

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

Brenda Borjas – “Eating Lean for Our Muscles Machines”

Eating protein foods is important to building strong muscles, but selecting leaner choices is also important for a healthy heart!



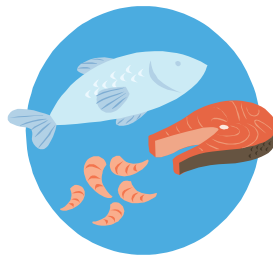
Pasco County elementary students on the east side of the county learned the benefits of making healthier/leaner protein choices over the other/high-fat choices that that may harm our heart and add weight to our bodies.

Pre-K, kindergarten to 5th grade students learned all about “The Power of Protein” in class this month. In addition, parent groups were introduced to *MyPlate* and learned tips to improve the health of their family.



Students were amazed to learn all the different foods that fit in the purple section on *MyPlate*. They did not realize that they had so many lean meat choices, as well as a large selection of plant-based foods and seafood!

Younger children learned where the different proteins came from: a cow, pig, turkey, chicken, fish or plant. Older students learned about the mineral mercury and the different species of fish more likely to contain higher levels; therefore, consuming less often. Students of all ages enjoyed singing and moving to the “Hokey-Pokey” muscles dance. Even the teacher commented, “What a fun way for my students to learn the muscles in their bodies!” When I visited the school just one month later, the students would come up to me in the halls and repeat the lyrics they had learned in class last month.



Karen Faverty – “This Is My New Favorite Food!”

According to the new USDA Dietary Guidelines 2010: “The fats in meat, poultry, and eggs are considered solid fats, while the fats in seafood, nuts, and seeds are considered oils.”



The Family Nutrition program taught 610 students in K-2nd grades at Gulfside Elementary School a lesson called “The Power of Protein.” (5th out of a series of 6 from University of Florida’s “Youth Understanding *MyPlate*” = YUM curriculum)

Through participating in fun classroom activities, students learned not only how much protein their bodies need each day, but also why our bodies need protein. They also learned which ones are the healthiest protein choices and where these various protein foods come from. After a food demonstration that allowed students to taste hummus, one 1st grade student remarked, “This is my new favorite food!”

Linda Tesar – “Colorful Peppers Are a Big Hit!”

All students at Northwest and Dr. Mary Giella elementary schools in grades K-5th were treated to a sampling of green, red and yellow sweet bell peppers this month. They had the option of dipping in light ranch dressing, but many preferred to just nibble without the dressing. The peppers were truly a great hit at both schools. Several children had never tasted them before because they thought peppers were all hot and spicy.

Peppers were the vegetable of the month promoted on the Florida Department of Agriculture and Consumer Services/University of Florida “Fresh 2U” posters displayed in the cafeteria each month featuring one seasonal fruit and one vegetable.

