

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

Brenda Borjas – “Building Strong Bones!”

What could happen to our bones when calcium-rich foods and exercise are not part of our daily lives? Families would miss out on all the benefits of following the *MyPlate* guidelines that include ideas to incorporate healthy choices.

Through FNP’s YUM curriculum “Delicious Dairy” lesson, Pasco County elementary school students (PreK, K-5th grades) learned what part of their bodies (nails, teeth, bones, etc.) will benefit when we make sure we eat enough dairy products and exercise daily.



Students learned about recommended daily requirements of calcium-rich foods (low-fat dairy products; dark, leafy greens; salmon; sardines; etc.) and how important it is to eat them now when they are young as well as how it will impact their lives (teeth and bones) in the future.

By reading USDA’s book about the “Two Bite Club” students were encouraged to try new foods.



Students introduced to new fruits and vegetables through taste-tests in class commented that they really liked “some” of the new foods they had never tried before. They learned

that tastes do change as they grow older and were encouraged to keep trying new foods.

Through FNP, parent groups learned about healthy choices and changes they can make to improve their health. They were amazed at how much sugar is found in the drinks they consume every day and now realize it takes a lot of physical activity to burn off empty calories from SoFAS (Solid Fats

and Added Sugars). They learned that portion control is the key with those types of foods and critical to maintaining healthy weight and lifestyle.

Karen Faverty – “Quesadillas Kids Will Eat!”

Children can be picky eaters; therefore, it may be difficult for them to consume enough dairy foods to get the calcium their growing bodies need.

“The Family Nutrition Program Presents: Cooking with WIC,” a food preparation class that addresses these issues. WIC parents appreciated the information, as well as a variety of easy-to-prepare recipes in printed form.



With a cooking demonstration of a basic quesadilla recipe, participants were able to taste and share with their young children. They saw that a simple, yet versatile, recipe can be prepared for a quick, healthy meal or snack using low-fat cheese. In this way, picky eaters can get necessary dairy foods as well as whole grains from whole-wheat tortillas.

Linda Tesar – “Teachers Need Calcium, Too!”

School children learned about calcium sources in dairy foods. They enjoyed samples of string cheese at one school and yogurt parfaits at another. Two teachers who joined in the yogurt parfait taste-test said that they normally do not eat yogurt but were pleasantly surprised upon tasting it. Both teachers said they will now eat yogurt on a regular basis.

The opportunity to taste the foods during the lesson makes a major impact on the success of the program. The children were excited to see the teachers taste something new.

