

The following educational programs were presented by three Pasco FNP program assistants:
Brenda Borjas – “So Many Topics, So Little Time!”

In December I had a total of 2 programs with the 66 VPK parents plus 15 programs with 283 elementary students at schools. Topics for parents: **MyPlate 10 Tips on: Eating on a Budget, Be a Healthy Role Model, Healthy Celebrations, and Build a Healthy Plate.** Also presented these topics to students: **Food Safety and Handwashing and Fun with Fruits and Vegetables.**

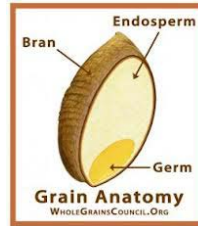
We had a great turnout at the schools that offer the parent groups. One school with only one VPK class of 18 students, 26 parents show up, another one with 2 VPK classes with 36 students, 40 parents show up. I was very excited to see such a great turnout of parents. To start the program the coordinator of the two schools said that that she started making changes to her 6 sodas a day to only one. She was glad to have attended and listened to the program and learned that she will be improving her own health with such a small change. Another grandparent said that she loved all the great information she received that day and thanked us for visiting their school.



Students enjoyed learning about the benefits that fruits and vegetables have on their bodies. They realized how important they are for their eyes and skin. The younger kids loved playing the game where they decide if the food cut-out was a fruit or a vegetable or if it belonged to the other food groups, which they will learn later throughout the year.

Karen Faverty – “Great Grains”

What makes a grain a **WHOLE GRAIN**? When the wheat model lost its bran when it was making its way through the processing to white flour, after the students had learned that the bran gives our body the fiber that keeps our digestive tract healthy, they all expressed sadness. Then, when the exposed wheat germ, containing vitamins and minerals, as well as the healthy oils that they had just learned about, was removed to make our



white flour for making white bread, they again verbally expressed sadness. They saw that only primarily the endosperm was left to make white flour for making white bread.

Quite to my surprise in the first class, when the wheat model was systematically put back together to represent all the parts of the wheat used for whole wheat flour for making whole wheat bread, the entire class cheered when it was **WHOLE** again!

This response was consistent as approximately 600 students learned the lesson about whole grain.

And, two teachers thanked me, saying they had no idea what makes a grain a **WHOLE GRAIN** until my lesson. We truly are “teaching” the teachers, too!

Linda Tesar – “What Is a Whole Grain?”

During December, program assistants used the YUM curriculum lesson to demonstrate the three parts of a whole grain, and children were also able to see a bunch of real wheat. They tasted 100% whole wheat and twelve-grain breads. Very few were unwilling to taste the samples offered, but it was interesting to see how children were influenced by their peers when it was time to taste. The children would encourage each other to taste the sample of bread and would often share the same opinion. In some classes the whole wheat was most popular and in others the twelve-grain was the favorite.



A Pre-K parent group also had an opportunity to taste whole grain foods that included whole wheat bread and the Walk-Around-Trail-Mix that included whole grain cereals and dried cranberries. The parents were impressed with the reasonable price of putting together such a large amount of the healthy mixture that could be used as a healthy snack.

Most of the children said they would prefer whole wheat bread rather than white bread at home. Many were not aware that they are getting whole wheat bread in school.

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