The following educational programs were presented by three Pasco FNP program assistants: Brenda Borjas, Karen Faverty, and Linda Tesar.

**Brenda Borjas—“Meet MyPlate” and “The Goodness of Grains”**

Students (312) were introduced to the new USDA MyPlate and also received another lesson on Whole Grains. Children like the new MyPlate design and say that it is easier for them to understand because they can see what kind of food their plate should have, the proper amounts, and how the plate should look like every time they sit at the table to enjoy a healthy meal.

They promised to make half of their plate fruits and vegetables to follow the new MyPlate Guidelines and be healthy eaters. Students were reminded that membership into the “Two Bite Club” means tasting new foods at least twice before they decide if they like them or not.

**Karen Faverty—“Handwashing 101”**

In the month of October, students learned the lesson of how to prevent the spread of germs through proper handwashing.

With the aid of specially designed “germ” lotion and a black light box, the students were able to see where real germs like to hide on their hands.

Students (800) received a practical demonstration of how germs travel from person to person, how they can “catch” the germs when they cough and sneeze and the steps of proper handwashing.

When passing students who had already had the class in the halls, the program assistant was greeted many times with a show of hands held up proudly and the declaration, “I washed my hands really good!”

What a successful start to the school year - It’s clear that the message had success!

**Linda Tesar—“Food safety: Wash those Yummy Fruits and Vegetables”**

After teaching proper handwashing to students (957) we also discussed the importance of washing fresh fruits and vegetables. The students were very surprised to hear that you should also wash the fruits before you peel them (i.e. bananas, oranges, etc.). When asked if they have ever seen people tasting the grapes on the supermarket shelf, several children had done so themselves or had seen adults doing so. PA challenged the students to put a bunch of grapes in a bowl of water and shake them lightly and then look at the bottom of the bowl after a few minutes to see how much dirt is at the bottom of the bowl. One elementary student reminded his class that “a lot of people touch the fruits and vegetables in the store and maybe they didn’t have clean hands.” (“food for thought!”)

A first grade boy was very excited to tell the PA that he remembers a lesson from last year about “calcium” and strong bones. It was surprising to hear that he remembered the word since he was only in Kindergarten last year.

For more information, contact Betsy Crisp, MS, LD at UF/IFAS-Pasco County Extension 813-929-2725