NEW ROCHELLE, N.Y. – Several Columbus elementary school mothers graduated from Cornell University’s Cooperative Extension eight week Expanded Food and Nutrition Education Program course at the school Friday.

"I’m in this program to learn how to cook more healthy for my child," said one mother Maria Euyoque.

Euyoque has reaped the benefits of the county-wide program.

"I’m going to cook better, and healthier," she said.

The eight week course, held in a different location throughout Westchester, educates individuals on how to live healthier lives by increasing physical activity, tips on food preparation, and the proper food choices one should eat.

These concepts were taught to mothers in the school’s weekly Latino Moms group who can in turn bring them home to their children. Participants were able to take home a cookbook with the variety of dishes they made.

"It’s very hands on," said Columbus Elementary School social worker Caryn Dai Loia. "They learn a lot," she said.

The workshop was held at Columbus for the third time led by Bilingual Educators Maria Vele and Doris Elena Argote.

The Cornell University Westchester Extension office helps provide information and assistance to the public about a variety of topics and issues. This is done through university based research.

"We have the pleasure of having Cornell Cooperative teach the multiple phases (of the program) to our mothers," Dai Loia said.