

## NUTRITION AWARD

**Entry Form: You must use this form—other forms will not be accepted and your entry will be disqualified. Upload this form along with your award entry to the FSNA Dropbox: <https://www.dropbox.com/request/9j8speH4RWI4mybXI7NR>** Please fill out carefully and completely. The information on this form will be used to create the FSNA awards presentation and winner certificates.

**Name of Applicant:** Carol Pugliese

**School Name:** Sugar Mill Elementary

**Address:** 1101 Charles St.

**City:** Port Orange

**State:** Fl. **Zip Code:** 32129

**County:** Volusia

**FSNA Region #:** 3

**School Level:** **ELEMENTARY** **SECONDARY**

Schools that are K-12; K-8; K-6 or have a similar set up where there are secondary school students in the same facility as elementary students **must** submit this award in the Elementary School Level Category.

**Date of Project:** Jan.17,2019

**Age Group Targeted:** 4-12-year-old

**Number of Individuals Targeted:** 20

**Length of Activity:** 8 Weeks

By completing this form and submitting the award, you are attesting that the above information as well as the award entry information and documentation are accurate and true to the best of your knowledge.

## NUTRITION AWARD

1. **Title of Project: Healthy doesn't have to taste bad!**
2. **Description of the Nutrition Education project goal(s):** To show children that there are healthy choices that taste good. I met with STEAM for Success (science, technology, engineering, arts and math) children for 8 weeks after school. Their ages ranged from 4- 12-year-old. Each week I introduced a new fruit or vegetable that we grew at our school. We discussed the difference between fresh vs processed food, sugar content, fat content and how to make healthy choices when choosing their food.



3. **Objective/goals of nutrition education project:**
  - A. **Description of project in detail:** The main objective was to teach children they had options for what they ate and with simple changes they could eat healthier. The children learned to be aware of foods fat and sugar content. By simply substituting some of the new healthy foods we tasted they could be eating healthier
  - B. **Success of nutrition education project:**
    - 1) Response of selected target audience: The response was amazing. They realized they liked the fresh garden grown fruits and vegetables almost as much as their junk food.

## NUTRITION AWARD

2.) Method used in evaluating project: (increased participation, test, etc.) At the start of the class we passed out a questionnaire regarding what kind of food they liked to eat. Almost all the children had pizza as one of their favorite food to eat. So, I decided to take them to a local pizza parlor and see what kind of choices they would make while making their own pizza's



## NUTRITION AWARD



We met the students and their parents at the restaurant. The students asked questions “Was whole wheat dough available?” “Could I have vegetables instead of sausage and peperoni?” “Is this dressing low calorie”? The parents were shocked and amazed by their children’s questions. As the course progressed we noticed behavioral changes such as a willingness to try fruits they had never tried before, Opting for fruit over cookies for snack, and many other changes. Week 8 of the course I handed out another questionnaire asking the same questions and I received many different answers including fruits and vegetables However pizza was still the favorite.



3.) Publicity that the project received or was used: (If available, please attach copies of media coverage and pictures.)

**C. Persons involved in project (include Name, Job Title, Role in Project)**

## NUTRITION AWARD

Dr. Marie Bracciale, Guidance Counselor/Master Gardener Sherie Inge, Owner/Operator STEAM for Success, and Carol Pugliese School Way Café Assistant

**4. Additional Comments and Suggestions:** (This is the time to toot your own horn!)

Here at Sugar Mill we are very fortunate to have a lovely garden that the students have access to. We also have fruit trees: banana, papaya, star fruit, and, we have strawberry plants. Along with all of this we planted our own hydroponic garden where we planted lettuce. All this fresh produce they sampled. Some they liked some they did not.



My goal here was not for them to never eat another cookie, but rather for them to learn that they had choices and that small changes could change even some junk foods into a healthier choice. The children left the class with a sense of power over what they ate. I don't think I changed any junk food junkies but some may have traded a few cookies for

**NUTRITION AWARD**



apples

**NUTRITION AWARD**