

Making Health Easier: Healthy Eating in Los Angeles, CA

[Announcer] When preschool teacher Claudia Mendoza saw a problem that was affecting her kids, she got to the root cause.

[Claudia Mendoza] Childhood obesity is a problem in the US, but it's something that could be prevented. I wanna do something about it.

[Announcer] To help her children learn about proper nutrition, Claudia found one of her best teaching tools was dirt.

[Claudia Mendoza] Gardening with the kids is something very fun. And it also teach the kids where the food comes from. We have strawberries there, we have beans, carrots, and cucumbers. Some preschoolers bring seeds, talk about what seeds, what kind of plants were they.

[Announcer] In this class, the kids learn their ABCs and their garden greens.

[Claudia Mendoza] Believe it or not, when we put cucumbers on the table, the kids, you know, keep grabbing and grabbing and grabbing.

[Announcer] Claudia believes anyone can have an impact on reducing childhood obesity.

[Claudia Mendoza] Their minds at this young age, they're capable of so many things. If everybody does just their little part, we do could do so much.

[Announcer] Visit MakingHealthEasier.org to find out how you can make changes where you live. That's MakingHealthEasier.org.