



# Childhood Obesity Revealed

Kids Culinary Adventures, September 11, 2006

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*Teaching children to make nutritionally sound eating decisions is the first step in fitting the epidemic of childhood obesity.*

PR9.NET September 11, 2006 - San Francisco, CA - Obesity rates among children 6-11 years old have tripled in the past three decades, states Nicole Zambrano, nutritionist at Kids Culinary Adventures.

"Families are not teaching children the healthy eating habits. It is far easier to prevent obesity through proper nutrition education at a young age than to resolve issues with obesity later in life," according to Zambrano.

"One of the best ways to prevent obesity is to focus on the development of culinary skills," asserts Chef Gayle Gaggero, CEO of Kids Culinary Adventures.

Teaching children to take responsibility for their own health and nutrition is the first step to maintaining a healthy life. Gaggero recommends that children have time and education to learn how to choose foods. When children learn culinary skills, their overall health is enhanced.

"When kids learn the importance of eating healthy, there's always a sense of pride and excitement when they show off their new skills and information. They are their own best advocates. We see kids reminding parents to buy the ingredients rather than pre-prepared foods," states Gaggero. "The critical factor in reducing obesity rates is teaching children to take responsibility for their own health."

Kids Culinary Adventures ([www.kca-ca.com](http://www.kca-ca.com)) teaches children and teens to apply academics, including math, anthropology, science, and art, through the culinary arts. KCA staff includes professional chefs, special needs specialists, and bilingual staff members.

Register now for culinary classes at [www.kca-ca.com](http://www.kca-ca.com) for children 10-18 and at [www.redwoodcity.org/parks](http://www.redwoodcity.org/parks) for children 7-12. For interviews regarding childhood obesity and effective solutions, contact Gayle Gaggero at [kca-media2@kidsculinaryadventures.com](mailto:kca-media2@kidsculinaryadventures.com). Chef Gayle Gaggero was recently featured on San Francisco's ABC Channel 7 View From The Bay.

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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.

**Website:** <http://www.kidsculinaryadventures.com>  
**E-Mail:** [media@kidsculinaryadventures.com](mailto:media@kidsculinaryadventures.com)  
**Address:** P.O. Box 620726  
Woodside, CA 94062

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