

Jump with Jill is excited to bring the excitement of the live show into your classroom and home with these standards matched lesson plans and activity sheets. Over the many years we've partnered with the National Watermelon Promotion Board, we've developed many of our songs into videos. With so much of our work educating kids going online, this next project aims to provide teachers - or parents facilitating the work of teachers - with important curriculum objectives and explosively entertaining videos through applications to healthy foods and exercise.

Use the recommended videos as the activating activity for each lesson. All the lesson plans are developed using the EATS instructional model:

- Essential questions
- Activating prior knowledge
- **T**eaching
- Summarizing/Assessment

The five lessons range in target grade level and subject areas so all elementary students can benefit from *Jump with Jill's* virtual lessons.

I hope you have as much fun doing them as we had creating them.

Jill Jayne, MS, RD

+ her band of extraordinary educators

### **OVERVIEW:**

- 1. The Sweet Beat: Math (Grades 1-2)
  - Sorting fruits by color
  - Adding and subtracting fruits
- 2. Nutrition Action News: Language Arts (Grades 2-4)
  - Identify parts of a story
  - Differentiate points-of-view
  - Convert between mediums
  - Examine different source types
- 3. Nature's Candy: Science, Math, & Language Arts (Grades 3-4)
  - · Explore how fruits grow
  - · Analyze nutrient content in fruit compared to candy
- 4. Watermelon Workouts: Social Studies (Grades 4-5)
  - Identify historical landmarks
  - Relate to your own city or interests
  - · Combine class research into a map
- 5. Film Festival Culminating Activity: Social Studies and Language Arts (Grades 1-5)
  - Design an event
  - Describe your event plan
  - Showcase the event

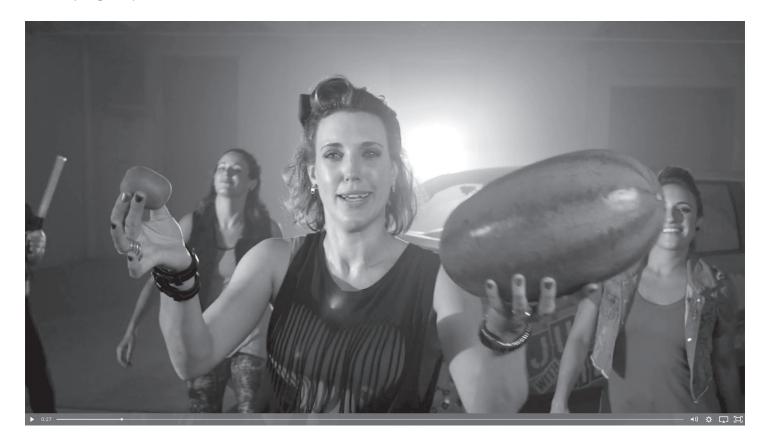


# 1. THE SWEET BEAT: MATH

### **GRADE LEVEL - 1ST GRADE & 2ND GRADE**

**E:** How can I group fruits by color, and use them to add and subtract?

**A:** Begin instruction by showing students the *Jump with Jill Sweet Beat* Music Video: www.jumpwithjill.com/watch/sweet-beat-music-video/



- After the video, ask your students to share fruits they remember from the video and record for all contributions to be seen and manipulated.
  - Describe the scenes of the video (red in the gym, orange-yellow at the concert, green at the crosswalk blue-purple in the classroom) to ask students to identify the common trait that divided them. Guide the discussion so students highlight the commonality of color.
    - Explain that color represents nutritional powers that contribute to the unique taste, flavor and smell of each fruit. For example, watermelons and grapefruits are red because of lycopene and blueberries are blue because of anthocyanin.
    - These unique color compounds of plants are not vitamins or minerals; they are powerhouse nutrients called phytochemicals that have been shown in research to contribute to protective effects from diseases like cancer and heart disease. You can remember this by calling them "fight-off-chemicals" because they ward of sickness and disease with their powerful antioxidant effects.
    - So not only are fruits good looking and sickness preventing, fruits taste distinctly SWEET!
- Generate a list of fruits showcased in the video. Group each fruit by color with the help of your students.
  - Name any additional fruits that can be added to each color group that were not featured in the video. Fruits are technically anything that comes from the flower of the plant, so don't get too technical to distinguish a fruit from a vegetable.



- After each fruit is grouped by color, ask students to count how many fruits are in each group. Write the number of fruits next to each group. For example, 7 Green Fruits, 6 Red Fruits, 4 Yellow Fruits, 6 Purple Fruits**T:** Use groups of fruits to add and subtract.
- Start by fully demonstrating how students can use groups of fruits to add or subtract.
  - Count each fruit group and write the number of fruits you have in each group above them (example, 7 and 6).
  - Add a plus sign in the middle.
  - Ask how many fruits you have in your circles (example, count to 13) and then draw an equals sign to the right of your circle and write the number (example, 13). The problem should be displayed above or below your drawing (example, 7 + 6 = 13).
  - Talk aloud and say "If I add 7 green fruits with 6 red fruits, I have 13 total fruits."
- Ask a student to volunteer to work through an addition problem with you (example, adding the red and yellow or yellow and purple, etc).
  - After you have found the answer but before erasing, ask the class what would happen if you were to eat 3 fruits from a group? Erase 3 fruits and count aloud how many total fruits you have now in each group.
    - Speak aloud and read the problem (example, "If I had 10 total fruits and I ate 3 of them, I now only have 7 total fruits.").
    - Write 10 3 = 7 beneath the drawing and beneath the original addition sentence. This is how you subtract!
    - Erase and ask for one last student volunteer.
- Ask the student to choose two more groups of fruit to add and writing the problem (example, 7 + 6 = 13 fruits).
- Demonstrate subtraction. What would happen if you were to eat 4 purple fruits? Erase 4 purple fruits.
  - Ask the student to count how many total fruits there are now.
  - Help the student write the subtraction sentence and read aloud.
- **S:** Have students work on their own to complete independent activities: Activity 1 *Jump with Jill Addition and Subtraction with Fruits!* and Activity 2 *Sweet Beat Color by Number* 
  - Collect the activities, review student answers, and decide if there are specific areas that need improvement.
  - At the end of class, have students complete one giant question similar to the bonus as a class and have them post or write their answers.

### 1st Grade

CCSS.MATH.CONTENT.1.OA.A.1

Represent and solve problems involving addition and subtraction within 20.

2nd Grade

CCSS.MATH.CONTENT.2.OA.A.1

Represent and solve problems involving addition and subtraction within 100.



# **ACTIVITY 1 JUMP WITH JILL ADDITION AND SUBTRACTION WITH FRUITS!**

Name:
Follow the example to add or subtract these delicious fruits!  Example: 6 Grapes:
1 Oranges: + Cantaloupes: = Total Fruits  Fruits: = Total Fruits
2 Pears:
3Watermelons: + Bananas: = Total Fruits Fruits: Total Fruits
4 Pineapples:
5 Blueberries: Fruits: Fruits: Total Fruits
BONUS:  Watermelons: + Pears: Total Fruits  Total Fruits
Fruits: Total Fruits



**ACTIVITY 2 SWEET BEAT COLOR BY NUMBER** 

**BROWN:** 7, 17

Name:

