



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

Results of the **230** youth participating in EFNEP:

44% of 32 youth increased their knowledge of the essentials of human nutrition.

44% of 32 youth increased their ability to select low-cost, nutritious foods.

44% of 18 youth improved practices in food preparation and safety.

28% of 32 youth now eat a variety of foods.

4-H EFNEP Success

Sweetened beverages have continued to take the place of milk in the diets of youth today. Research has shown that youth and especially teens are not consuming adequate amounts of calcium. The 4-H Expanded Food and Nutrition Education Program (EFNEP) in Perquimans County utilized the Eating Smart Moving More with Professor Popcorn curriculum's calcium lesson to help youth understand the importance of calcium in their diet. Youth learned about foods that provide calcium and how to prepare various snacks high in calcium. They had an opportunity to taste and learn about the types of milk and to reduce the amount of fat by using reduced fat milk vs. whole milk. They also tried different flavors of milk for those that didn't like the taste of milk. At the next class many of the youth reported that they were drinking milk at school and trying the new recipes with their families. Got Milk?





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