



# **Paraprofessional Engagement: EFNEP Chopped Activity**

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# **Back Story (Why)**

**More Involvement**

**Show Case Their Skills**

**Build Teamwork**

**Strengthen Demo Skills**

**Leave Their Comfort**

**Zone**

# The Recipes:

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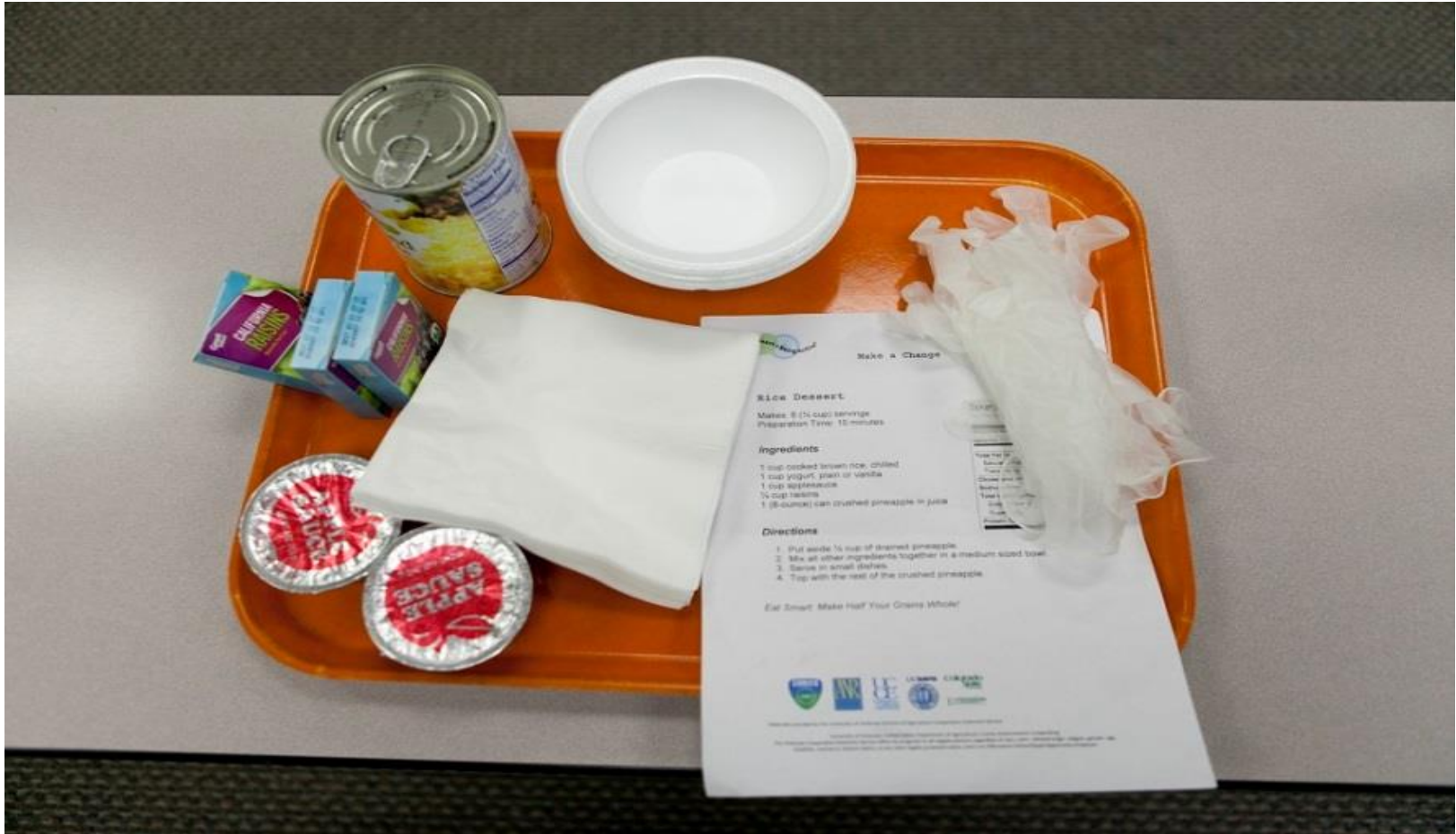


**On With the Show!!!**

# Collaborations:







Make a Change

**Rice Dessert**

Makes 8 (½ cup) servings  
Preparation Time: 15 minutes

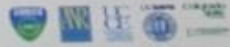
**Ingredients**

- 1 cup cooked brown rice, chilled
- 1 cup yogurt, plain or vanilla
- 1 cup applesauce
- ¼ cup raisins
- 1 (8-ounce) can crushed pineapple in juice

**Directions**

1. Put aside ½ cup of drained pineapple.
2. Mix all other ingredients together in a medium sized bowl.
3. Serve in small dishes.
4. Top with the rest of the crushed pineapple.

Eat Smart: Make Half Your Grains Whole!



# UAPB 1890









# The Surprise Ingredient Is?



**And the Winner is.....**







# **The Evaluations and Impacts**