Nutrition Education and Obesity Prevention (NEOP) Program Results 2018-2019

The Nutrition Education and Obesity Prevention (NEOP) program implemented Serving Up MyPlate: A Yummy Curriculum along with *Harvest of the Month* materials in seven 4th & 5th grade classrooms in Tulare County. Serving Up MyPlate is designed to educate students about nutrition, and *Harvest of the Month* introduces them to new foods they may not otherwise have the opportunity to try, with an emphasis on local produce.

A TCOE dietitian conducted monthly nutrition and physical activity lessons with participating classes. *Harvest of the Month* handouts showcased a different fruit or vegetable each month. Taste testing is a highlight of the sessions and students often find they like something they may never have tried before.


Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured vegetable is asparagus

ROASTED VEGETABLE MEDLEY

Makes 4 servings. 1 cup per serving
Cook time: 50 minutes

Ingredients:
nonstick cooking spray
1 cup chopped baby carrots
1 cup chopped eggplant
1 cup chopped asparagus
1 teaspoon vegetable oil
2 cloves garlic, chopped
4 teaspoons dried basil
1 cup chopped mushrooms
1 small zucchini, chopped

1. Preheat oven to 450 F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.

Healthy Serving Ideas
• Bake, grill, boil, steam, microwave, or stir-fry asparagus spears.
• Dip raw or lightly cooked asparagus spears in low-fat dressing.
• Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken. Serve with brown rice.
• Help your child find a healthy recipe with asparagus. Cook it together.

Nutrition Facts
Serving Size: ½ cup cooked asparagus (90g)
Calories 20 — Calories from Fat 0
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 13mg 1%
Total Carbohydrate 4g 1%
Dietary Fiber 2g 7%
Sugars 1g
Protein 2g
Vitamin A 16% — Calcium 2%
Vitamin C 12% — Iron 5%

How Much Do I Need?
• A ½ cup of cooked asparagus is about six asparagus spears.
• A ½ cup of cooked asparagus is an excellent source of folate and vitamin K and a good source of vitamin C, vitamin A, and thiamin.
• Asparagus is also a source of vitamin E
• Vitamin E is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.
• Other good or excellent sources of vitamin E are cooked spinach, nuts, oils, sunflower seeds, and wheat germ.
The amount of fruits and vegetables you need every day depends on your age, gender, and physical activity level. Look at the chart below to find out how much your family needs. Make a list of your family's favorite fruits and vegetables. Try to add these to meals and snacks to help your family reach their goals.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 9-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Health and Learning Success
Go Hand-in-Hand
Start a garden to grow your own fruits and vegetables. This will help you eat more fruits and vegetables and be more active. Eating nutritious foods like fruits and vegetables and being active can also help your child do better in school. Use *Harvest of the Month* to help your family learn and practice lifelong healthy habits.

Produce Tips
• Look for firm, bright green spears with tightly closed tips. Avoid limp asparagus or spears.
• Stand stems up in a container with about one inch of water. Cover loosely with plastic bag. Store in the refrigerator until ready to use.

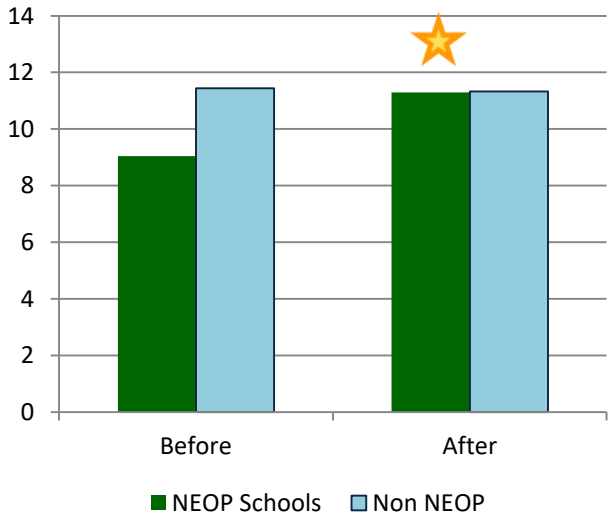
Let's Get Physical!
• Spend family time in the garden — planting, raking, pruning, and digging.
• Walk to a local farmers' market. Find new fruits and vegetables.

