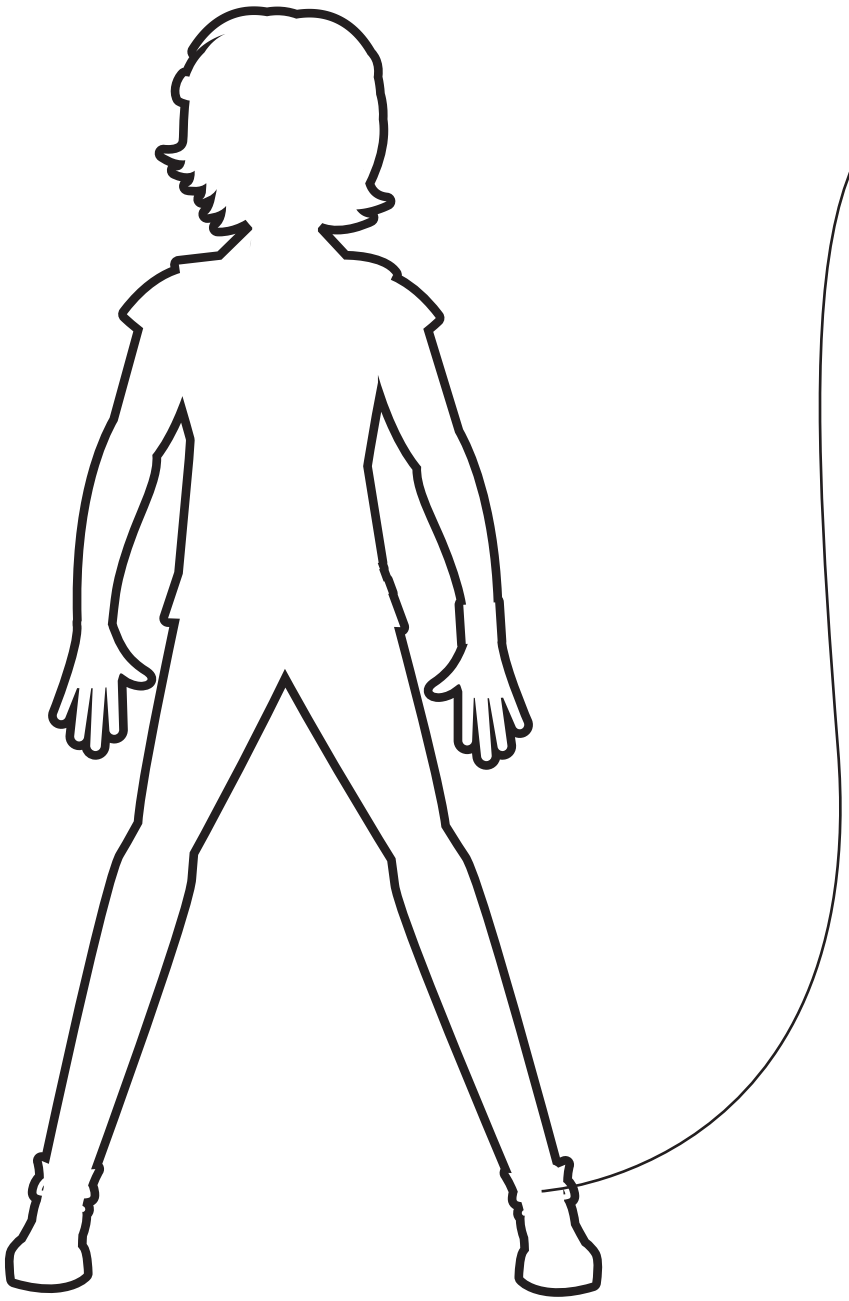
JUMP WITH JILL

COLOR ME!



You only get one. Exercise and eat healthy to show your amazing body the respect it deserves. YOU make the decisions around here.

Our amazing bodies can do so many amazing things! Draw a line from the word to where the body part should be.



WORD BANK

ANKLES

ARM

ARMPIT

BRAIN

ELBOW

FINGER

FOOT

HAND

HEART

HIPS

WRIST

KNEE

NECK

SHOULDER

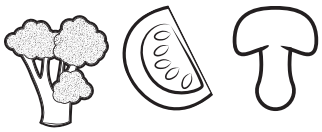
TOE

I love to dance and sing. What is your favorite thing to do with your amazing body? Draw or write your answer.

I am a musician and a registered dietitian. What would you like to be and why? Draw or write your answer.

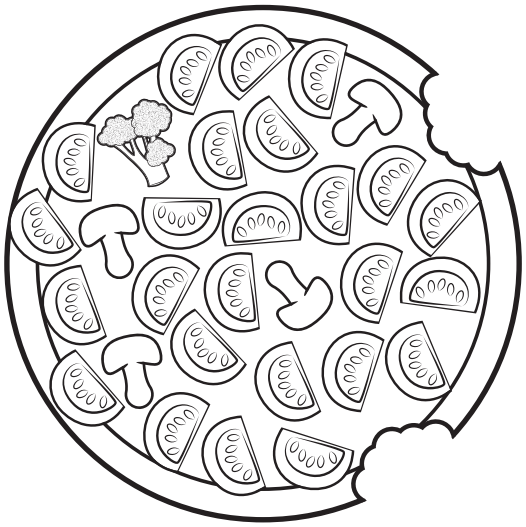
I was born to sing and dance about health. Some people call it weird; I say normal is overrated. No *body* is the same. We all have different looks, likes, and feelings that make us unique. Embrace your weird! Write or draw what makes you rock in the broccoli tops below.

Use what you learned from the *Jump with Jill* show, and a little about yourself, to create your veggie pizza!

The Crust	**Square:** boy **Round:** girl
The Cheese	**Yellow:** like the song *The Bone Rap* best **Orange:** like the song *The Beat of the Body* best
The Toppings 	**Green Broccoli:** number of brothers and sisters **Red Tomato Slices:** number of years old **Brown Mushrooms:** month of birthday 1- Jan, Feb, March 2 - April, May, June 3 - July, Aug, Sept 4 - Oct, Nov, Dec
Hungry?	1 - bite mark – like to play guitar best 2 - bite mark – like to sing best 3 - bite mark – like to dance best

Jill's Pizza: This is my pizza! I am a girl, I like the song *The Bone Rap* best, I have one brother, I am 25 years old (hey, that's a lot of tomatoes!), my birthday is in November, and I like to sing the best!

Now draw your pizza here!



The Road to Rockstar Status: Instructions

Being a rockstar like me means showing your body respect through healthy eating and exercise choices every day. There are lots of choices to make! It doesn't mean that every choice is the perfect choice. For example, when I tour with the show, it can be really hard to get fresh fruit. So I opt for a cup of applesauce or a box of raisins. Make the healthy choice as often as possible so you can be on the road to rockstar status. Use the numbers from these healthy habits to follow Jill. Take the ladders up and the slides down if you happen to land on those spaces!

1. **Jill brushed her teeth 2 times today.** Move 2 spaces and draw a tooth brush in the square.

2. **Jill slept for 9 hours last night.** Move 9 spaces and draw a moon where you land.

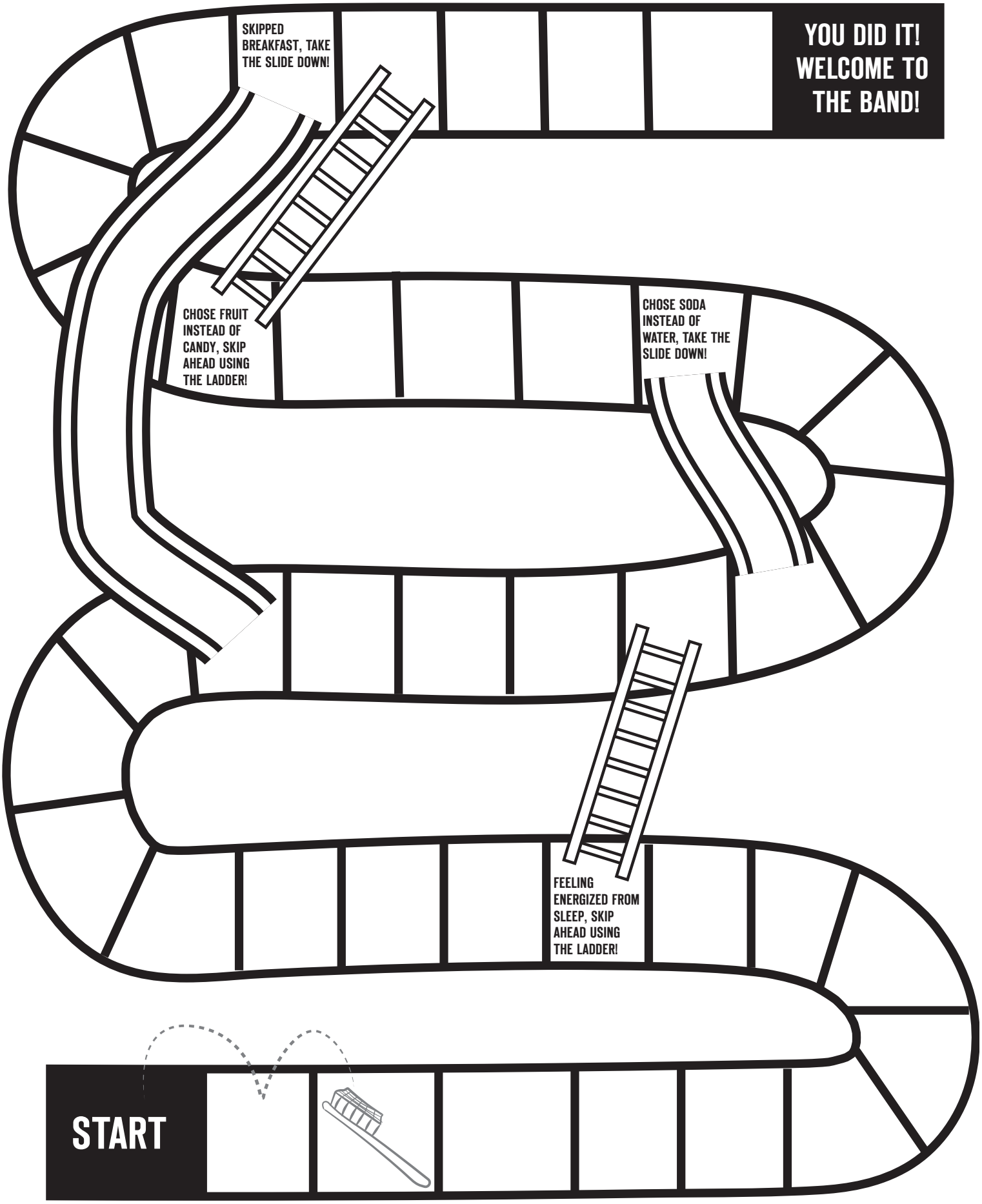
3. **Jill ate 3 servings of vegetables today.** Move 3 spaces and and draw a carrot where you land.

