How much do you know?

Circle the best choice.

1. You should exercise 2 hours a day:
   True     False

2. You wash your hands only after using the restroom.
   True     False

3. You should gather all your equipment and ingredients first before you cook.
   True     False

4. The food pyramid has 4 food groups.
   True     False

5. A cup equals 8 ounces
   True     False

6. Tomato is a fruit
   True     False

7. The food labels are only for adults.
   True     False
Youth Nutrition Camp At No Cost

This camp is full of Food FUNdamentals. Come and learn the importance of Food Safety, Nutrition and Food Preparation.

This program is targeted to boys and girls, 8 to 12 years of age.

Space is limited to the first fifteen participants.

Please call today to register
First Come First Serve!

Camp Schedule

May 29, 2007
Food Safety
Hand-washing, Kitchen Safety, Kitchen Hazards, Juvenile Food Storage
9 am - 12:00

May 30, 2007
Nutrition
Let's Explore the Food Pyramid, Reading Food Labels, Importance of Exercising
9 am - 12:00

May 31, 2007
Food Preparation
How to.....read and prepare a recipe, Measurements.
9 am - 12:00

June 1, 2007
Skill-A-Thon
9 am - 12:00

For questions and information please don't hesitate to contact:
Laura Valencia
4-H Program Assistant
407-254-9200
6021 S. Conway Rd.
Orlando, FL 32812

To Register please call 407-254-9200
Or fax to 407-254-9244
Before May 24, 2007

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4-H Youth Development Program