



“Healthy Teens, Healthy Future”

6 Self-Paced Curriculum Series

- Session 1 - Moving Forward with MyPlate
- Session 2 - Reading Food Labels
- Session 3 - Breakfast of Champions!
- Session 4 - Figuring the Fat
- Session 5 - The Sweet Facts
- Session 6 - Wrapping Up with Snacks

We are excited to offer 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. This program is completely **FREE** for students and teachers.

Audience

- Ag Animal Science (Livestock Production)
- Ag (Food Science and Technology)
- Health Science (Exercise Science and Wellness)
- Hospitality (Culinary Arts)
- Human Services (Health & Wellness; Family and Community Services)
- All other interested middle school teens and high school teens
- Interested CTE Instructors

Benefits

TEK-Aligned; 6 Lesson Series; led by an Expanded Food and Nutrition Education Program (EFNEP) educator for no more than 30 minutes each; taught one on one or with a small group at a convenient time for the participants

Distance Education Class Options

<https://efnep.tamu.edu/classoptions/>

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