



Helping North Carolina Youth Eat Smart and Move More: 2007 Program Successes for Gates County

Results of the 350 youth participating in EFNEP:

- 81%** of 148 youth increased their knowledge of the essentials of human nutrition.
- 81%** of 148 youth increased their ability to select low-cost, nutritious foods.
- 81%** of 148 youth improved practices in food preparation and safety.
- 43%** of 184 youth now eat a variety of foods.

4-H EFNEP Success

Less than 20% of students meet the recommendations for eating vegetables daily and less than 15% eat daily recommendations for fruits. The 4-H Expanded Food and Nutrition Education Program (EFNEP) with NC Cooperative Extension in Gates County teamed with the Gates County Schools, Gates County Partners for Health and other County agencies to conduct a health fair for 149 fourth graders.

The health fair focused on the MyPyramid, the importance of eating vegetables and fruits and the importance of physical activity. Students tasted exotic fruits and vegetables, received samples to share with their families, participated in physical activity using taeko and were taught how to access the MyPyramid on the web.

During the follow-up classes with students they were able to name the exotic fruits and vegetables they tasted. 75% of the students reported eating more fruits and vegetables and 30% had family members try new fruits and vegetables.

