

CEP HARRIS COUNTY PROGRAMS!

4H & Youth Development

HEROES-4-HEALTH: engages youth in healthy lifestyle choices through healthy eating habits and increased physical activity. The goals of the Heroes 4-Healthy Houston program to mobilize youth to increase fundamental cooking skills, increase nutritional knowledge, leadership, and organization skills. The selected Healthy Living Ambassadors will participate in 6 cooking classes and are responsible for planning and implementing, a virtual healthy living summit. The program goals are:

- Learn Fundamental Cooking Skills.
- Increase knowledge understanding of healthy foods.
- Increase 21st Century skills.
- Increase knowledge workforce readiness skill development.
- Encourage family participation in eating at least one meal together daily.

IGNITING SPARKS: helps children realize **their “spark,” or their inner passion and drive** that helps lead them into their purpose. The self-paced lesson plans are intended to:

- Help students understand the concept of sparks and begin to explore their own.
- Convey the importance of adult support of sparks and encourage students to seek more.
- Guide students in identifying at least one spark and imagining how to develop it

OPERATION COLLEGE ACCESS: prepares young students for life after grade-school, by teaching them helpful skills that will administer a successful transition into higher-education. Introduces youth to professionals from various fields. Includes step-by-step processes to create effective resumes and tips on preparing for interviews.

CASSP: COMMUNITY AGRICULTURE AND SCHOOL SUSTAINBILITY PROGRAM: teaches students agricultural literacy to increase awareness and understanding of where their food comes from. Students learn about food production, sustainability, and modern agricultural and conservation techniques through gardening.



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Family Community Health & Nutrition

A TASTE OF AFRICAN AND LATIN HERITAGE: designed to show people how to eat and cook healthfully, traditionally, and enjoyably through hands-on experience. With lesson plans that simultaneously teach history, nutrition, and cooking techniques, the program introduces participants to the rich cultural history of African and Latin heritage foods.

CHFFF: CHOOSE HEALTHY FOOD, FUN, FITNESS: uses experiential learning to teach healthy eating and active play most important for preventing childhood obesity and chronic disease. Lesson content includes physical activity, nutrition, healthy lifestyle choices, food preparation, cooking skill development, and food safety.

TEEN CUISINE: Teen Cuisine aims to empower teens to adopt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious snacks and meals at home. Youth (grades 6-12) are taught important life skills to promote optimal health. The curriculum addresses key concepts about nutrition, food preparation/cooking, food safety, and physical activity by using approaches and strategies that enhance learning and behavior change among teens.

EFNEP: Expanded Food Nutrition Education Program: engages families and youth to acquire knowledge, skills, attitudes, and behaviors necessary for preparing nutritionally sound diets, along with the improvement of the total family diet and nutritional well-being.

NUTRITION FOOD CHALLENGE: will allow participants to work as a team, learning nutrition and food safety, and compete through creating dishes from given ingredients.

WELCOME TO THE REAL WORLD: During this program, participants will be making many decisions about what you would like to do in the future a simulation that teaches youth about making real-life decisions on budgeting, balancing bills, savings, etc.



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