



Mitchell County 4-H Summer Fun

KICKIN NUTRITION

July 7th, 9th, 14th, 16th, 21st, & 23rd

Zoom 3-4 PM

Register [here](#)

(Link Sent To Email Once Registered)

KickinNutrition.TV is a fresh, innovative digital, online, video-based health, nutrition and wellness curriculum designed to educate, entertain and empower youth to adopt healthy nutrition habits and a physically active lifestyle during formative years (grades 4-8). KNTV utilizes comedy, relatable storylines, diverse teen characters, hip music and engaging peer-to-peer nutrition instruction and cooking demonstration, in combination with interactive skill development technologies to teach nutrition concepts.



For more information
kaley_brown@ncsu.edu