



The Real Problem Behind Childhood Obesity

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With childhood obesity rates climbing annually it is with the utmost urgency that we take action. Educating children to help them learn health eating habits has never been more important, or now more fun!

PR9.NET August 24, 2006 - San Francisco - According to the Centers for Disease Control and Prevention, 17.1% of U.S. children and adolescents are overweight.

Healthy eating is a critical factor in combating childhood obesity. Chef Gayle Gaggero, CEO of Kids Culinary Adventures, says the problem is that children are not being taught how easy it is to eat healthy.

"Children today are taught the barest essentials of health. They are completely unprepared to plan and cook healthy combinations of meals. Frequently, the basic skill of picking appropriate food is unfamiliar to children," according to Gaggero.

Gaggero's recommends that parents tour the fruit and vegetable aisle with their children to see the options available. The next step is to look online for recipes that parents and children can prepare together.

"Without adequate preparation for planning and preparing healthy meals, the obesity epidemic will continue," Gaggero asserts. "The solution is for children to have adequate skills and knowledge to be able to eat healthy."

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About Kids Culinary Adventures

Our talented Chefs will teach your children that cooking is fun and rewarding. Kids build on academic fundamentals, and experience important relationship and team building activities in the kitchen. We mix cooking, math, science, reading, and art with kids, all while having fun doing it and instructing them on proper nutrition and food safety.

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