

MSU Extension delivers nutrition and physical activity education for youth, pre-kindergarten through 12th grade, to help reduce the risk of obesity, type 2 diabetes, and other chronic diseases. Nutrition staff members teach youth about the importance of adopting a healthy and active lifestyle through age-appropriate, hands-on activities. Some youth nutrition topics include:

- Introducing youth to new fruits and vegetables
- Learning about MyPlate and the five food groups
- Food safety
- Physical activity and exercising
- How food fuels bodies and helps them grow
- How to fuel our bodies as athletes
- What happens to food inside of our body
- Understanding the functions of various nutrients

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