Nutrition is a very broad topic. The USDA developed MyPlate in order to help guide people so they knew how much of food to put on their plate. For example ½ of your plate should be fruits and vegetables. It also recognizes that we need to have more whole grains in our diet as well.

What are some things you currently do in your home/school/community that are related to this topic?

What are ideas of ways we could teach more people about this topic? How can you use the recommendations of MyPlate while at the Kansas State Fair? How do we encourage people to make life-long nutritious decisions?

Making healthy food choices is just one part of living healthy. Another piece is involving physical activity. One way that K-State Research and Extension promotes this is through Walk Kansas. During the Walk Kansas program, teams dedicate time to exercise at least 30 minutes a day and keep track of how many fruits and veggies they eat.

What does this topic mean to you?

What are some things you currently do in your home/school/community that are related to this topic?

What are ideas of ways we could teach more people about this topic? How can you use this skill while attending the state fair?

