



Karen Faverty—January 2013—“Crunch, Munch, Munch, Munch!”

“Most vegetables and fruits are major contributors of a number of nutrients that are under consumed in the United State, including folate, magnesium, potassium, dietary fiber, and vitamins A, C and K.” - *Dietary Guidelines for Americans 2010.*

K-2nd grade students (877 over a three-week period) learned not only how much fruit and vegetables they should be consuming (Make Half

Your Plate Fruits and Veggies!) but were able to name fruits and vegetables that contain Vitamins A and C and what these vitamins do for their bodies.

Students committed the information they gained from the YUM curriculum to memory by way of learning the lyrics and performing to the music of a march called “Crunch, Munch, Munch, Munch”.

The Pasco County School District filmed the students’ performance of “Crunch, Munch, Munch, Munch” to showcase the quality of the nutrition lessons presented by the Family Nutrition Program and to share with partners.

Follow the link to enjoy the video! <http://www.youtube.com/watch?v=9-xhg8kyOA8>

Karen Faverty—February 2013—“Did You Say...Dairy?”

Children today, on average, don’t drink enough milk.

K-2nd graders at three Pasco County schools learned what foods are in the dairy food group, why they need dairy foods for a healthy, growing body and how much milk and dairy foods they should be getting each day.



The Family Nutrition Program of Pasco County delivered “Delicious Dairy” classes from the University of Florida/IFAS YUM curriculum for students to have fun playing dairy bingo and doing puzzle worksheets, while learning lessons about dairy foods.



All recipients of the lessons (815 students and 5 pre-school parents enjoyed the lessons) now have the knowledge needed to make healthy dairy choices to promote healthy bodies for healthy lives.

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