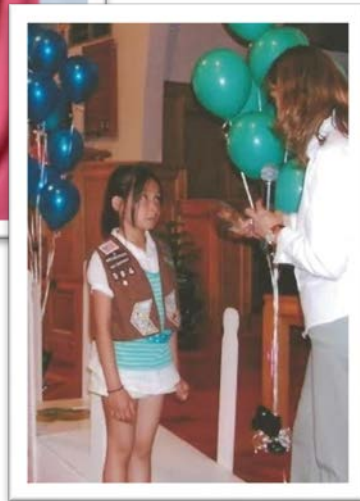




Nhukha Nguyen

Lee's Summit, MO



One Seed Blossoming into a Flower

Nhukha Nguyen has been a Girl Scout for ten years as a member of Troop 994 in Service Unit 648. She is currently a senior at Lee's Summit North High School.

Nhukha's Gold Award project addressed the need for nutrition education and healthy food options at a senior center. Nhukha established a vegetable garden and created a Vietnamese culture food day where she educated the residents on the importance of a diet rich in plant foods grown from the garden. Not only did she create a nutritional symposium, but Nhukha also got residents to interact outside of their typical social groups by forming new friendships among the residents. Within her project, she also taught the seniors the importance of protecting the environment by planning an activity to plant flower pots for the whole center to learn and enjoy.

Nhukha worked with Don Bosco Senior Center to present her program and to establish the vegetable garden. In her programming, she taught the residents how to properly care and maintain the garden. The seniors will be able to harvest food from the garden for years to come, and Don Bosco has pledged to help with the upkeep.