4. **Jill ate 2 servings of fruit today.** Move 2 spaces and draw an apple where you land.

5. **Jill drank 8 glasses of water today.** Move 8 spaces and draw a glass where you land.

6. **Jill exercised by playing basketball for 1 hour today.** Move 1 space and draw a heart where you land.

7. **With milk on her cereal at breakfast, milk with lunch, and a cheese stick as an after school snack, Jill ate 3 servings of low fat dairy today.** Move 3 spaces and see where you land.

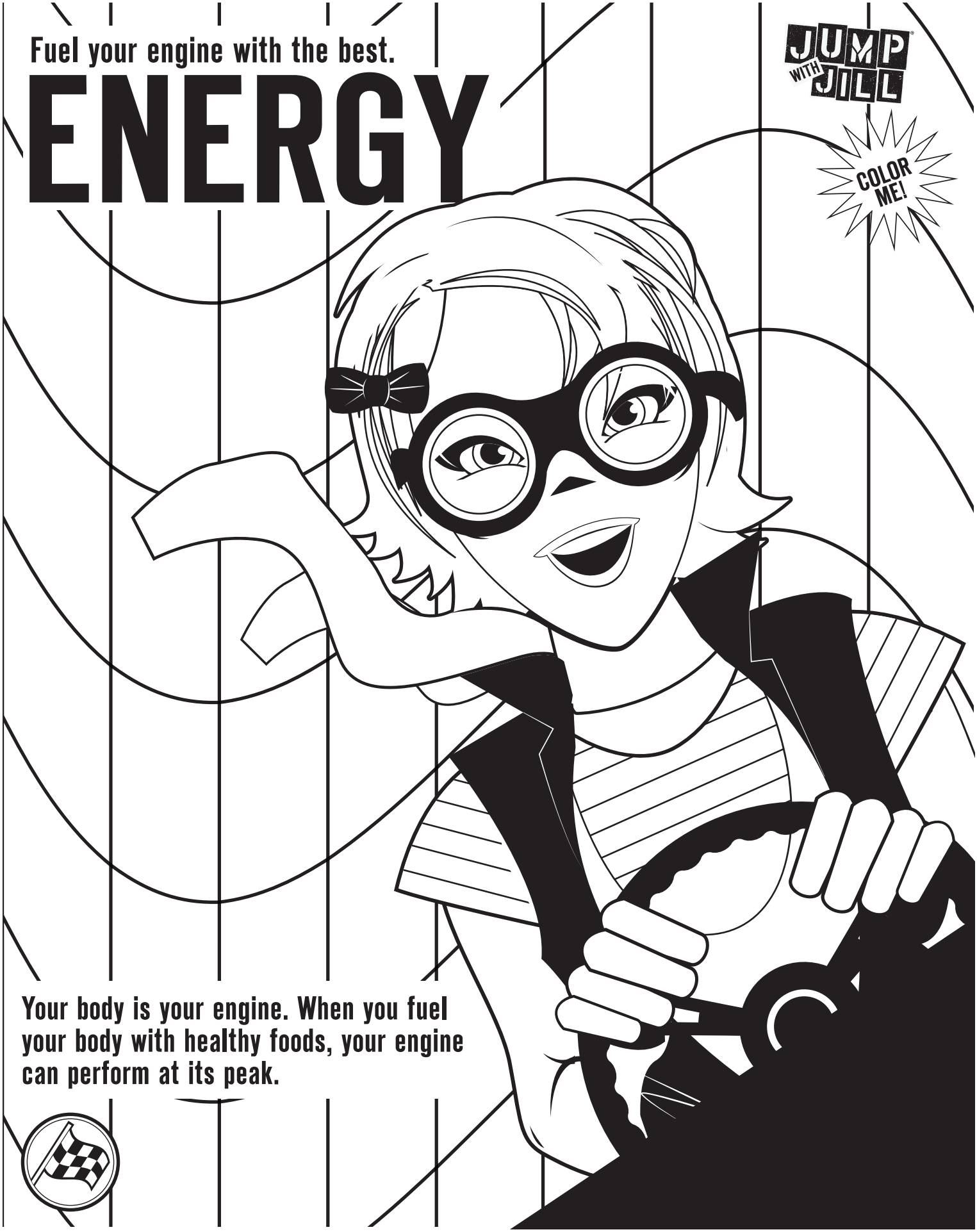

SKIPPED BREAKFAST, TAKE THE SLIDE DOWN!
YOU DID IT! WELCOME TO THE BAND!
CHOSE FRUIT INSTEAD OF CANDY, SKIP AHEAD USING THE LADDER!
CHOSE SODA INSTEAD OF WATER, TAKE THE SLIDE DOWN!
FEELING ENERGIZED FROM SLEEP, SKIP AHEAD USING THE LADDER!
START

Fuel your engine with the best.

ENERGY

JUMP WITH JILL

COLOR ME!



Your body is your engine. When you fuel your body with healthy foods, your engine can perform at its peak.

Each day, we need to get energy from healthy foods from each food group. Draw a line from a food word to the correct food group on the JillPlate, the *Jump with Jill* version of the USDA MyPlate.

WORD BANK

Cantaloupe

Low fat milk

Carrot

Eggs

Low fat yogurt

Beans

Broccoli

Tangerine

Whole wheat bread

Watermelon

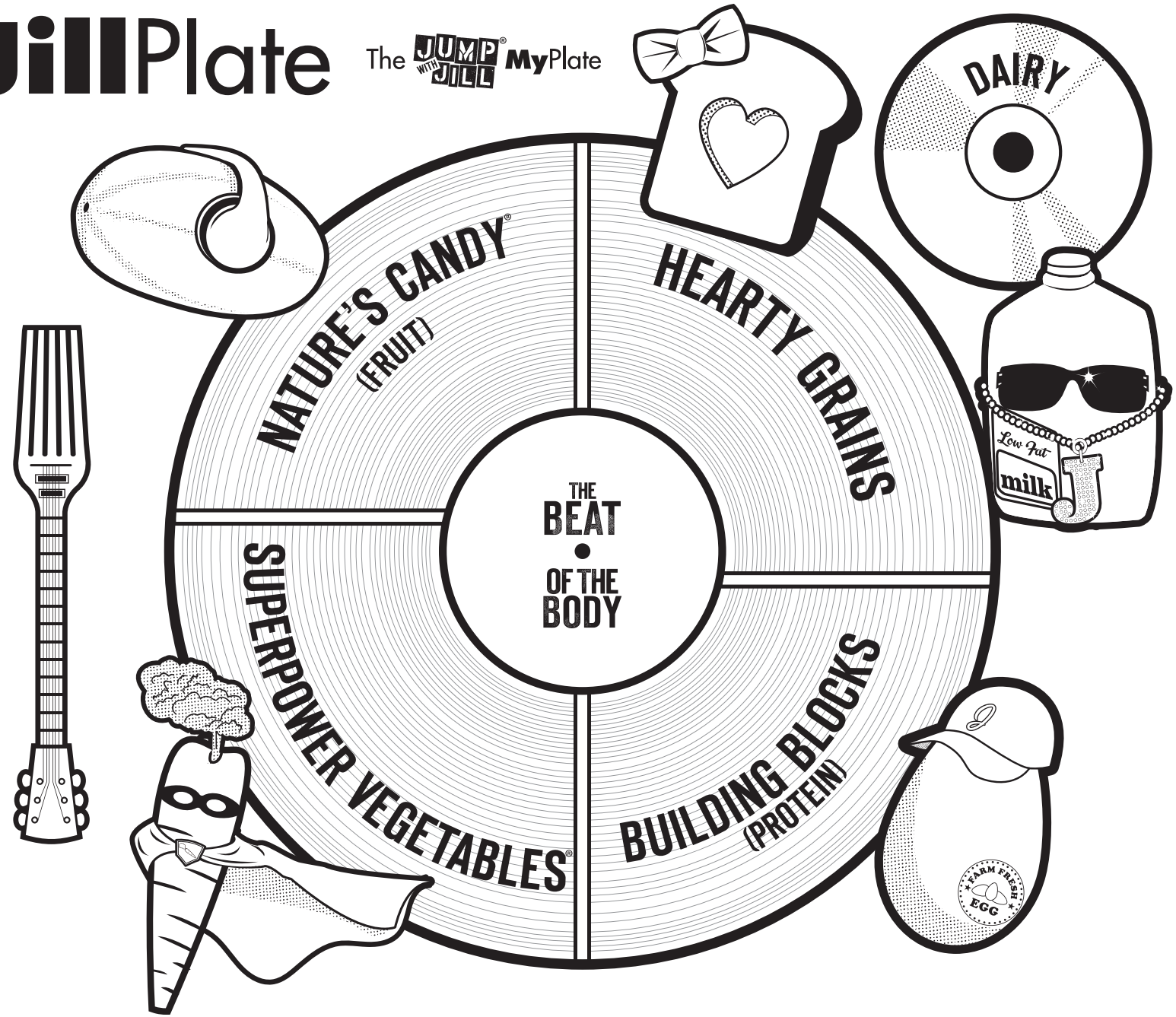
Brown rice

Fish

Whole grain cereal

JillPlate

The JUMP WITH JILL MyPlate

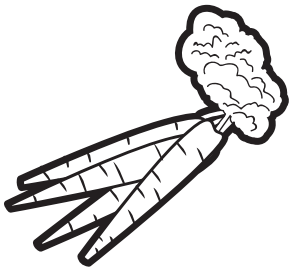


Can you solve these healthy food riddles?
Draw a line from the clue to the correct food.