**ORANGE:** 6, 16 **BLACK:** 1, 11

**YELLOW:** 4,14

**GREEN:** 2, 12

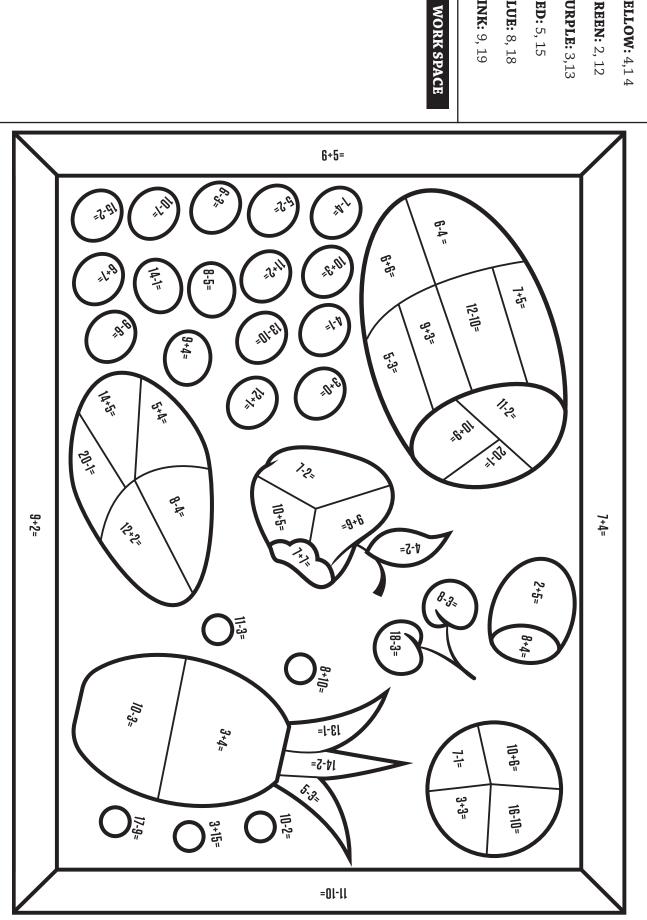
**PURPLE:** 3,13

**RED:** 5, 15

**BLUE:** 8, 18

**PINK:** 9, 19

First, solve each addition or subtraction statement. After, use the key to color each statement their specific color!





# ACTIVITY 1 JUMP WITH JILL ADDITION AND SUBTRACTION WITH FRUITS! ANSWER KEY

Name:
Follow the example to add or subtract these delicious fruits!  Example: 6 Grapes:
1. $\frac{4}{}$ Oranges: $\bigcirc$
2. $\frac{8}{11}$ Pears: $\frac{3}{11}$ Strawberries: $\frac{3}{11}$ Total Fruits $\frac{11}{11}$ Fruits: $\frac{6}{11}$ Total Fruits
3. $\frac{5}{\text{Watermelons:}}$ Watermelons: $\frac{1}{\text{Watermelons:}}$ + $\frac{2}{\text{Bananas:}}$ Bananas: $\frac{1}{\text{Bananas:}}$ Total Fruits $\frac{7}{\text{Fruits:}}$ Fruits: $\frac{1}{\text{Was eaten}}$ = $\frac{6}{\text{Total Fruits}}$
4. Pineapples: + 3 Cherries: 6 6 = 6 Total Fruits  6 Fruits: Total Fruits
5. 7 Blueberries: Peaches: Peaches: 5 - 4 were eaten = 9 Total Fruits
<b>BONUS:</b> $ \underline{5} \text{ Watermelons:} + \underline{8} \text{ Pears:} \\ + \underline{7} \text{ Blueberries:} + \underline{4} \text{ Oranges:} \\ = \underline{24} \text{ Total Fruits} $
24 Fruits: Occoping to the section = 17 Total Fruits

-12 were eaten =  $\underline{12}$  Total Fruits



# KEY

**BROWN:** 7, 17

**BLACK:** 1, 11

**ORANGE:** 6, 16 **YELLOW:** 4,14

**GREEN:** 2, 12

**RED:** 5, 15 **PURPLE:** 3,13

**BLUE:** 8, 18

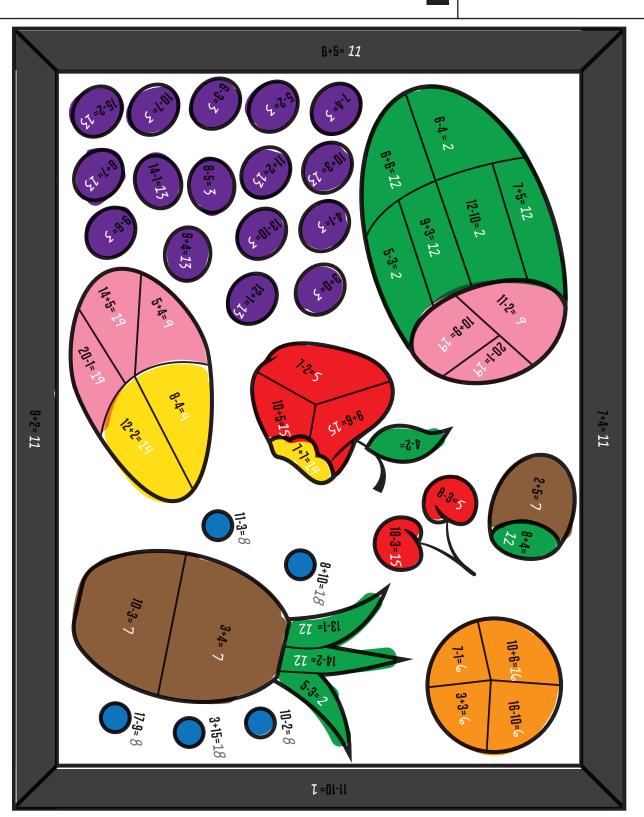
**PINK:** 9, 19

**WORK SPACE** 

# **ACTIVITY 2 SWEET BEAT COLOR BY NUMBER ANSWER KEY**

Name:

First, solve each addition or subtraction statement. After, use the key to color each statement their specific color!



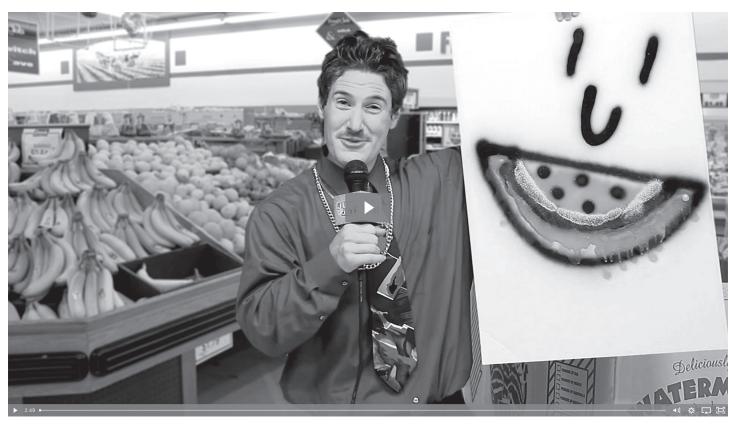


### 2. NUTRITION ACTION NEWS: LANGUAGE ARTS

Grade Level - 2nd Grade & 3rd Grade

**E:** How do I write a story using Beginning, Middle, and End and Point of View?

**A:** Begin instruction by showing students the *Jump with Jill* Nutrition Action News: www.jumpwithjill.com/watch/watermelon-bandits/



**T:** Ask students to recall what happened in the video story.

- Have a short discussion recalling events that occurred.
  - Discuss the event in the news story that made everything else happen. Students can recall that the Watermelon Bandits were stealing watermelons. This is the inciting incident, or the "hook," which turns an unrelated series of events into the reason that a story is worth telling. In Activity 1 Summarize Nutrition Action News, students write the already-established inciting incident in the proper place in the beginning column.
  - Classify the other events they listed earlier into beginning, middle, and end. This can be done independently, in small groups, or together as a class. If doing together as a class, the teacher can display a three column chart or post the activity sheet.
- Introduce point-of-view by asking students if the characters in the video understood the story the same way.
  - Ask students to identify the two main points-of-view in the video (Reporter Jill & Vladimir Radulov).
  - Ask students why their points-of-view were different.
  - In Activity 2 *Nutrition Action News Venn Diagram*, classify the differences and similarities in Reporter Jill's & Vladimir's points-of view using the Venn Diagram. This can also be done individually or in groups. If doing together as a class, the teacher can display a Venn diagram or post the activity sheet.
- Remind students that there are many ways to receive news.
  - Ask how we got the news of the Watermelon Bandits story? (video or broadcast news). In Activity 3 Convert the Story, students will convert this story into a written news article. This worksheet can be posted or passed

out and completed using the instructions at the top, or the teacher can talk students through each step.

