



**Los Alamos Cooperative  
Extension Service and the  
Los Alamos Teen Center  
present...**



*Teen Cuisine*  
**Teen Cuisine**

**4-H Virtual World  
of Healthy Living**



- A Nutrition and Culinary Arts Program For Teens Grades 6 to 12.**
- Fun ways to learn about nutrition, food preparation and cooking, food safety and physical activity.**
- Participants will participate in a 3-day, 2.5 hour zoom session. The Los Alamos Healthy Living Ambassadors will assist with the sessions.**
- Register by June 22<sup>nd</sup> by registering at [https://nmsu.zoom.us/meeting/register/tJUscu2trzlrHd1srStzyJBbo\\_DhZpsppG7t](https://nmsu.zoom.us/j/9123456789). Space is limited.**
- Sessions will be conducted live on zoom and participants will receive a free kitchen kit for attending all sessions.**



**June 24-26, 2020  
1:00-3:30 pm**

New Mexico State University is an equal opportunity/affirmative action employer and education. NMSU, Los Alamos County and the U.S. Department of Agriculture cooperating.

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Los Alamos Cooperative Extension Service at 662-[2656](tel:662-2656) or [deswhitf@nmsu.edu](mailto:deswhitf@nmsu.edu)