

Youngsters Learning importance of nutrition

The Boys & Girls Club of Lake Tahoe will be hosting a farmers market with the help of the UC Cooperative Extension on Aug. 17 from 10 am-4pm.

UCCE started a nutrition program at the club. Each week a different grade learns about the healthy fruits and vegetables that are easily accessible in South Lake Tahoe.

There will be a fruit stand and vegetable stand where kids will learn the importance of incorporating these food groups in their diet through interactive games and tastings. One stand will be dedicated to the master food preservers where kids will learn different ways to preserve food and get a change to taste food that has been preserved. A station will have a smoothie bike where kids get to make a fruit and vegetable smoothie on a blending bike as well as being able to exercise at the same time.