- To prompt students to change the medium of the story, talk through the four steps:
  - 1. Ask students to brainstorm the names of some local or national newspapers/sites. Students can be creative with making their own newspaper title.
  - 2. Ask what is a Headline? (A title for a news article that summarizes the event in several words). Students write their own headline for the Watermelon Bandit Story.
  - 3. Instruct students to fill in the blanks of the body of the article about the Watermelon Bandits.
  - 4. Instruct students to draw a picture that illustrates the event that happened.
- Have a few students read their news articles aloud.
- Explore the pros and cons of various news sources with Activity 4: *Know Thy Source* individually, in groups, or via a class discussion.

**S:** Instruct students to play the part of a tv broadcast reporter and tell a story with these same characters in front of the class or creating a video. Or, flip the script and make a video from the point-of-view of the other character they analyzed in the Venn Diagram in Activity 2.

### 2ND GRADE:

### CCSS.ELA-LITERACY.RL.2.5

Describe the overall structure of a story, including describing how the beginning introduces the story and the ending concludes the action.

### CCSS.ELA-LITERACY.W.2.3

Write narratives in which they recount a well-elaborated event or short sequence of events.

### **3RD GRADE:**

### CCSS.ELA-LITERACY.RL.3.3

Describe characters in a story (e.g., their traits, motivations, or feelings) and explain how their actions contribute to the sequence of events

### CCSS.ELA-LITERACY.W.3.3

Create an organizational structure that includes information grouped and connected logically with a concluding statement or section.

### 4TH GRADE:

### CCSS.ELA-LITERACY.RL.4.3

Describe in depth a character, setting, or event in a story or drama, drawing on specific details in the text (e.g., a character's thoughts, words, or actions).

### CCSS.ELA-LITERACY.W.4.3

Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.



# **ACTIVITY 1 SUMMARIZE NUTRITION ACTION NEWS**

What just happened in the Nutrition Ac	tion News Watermelon Range	dit enecial? Summarize what h	annened in the

Name: \_\_\_\_\_

What just happened in the Nutrition Action News Watermelon Bandit special? Summarize what happened in the beginning, middle, and end. Make sure you identify the Inciting Incident, which is the event that hooks the reader or listener into a story.

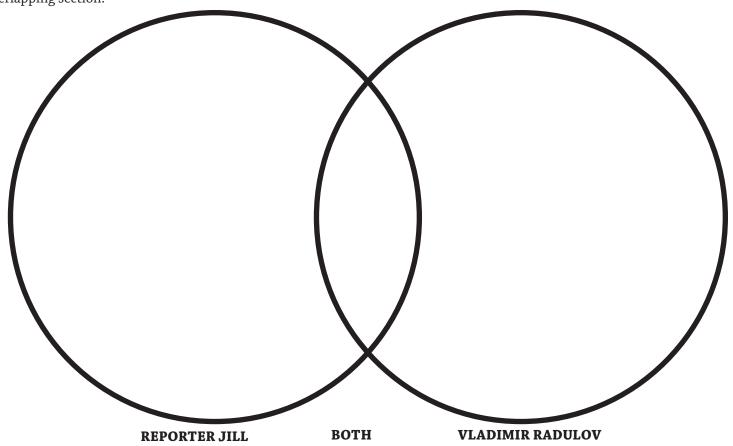
BEGINNING	MIDDLE	END
Inciting incident =		



# **ACTIVITY 2 NUTRITION ACTION NEWS VENN DIAGRAM**

Name:

Use this Venn Diagram to compare the different points of view of Reporter Jill and Vladimir Radulov. Keep track of what Reporter Jill saw on one side, what Vladimir saw on the other side, and what they both understood the same way in the middle overlapping section.





Draw pictures of each character below their names.

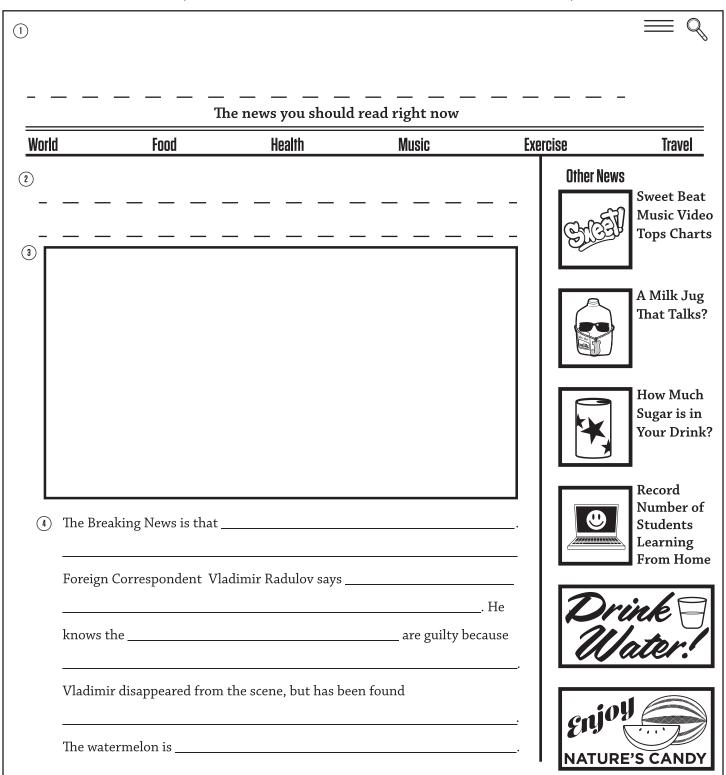


# **ACTIVITY 3 CONVERT THE STORY**

Name: \_\_\_\_\_

Turn the Nutrition Action News story into an online article!

- 1. Create the name of your newspaper.
- 2. Write a headline (title) for the Watermelon Bandit story.
- 3. Draw a picture that illustrates the Watermelon Bandit story.
- 4. Fill in the blanks of the body of the article with the details from the Watermelon Bandit story.





# **ACTIVITY 4 KNOW THY SOURCE**

Name:	
Now that you are an official <i>Jump with Jill</i> reporter, you and reflect on your knowledge!	are an expert on all types of news. Answer the questions to test
1. Draw or make a list of sources where people learn abo	ut what's happening in their world.
PRINT (WHAT WE READ):	
	_
	_
BROADCAST (WHAT WE WATCH):	
	_
	_
	_
DIGITAL (WHAT WE CLICK ON):	
	_
	_
	_
PEOPLE (WHO WE LISTEN TO):	
	_
	_
2. Pick one of the sources from your list above and list the	— nree pros and three cons from getting news this way.
·	
PROS	CONS

PROS	CONS
1.	1.
2.	2.
3.	3.



Write 1-2 complete sentences to share your feelings on the following:
3. How does the experience differ for you when you <b>watch</b> versus <b>read</b> a news story?
4. How does the experience differ from a <b>breaking news story</b> versus a story that has <b>already happened</b> ?
5. How do news companies make <b>money</b> and how does it influence the <b>content</b> you see?
6. What are some ways <i>you</i> make sure what you are reading is <b>accurate</b> ?

