

Dear HISD Teachers:

We are very excited to offer you a new distance education program through the Expanded Food and Nutrition Education Program specifically for our 6th – 12th grade students. Our “**Healthy Teens, Healthy Future**” curriculum focuses on helping youth audiences develop healthy eating habits, increase their physical activity, practice food safety and develop skills for basic food preparation.

Our program is completely **FREE** for students. Each teacher will be given an enrollment guide that provides a link to access the course through AgriLife Learn. Students will complete a Qualtrics survey that will help track their progress over the series and will allow us to share the behavior changes of the group.

The curriculum consists of six self-paced lessons and a recorded recipe demonstration:

- **Session 1: Moving Forward with MyPlate** - Participants will start with a pre-survey to identify how much they know about nutrition and food related topics. The rest of the lesson demonstrates the importance of healthy eating patterns through MyPlate, reviews basic cooking skills such as measuring ingredients and reading recipes and explains the importance of daily physical activity.
- **Session 2: Reading Food Labels** - Participants will learn how to use the Nutrition Facts Label on food packages to make healthier food choices, learn about appropriate portion sizes, common cooking terms and the importance of adding an hour of physical activity daily.
- **Session 3: Breakfast of Champions!** - Participants will develop strategies to eat a healthy breakfast every day, learn practices for reducing the risk of food borne illness, and learn the importance of adding more muscle and bone strengthening exercises into their routine.
- **Session 4: Figuring the Fat** - Participants will learn how to choose foods and snacks that are low in saturated fat and high in nutrients and will learn about limiting screen time in favor of physical activity.
- **Session 5: The Sweet Facts** – Participants will learn to recognize sources of added sugar and locate them on food labels while setting goals for limiting added sugars in their diet, identify safe cooking temperatures and set goals for incorporating healthy lifestyle changes into daily routines.
- **Session 6: Wrapping Up with Snacks** - Participants will learn to choose nutrient-dense snacks between meals based on the MyPlate principles, review food safety practices, and basic knife skills. They will take a post-survey to determine behavior changes made throughout the series.

Please feel free to contact me anytime if you have any questions. Thanks for join us in building a healthier future for kids!

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