

3 weeks ago **The Role Model In You - Lisa R Suriano, Certified Nutritionist
And ...**



The Role Model In You

The Role Model In You

Today's Guest – Lisa R Suriano

1. Your name, title, and age? What do you do (or did you do) for a living?

Lisa R Suriano, 29, certified nutritionist and founder of Veggiecation. Veggiecation is a nutrition education program designed to educate and excite communities about the health benefits of vegetables and how to prepare them in simple, affordable, and delicious ways.

2. Who was the person that inspired you as a child to eat healthy and stay fit? What was their relationship to you?

My father, Joseph Cevita

3. What did they do to inspire you?

My father is a classically trained chef who started a new school food service company in the very early 80s. He began cooking from scratch with whole, unprocessed ingredients for children in schools. He was very much ahead of his time. Almost every Sunday, Dad and I would cook together at home. Working with him and engaging hands-on with fresh produce grew my love of vegetables and the culinary arts.

4. How did their lesson change your life?

When I reached my teenage years and became health-conscious I had the advantage of being able to prepared light and nutritious meals for myself. This skill set came in great handy during my college dorm years. Beyond being able to manage my diet effectively and deliciously, my father's work in schools and at home inspired me to start my own business, Veggiecation.

5. Do you convey their message to kids in your life presently?

Everyday! When I teach healthy kids cooking classes I always tell them "My daddy is a chef and he was always making things that I was not familiar with. I used to get nervous when he wanted me to try something new. But he would always ask me to try them two times. This is because the first time you try something new you are so nervous and think that you're going to hate it. So you don't really get to try it. But the second time you taste, you actually get to form an opinion of it." I have found that sharing this story is a very effective technique in getting kids to try new foods.

6. What would be your main message to children today to lead healthy lifestyles?

Learning to cook with fresh ingredients is the most powerful tool you have to lead a healthy lifestyle.

7. Do you have a web site you would like to promote...web address only?

www.veggiecation.com

[<http://adf.ly/2156866/redirect.viglink.com?key=11fe087258b6fc0532a5ccfc924805c0&u=http%3A%2F%2Fwww.lensaunders.com%2Fwp%2Fthe-role-model-in-you-lisa-r-suriano-certified-nutritionist-and-founder-of-veggiecation%2Fwww.veggiecation.com>]

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