**First Amendment:** Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances

### If we are all given a voice and we can publish it anywhere, how do we know what is true?

A quality news source exhibits these qualities:

**expertise** - hiring writers the have been close to the problem or interviewing people who are leaders in the field clarity - presenting the facts that allow you to make decisions that serve your life not fill the advertising space reliability -consistent, accurate information as it is best known at the time—with context for what has already happened—and a process to correct misinformation

**transparency** - revealing financial or social influences behind stories and how information was obtained



### Find these terms related to qualities of a reliable news source in the word search below:

expertise clarity reliability transparency facts opinion verify sources sponsors consistent accurate context influence audience story





# **ACTIVITY 1 SUMMARIZE NUTRITION ACTION NEWS ANSWER KEY**

What just happened in the Nutrition Action News Watermelon Bandit special? Summarize what happened in the beginning, middle, and end. Make sure you identify the Inciting Incident, which is the event that hooks the reader or listener into a story.

BEGINNING	MIDDLE	END
Inciting incident =		
Watermelons are missing from the grocery store.	The on location news reporter found evidence of who stole the watermelon	Vladimir ends up with the watermelon and the Watermelon Bandits. He does not want to be rescued.
Their location is unknown.	Vladimir cannot answer any of Jill's questions.	
Jill reports from the studio desk and Vladimir reports from the grocery store, the location of the incident.		



# **ACTIVITY 2 NUTRITION ACTION NEWS VENN DIAGRAM ANSWER KEY**

ivalic.
---------

Use this Venn Diagram to compare the different points of view of Reporter Jill and Vladimir Radulov. Keep track of what Reporter Jill saw on one side, what Vladimir saw on the other side, and what they both understood the same way in the middle overlapping section.

The Watermelon Bandits are destroying watermelon supplies all over the town, the country, the world!

No where safe so I should probably just freak out.

Nervous & upset Did not eat any watermelon.

Remains worried even with a resolution.

Watermelons are missing.

The Watermelon Bandits are responsible. The Watermelon Bandits are pretty fun to hang out with. They have a full supply of watermelon, cool outfits, and great music. In fact, this is more fun than what I was doing before.

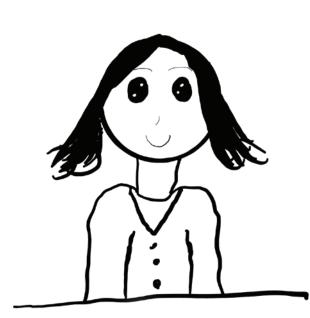
Cool & calm.

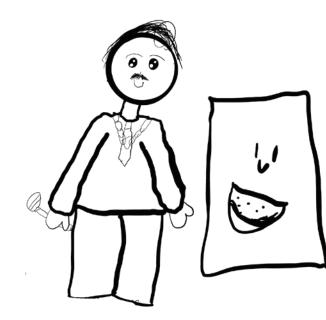
Got to eat watermelon. Finds a resolution that works for him.

REPORTER JILL

**BOTH** 

**VLADIMIR RADULOV** 







Draw pictures of each character below their names.

Art by Willow Connell, 4th Grade



# **ACTIVITY 3 CONVERT THE STORY ANSWER KEY**

Name:

Turn the Nutrition Action News story into an online article!

- 1. Create the name of your newspaper.
- 2. Write a headline (title) for the Watermelon Bandit story.
- 3. Draw a picture that illustrates the Watermelon Bandit story.
- 4. Fill in the blanks of the body of the article with the details from the Watermelon Bandit story.

				_	~
T	HE BASSI	ET HO	UNDT	IMES	_
	The	e news you should	l read right now		
World	d Food	Health	Music	Exercise	Travel
② Di	sappearing watermelons			Other Ne	Sweet Beat Music Video
3	Art by Willow Connell, 4th C	 Grade			Tops Charts
		00			A Milk Jug That Talks?
	4		ater		How Much Sugar is in Your Drink?
4	The Breaking News is that				Record Number of Students Learning From Home
	Foreign Correspondent Vlac struck again	limir Radulov says _	the watermelon bandi H		rink 🗎
	knows the <u>watermelon bar</u> they left evidence	ndits	are guilty becau	se	rink = later!
	Vladimir disappeared from t eating watermelon with th			_	oy Con
	The watermelon is deliciou	s and safe		_     NATU	RE'S CANDY



AGIIVIIY 4 KNUW IH	Y SUURGE ANSWER KEY
Name:	
Now that you are an official <i>Jump with Jill</i> reporter, you are and reflect on your knowledge!	an expert on all types of news. Answer the questions to test
1. Draw or make a list of sources where people learn about	what's happening in their world.
PRINT (WHAT WE READ): Newspaper	
Magazines	
Signs	
BROADCAST (WHAT WE WATCH): Broadcast news	
Movies & documentaries	
Cable & streaming services	
DIGITAL (WHAT WE CLICK ON): News sites and apps	
Personal websites	Meura,
Social media	
PEOPLE (WHO WE LISTEN TO): Family & friends	7
Leaders	
Celebrities	Art by Willow Connell, 4th Grade
2. Pick one of the sources from your list above and list three	e pros and three cons from getting news this way.

Source: Twitter

PROS	CONS
1. Rapidly updated	Things can be posted that haven't been  1. researched.
2. Everyone has access	2. It's hard to know what to look at or what's important.
3. Everyone can have a voice	3. Some people that normally wouldn't be so loud are very loud.



# **ANSWER KEY**

### Write 1-2 complete sentences to share your feelings on the following:

3. How does the experience differ for you when you watch versus read a news story?

There's more details in a written story. But watching gives you the added elements of sound and visual to help you feel what's happening in a story and remember it.

4. How does the experience differ from a **breaking news story** versus a story that has **already happened**?

A breaking news story is currently happening, so they are piecing the story together as you watch it.

Something that has already happened may be a more complete story with a beginning, middle, and end.

5. How do news companies make **money** and how does it influence the **content** you see?

Advertisements are targeted to who you are and what you've clicked on before. Sponsors pay news outlets to show their content to their viewers.

6. What are some ways you make sure what you are reading is **accurate**?

Research who is quoted in the article to learn more about their background. Check the same story from

different news outlets to help separate fact from opinion.

**First Amendment:** Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances

### If we are all given a voice and we can publish it anywhere, how do we know what is true?

A quality news source exhibits these qualities:

**expertise** - hiring writers the have been close to the problem or interviewing people who are leaders in the field **clarity** - presenting the facts that allow you to make decisions that serve your life not fill the advertising space **reliability** -consistent, accurate information as it is best known at the time—with context for what has already happened—and a process to correct misinformation

transparency - revealing financial or social influences behind stories and how information was obtained



# **ANSWER KEY**

### Find these terms related to qualities of a reliable news source in the word search below:

expertise clarity reliability transparency facts opinion verify sources sponsors consistent accurate context influence audience story





# 3. NATURE'S CANDY: SCIENCE, MATH, AND LANGUAGE ARTS

### **GRADE LEVEL - 3RD GRADE & 4TH GRADE**

**E:** How can I use the Nutrition Facts to analyze sugar content in Fruits and Candy?

A: Show Nature's Candy Video: www.jumpwithjill.com/watch/natures-candy-music-video/



### **T:** Discuss what students saw in the video:

- Why does Jill call fruit Nature's Candy?
- What makes fruit and candy different?
- · What kind of Nature's Candy did you see?
- What is your favorite nature's candy?
- Did any other words in the song catch your ear?
- Discuss the difference between natural sugar in fruits and the added sugar in candy.
  - Fruits like watermelon have to be grown, pollinated, and picked and therefore contain a host of nutrients that our body needs because in addition to the natural sugars there is also a lot of fiber. Fruits are naturally sweet and colorful with the nutrients and fiber that are good for growing strong.
  - Candy, and most junk foods, are really just sugar and flavoring without any of the nutrients. Added sugar is any sugar that was added to the food at some point in processing. You might see it in on the ingredient label as sugar or brown sugar, corn sweeteners and high-fructose corn syrup or other "oses" like fructose, glucose, maltose, or dextrose; honey, molasses, malt or maple syrup. Most of the added sugars in the American diet come from sweetened drinks like sodas and energy drinks, sweet snacks, sweetened coffees and teas, and breakfast cereals and bars. Because of the links between added sugars and risk for cardiovascular disease, important scientists have updated the 2020-2025 Dietary Guidelines to use Americans to be on the lookout for added sugars in the foods and drinks they choose.



