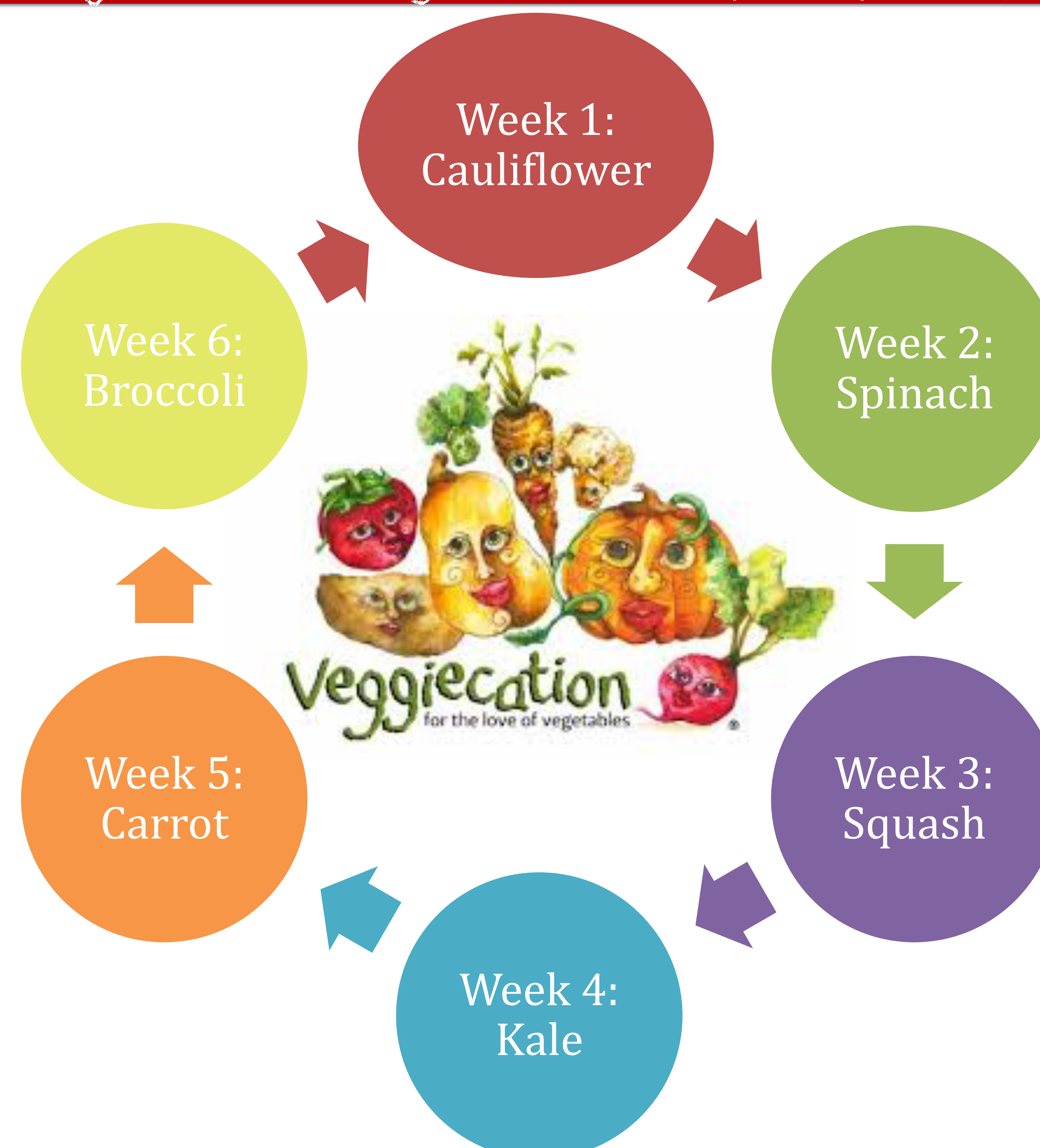


Background/Problem

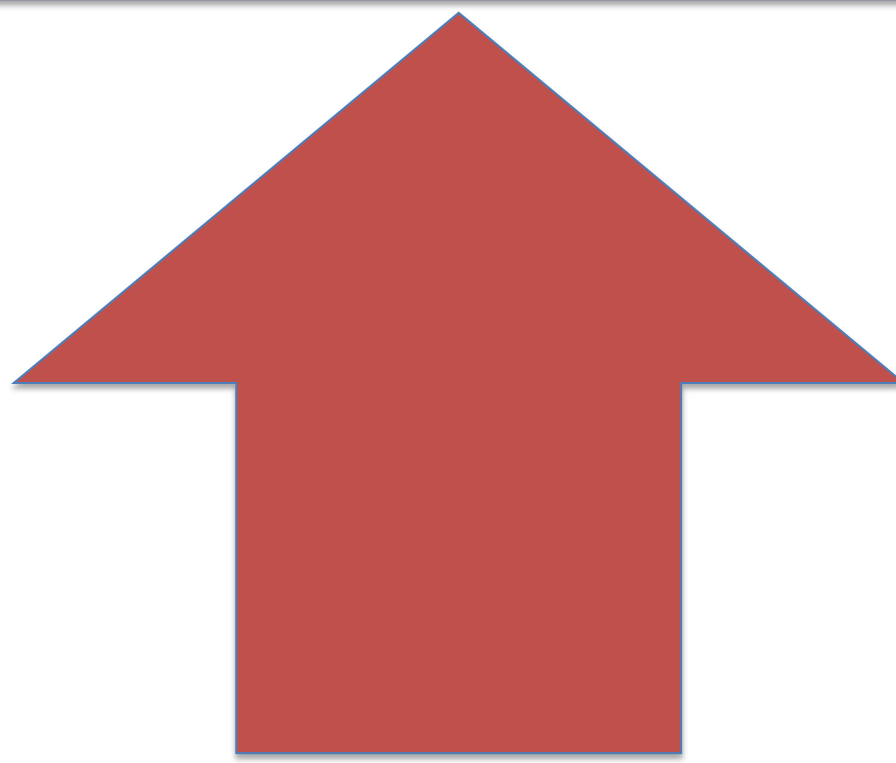
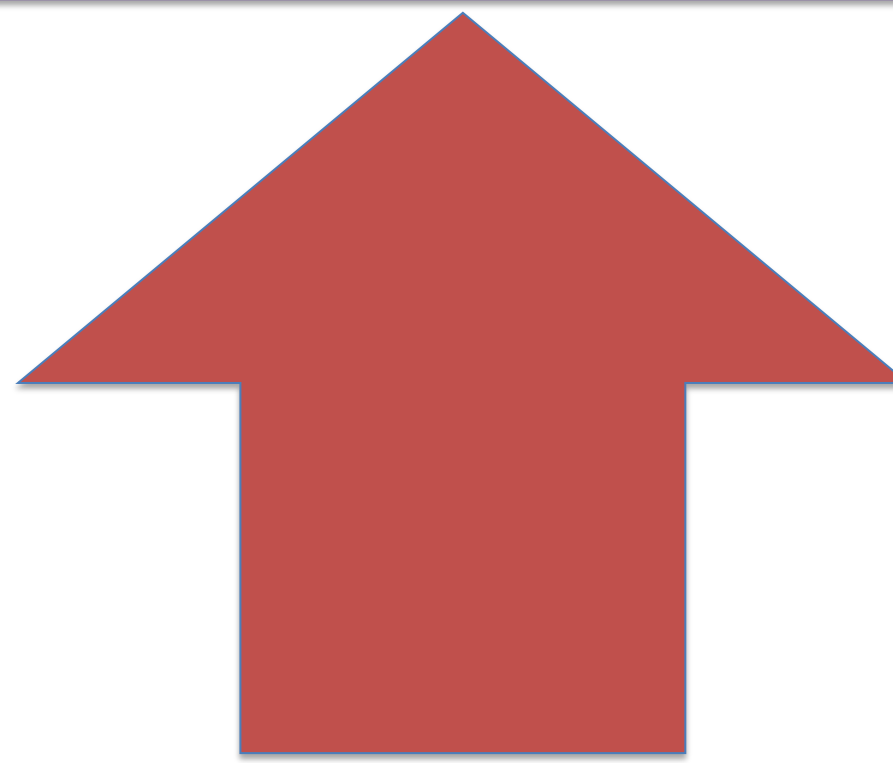
- Currently over 41 million preschool children are considered obese
- It is projected by 2025 the number of obese children aged 0-5 years old will increase to 70 million
- Hands on nutrition education and providing vegetable snacks on a continual basis, for preschool children is shown to directly influence their daily eating habits
- The New Jersey Department of Education Preschool Guidelines does not specify that a nutritional education curriculum needs to be implemented in a preschool classroom

Methodology

- Design: Educational Pilot Intervention
- Setting: Preschool classroom in Berlin, NJ
- Sample Size: 6 children; 5 males and 1 female
- Intervention: Weekly 1 hour meetings over 6 weeks using the "Veggiecation" Program



Outcomes

- | | |
|---|---|
| 
Vegetable consumption <ul style="list-style-type: none"> - Determined by three children eating the vegetable sample on Week 1 to five children eating the vegetable sample on Week 6 | 
Knowledge of vegetables <ul style="list-style-type: none"> - Determined at the end of the program by 6 out of the 6 children reporting that vegetables are healthy for their body & 4 out of the 6 children reporting wanting to eat more vegetables at home |
|---|---|

Curriculum

Each week included:

- Educational poster lesson
 - Positive reactions progressed through each week
- Age appropriate coloring page
- Interactive recipe with tasting
 - The children enjoyed participating in preparation of the vegetable sample
- Sticker for participation
 - The children were given the sticker for participation, not for trying the vegetable sample

Implications for Practice

- Interactive educational programs regarding vegetables can have a positive impact on the knowledge and awareness of vegetables in preschool children
- Pediatric Nurse Practitioners can use this information when giving anticipatory guidance regarding nutrition and educate local preschools on the benefits of this type of program
- Interactive vegetable recipes can be given for the family to enjoy during well visits