

EFNEP SUCCESS STORIES

2015 NC Cooperative Extension Robeson County



Kindergarten Students Learn to Prevent the Spread of Harmful Bacteria

The 4-H Expanded Food and Nutrition Education Program (EFNEP) in Robeson County partnered with Rowland Norment Elementary School to deliver the EFNEP curriculum, *Adventures in Nutrition* to kindergarteners. This curriculum takes youth on an exploration of nutrition, healthy food choices, and physical activity. The participants traveled to *The Land of Variety*, *The Land of the Germbusters*, *The Land of the Farmers*, *The Land of the Rabbits*, *The Land of the Rainbows*, *The Land of the Great Beyond*, and *The Land of Green Eggs and Ham*.

During the first lesson, the 4-H EFNEP Program Assistant demonstrated for students the proper steps for washing their hands to help prevent illness and the spread of harmful bacteria. During an activity that simulated how germs can remain on hands and be spread from person to person when proper hand washing is not completed, the students were shocked to discover how easily germs could spread. They were excited to learn the proper way to wash their hands and practiced washing their hands for at least 20 seconds, singing the *ABCs* as a measure of the time.

Following the lesson, teachers in each of the kindergarten classes reported that every child now sings the *ABCs* when it is time to wash hands. Teachers also reported that students remind each other to cover mouths properly when coughing or sneezing.

4-H EFNEP in Robeson County continues to help improve the health and well-being of its youth and community.

96% of Participating Youth Increase Fruit and Vegetable Consumption

Fruits and vegetables provide many important nutrients, including vitamins and minerals. The Dietary Guidelines for Americans, 2010 recommends daily consumption of at least 1½ cups of fruit and at least 2 cups of vegetables for school-aged children. However, in North Carolina, 44.5 percent of adolescents report that they consume fruit less than one time daily and 39.6 percent report that they consume vegetables less than one time daily.¹

To combat this, the 4-H Expanded Food and Nutrition Education Program (EFNEP) partnered with Robeson County Public Schools to help elementary school-aged youth understand the benefits of eating more fruits and vegetables. In total, the 4-H EFNEP Program Assistant delivered the series of lessons to 1235 students around the county. Students learned about how the different colors of fruits and vegetables provided different nutrients. Recognizing the importance of eating fruits and vegetables, the students shared ways to incorporate these food groups into their everyday meals.

Of all students, 96% improved their consumption of fruits and vegetables and 60% improved physical activity practices. By making these two changes students have decreased their risk of obesity and other chronic diseases such as high blood pressure, cardiovascular disease and even some cancers.

1 <http://www.eatsmartmovemorenc.com/Data/Texts/State-Indicator-Report-Fruits-Vegetables-2013.pdf>

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, exercise strategies, and shopping on a limited budget.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



United States Department of Agriculture
National Institute of Food and Agriculture