- For students to gain appreciation of the work necessary for our food to grow (and those natural sugars to develop!), use Activity 1 *Becoming a Watermelon*. Read aloud the paragraph and ask students to write growth phase on the chart.
- Present the concept of a food label.
  - On the backs of everything you buy is a food label that tells you what's inside what you are eating. You might notice that many fruits and vegetables are not packaged in boxes or bags but rather are fresh in the store in their own 'packaging' and therefore don't appear to have nutrition labels. There is a lot of information on there and if you aren't an expert, it can be a lot to try to understand. Today we we will just look at just one ingredient sugar and see how that compares from fruit to candy. We'll also look at the total number of ingredients in a fruit that is grown compared to a food that is manufactured.
  - Using Activity 2 Nutrition Label Worksheet to chart compare the natural vs. added sugar and the number of ingredients in watermelon vs. watermelon candy.

**S:** Discuss as a group to share findings and review areas of misunderstanding.

### **3RD GRADE:**

CCSS.ELA-LITERACY.RL.3.1

Use information gained from text features to demonstrate understanding of a text.

CCSS.MATH.CONTENT.3.MD.B.3

Represent and interpret data using tally charts, tables, pictographs, line plots, and bar graphs.

**4TH GRADE:** 

CCSS.ELA-LITERACY.RL.4.1

Make connections between the text of a story or drama and a visual or oral presentation of the text, identifying where each version reflects specific descriptions and directions in the text.

CCSS.MATH.CONTENT.4.MD.B.4

Translate information from one type of data and display to another.

YOU MAY ALSO FINDS STRONG MATCHES WITHIN YOUR STATE SCIENCE STANDARDS SUCH AS: 3RD GRADE PENNSYLVANIA SCIENCE STANDARD - 11.3.3.D

Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

4TH GRADE PENNSYLVANIA SCIENCE STANDARD - 3.1.4.A.8

Construct and interpret models and diagrams of various animal and plant life cycles.



# **ACTIVITY 1 BECOMING A WATERMELON**

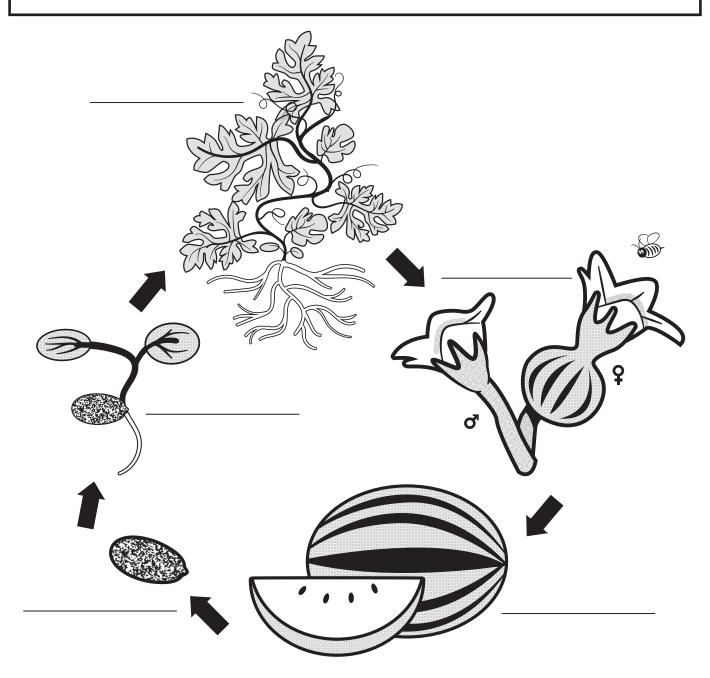
Name: \_\_\_\_\_

# Read about how watermelons grow and write the phases of the watermelon growth cycle on the chart below.

Watermelon grow on long, rambling vines. Seeds are planted 1 inch deep and sprout with sunlight and sandy soil. The seedlings vines across the ground up to 20 feet in length. Wind, bees, and butterflies are attracted to the flowers, which start the growth of the fruit. It's the size and sweetness we enjoy at markets and stores after about 90 days.

# **WORD BANK**

Seedling Sprout Flowers Fruit Seed





# **ACTIVITY 2 NUTRITION LABEL WORKSHEET**

Name:								
Use the pro	ovided labels to	compa	are n	aturally sweet watermelon to wat	ermelon candy.			
△ Draw a	now much sugar triangle around rectangle arour	l the a	ddeo	l sugar.				
	USDA U.S. DEPARTMENT OF AGRICULTURE							
	APPICULTURAL RESEARCH SERVICE  HOME DATA TYPE DOCUMENTATION DOWNLOAD DATA APPIGUIDE HELP FAQ ABOUT US  FOODDATA CENTRAL - WATERMELON (BRANDED, 533223)  WATERMELON							
	FDC Published: 4/1/2019  Powered by Label Insight	Available D	ate: 10/1	3/2017 Modified Date: 10/13/2017 Market Country: Unite	ID: 533221 GTIN/UPC: 049022854390 ed States  didient information. USDA calculates values per 100g or 100ml from values per serving. V			
	Nutrients							
	Portion: 100g	<b>\$</b>						
	Name	Amount	Unit	Deriv. By	Ingredients: WATERMELLON			
	Energy	31	kcal	Calculated from value per serving size measure				
	Protein	0.78	g	Calculated from value per serving size measure				
	Total lipid (fat)	0.25	g	Calculated from a daily value percentage per serving size measure				
	Carbohydrate, by difference	7.45	g	Calculated from value per serving size measure				
	Fiber, total dietary	0.4	g	Calculated from value per serving size measure				
	Sugars, total including NLEA	6.27	g	Calculated from value per serving size measure				
	Sodium, Na	0	mg	Calculated from a daily value percentage per serving size measure				
	Fatty acids, total saturated	0	g	Calculated from a daily value percentage per serving size measure				
	Fatty acids, total trans	0	g	Calculated from value per serving size measure				
	Cholesterol	0	mg	Calculated from a daily value percentage per serving size measure				
	FDC Published: 12/6/2019  Powered by Label Insight	od Category Available	Date: 7					
	Nutrients Update Log							
	Portion: 100g \$							
	Name	Amount	Unit	Deriv. By	Ingredients: SUGAR, CORN SYRUP, MALTODEXTRIN,			
	Energy	385	kcal	Calculated from value per serving size measure	DEXTROSE, MODIFIED FOOD STARCH (CORN), PALM OIL, CONTAINS LESS THAN 2% OF: CITRIC ACID, WATER, ARTIFICIAL			
	Protein	0	g	Calculated from value per serving size measure	FLAVORS, RED 40, BLUE 1, YELLOW 6, YELLOW 5.			
	Total lipid (fat)	0	g	Calculated from a daily value percentage per serving size measure				
	Carbohydrate, by difference	96.15	g	Calculated from value per serving size measure				
	Sugars, total including NLEA	70.51	g	Calculated from value per serving size measure				



Page 1 of 2

Calculated from a daily value percentage per serving size measure

 $\mbox{\sc Fill}$  in the chart with the information you put shapes around from above.

