CYFAR Program

South Carolina faces a state-wide health crisis, ranking 10th in national obesity rates. The state leads the nation in the percentage of children (54.5%) who do not participate in after-school team sports or lessons.

The CYFAR Program provides the Jasper County Boys and Girls club the means to plant spring and fall gardens; and offer lessons on healthy eating. The raised bed gardens are full of collards, cabbages, onions, and other vegetables. The students enjoy working in the garden! The fall-harvest time is right around the corner!

Motion Commotion

4-H National Youth Science Day (NYSD) is an exciting, interactive learning experience that engages thousands of youth across the country. It is the premier national rallying event for year-round 4-H Science programming, bringing together volunteers, youth and educators.

The 4-H National Youth Science Day was implemented at Ridgeland elementary school, by Clemson Extension’s 4-H Agent, Felicia Cunningham; and Cornelius Hamilton, from South Carolina State University's 1890 Extension Program. One hundred and eleven (111) students participated in the program. By participating in the program the youth were able to construct an understanding of motion, stopping distance, and reaction time through engagement in hands-on, experiential learning; and engage in individual and group exploration of the effect of motion and reaction time on our daily lives, with an emphasis on healthy living.

The 4-H National Youth Science Day also allows the students to explore the science of motion through the relationship of speed and stopping distance. This program was also designed to give students hands on experience through real-world investigations on reaction time and safety, making connections to the dangers of distracted driving.
The Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, sex, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

High school students from Ridgeland Hardeeville high school participated in a Holiday Baking program. The students were given tips on how to prepare a variety of healthy desserts for the holidays.

In An Egg Shell (Egg to Chick)

Children are fascinated by the wonders of life. The process of hatching eggs can be a fun, hands-on learning experience for children and adults alike. This program gives students hands-on experience of incubating and hatching chicken eggs. Students that participated in this program learned the following:

1. The anatomy of an avian egg
2. Egg formation
3. Bird embryo development
4. The process of egg incubation