

Health and Wellness Fair. 3hr

It started at 2:30 pm -5:30 pm, location: Lutheran Early Life on Park Ave.

This health fair was dedicated to Early Life Nutrition". Various organizations presented presentations, distributed health-related brochures, prizes, cooking demos, and provided health education for preschool-age kids. The health and wellness fair aimed to teach, learn, connect, and have fun while discovering the importance of nutrition in the early stages and throughout life.

Our organization presented presentation slides and posters with games. Our expert speakers from NY Enrichment Group shared valuable insights and practical tips to help children and their parents make informed choices for their health & wellness. This event was helpful for kids, parents, caregivers, teachers, and other organization members.

Another intern from Hunter College had to present a presentation on the topic of "Learn to prep your meals for a week". She did a wonderful job on this topic, and I acquired so many skills from her.

Pam Darby, RDN from NY Enrichment presented a cooking demo: "Apple Donuts" for kids. Making an apple donut was an amazing tip for kids. Instead of sweet and fatty dough, she used sliced apples and for toppings, she used vanilla yogurt and sunflower butter. And kids had to decorate with different healthy toppings such as strawberry, blueberry, and rice crispy flakes.

I have presented a poster on the nutrition theme "Fuel Your Body For a Better Future".

I have prepared a poster covering topics such as nutrition benefits, educational preschool nutrition diagrams, and pictures, sensory feeling-friendly tips, simple ways to make kids healthy

snacks, how to encourage kids to eat healthy food, and how to solve a picky eating behavior in children, and My Plate portion control tips for children.

I had an opportunity to enhance my knowledge on various subjects of health & wellness for young kids. I can apply these obtained knowledge not only for my practice but for my children. I met wonderful like-minded people like RDNs, dentists, and fundraising-organizing individuals. We exchanged emails and phone numbers for future projects.