

The following educational programs were presented by two Pasco FNP program assistants.

Karen Faverty – Shady Hills Summer Day Campers Score Big with “Fuel Up for Fun with MyPlate!”



On July 11, 2013, campers in the Parks and Recreation Program in Shady Hills enjoyed the first session of nutrition programming presented by the Family Nutrition Program.

First, the students were given a four-question pre-test. Then, as a group discussion, the students named the food groups, food-group colors and foods from each food group. They were also taught the key consumer messages laid out in the 2010 Dietary Guidelines.

After a demonstration of “calories in/calories out” with the aid of “Sam,” a visual teaching aid, the group understood the health benefits of balancing calories with physical activity, their need to avoid excessive calories daily and at least 60 minutes of physical activity per day.

After a heart-pounding, calorie-burning game of *Food Group Fitness Tag*, the post-test was given. The knowledge gained by Shady Hills campers was amazing: 1st Lesson, they increased their knowledge by 27% and 2nd Lesson increased by 32%! They knew the information, as well as had fun burning calories at the same time!

Brenda Borjas – “1... 2... 3... Fuel Up and Take Off with Healthy Snacks” at Centennial Middle



Pasco County Summer Parks and Recreation campers had a blast as the Family Nutrition Program returned to continue programming about healthy snacks on July 25, 2013!

FNP program assistants spent an hour teaching participants how to make healthy choices when it comes to selecting snacks. The campers were amazed at how much sugar is found in many of the drinks they consume daily and learned how those drinks affect their blood sugar levels as well as their hearts. When asked, “Do any of you know someone with Diabetes?” over half the class raised their hand. “Do you know anyone who has had a heart attack or stroke?” Just by looking around the room, they could see that many people have been affected by these diseases (and others) which can often be prevented by making healthier food choices that are lower in fat, salt and sugar.

The children loved the hands-on learning activities, one being the “popcorn” game using a brightly colored 24-foot parachute while learning that being more physically active can be lots of fun!

The Centennial campers learned a lot: first lesson, they increased their knowledge by 23% and second lesson increased by 17%!

For more information, contact Betsy Crisp
(813) 929-2725