	WATERMELON	WATERMELON CANDY
Total Sugar		
Added Sugar		
Number of ingredients		
1.How is sugar measured on a nutrition	label?	
2. Which food has the most grams of add	ded sugar?	
3. Which food has the most ingredients?	,	
4. Compare and contrast the eating expethings that make them the same and diff	rience of watermelon the fruit compared ferent when it comes to size, flavor, and	d to watermelon the candy. Write three enjoyment in your opinion.
SAME		DIFFERENT



# **ACTIVITY 1 BECOMING A WATERMELON ANSWER KEY**

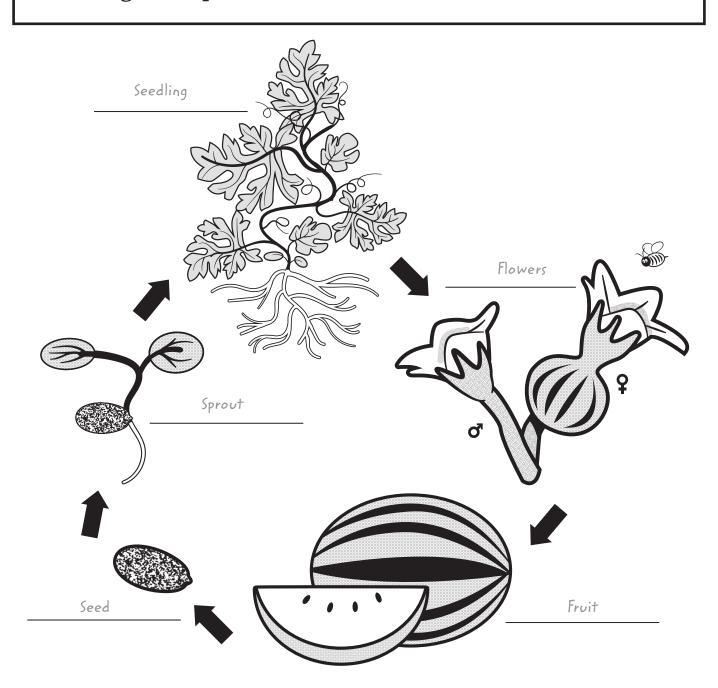
Name: \_\_\_\_\_

# Read about how watermelons grow and write the phases of the watermelon growth cycle on the chart below.

Watermelon grow on long, rambling vines. Seeds are planted 1 inch deep and sprout with sunlight and sandy soil. The seedlings vines across the ground up to 20 feet in length. Wind, bees, and butterflies are attracted to the flowers, which start the growth of the fruit. It's the size and sweetness we enjoy at markets and stores after about 90 days.

# **WORD BANK**

Seedling Sprout Flowers Fruit Seed





# **ACTIVITY 2 NUTRITION LABEL WORKSHEET ANSWER KEY**

Name:							
Use the provi	ded labels to d	compar	e n	aturally sweet watermelon to wate	rmelon candy.		
△ Draw a tri	v much sugar iangle around ctangle aroun	the ad	dec	l sugar.			
UST	USDA U.S. DEPARTMENT OF AGRICULTURE Agricultural Research Service						
ном	ME DATA TYPE DOCUMENTATIO	n DOWNLOAD	DATA	API GUIDE   HELP   FAQ   ABOUT US			
ARIS H	KOME - POGODATACENTRAL - WATER			ata Central Search Results			
W	ATERMELON						
Pow Info	Published: 4/1/2019 vered by Label Insight	Available Date	10/1	3/2017 Modified Date: 10/13/2017 Market Country: United	e: 533221 GTIN/UPC: 049022854390 States ent information. USDA calculates values per 100g or 100ml from values per serving. \		
Nu	rtrients						
Por	rtion: 100g	<b>\$</b>					
Na	ame	Amount U	nit	Deriv. By	Ingredients: WATERMELLON		
En	nergy	31 k	al	Calculated from value per serving size measure			
Pro	rotein	0.78 g		Calculated from value per serving size measure			
То	otal lipid (fat)	0.25 g		Calculated from a daily value percentage per serving size measure			
Ca	arbohydrate, by difference	7.45 g		Calculated from value per serving size measure			
Fil	ber, total dietary	0.4 g		Calculated from value per serving size measure			
	ugars, total including NLEA	6.27 g	7	Calculated from value per serving size measure			
	odium, Na	0 n	g	Calculated from a daily value percentage per serving size measure			
Fa	atty acids, total saturated	0 g		Calculated from a daily value percentage per serving size measure			
Fa	atty acids, total trans	0 g		Calculated from value per serving size measure			
Ch	holesterol	0 n	g	Calculated from a daily value percentage per serving size measure			
_				, , , , ,			
WA	ATERMELON CA	NDY					
	a Type: Branded Foo Published: 12/6/2019	d Category: C Available Da		Brand Owner: Perfetti Van Melle USA Inc. FDC ID: 671684 27/2019 Modified Date: 7/27/2019 Market Country: Unit			
Info	rered by Label Insight ormation provided by food br orie diet (21 CFR 101.9(c)).	rand owners is	abel c	ata. Brand owners are responsible for descriptions, nutrient data and ing	predient information. USDA calculates values per 100g or 100ml from values per serv		
Nu	trients Update Log						
Por	rtion: 100g \$						
Na	ame	Amount	Unit	Deriv. By	Ingredients: SUGAR, CORN SYRUP, MALTODEXTRIN,		
En	DEXTROSE, MODIFIED FOOD STARCH (CORN), PALM (		DEXTROSE, MODIFIED FOOD STARCH (CORN), PALM OIL, CONTAINS LESS THAN 2% OF: CITRIC ACID, WATER, ARTIFICIAL				
	rotein		g.	Calculated from value per serving size measure	FLAVORS, RED 40, BLUE 1, YELLOW 6, YELLOW 5.		
	otal lipid (fat)		g	Calculated from a daily value percentage per serving size measure			
	arbohydrate, by difference			Calculated from value per serving size measure			
			7				
	ugars, total including NLEA	-/	B	Calculated from value per serving size measure			
Su	ugars, added	70.5	5	Calculated from value per serving size measure			



# **ANSWER KEY**

Fill in the chart with the information you put shapes around from above.

	WATERMELON	WATERMELON CANDY
Total Sugar	6.279	70.51g
Added Sugar	_	70.5g
Number of ingredients	1	13

1.How is sugar measured on a nutrition label? Grams			
2. Which food has the most grams of adde	ed sugar?		
3. Which food has the most ingredients?	Watermelon candy		

4. Compare and contrast the eating experience of watermelon the fruit compared to watermelon the candy. Write three things that make them the same and different when it comes to size, flavor, and enjoyment in your opinion.

