USU Extension 4-H Field Trips Teach Valuable Skills

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University Extension 4-H recently hosted nearly 800 seventh grade students from the Cache County School District at the 4-H Healthy Living field trips held on the USU campus.

The field trips provided a chance for youth to learn about nutrition, fitness and gardening. Participants learned how to prepare healthy snacks, play active games and start a garden with paper towels.

Youth also participated in a set of career pathway workshops exploring agricultural careers and STEM programs. The workshops included presentations in the insect and soils diagnostic labs and meetings with water quality specialists.

Stacey MacArthur, USU Extension 4-H volunteer development specialist, said the field trips allowed students to connect interest in healthy living and agricultural science to college majors and future careers.

“The 4-H program introduces youth to important life skills based on their interests,” MacArthur said. “No matter what youth are interested in, they can learn life and leadership skills from it. There’s a place for everyone in 4-H.”

The National 4-H Council and Wal-Mart provided funding for the field trips.

For more information about USU Extension 4-H programs, visit utah4h.org.

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