



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

### Results of the **461** youth participating in EFNEP:

- 93%** of 82 youth now eat a variety of foods.
- 71%** of 82 youth increased their ability to select low-cost, nutritious foods.
- 71%** of 60 youth improved practices in food preparation and safety.
- 63%** of 82 youth increased their knowledge of the essentials of human nutrition.

### 4-H EFNEP Success

In Transylvania County, school children are sometimes faced with making breakfast and lunch food choices with little guidance. Since variety is encouraged in any diet, the 4-H EFNEP program assistant helped school-aged children understand the importance of selecting healthy foods for these meals from all five of MyPyramid's food groups. Using the Professor Popcorn Curriculum, she explained the different nutrients found in each food group, that no single food has all the nutrients for growth or to keep your appetite satisfied during the day, as well as, help you concentrate while in class and provide energy for physical activity during recess.

