4-H Virtual Nutrition/Mindfulness is providing educational programming on Nutrition, Mindfulness, and Fitness, Monday through Friday from 10 AM - 12 PM. Join us for daily cooking tutorials, fitness routines you can follow along with at home, guided meditations, and much more. There is something for everyone regardless of age! During the Month of May, our wellness lessons will place an emphasis on different cultures where we explore the food and customs of countries. We hope to get students more aware of other cultures. Students get to prepare different types of food they may have never heard of, or learn the origins of the food they already enjoy. We even have passports so that students can keep track of the countries they “traveled” to. The first week of May we covered the Mexican cultures. We made tortillas and salsa from scratch, went over the history of Cinco de Mayo and Dia de los Muertos and learned some Mexican line dancing. Other cultures we will cover in May include Italy, Japan, and Mediterranean countries.

In April we covered many different topics related to wellness. The fitness portion of club highlighted 4-H yoga and the basics of exercise recommendations with fun games. Nutrition had lots of recipes that students could easily follow along with at home and they went over kitchen skills too. In mindfulness they used the GEM curriculum to cover a lot of topics like setting SMART goals and intentions. They also practiced breathing exercises and went over the wellness model. At the end of the month we had a parent engagement event where we invited families to participate in an evening of fun activities. We held a game of trivia and many of the questions were what they learned that month in the virtual academy. Families were able to make chef hats over zoom, and then an instructor taught them how to make ratatouille as well. All in all, it was a great first month of the virtual academy!

To register please visit the following link: https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=20204HNutritionMindfulness_222