



Get kids excited about food by making it fun, nutrition expert says

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Most kids have no interest in developing a closer relationship with spinach. But who says good nutrition and eating right can't be fun? With just a little creativity, parents can get kids to embrace healthy foods and healthy habits—and combat childhood obesity along the way, says Kari Bachman, a nutrition educator with New Mexico State University. Bachman and other experts recently spoke to [BeSmartBeWell.com](#) about childhood obesity and what we can do to prevent it.

BSBW: How do we teach our kids to make healthy choices?

Bachman: It's not a hard thing to get kids excited about food. It just takes a little bit of imagination on the part of adults. So often nutrition seems like something that's a chore, that doesn't taste good, that's not fun. But you can have fun and you can enjoy your food without sacrificing nutrition.



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BSBW: Are there any other smart, easy tips you'd like to share?

Bachman: When you take your kids to the grocery store, have them look for different vegetables and fruits that they don't know—like a scavenger hunt. Take local apples—kids love cutting into them, seeing what the seeds look like, tasting the differences, whether the skin is crunchy or whether it's got a little bit of give to it. And when you're eating foods that are very rich in calories and fat, try to use smaller bowls, plates, and glasses. When you're eating foods that are more dense and nutrient rich, try to use larger plates.

See video of Kari Bachman and many other experts, parents and kids, as well as a practical list of 10 [Habits to Have®](#) that can help families tackle the childhood obesity epidemic at [BeSmartBeWell.com](#).

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