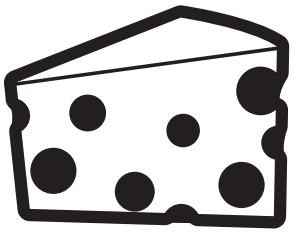
☐ a crescent-shaped yellow fruit that goes well with almond butter or sliced into cereal

☐ a drink that helps build strong bones

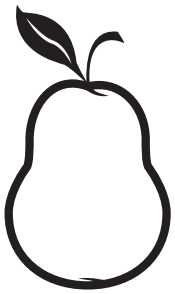
☐ a crunchy vegetable that rabbits love to eat



☐ a fruit like an apple that rhymes with share

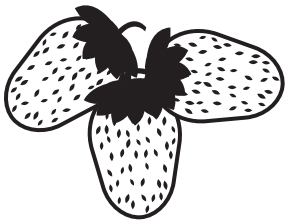


☐ a white or brown grain eaten with stir fry or in a burrito

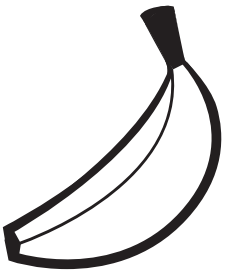


☐ a food made from milk that goes well on salad, pasta, and pizza

☐ also called legumes, this protein-rich food is also high in fiber

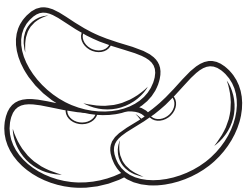


☐ a vegetable that can be eaten popped or right off the cob



☐ a fruit named for its color

☐ a fruit that starts with the first letter of the alphabet

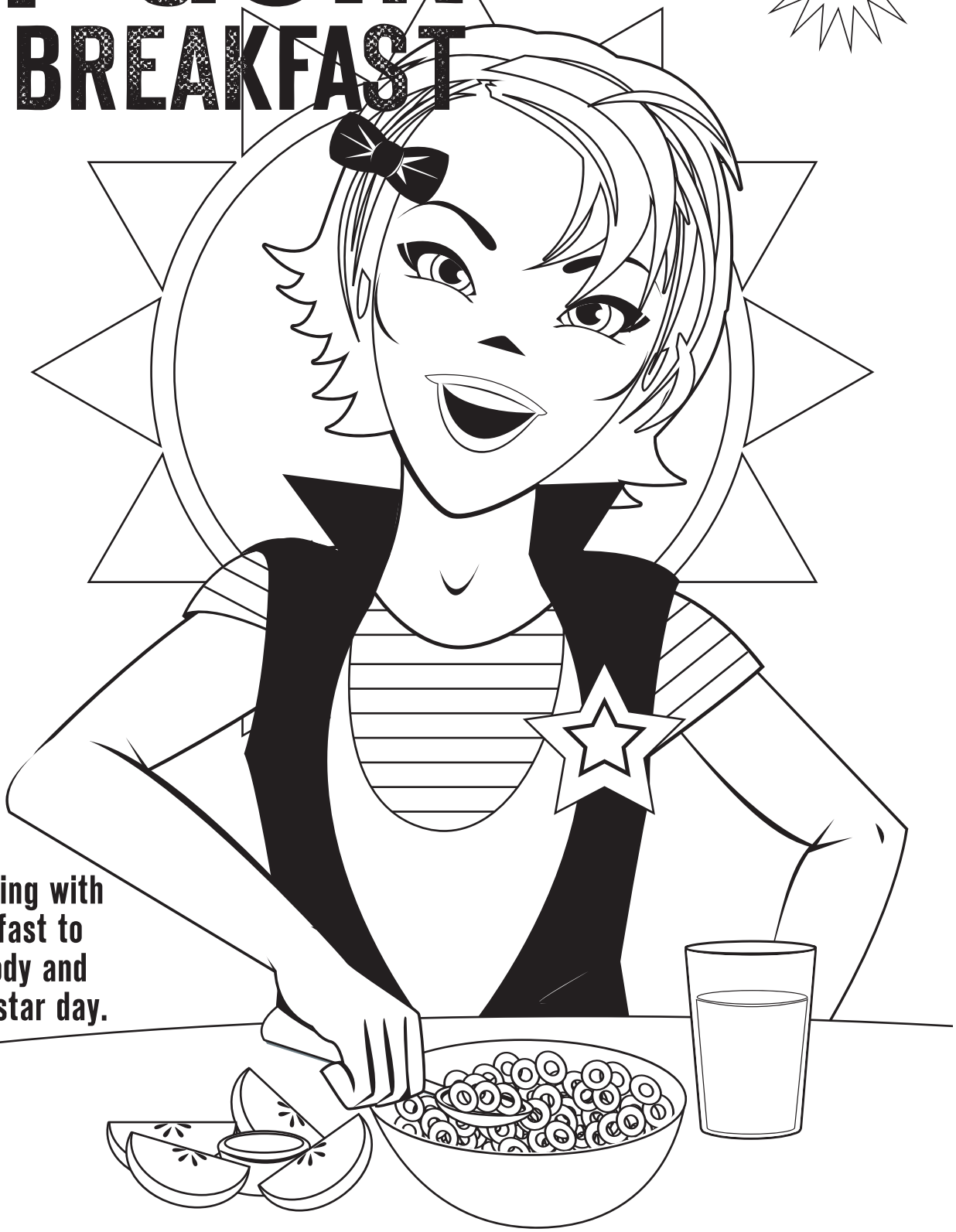


☐ a sweet, summer berry that begins with an “s”

RISE & SHINE!
GET GOIN' WITH BREAKFAST

JUMP WITH JILL

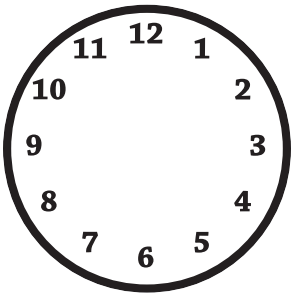
COLOR ME!



Start your morning with a healthy breakfast to activate your body and mind for a rockstar day.

I begin each day with the most important meal of the day… BREAKFAST! This morning, I ate a piece of whole grain toast. Then, I ate an egg. Third, I ate a banana. Draw a picture of what I ate for breakfast this morning. Then draw a number next to the foods you drew in the order they were eaten.

There are so many things I like to do in my day. That's why I start every day with breakfast, so I have the energy to do what I love. What time did you eat breakfast? Draw the hands on the clock face to show the time you ate breakfast this morning.



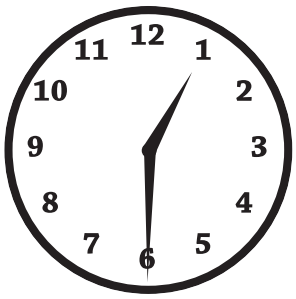
Draw a line to the correct clock.

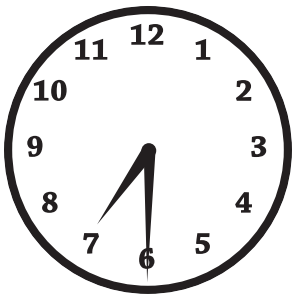
I eat a healthy breakfast at 8 a.m.

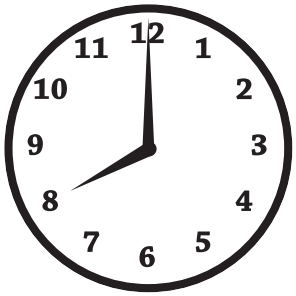
It takes 15 minutes to make a smoothie. If I start making a smoothie at 4 p.m., I will end at this time.

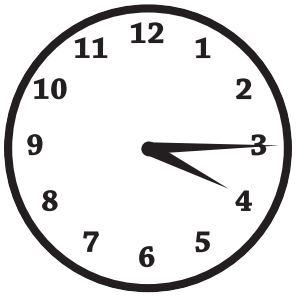
I spend an hour and a half exercising each day.
If I start exercising at 12 p.m., I will end at this time.

I eat dinner with my family at 7:30 p.m.





