

Healthy minds, healthy bodies

Third-grade students in Joanne Sharp's class at Dorothy Nolan Elementary School learned about physical health during the Food, Fun and Fitness program on Monday.

Below, during a review of the food pyramid, students demonstrate how protein gives them strong muscles for Julie Curren, 4-H program educator for Cornell University Cooperative Extension of Saratoga County. At right, Michael Donaldson checks his pulse to gauge his heart rate.

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