SAME	DIFFERENT
People like to eat both	Watermelon has fiber and nutrients, watermelon candy is just sugar
Both have sugar and are sweet	Watermelon has natural sugar, which gives it its sweetness, watermelon candy has added sugar
Both are pink	It's easier to unwrap a candy than it is to slice a watermelon, but the watermelon will give you good energy

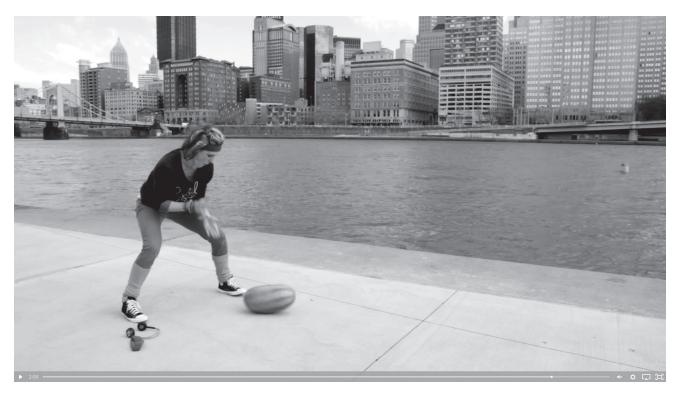


# 4. Watermelon Workouts (Historical Landmark Discovery): Social Studies & Language Arts Grade Level – 4 th & 5 th Grade

**E:** How do I research the history of my town's historical monuments or landmarks?

**A:** Begin instruction by showing students the two *Jump with Jill* Watermelon Workout Videos.

- www.jumpwithjill.com/watch/watermelon-workout-flashdance/
- www.jumpwithjill.com/watch/watermelon-workout-rocky/







- Ask students to work in groups to discuss what historical monuments, statues, buildings, bridges, rivers, landmarks, etc. that they may have seen, and where the videos may have been recorded.
  - Give students 5 minutes to discuss with their neighbors everything they may have seen in the two videos.
  - Ask students what they saw throughout the videos and where the characters may have been:
    - Pittsburgh, PA
      - Clemente Bridge
      - Point Park
      - Bill Mazeroski Statue
      - Allegheny River
    - Philadelphia, PA
      - Love Statue
      - Citizens Bank Park
      - Rocky Statue
      - · Art Museum and Steps

**T:** Guide students through researching and discussing the importance of a an historic landmark using the Roberto Clemente Bridge as an example. Read through the two provided primary sources, noting the citation. Review reading comprehension by talking through the answers to Landmark Report activity.

- **What is it?:** The Roberto Clemente Bridge is also known as the Sixth Street Bridge, which was built in 1928. It is included in a trio of identical "sister" bridges in Pittsburgh built over the Allegheny River.
- **Why is it there?** Pittsburgh is know as the City of Bridges, with more than 446 bridges. This bridge was built to connect the City of Pittsburgh to the North Shore of Pittsburgh and closes to cars during baseball games so that people can walk to see the Pirates play!
- **Why is it special?** TThe bridge is named after Roberto Clemente, who broke racial barriers for black and Latino players.
- Ask students to brainstorm 3-5 ideas to choose an historical landmark to complete their own historical landmark report.
  - With teacher approval, students can begin doing research in primary sources that help them learn about their landmark. Research what it is, why it is there, and why is it special.
  - Have tools or materials ready so they are easy to access. Give the students the rest of the class, and potentially extra time to complete the assignment. Teachers can assist with citation..

**S:** Collect the completed *Jump with Jill Landmark Report*, review them, and display or collage images of their landmarks onto a map to add geographical context.

### **4TH GRADE:**

CCSS.ELA-LITERACY.W.4.9

Draw evidence from literary or informational texts to support analysis, reflection, and research. 5TH GRADE

CCSS.ELA-LITERACY.W.5.9

Draw evidence from literary or informational texts to support analysis, reflection, and research.



# **MAKING HISTORY**

# THE HEINZ HISTORY CENTER BLOG

# Pittsburgh: The City of Bridges

May 5, 2017 • by Brady Smith ■ Western Pennsylvania History

nhotographs, pittsburgh, pittsburgh history



Pittsburgh's "Three Sister" Bridges, the Sixth, Seventh, and Ninth Street Bridges. The "Three Sister" bridges were part of a massive series of bridge-building campaigns begun in 1924 by the Allegheny County Department of Public Works, and finished in the late 1930s by the Depression-period Allegheny County Authority. Credit: Allegheny Conference on Community Development Photographs, Detre Library & Archives at the History Center

Affectionately known as the "City of Bridges," Pittsburgh boasts 446 bridges – more than any other city in the world, including Venice, Italy. Long before the majestic bridges soared above the Three Rivers, Pittsburgh was a rugged terrain of deep valleys, creeks, and rivers, isolating many of the city's residents.

When the first European settlers arrived in the 1700s, they had to cross streams and climb steep hillsides just to travel around the region. To overcome these challenges, the settlers built wooden bridges to connect newly constructed roadways and span the rivers and valleys.

The city's first river crossing bridge, the Monongahela Bridge, was built in 1818 on the site of what is today the Smithfield Street Bridge. The creator of the Brooklyn Bridge, John Roebling, replaced the wooden structure with a new wire

rope suspension bridge, after it was destroyed in the Great Fire of 1845. Increasing weight from additional traffic resulted in its closure and replacement with the modern Smithfield Street Bridge, the oldest steel bridge in the United States.

Source: www.heinzhistorycenter.org/blog/western-pennsylvania-history/pittsburgh-the-city-of-bridges



# Roberto Clemente

# American baseball player



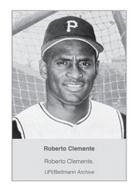
**WRITTEN BY** 

Milton Jamail

Lecturer, Department of Government, University of Texas at Austin. Author of *Full Count: Inside Cuban Baseball*. LAST UPDATED: Aug 14, 2020 See Article History

Alternative Titles: Bob Clemente, Roberto Clemente Walker the first Latin American baseball stars in the United States (see also Sidebar: Latin Americans in Major League Baseball).

Roberto Clemente, in full Roberto Clemente Walker, (born August 18, 1934, Carolina, Puerto Rico—died December 31, 1972, San Juan), professional baseball player who was an idol in his native Puerto Rico and one of the first Latin American baseball stars in the United States (see also Sidebar: Latin Americans in Major League Baseball).



Clemente was originally signed to a professional contract by the Brooklyn Dodgers in 1954. He was given a \$10,000 bonus—very high by the standards of the times—but was sent to the minor leagues for the 1954 season. Because of a major league rule that stipulated that any player given a bonus of more that \$4,000 had to be kept on the major league roster for his entire first season or be subject to a draft from other clubs, the Dodgers lost Clemente. Pittsburgh, which had finished last in the National League in 1954, selected him; Clemente made his major league debut on April 1, 1955, and spent his entire career with the Pittsburgh Pirates. For 18 seasons Clemente delighted fans with his hitting ability, daring base running, and strong throwing arm. His outstanding arm was perhaps his greatest physical asset. He won 12 Gold Gloves, the award given to

the best fielding player in each position in the league. Baseball's most talented outfielders are still compared to Clemente. He was also a very good hitter, winning four National League batting titles while compiling a lifetime average of .317. In 1972 Clemente got his 3,000th base hit on his very last at bat as a player. At the time, only 10 other players had reached this mark.

While Clemente amassed a mountain of impressive statistics during his career, he was often mocked by the print media in the United States for his heavy Spanish accent. Clemente was also subjected to the double discrimination of being a foreigner and being Black in a racially segregated society. Although the media tried to call him "Bob" or "Bobby" and many of his baseball cards use "Bob," Clemente explicitly rejected those nicknames, stating in no uncertain terms that his name was Roberto. There was also confusion over the correct form of his surname. For 27 years the plaque at the National Baseball Hall of Fame read "Roberto Walker Clemente," mistakenly placing his mother's maiden name before his father's surname. Only in 2000 was it changed to its proper Latin American form, Roberto Clemente Walker.

Perhaps equally as important as Clemente's accomplishments on the field was his role as an advocate for equitable treatment of Latin baseball players, in which he took great pride. Near the end of his career, Clemente commented, "My greatest satisfaction comes from helping to erase the old opinion about Latin Americans and Blacks." A close friend of Clemente's, Spanish-language sportscaster Luis Mayoral, added, "Roberto Clemente was to Latinos what Jackie Robinson was to Black baseball players. He spoke up for Latinos; he was the first one to speak out."