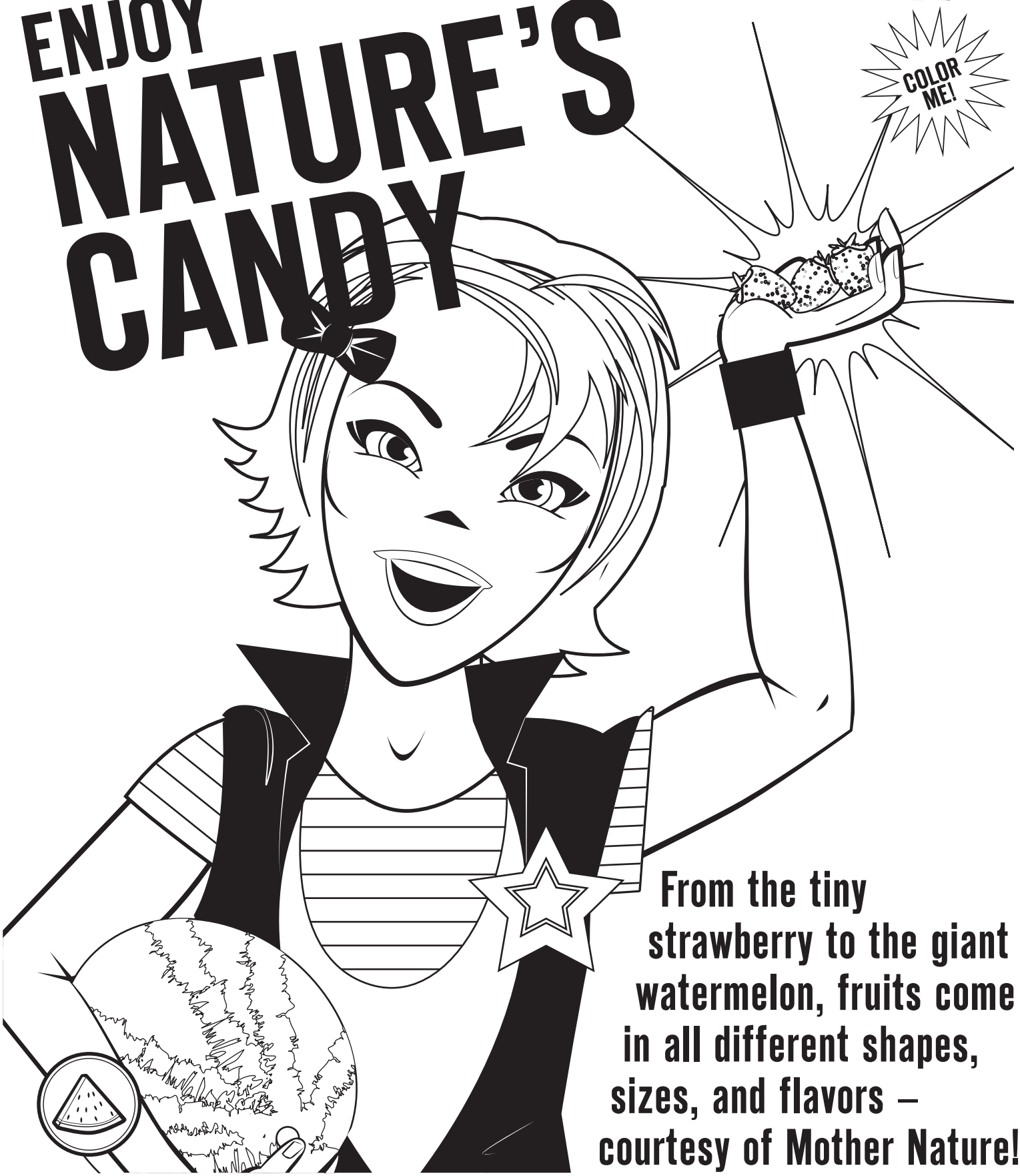




WHEN YOU'VE GOT A SWEET TOOTH, CHOOSE YOUR FAVORITE FRUIT!

JUMP WITH JILL

ENJOY NATURE'S CANDY

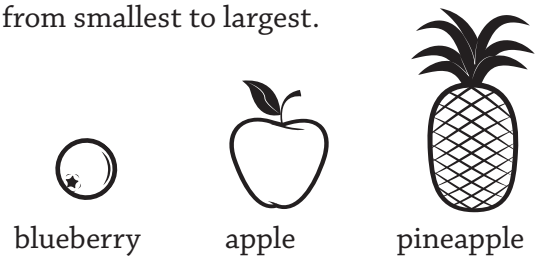


From the tiny strawberry to the giant watermelon, fruits come in all different shapes, sizes, and flavors – courtesy of Mother Nature!

Fruit is sweet like candy, but it's actually good for you. That's why I call fruit "Nature's Candy!" My favorite fruit is cantaloupe. What is your favorite fruit? Draw or write it.

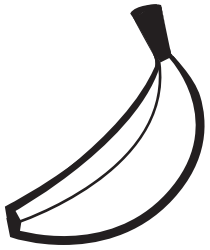
This Nature's Candy is _____.

I like fruits of all shapes and sizes. These fruits are drawn from smallest to largest.



Draw the fruits in order of smallest to largest: watermelon, strawberry, orange

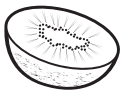
Fruits also make great smoothies. My favorite smoothie recipe is called FRUIT SMASH SUPREME. So to make some for the entire class, we'll need twelve bananas, twenty-two apples, ten mangos, fourteen blackberries, and thirteen kiwis. Write the number next to each fruit so we're sure to buy enough at the store. Then color the fruit using the code so we know what each fruit looks like.



12 _____

_____

CODE	
The banana is yellow.	The blackberry is purple.
The apple is red.	The mango is orange.
The kiwi is green.	



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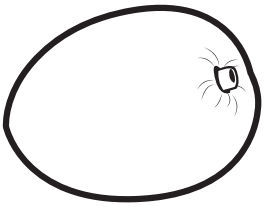
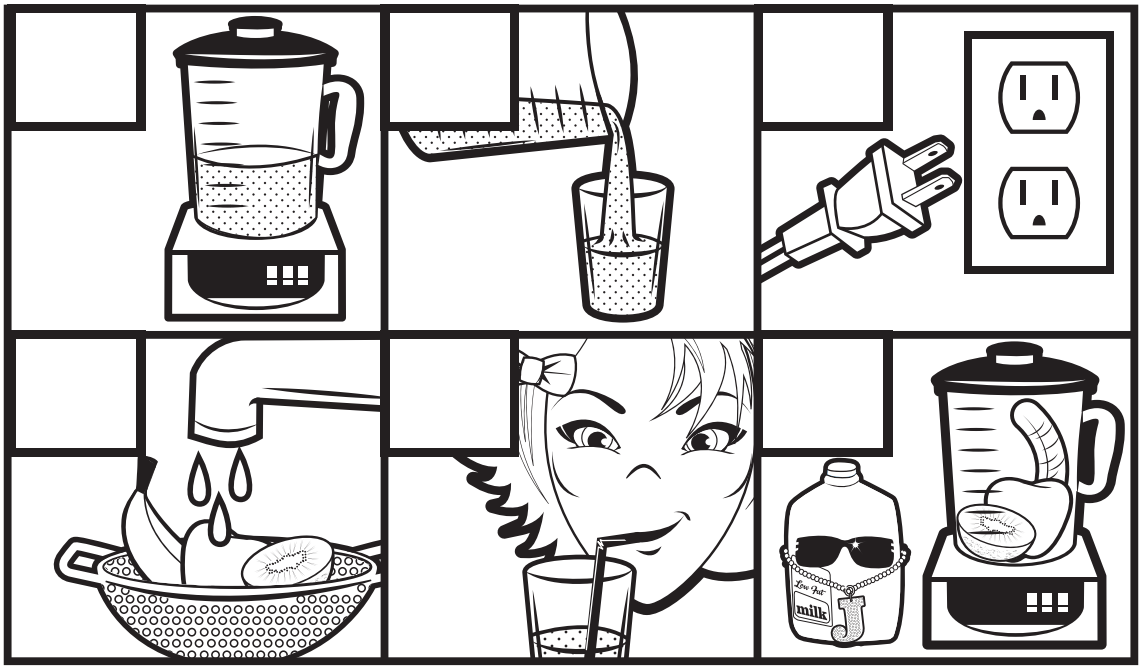


_____

JILL'S FRUIT SMASH SUPREME RECIPE

Can you number these pictures according to the steps in the recipe?

1) WASH THE FRUIT
2) PLUG THE BLENDER IN (ask an adult for help)
3) PUT MILK, YOGURT, AND FRUIT IN THE BLENDER
4) MIX WITH BLENDER
5) POUR IN GLASS
6) ENJOY!