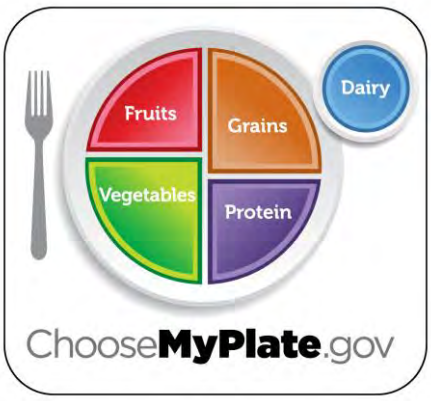
For more ideas, visit:
www.kidsgardening.com/family.asp

To evaluate the program, students were administered a survey before the first lesson and again after the final (9th) lesson. Eight classrooms in 2 schools without the program were also administered the pre- and post-survey as a comparison group.

	NEOP Schools	Non-NEOP
# Schools	1	2
# of Classrooms	7	8
# of Matched Surveys	163	165
% Hispanic/Latino	81%	91%
Average Age	9.6	9.6

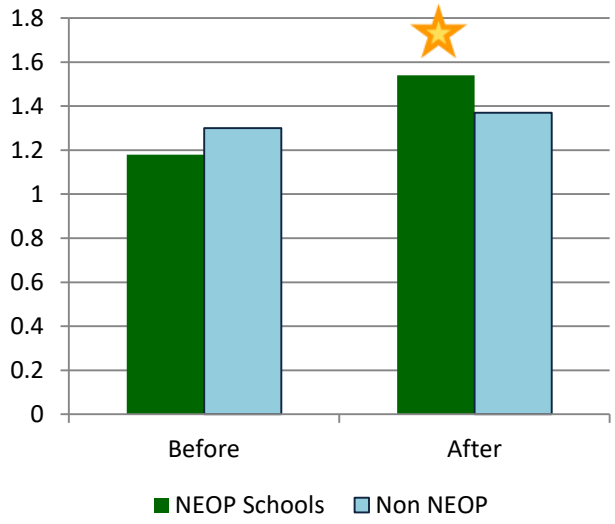
Servings of Total Healthy Foods Increased



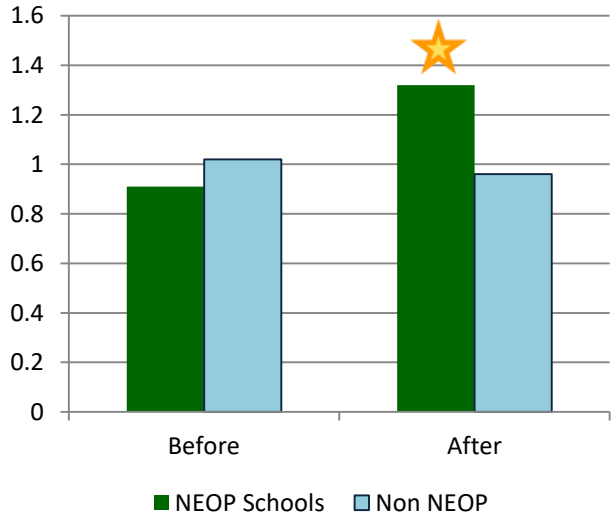


Statistically significant change between Before and After

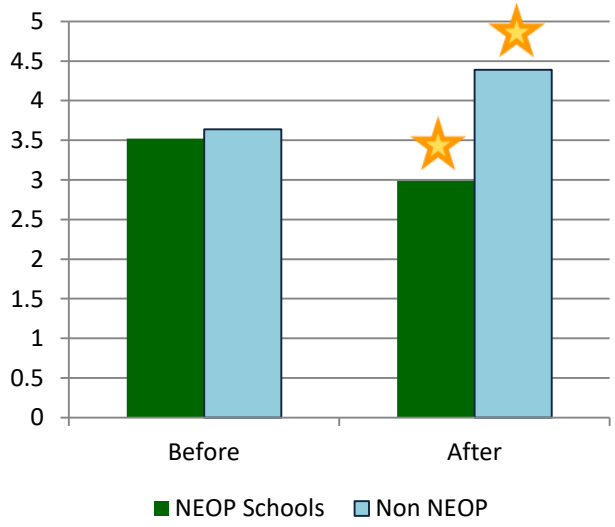
Interest of Trying New Fruits Increased



Interest of Trying New Vegetables Increased



Servings of Total Less Healthy Foods Decreased



rethink YOUR DRINK

Statistically significant change between Before and After