



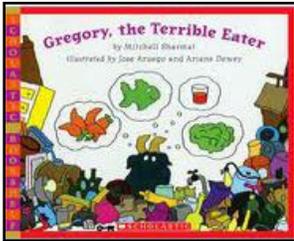
# Pasco FNP Success Stories—May 2013



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

## Brenda Borjas – “Moderation from Each of the Five Food Groups Is the Key!”

Elementary school children (PreK-5<sup>th</sup>) in east Pasco learned about making healthy choices from all five food groups in the proper amounts.



The Pre-K students learned this message through the story “Gregory, the Terrible Eater” by Mitchell Sharmat. The Pre-K students loved the story and when asked, “Why did Gregory get sick?” they realized and reported back, “He ate too much!”

When asked, “How much fruits and vegetables should be on our plate?” they responded ‘Half our plate should be filled with fruits and vegetables!’”

The older students in K-5<sup>th</sup> grades learned through the YUM curriculum lesson on “Create Your Plate” how important it was to eat a variety of foods from each group. And if they don’t, they will miss out on the many benefits that other food groups provide (important vitamins, minerals, fiber, and other nutrients from protein, dairy, grains, fruits and vegetables). All groups are necessary for good health!

## Karen Faverty – “We’re Having an IMPACT!”

Childhood Obesity Fact from the CDC: “The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2010. Similarly, the percentage of adolescents aged 12 -19 years who were obese increased from 5% to 18% over the same period.”

From the CDC website under the subheading of *Prevention*: “Schools play a particularly critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.”

In its role in attempting to curb this epidemic, the FNP in Pasco County wrapped up another year of Nutrition Education in Pasco County Schools. With the presentation of “Create MyPlate” students (775 students at one program



assistant’s assigned schools) reviewed the key messages about each food group on MyPlate by means of an interactive sticker activity. They also learned how to visually tell if the portions on their plates were correct.

In addition, a veteran food and nutrition manager of 16 years at one school reported at the end of the program that the students were eating more fruits, vegetables, whole grain foods and drinking skim or reduced fat milk. She commented, “The impact of the program on students is that now they are always eager to try new items. I think this program should be in a lot more schools!”

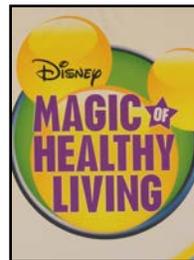
## Linda Tesar – “An Amazing Kindergarten Class!”

Students in Ms. Liabinis’ kindergarten at Fox Hollow elementary were verbally quizzed about MyPlate food groups and other nutrition facts at the final in a series of YUM (Youth Understanding MyPlate) classes. The Family Nutrition Program assistant teaching the class was amazed that they had retained so much of the information from the nutrition lessons given throughout the year.



One boy told the group, “If you use too much salt, you will get higher blood pressure!” The majority of students in class knew the five food groups and MyPlate colors and were able to give a food example from each of the food groups.

## “Dance to the Music!” – Radio Disney Comes to Four Pasco Elementary Schools As Part of the Healthier US School Challenge



Radio Disney events combined nutrition education and physical activity during after-school events at Fox Hollow, Gulfside, Dr. Mary Giella, and Northwest elementary schools (Approx. 1,250 attended).

Local agencies and organizations joined in the fun to promote school wellness. At the FNP booth, children were invited to spin the wheel, name the food items the arrow landed on, and tell where they would go on MyPlate. As a reward for their efforts, they received a red mini-frisbee and a sample snack bag of a multi-grain trail mix.



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