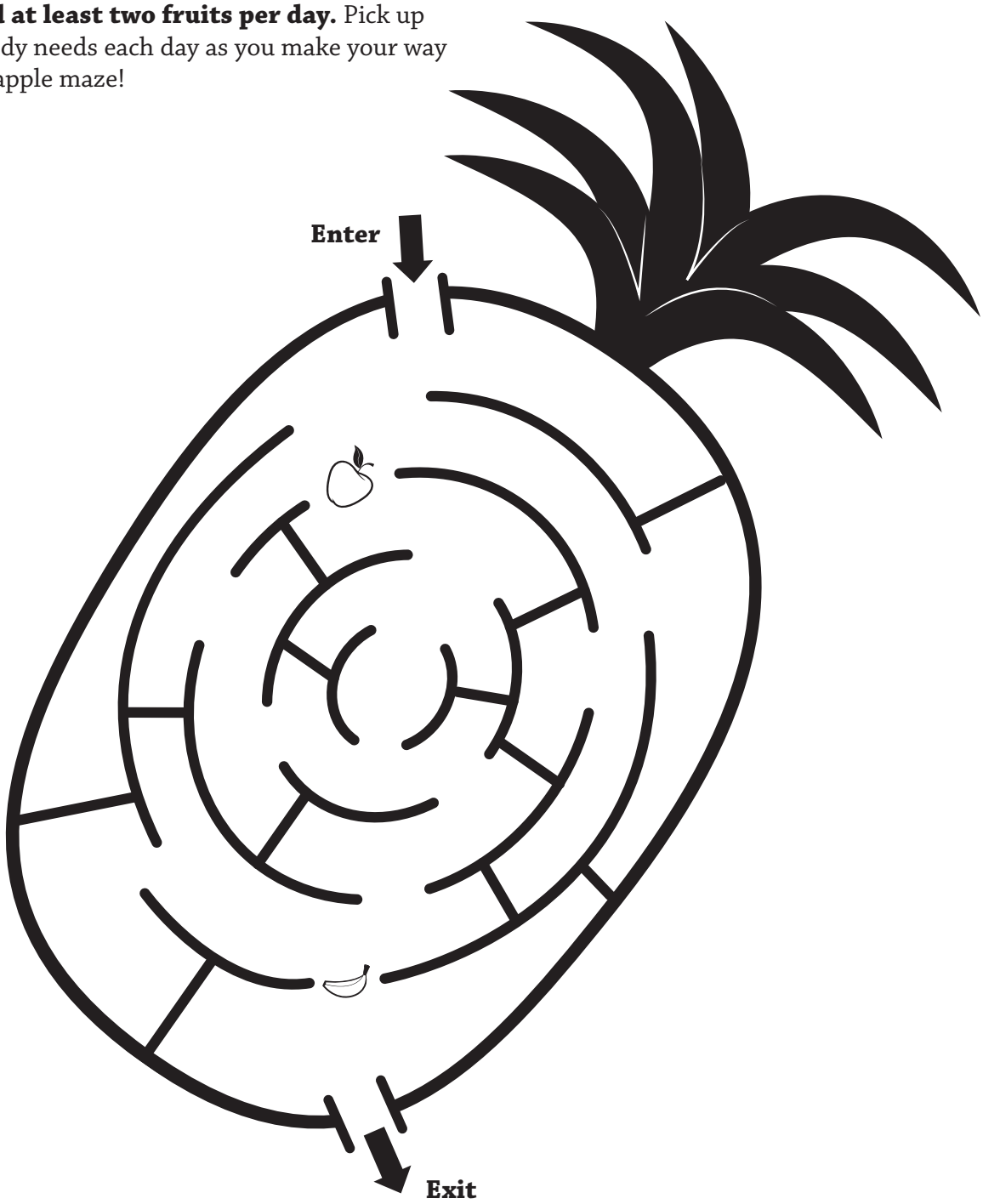


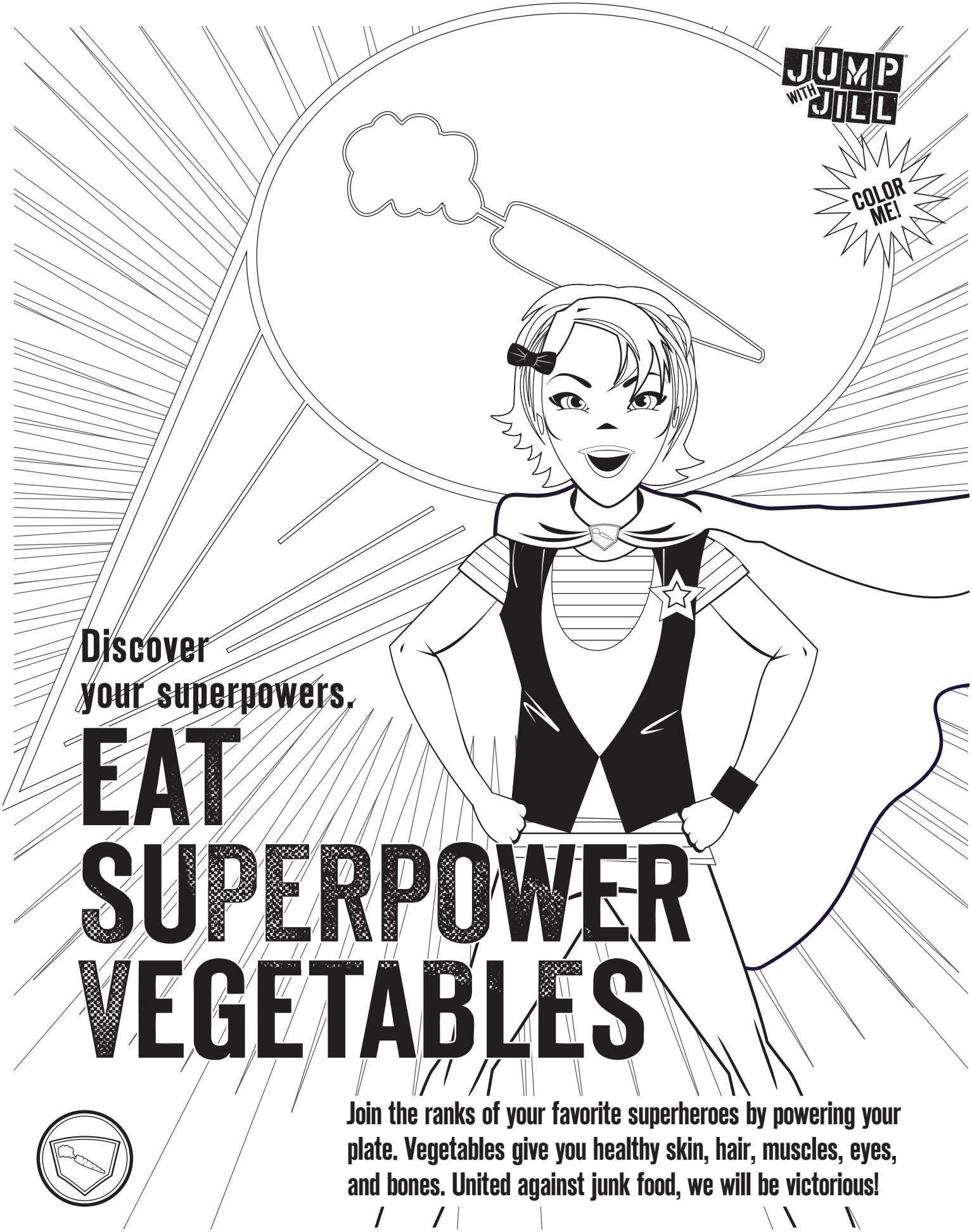
Music and words have a lot in common. Words are made up of syllables. Syllables are like what we call in music, a beat. You can clap a beat in music, and you can clap the syllables in a word. Say and clap the names of each of these fruits. A word contains at least one syllable. Write the number of syllables you hear.

cherry 2 strawberry _____ lime _____ banana _____

orange _____ watermelon _____ apple _____

Our bodies need at least two fruits per day. Pick up the fruits your body needs each day as you make your way through the pineapple maze!



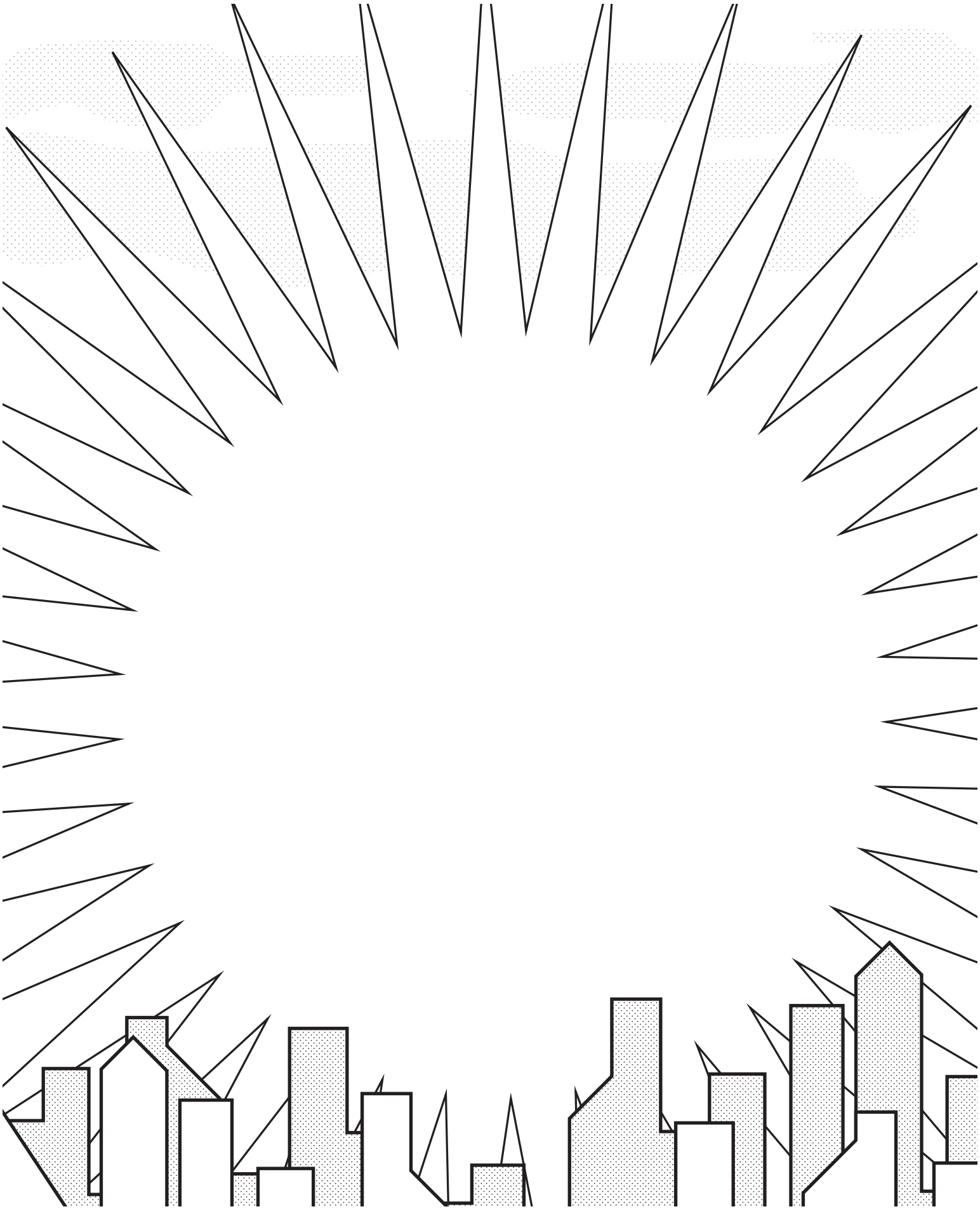


Discover your superpowers.

EAT SUPERPOWER VEGETABLES

Join the ranks of your favorite superheroes by powering your plate. Vegetables give you healthy skin, hair, muscles, eyes, and bones. United against junk food, we will be victorious!

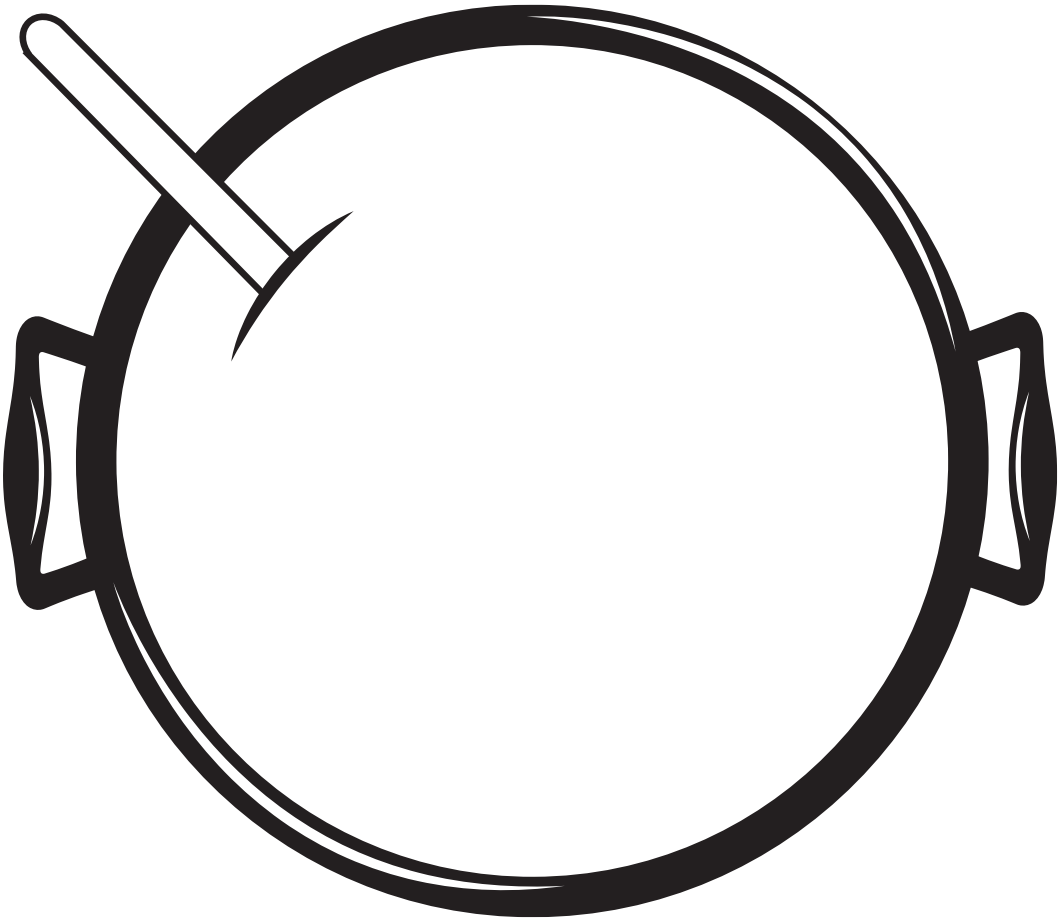
Draw yourself as a superhero from all the vegetables you eat.



