

### WHO ARE WE?

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Within Purdue Extension Pike County, we offer four program areas: Agriculture & Natural Resources, Health & Human Sciences/Nutrition Education Program, 4-H Youth Development, and Community Development. Our mission is to deliver research-based information that enhances lives. One way we achieve this is by providing school enrichment programs to public, private, parochial, and homeschool youth and educators to help meet the needs of our community today.

## PROGRAM SCHEDULING

We will be using a Google Form for scheduling. Once your form is submitted, we will then start organizing and sorting requests. We will be in contact with you by September 13th with your scheduled program date and times.

Please fill out the google form by 9/13/25





### CHEF UNIVERSITY

Welcome to Chef University — where kids become culinary rockstars! If you've everdreamed of whipping up your own tasty creations, decorating cupcakes like a pro, or making dinner for your family, this is your chance to shine! At Chef University, you'll step into the role of a real chef, learning cool kitchen skills, awesome recipes, and fun food facts along the way. From mixing and measuring to flipping, frosting, and plating like a pro, every class is packed with flavor, fun, and hands—on excitement. So grab your apron, bring your appetite, and get ready to cook up some serious fun — your chef journey starts here! Grades:





### MYPLATE



Welcome to the MyPlate class — where you become a food expert and build the perfect power plate!

Ever wonder what your body needs to grow strong, stay energized, and feel great? In this fun, hands—on class, you'll learn how to balance meals with fruits, veggies, grains, protein, and dairy — like a true food superhero! Play games, try tasty activities, and create your own meal ideas. By the end, you'll know how to fuel your body the smart way and become a MyPlate pro. Get ready to mix, match, and munch your way to healthy fun! Fun for all ages!

#### FOOD FOR THOUGHT

Welcome to Food for Thought - where food gets fun and mind-blowing! Ever wonder where your favorite snacks come from, why veggies matter, or how people eat around the world? In this hands-on adventure, you'll taste new foods, try cool experiments, and uncover the secrets behind what's on your plate. It's not just about eating — it's about exploring, learning, and thinking like a food detective! Bring your appetite and curiosity, because Food for Thought is where smart minds and tasty bites come together for an unforgettable ride!

Grade: 3-8

# CAPTAIN CASH

Come along with <u>Captain Ca\$h</u> and unlock the secret of becoming the captain of your own future! The Captain's money voyage will take you on an adventure to the islands of Earning, Saving, Spending, and Borrowing. Research shows that kids think their parents stress over finances. This program brings an understanding and a feeling of control as you learn how to manage money now and in the future. This program is designed to guide students as they learn about real-life money management.

Grade: 3

### BABYSITTING 101

Get ready for an awesome adventure with <u>Babysitting 101</u> — the ultimate starter course for future kid heroes! This fun-filled experience is perfect for tweens and teens who are curious about babysitting and want to learn the ropes in an exciting, hands-on way. It's not just about rules and responsibilities — it's about unlocking your inner leader, getting creative, and discovering how cool it can be to care for younger kids. From boosting your confidence to learning how to handle real-life situations like a pro, Babysitting 101 turns learning into laughs, games, and teamwork. Whether you're helping with siblings or preparing for your first babysitting gig, this is your chance to shine, have fun, and earn your spot as a certified babysitting superstar! Grades:6-12

# SUPPORTING FARMERS FOR A HAPPIER HARVEST

This presentation offers a comprehensive look at the intersection of agriculture and mental health, focusing on the unique stressors farmers face. It explores challenges such as financial pressure, isolation, and the physical demands of farm life. The session also examines barriers to seeking help, including stigma, limited access to resources, and logistical issues. Attendees will gain insights into effective treatment and outreach strategies. Highlighting the work of the Purdue Extension Farm Stress Team, the presentation showcases practical support systems aimed at improving mental well—being and fostering a healthier, more productive farming community. Grade: 9-12

#### NATURE OF TEACHING

The Nature of Teaching is all about helping kids connect with the outdoors in fun, meaningful ways. Through a mix of formal, standards—based lessons and hands—on, informal activities, students get to explore nature while learning about important topics that matter to their lives and the world around them. The formal curriculum focuses on three exciting areas—Wildlife, Health and Wellness, and Food Waste—with classroom—ready lessons for grades K—S that tie into real—world science and environmental issues. Whether it's tracking animals, learning how nature supports our well—being, or discovering how food choices impact the planet, there's something for every young explorer. Grade:K—S

#### PLANT SCIENCE

Introducing lessons in plant science and horticulture across all school age groups provides students with hands—on learning experiences that foster environmental awareness, responsibility, and an understanding of sustainable food systems. From early education to high school, these lessons can be tailored to developmental levels—cultivating curiosity in young learners and offering practical skills and career insights to older students. Incorporating plant science into the curriculum encourages problem—solving, nurtures an appreciation for nature, and connects science, health, and community in meaningful, tangible ways. Grade:K-12



