**Cardinal Health Fair** 

**Friday November 9th**

- **Booth 1** discusses drinks and sugar content – demonstration of the amount of sugar in various drinks

 - **Booth 2** has food label activities – how to read a food label on a food item, and how to look for certain healthy nutrients vs how to look for unhealthy nutrients

- **Booth 3** has a healthy snack station – trail mix, fruit, (no nuts)

- **Booth 4** has exercise games to learn creative ways to stay active - shows how to connect what you eat, to energy you use when you exercise

- **Booth 5** has a MyPlate demonstration – interactive games where they match food items to food groups on the MyPlate model.

This will be presented by nutrition and dietetic majors from WCU! **Go cats!!!**



 