Vegetables give our body energy and tons of good nutrition that give us healthy skin, hair, muscles, eyes, and bones. That's why I call vegetables "Superpower Vegetables." My favorite vegetable is spinach. Draw a picture and write the name of your favorite vegetable.

This Superpower Vegetable is _____.

You can eat vegetables raw, with dressing, added to your sandwich, or in vegetable soup! Be a chef and draw the vegetables you want in your soup in the pot, then write their names on the recipe card so I can repeat your masterpiece. Some great vegetables to include are broccoli, carrot, potato, squash, turnip, onion, celery, pepper, spinach, or choose your favorites!



My Vegetable Soup Recipe

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

COMPOSE THE BEAT OF YOUR BODY

BY EXERCISING WOOT! WOOT!

JUMP WITH JILL

COLOR ME!

Your heart, lungs, and muscles have to be strong,
because when you're exercising, your body makes a song.
So get those rhythms pumping every sort of way,
so you can be your strongest each and every day.

Exercise is not only healthy and fun, it makes a song when your heart, lungs, and muscles all work together. That's why I call exercise "The Beat of the Body." My favorite exercise is dancing. What is your favorite exercise? Draw yourself doing your favorite physical activity.

This Beat of the Body is _____.

Even though dancing is my favorite way to move, I do something different just about every day to keep things interesting.

On Monday, I ride my bike.

On Saturday, I play hockey with my brother.

On Wednesday, I practice gymnastics.

On Friday, I have a dance party with my friends.

On Tuesday, I swim at the YMCA with my friend, Devon.

How many days of the week am I exercising?

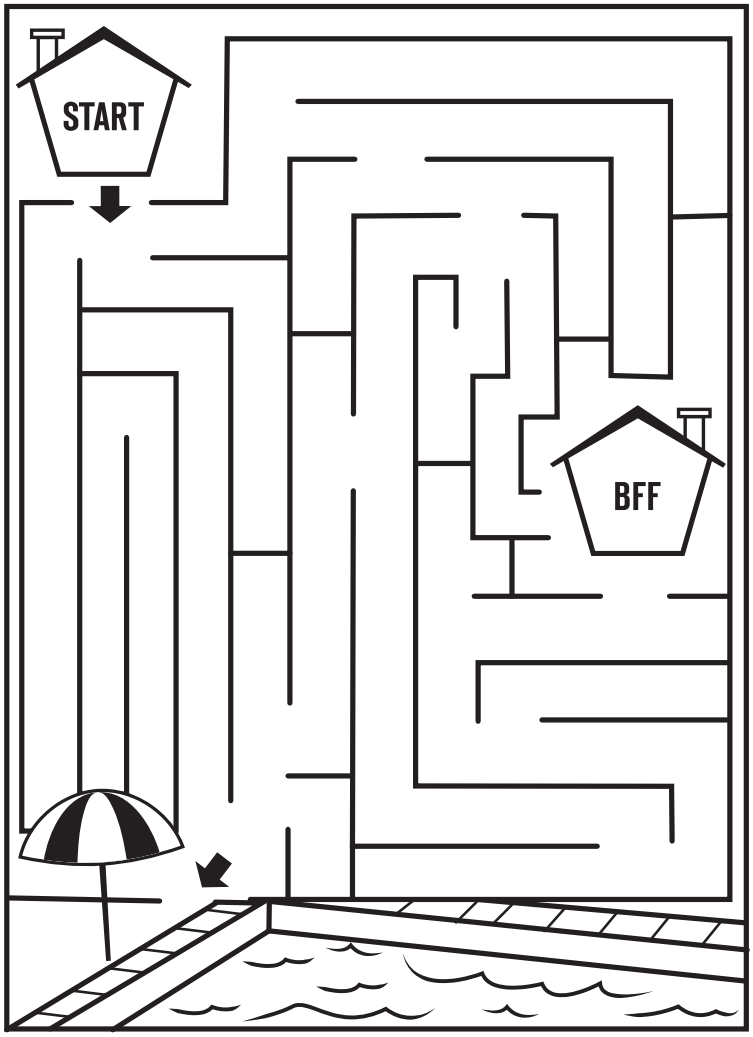
_____

Which days of the week do not have physical activity?

_____

Number the activities in the order they happen and fill in the name of the exercise.

Take an a-MAZE-ing bike ride from your house to your friend's house to the pool.



Can you jump like Jill? Try these moves on your own, then with your friends, then with your class!

1) Raise the Roof

2) Robot

3) Heart Beat

4) Spin

___ I K ___

S ___ ___ M

___ A N ___ E

H ___ C ___ ___ ___

___ Y ___ ___ A S ___ ___ C ___

JUMP WITH JILL
COLOR ME!
Make the clear choice.
DRINK WATER! WATER! WATER!
Answer your thirst with the refreshment that stands out from the crowd.

Follow along with the lyrics to *The Water Song* as you listen:

One afternoon my mouth was dry
For I had just run until I tired
My brow was wet from all the sweat
That I had just perspired
My friend said won't you drink with me
A soda from the vending machine
I shook my head and said instead,
That I drink water
Water! Water! Water!
Oh, I drink water! Water! Water!
There's nothing I would rather have,
Than a cup of water in my hand
To sweat, to breathe, to poo & pee,
That's why I drink water!
My friend he just stared at me
Like I was off my trolley
How could I turn down his drink
He said himself to me
I told him when you sweat and breathe,
It's water that your body needs
So we raised our glasses and we sing,
A toast to drinking water
Water! Water! Water!
Oh, I drink water! Water! Water!
There's nothing I would rather have,
Than a pint of water in my hand
To sweat, to breathe, to poo & pee,
That's why I drink water!
So we went outside only to find,
Our friend had kind of lost his mind
His thirst had him all flattened out,
Like pancakes on the skittle
We ran to him and offered up,
Some water from our drinking cup
And there we were the three of us,
A toast to drinking water
Water! Water! Water!
Oh, I drink water! Water! Water!
There's nothing I would rather have,
Than a quart of water in my hand
To sweat, to breathe, to poo & pee,
That's why I drink water!

Our bodies need about 8 glasses of water per day.
Write out the numbers.

1 One

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

What happens when you don't get enough water?
Draw or write your answer.

Why does your body need water? Use the song lyrics to help you draw or write your answer.

Everyone is drinking water!

Cups of Water per Day	
Danny	
Emily	
Liam	

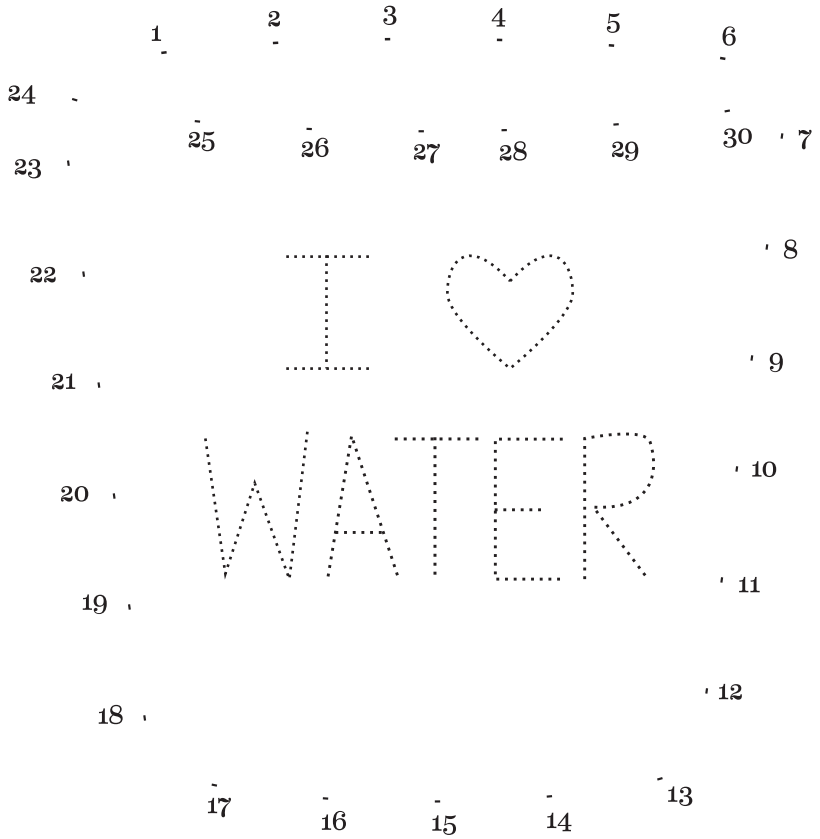
How many cups of water does Danny drink a day? 8 Who drinks the most? _____

How many cups does Emily drink a day? _____ Who drinks the least? _____

How many cups does Liam drink a day? _____ How many cups do they drink in all? _____

