

BLT Curriculum in Fort Bend County



Healthy Living!

- A Fresh Start to a Healthier You! is a 4 session series for adults.
- Learn to increase fruit & vegetable intake.
- Learn to cook nutritious meals & spend less on groceries.



Healthy Aging!

- Be Well, Live Well is a 5-session series for senior adults, ages 50 years and older.
- Increase physical activity.
- Increase fruit & vegetable consumption.



Read the Label!

- Get the Facts is a 4-session series for adults.
- Participants learn how to read the Nutrition Facts Label.
- The series emphasizes sodium, fats, added sugars, and portion size.



Build a Healthy Plate!

- Healthy Carbohydrates is a 4-session series for adults.
- Learn how carbohydrates can be incorporated into a healthy meal plan.
- Learn the importance of physical activity in prevention and management of chronic disease.



Walking for Fitness!

- Walk Across Texas (WAT) & Walk N Talk is founded on the popular Extension program Walk Across Texas with a dialogue approach.
- Adults and youth learn how to walk for fitness. The Walk N Talk program includes two different series: Fruits & Vegetables and Rethink Your Drink! Both of these curriculums span 8-weeks.
- Create teams with family, friends, and coworkers to log walking miles



Grow A Garden!

- In the Growing and Nourishing Healthy Communities Garden Course six-session series participants learn how to grow fruits and vegetables.
- Start community gardens in your neighborhood.
- How to select a garden location, learn techniques on how to compost, plant and water, and control insects.
- Learn how to cook with produce grown from your own garden.

<https://fortbend.agrilife.org/fch/better-living-for-texans/>

<https://blt.tamu.edu/>

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Nutrition for Young Teens!

- Choose Healthy is a fun, interactive four-session series geared toward middle-school aged kids.
- The session topics include: MyPlate, Energy Balance (physical activity), Making Nutritious Choices, and Choosing Healthy Drinks. The series has an optional fifth session about Reading the Nutrition Facts Label.
- Adapted from Ohio State University Extension.



Nutrition for Early Childhood!

- The Color Me Healthy series consists of nine sessions for preschool aged children.
- Through music, color, and exploration of the senses, children learn that nutritious foods and physical activity are fun!
- Developed by North Carolina Cooperative Extension and North Carolina Division of Public Health.



Nutrition for Kids!

- Balancing Food & Play is a 4-week series that was developed for 3rd graders.
- Learn how to increase physical activity and reduce screen time.
- Learn how to eat more fruits and vegetables and drink less sweetened beverages.



Gardening for Kids!

- Learn, Grow, Eat & Go! is a 10-session series developed for 3rd graders.
- Early Childhood Learn, Grow, Eat & Go! is a 4-week multifaceted series developed for teachers of early childhood students.
- Learn gardening skills.
- Learn how to improve fruit & vegetable intake.

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