



UNIVERSITY of CALIFORNIA
**Agriculture &
 Natural Resources**

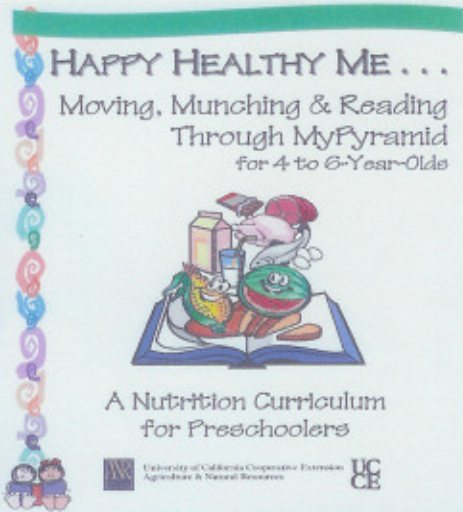
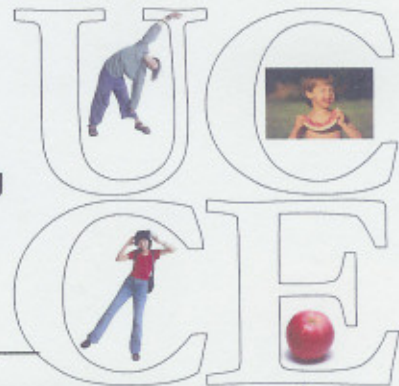
Cooperative Extension — Riverside County

EFNEP

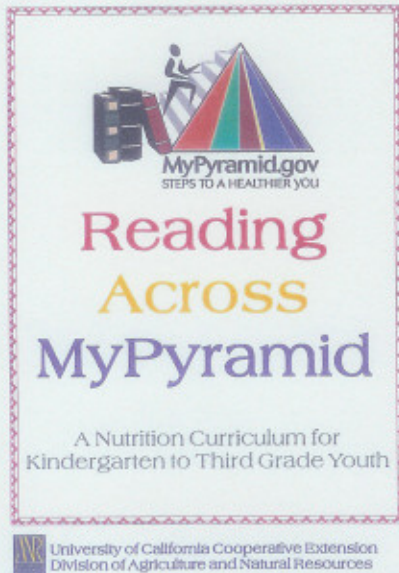
Happy Healthy Me is designed to promote literacy and nutrition among preschoolers. Each lesson includes background information, feature book, nutrition activities, physical activities, poems, songs and finger plays, recipe, letter to parents and evaluation. Children learn to recognize MyPyramid and know it is a guide to healthy eating and exercise.

Youth Nutrition Education Program

Available at no cost to schools and youth agencies serving youth from low-income families.



Reading Across MyPyramid is a nutrition and literacy curriculum for youth in K-3 rd grade. The lessons are designed to increase children's interest in books and improve their reading and listening skills, as well as to help them make healthy food choices by developing positive attitudes about food, good health and nutrition habits.



Expanded Food and Nutrition Education Program (EFNEP)

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