

IFAS Extension
Florida 4-H Youth Development Program

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4-H Camp Teaches Nutrition and Food Safety to South Florida Youth

What: Florida 4-H Youth Development Program in Miami-Dade county will host "Down on the Farm," summer camp for Boys and Girls Club participants. The three day camp will teach local youth, ages 5 to 15, lessons on food safety and nutrition through educational, fun learning stations. Youth will learn how germs are transferred with a black-light, a puppet show will demonstrate healthy eating habits, another station will address selecting the right foods for a healthy snack and a video station will demonstrate the process of milk production - from the cow to your local grocery stores.

Youth will have the opportunity to learn team building skills when they role-play a "farmer" by participating in farm chores such as milk a wooden cow, relay eggs from the nest to the carton, throw fabric food beanbags into the food guide pyramid, then pass the hat to the next "farmer". The hands-on program teaches healthy eating habits and explains farming nutritional food. This event is open to those who register for the summer camp, sponsored by The Boys and Girls Club.

When: July 9 – 11, 2008

Where: 10915 NW 14 Ave., Miami, 33167

Who: For more information contact Kathie Roberts, Roberts@ufl.edu, at (305) 888-5010. To register for this event, contact Gail Everett, (305) 758-0207, Boys and Girls Club.

Founded in 1909, Florida 4-H Youth Development Program works with more than 230,000 rural, suburban and urban youth ages 5-18 and is active in all 67 counties, and with the Seminole tribes. The 4-H program is the youth development program of the Florida Cooperative Extension Service (CES) which is headquartered in Gainesville within UF's IFAS. The CES is funded by a partnership between federal, state and county government agencies. For more information about Florida 4-H, visit www.florida4h.org or contact your county extension office. All programs are open to all persons regardless of race, color, age, sex, handicap or national origin.

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