



Nutrition in Action

Visiting Farm – from “Auer” home to yours

Through hands-on activities, students discover the 5 food groups and the importance of movement and exercise.



Choose one of three separate lessons:

- Shake, Rattle, and Roll Ice Cream
- Food Clues: You are what you eat
- Snack Attack: Creating a healthy snack

Students will:

- Understand nutritional values
- Identify food groups
- Explore healthy eating habits and active lifestyles

Program Information:

Visiting Farm programs last 1 hour

Fees:

Snack Attack or Shake, Rattle, Roll - \$6 per person + \$30 materials

Food Clues - \$6 per person

(\$120 minimum)

Check out our other Visiting Farm programs!

For more information, call: (860) 242-7144 ext. 14

To schedule a program, please call:

(860) 242-7144 ext. 10 or e-mail: 4hcenter@comcast.net