

## Nutrition education at Plainfield school

The University of California Nutrition Education Program of Yolo County, run through the Cooperative Extension Office, participated in a nutrition decathlon for Plainfield Elementary After-School students recently.

Students in grades 1st through 6th had the opportunity to apply their nutrition knowledge in a fun and interactive way, through fruit and vegetable trivia questions and physical activities such as the berry relay and pepper toss.

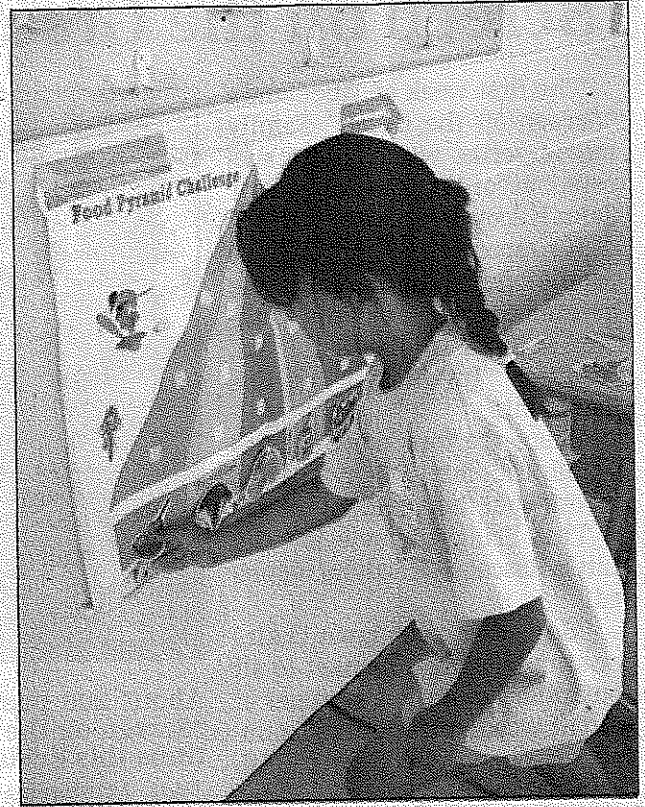
The UC Nutrition Education Program has partnered with various school venues throughout the county to supply nutrition and agricultural lessons as part of their classroom instruction.

These lessons are geared towards introducing children to proper nutrition and healthy foods while incorporating academic standards.

Some of the popular activities of the program include a produce specific fruit and vegetable taste-testing, a Smoothie Bike where children make fresh fruit smoothies by pedaling a bike, and cooking lessons that focus on seasonal fresh fruit and vegetables, teaching cooking skills, and kitchen safety.

The UC Nutrition Education Program is a grant funded program in its fourth year in Yolo County. It aims to improve the health and quality of life for youth and to reduce the obesity rates within the community.

Local schools are encouraged to seek collabora-



Courtesy

**Students at Plainfield Elementary School learned about proper eating habits thanks to assistance from the UC Extension Program.**

tion. Nutrition education introduced in local classrooms and youth organizations is one of the best ways to help children and families learn to make positive food and physical activity choices.