

# Pasco FNP Success Stories

## December 2013

THE FOLLOWING EDUCATIONAL PROGRAMS WERE PRESENTED BY THREE PASCO FNP PROGRAM ASSISTANTS:

### Brenda Borjas—Holiday Faces with MyPlate!

Elementary students (257) in east Pasco made Holiday Happy Faces with starry eyes, red bell pepper smiles and a dab of low-fat ranch dressing for a nose. Children enjoyed learning about fruits and vegetables while making and eating the funny faces. Over 90% (determined by show of hands in each class) said they like the new “star fruit” (carambola) and veggie (bell pepper) they had just tasted. Many students commented, “the star fruit tastes like an apple.” Since most children like apples, those words encouraged other students to try something they had not tasted before and were glad that they did. Children were anxious to share and dared their parents to taste something new for this holiday season by decorating their plates and other dishes with the amazing “holiday stars.”



### Karen Faverty—Tweens and Teens: Reducing the Intake of Sugar-Sweetened Beverages

In teaching how to make healthy choices, the Pasco Family Nutrition Program partners with qualifying county libraries to present programs to enthusiastic youth groups, tweens one night and teens the next.

Using the University of Missouri Extension’s Show Me Nutrition curriculum, Lesson 7 - “Life in the Fast Lane,” young people learned the importance of eating breakfast. These youth learned that in order to obtain “power nutrients for tweens and teens,” they needed to eat certain foods containing these essential nutrients.

Participants were shocked at the high sugar content in Nutrition Enemy #1: soft drinks, sports drinks and energy drinks! Visual evidence of the importance of



tween and teen consumption of calcium was also presented. Next, healthy alternatives were suggested, and all were asked to wash hands to participate in a smoothie-making demonstration.

After the smoothies were made and taste-tested, many of the youth expressed appreciation for the vital information they had received. Two teenage girls told the youth librarian, “We want only healthy snacks at all our future meetings!”

This is our next generation of adults, and they’re being educated to make healthier choices for the rest of their lives.

### Linda Tesar—Q: How Do You Get Children to Taste Vegetables? A: Just Dip Them in Low-fat Ranch Dressing!

Students (378) at Fox Hollow Elementary School were offered grape tomatoes along with red, orange and yellow bell peppers to dip into low-fat ranch dressing. Several of the students were under the impression that all peppers are hot. It was amazing to watch as they tasted the different colors—most just gobbled them up and asked for more. They also enjoyed celery sticks and dried plums this month. Students learned about the rainbow of fruits and vegetables and how they need to eat all colors to get the vitamins and minerals offered from the different colors of fruits and vegetables.

Also this month, older adults (75) participating at four Pasco Elderly Nutrition Services low-income sites were offered lessons on how to make healthy food choices when cooking and eating during the holidays.



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