Source: www.britannica.com/biography/Roberto-Clemente



# JUMP WITH JILL LANDMARK REPORT

1.My historical landma	ark is:	
2. Why did you choose	it?	
	Draw a picture of your landmark!	
3.Describe your landm	ark:	
4.Why is it there?		
5.How is it special?		



	JUMP WITH JILL LANDMARK REPORT ANSWER KEY
e:	
his paper to	o write in detail about a landmark you'd like to learn more about!
.My histori	ical landmark is: Roberto Clemente Bridge
. Why did y	rou choose it? It's built for a famous Pirates player.
	Draw a picture of your Landmark!
	Art by Allie McMahon, 5th Grade
.Describe y	our landmark:
It's a brid	ge over a river with a city behind it with his statue holding a hat. Roberto Clemente wa
drafted to	the Pittsburgh Pirates and was killed in a plane crash.
Why is it t	here?
•	ts the North Shore to the city.
.How is it s	necial?
	valk to the baseball games.
TOU CAN M	AND THE PROPERTY CONTROL
	ant to the varevan games.



Extra: How is your historical landmark special to you?

I like learning about what the things mean in the city.

### 5. FILM FESTIVAL (CULMINATING ACTIVITY): SOCIAL STUDIES AND LANGUAGE ARTS

Grade Level - 1st through 5th Grade

**E:** How can we use a guide to plan a class an imaginary, health-themed class event?



A: Watch Film Festival video: www.jumpwithjill.com/watch/film-festival/

- · Open class discussion with following sample questions
  - What was the purpose of this event?
    - Jump with Jill hosted a film festival to debut some of their newest video projects
  - What specific details did you see?
    - "Walkway, Stars from the videos, fans, singing, dancing, Question & Answer session with Jill, snacks, dinner after"
  - Did anything stand out to you?
  - How much time do you think it took to plan this event and what steps were needed to make all the parts come together?
- Have students complete Activity 1 Reflecting on the Film Festival as a class or individually.

**T:** Explain to students about the many steps it takes to plan an event. Tell them that there are even people known as event planners who plan events for a living!

• Tell the students that since they worked extremely hard on the previous lessons that they are going to work together to plan a magical, imaginary event for the whole class. Because Jill will obviously want to pretend to attend, make sure there is some kind of health theme to your event (even it it's just making sure you are serving healthy snacks or walking your snails to get some exercise.) This can be done featuring individual ideas or in small groups or together as a class. Potential event ideas: take unicorn rides on rainbows, design a dragon petting zoo, build a playground in the sky.



- Activity 2 *Design Your Own Event*. Students complete a graphic organizer similar to 1A with the who, what, where, when, why, and how of the proposed event.
- Activity 3 Draw Your Event Students draw out what the event will look like.
- Activity 4 *Guide to the Event* Students write out how the event will be executed so it's just like their dreams!

**S:** Ask students to reflect on what they think the best part of their imaginary event would be; ask students to reflect on what they think they would enjoy the most about other imaginary events from their classmates.

### **1ST GRADE**

CCSS.ELA-LITERACY.RI.1.2

Describe characters, settings, and major events in a story, using key details.

2ND GRADE

CCSS.ELA-LITERACY.RI.2.3

Describe the connection between a series of events, concepts, or steps in a procedure within a text.

**3RD GRADE** 

CCSS.ELA-LITERACY.RI.3.3

Organize an event sequence that unfolds naturally, using temporal words and phrases to signal event order; provide a sense of closure.

**4TH GRADE** 

CCSS.ELA-LITERACY.RI.4.3

Organize an event sequence that unfolds naturally, using a variety of transitional words and phrases to manage the sequence of events; provide a conclusion that follows from the narrated experiences and events. 5th Grade

CCSS.ELA-LITERACY.RI.5.3

Compare and contrast two or more characters, settings or events in a story or drama, drawing on specific details in the text.

You may also finds strong matches within your state social studies standards such as:

1st Grade Pennsylvania Social Studies Standard - 6.5.1.B

Identify different jobs and the purpose of each.

2nd Grade Pennsylvania Social Studies Standard - 5.2.2.D

Explain responsible community behavior.

3rd Grade Pennsylvania Social Studies Standard - 5.2.3.D

Describe how citizens participate in school and community activities.

4th Grade Pennsylvania Social Studies Standard - 5.2.4.B

Describe the sources of conflict and disagreement and different ways conflict can be resolved.

5th Grade Pennsylvania Social Studies Standard - 5.2.4.D

Describe how citizens participate in school and community activities.



AGIIVIIY	I KEFLECIING UN THE FILM F	ESTIVAL
Name:		
Fill out each bubble in the event map based on w	hat you saw in the video.	
	Event Map	
	What happened?	
Why was it important?		When did it happen?
		)
	<b></b>	
	( Event	
How did it happen?		Where did it happen?
	<b>*</b>	
	Who was involved?	



A.T.	IVIIY Z DESIGN YUUK UWN EVI	ENI
Fill out each bubble in the event map for <b>your</b>	upcoming imaginary event.	
	Event Map	
	What will happened?	
Why is it important?		When will it happen?
	Event	
How will it happen?		Where will it happen?
	Who will be involved?	



# **ACTIVITY 3 DRAW YOUR EVENT**

Name:	
Use this space to make a picture of how this event looks.	



# **ACTIVITY 4 GUIDE TO THE EVENT**

Name:		
Create the event guide so	you and your friends are prepared to celebrate!	
	Event Name:	
	Event Date	
	Start/End Time:	
	Location:	
	Materials Needed:	
	Activities:	



# **ACTIVITY 1 REFLECTING ON THE FILM FESTIVAL ANSWER KEY**

Name:

Fill out each bubble in the event map based on what you saw in the video.

# **Event Map**

# What happened?

You did a dance, watched films, and afterwards you had dinner.

### When did it happen?

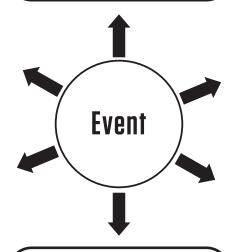
On Saturday, June 2nd.

# Why was it important?

How did it happen?

Talking to fans and pictures, dance practice and food, snacks, and planning.

To eat healthy food and drink.



# Who was involved?

You, Jill! Fans and dancers.



Oaks Theater.



# **ACTIVITY 2 DESIGN YOUR OWN EVENT ANSWER KEY**

Name:

Fill out each bubble in the event map for **your** upcoming imaginary event.

# **Event Map**

### What will happened?

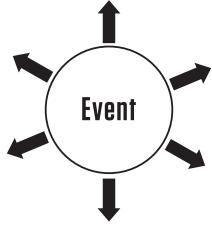
It's a party for a fire breathing dragon named Dan.

# When will it happen?

Tomorrow at 12:30.

# Why is it important?

It's Dan's 5th birthday and he has one every year.



Dan the dragon, my magical unicorn, my sister, me, my mom, and my dad.

Who will be involved?

A magical castle on a cloud.

Where will it happen?

### How will it happen?

A magical bird will turn into a flying boat to get to the castle. We are going to play fire dragon and party games and have healthy foods, he loves pineapples but only eats them if they are upsidedown.



# **ACTIVITY 3 DRAW YOUR EVENT ANSWER KEY**

Name:	

Use this space to make a picture of how this event looks.





# **ACTIVITY 4 GUIDE TO THE EVENT ANSWER KEY**

	Event Name:
I .	Dan's magical party (he's a dragon)
	Event Date
Ι.	9-20-20
	Start/End Time:
	12:30pm - 2:00pm
	Location:
	Magical Castle
	Materials Needed:
Ι.	Swimming suit, presents
	Activities:
	Swimming, tag, opening presents, fire dragon game, feeding Dan his upside down pineapples

