



Cooking classes for little chefs to fight the problem of overweight children

LOCATION: Seville

DURATION: 1'13"

SUMARY: A town of the province of Seville, Gines, tries to teach children how to eat healthy with cooking classes from four to twelve years old. This way, turning it into a game, they intend to fight the serious data regarding obesity in children. More than 45% of them are overweight.

VTR:

Making them smile while they eat healthy.

Ambience: "Now we are going to make a palm with fruit."

It is what they are trying to teach at these cooking classes for children organized by the City Council of Gines, in Seville. And they do it the way they like most, playing.

FANI BALASTEGUI

Instructor

"Because it looks attractive to them and that way they are willing to eat it."

Instructor

"They see food from a different and fun point of view."

And that way they learn...

"That vegetables make us stronger."

CHILDREN

"We mustn't just eat cocoa; we also must have milk, bread, fruit and vegetables."

"For not becoming fat, to avoid diseases."

Because obesity is a problem among Spanish children that needs to be solved. According to the Ministry of Health, almost one out of two kids is overweight, a 45%, and that needs to be fought at home despite the intense activity of the family.

Instructor

"Giving a tangerine, that can be peeled fast, is as quick as giving a bag of chips."

Ambience: "Tangerines are very good for colds; they help us to avoid them."

Once they have learnt their lesson, these children go back home with a firm intention...

Ambience: "We are going to eat healthy!"

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