

## Youth Athletes: Live United



**Skill Area:** Community

**Competencies:** DI 1.4, DI 2.8, DI 2.1, DI 2.12, DI 2.2, DI 2.3, DI 3.2, DI 4.6, DI 3.5, HD 3.

**What I learned:** This event was a great opportunity to exercise my public speaking skills as well as give me another opportunity to work with children.

**Reflection to the event and presentation:** The purpose of this event was to give underprivileged children an opportunity to exercise with college athletes as well as a professional NFL player, and learn about the importance of healthy dietary choices. Each athlete spoke about what challenges they had to overcome in order to go to college as well as how they keep their bodies in shape with diet and exercise. Four Dietetic Interns were recruited to present the importance of eating healthy to stay in shape and allow our bodies to work as efficiently as possible. Working together as a group, we each engaged and performed activities with the children to educate them on MyPlate and complete quizzes on foods that are more likely to keep our bodies strong and healthy.

**Relevance to the profession:** Nutrition education is a very important aspect of nutrition and food science as a profession.