If you drank one cup of water at breakfast, two cups of water at lunch, three cups of water after school, and three cups of water after dinner, how many cups of water did you have before dinner? _____

Connect the Dots

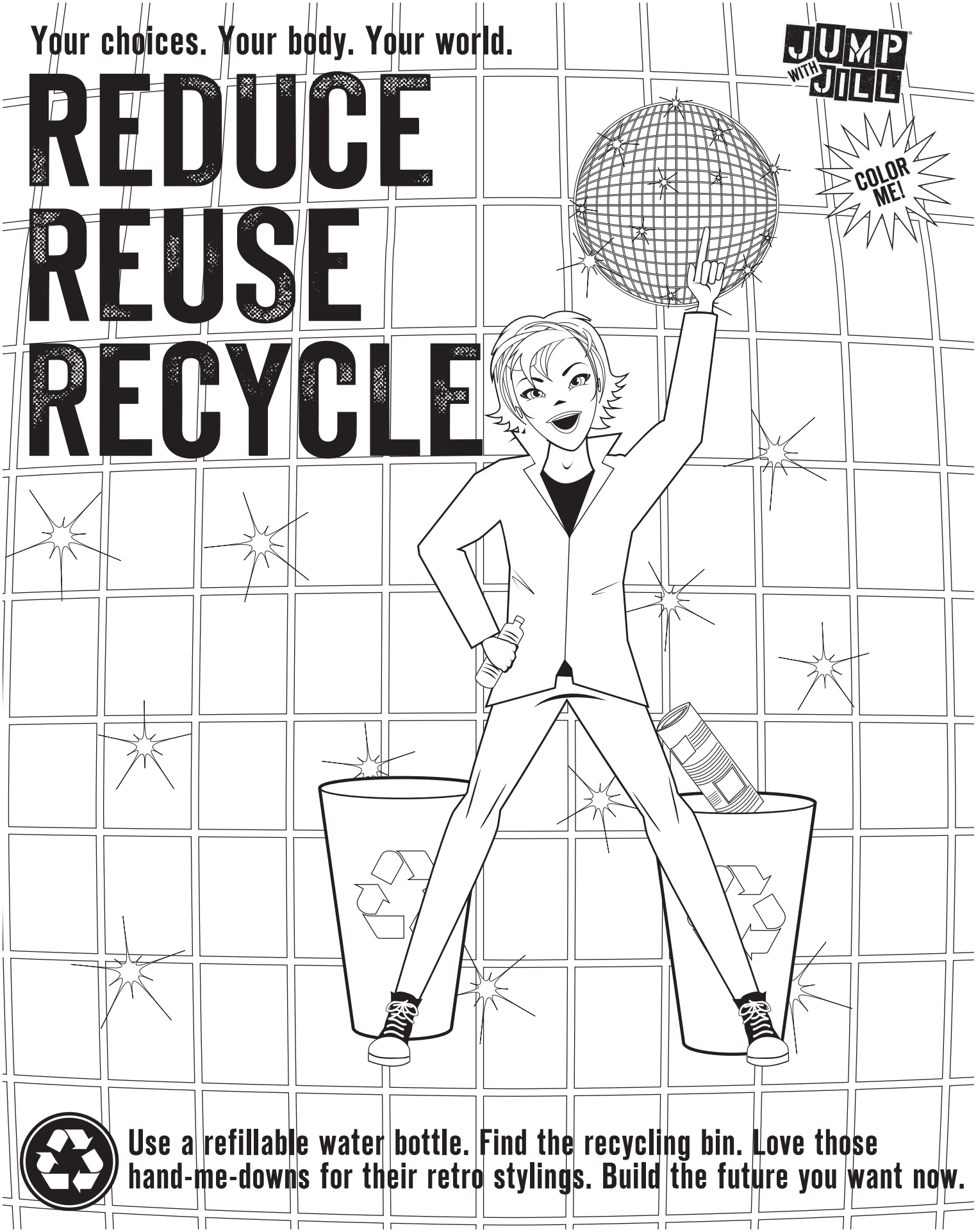


Your choices. Your body. Your world.

REDUCE
REUSE
RECYCLE

JUMP WITH JILL

COLOR ME!



Use a refillable water bottle. Find the recycling bin. Love those hand-me-downs for their retro stylings. Build the future you want now.

All That Junk!

Follow along with the lyrics as *All That Junk* plays:

Yeah I reduce, reuse, recycle

What can I do with empty cans,
cans in my grandma's mini van?
Whatcha gonna do with all those cans,
all those cans without a plan?
I'm gonna put put put them in,
put them in the **recycle bin**

Yeah I reduce, reuse, recycle

What can my water bottle do, after all the water's used
Whatcha gonna do with an empty bottle,
a bottle that you cannot guzzle
I'm gonna keep keep keep it real
and give **my bottle a refill**

Yeah I reduce, reuse, recycle

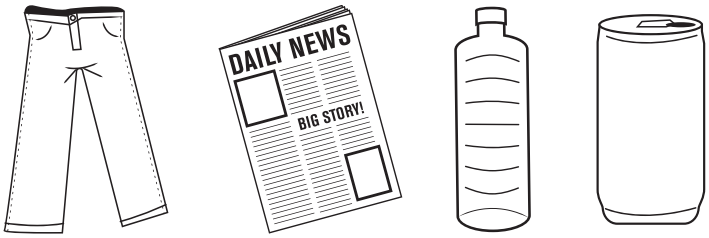
The sounds of recycling are keeping the beat rocking
I'm getting so much greener because I'm getting cleaner
I'm not just smart, I'm doing my part.

One world, one life.

What can I do with my small pants,
pants so tight I cannot dance
Whatcha gonna do with those short pants,
those short pants could fit on ants
I'm gonna **give them to my sis**,
she's much smaller she can fit

Yeah I reduce, reuse, recycle

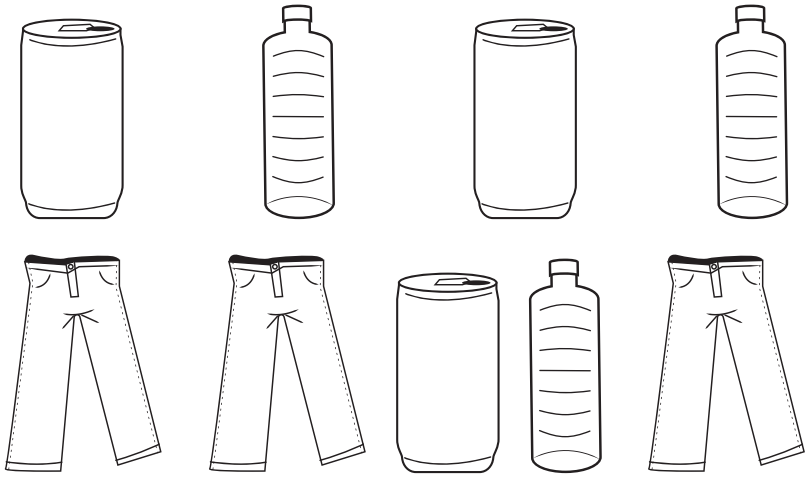
Reusing means using something again or finding a new home for something you no longer use. Circle the kinds of things that are **reused** in this song.



Recycling is when you convert trash into reusable material, like aluminum cans or plastics. It usually involves a lot of machines and intensive processes. What was **recycled** in this song?

Reducing means you use less or make less trash, so instead of using a bunch of napkins during lunch time, try using one or two. Instead of using a paper cup every time you are thirsty, use one cup and rinse it out every time you use it. What are ways you can reduce the trash you make? Draw or write your answer.

What Comes Next? Draw what comes next in each series of recyclables.

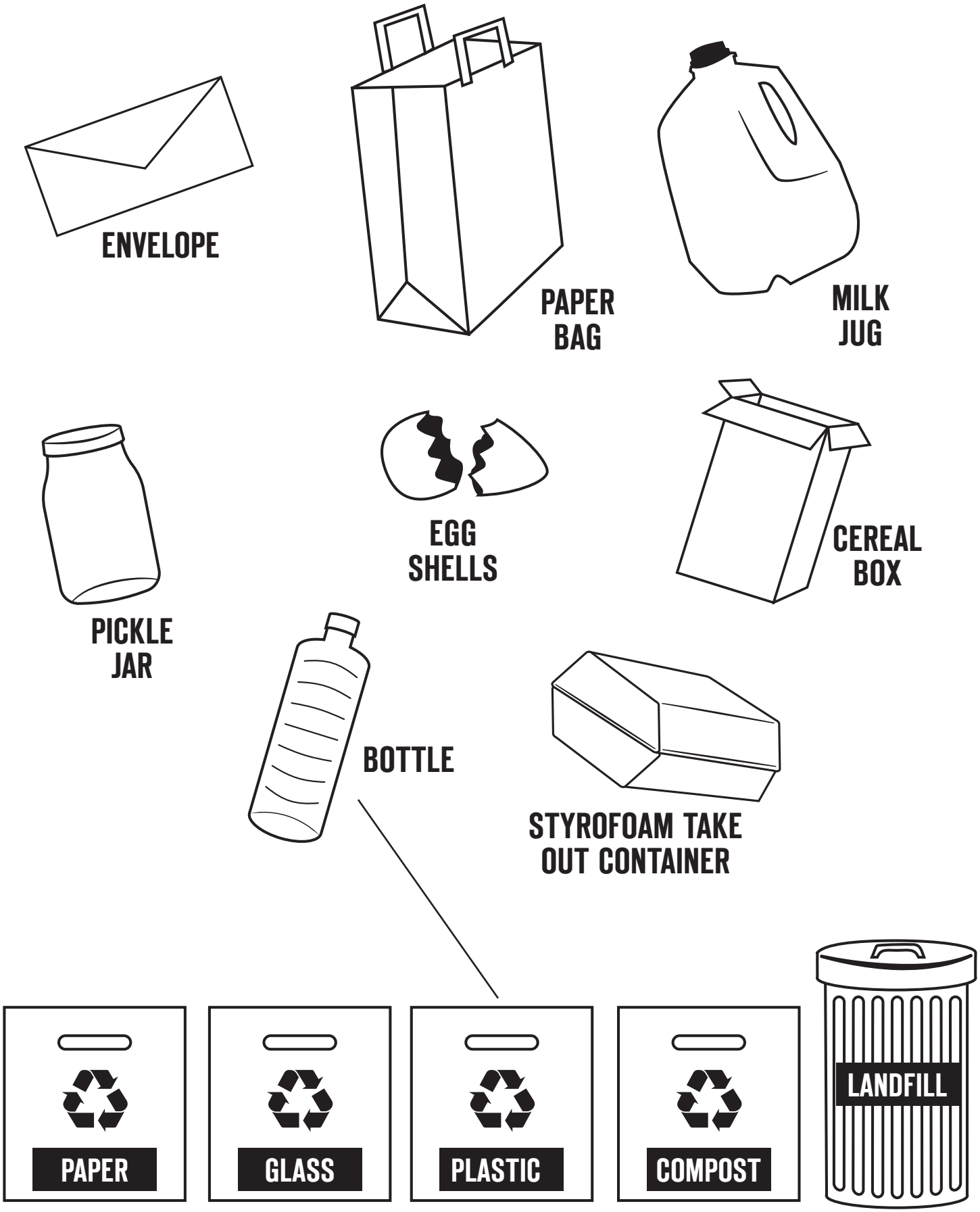


_____ _____ _____

_____ _____ _____

What Bin Does It Go In?

