

5-16-2017

Health & Kinesiology News

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Recommended Citation

Georgia Southern University, "Health & Kinesiology News" (2017). *Health and Kinesiology, Department of - News*. 38.
<https://digitalcommons.georgiasouthern.edu/health-kinesiology-news-online/38>

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Community Nutrition

May 16, 2017



Students enrolled in the Community Nutrition course led by School of Health and Kinesiology Clinical Instructor Rebecca Larson, RD, spent four weeks providing nutrition education to children in the Statesboro-Bulloch County Parks and Recreation After School Garden and Nutrition Club. The club, a 10-week program that takes place during the Bulloch County Parks and Recreation after school program, Our Time, is held at five local elementary schools: Julia P. Bryant, Sallie Zetterower, Mill Creek, Mattie Lively and Langston Chapel.

“Going to the After School Garden and Nutrition Club was a very rewarding experience because the kids seemed eager to learn about healthy eating habits,” stated senior nutrition and food science major Bailey Joyner.

During the four weeks, children learned about fruits and vegetables, whole grains and plant proteins. By managing their own school gardens, children were able to take part in the entire process from seed to table. “Allowing these kids to take part in growing a garden right at their school is something that will encourage them to want to eat healthy foods that will give them the nutrients they need,” stated Joyner.

During the final week, students worked with the children to prepare recipes with the plants grown in their school gardens. Joyner recalled being surprised by the eagerness of the children to try the healthy snacks they created. “Watching the kids take vegetables straight from the garden plots and eating them was something that shocked me, but I think it teaches them that eating healthy can be fun,” Joyner said.

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