Jump Into Foods and Fitness includes eight hands-on “jumps” or sessions to help 8- to 11-year-olds learn the importance of nutrition, increased physical activity and food safety.

Check the Michigan 4-H Youth Development Web site for more information on foods, nutrition, fitness and links to additional information on these topics. Visit the 4-H Health page at http://web1.msue.msu.edu/4h/health.html and the 4-H Food, Nutrition and Fitness page at http://web1.msue.msu.edu/4h/food&nut.html.

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