Can you help me separate my recyclables so they can be made into new things? Draw a line from the recyclables to the correct bin.



The Tale of Trash Make this trash live happily ever after. Trace the lines to reduce, reuse, and recycle these items.

START	FINISH

See through the gimmick.

PUT ON YOUR SPECIAL GLASSES

JUMP WITH JILL

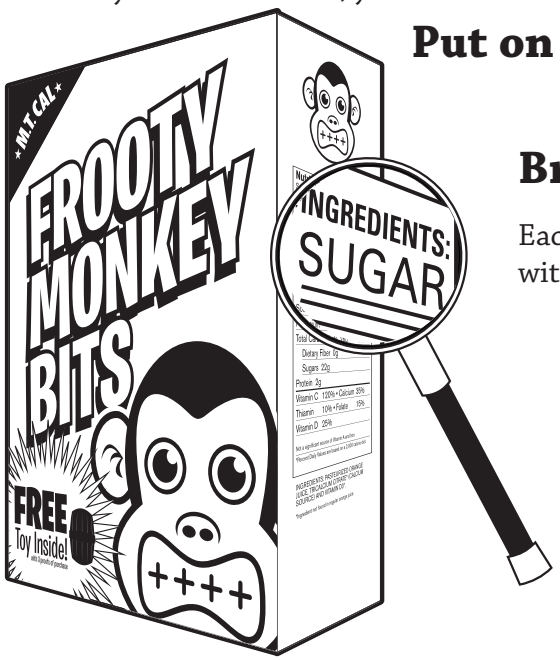
COLOR ME!

When cartoons and famous people are on your food, take a closer look to make sure you aren't tricked into eating unhealthy foods. Use your brain, not just your stomach, to decide what to eat.

Cartoons often appear on unhealthy foods to get your attention. Cartoons are used to distract you from what is really going on inside the box. For example, this cereal box has a cartoon, offers a free toy, and is brightly colored. But when you look more closely at the ingredient list, sugar is the main ingredient! That's no way to make your engine go.

Cartoons on a food package don't ALWAYS mean that a food is unhealthy, but it certainly means you should take a closer look to make sure you aren't getting tricked. After all, it's YOUR BODY and YOU are the one making the decisions around here.

So when you see a cartoon, you know what to do!



Put on your special glasses and decide for yourself!

Break the Secret Code

Each number corresponds to a letter in the letter bank. Fill in the blanks with the letters that correspond to the numbers.

D o n't

4 15 14 20 12 5 20 20 8 15 19 5

3 1 18 20 15 15 14 19 20 18 9 3 11 25 15 21

9 14 20 15 6 15 18 7 5 20 20 9 14 7

1 2 15 21 20 25 15 21 18 8 5 1 12 20 8

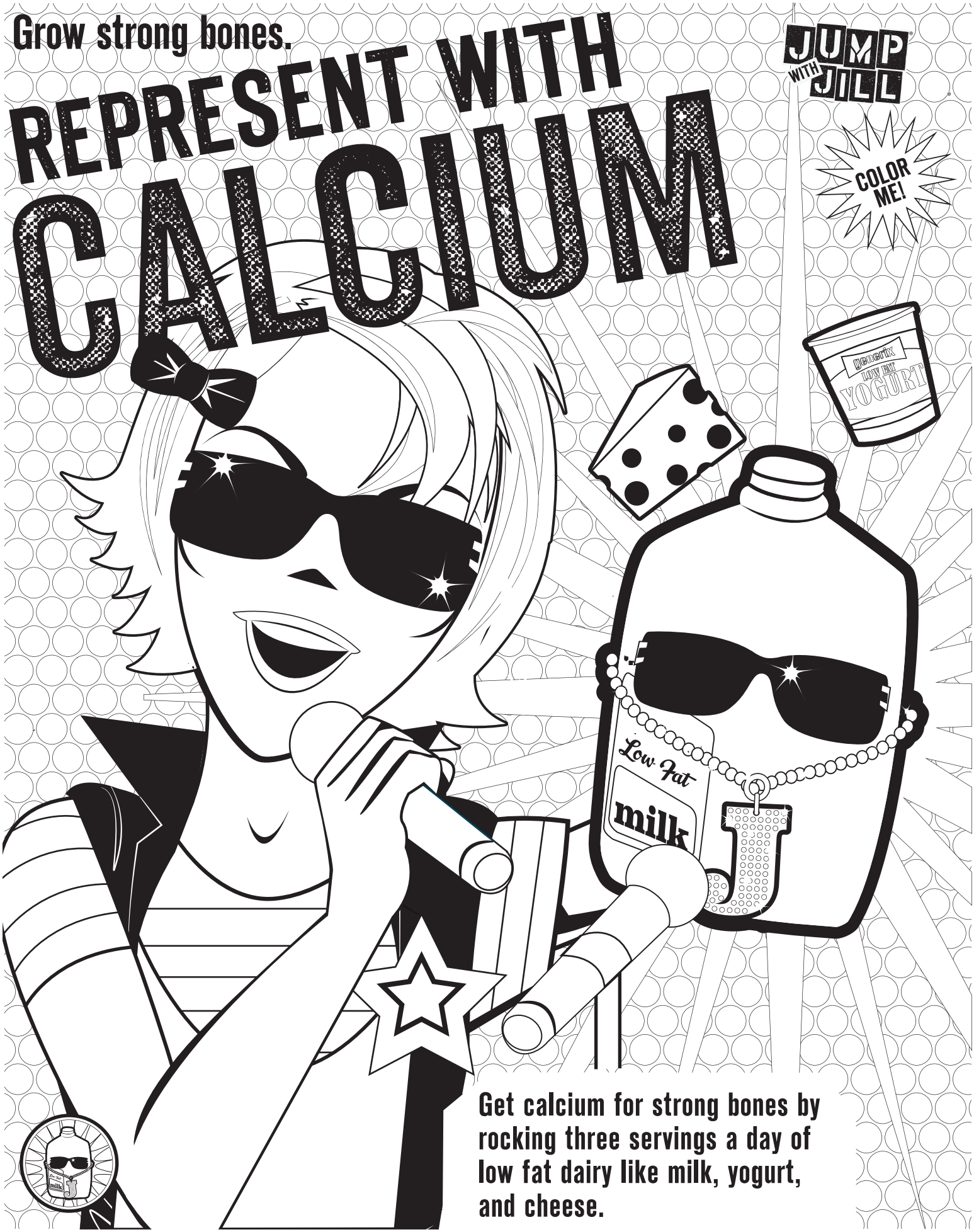
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Grow strong bones.

REPRESENT WITH CALCIUM

JUMP WITH JILL

COLOR ME!



Get calcium for strong bones by rocking three servings a day of low fat dairy like milk, yogurt, and cheese.

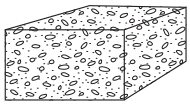
Milk and his bone building crew are known by the rapper name Calcium for making your bones strong. There are many calcium-rich foods that make your bones strong. Dairy products, or foods made from milk like cheese and yogurt, are very high in calcium. Other foods you might not think of, like beans, nuts, and dark leafy green vegetables, also have some calcium. All of these foods have calcium. Circle all the foods that are dairy products:

low fat milk

broccoli

low fat yogurt

frozen yogurt


tofu

beans

chocolate milk

low fat cheese

fish

almonds

spinach

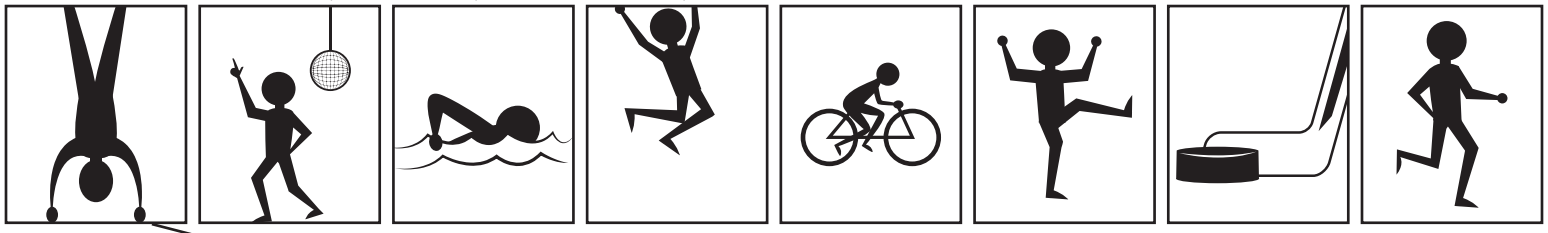
soy milk

cottage cheese

My favorite food with calcium is yogurt. I like to put fruit and granola in it and enjoy each bite. What is your favorite? Draw a picture and write the name of your favorite food or drink with calcium.

This calcium-rich food or drink is _____.

Exercise is another way I keep my bones healthy. Draw a line from the workout description to the correct picture.



biking hockey gymnastics swimming dancing jumping running karate

YOUR GOAL IS TO _____

YOUR AUTOGRAPH _____