

Guinea pig acts as delightful guide to teach healthy eating

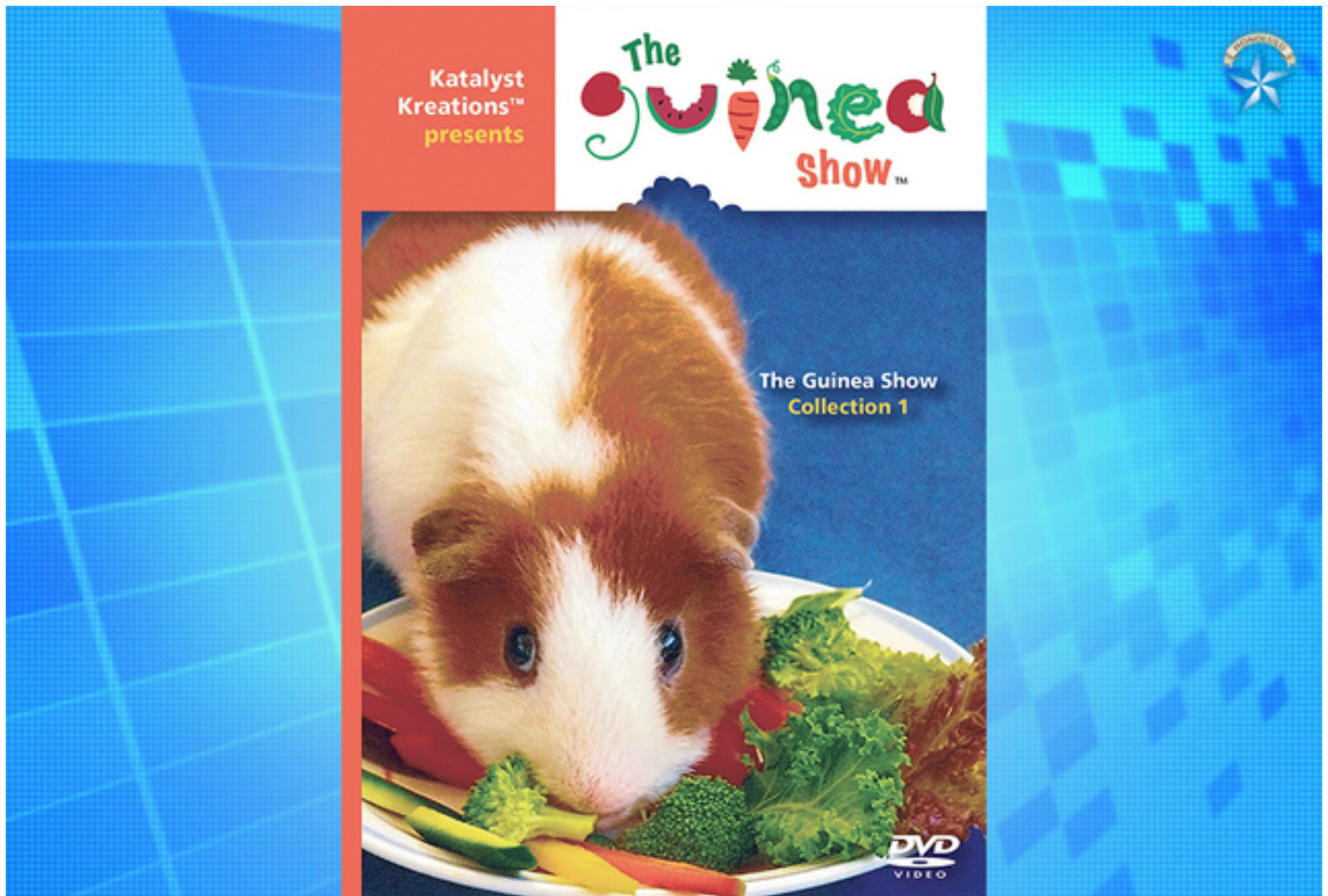
By Nancy Arcayna February 13, 2016

Features



- COURTESY KATALINA MCGLONE

Katalina McGlone is author of a video series “The Guinea Show,” which stars Guinea. “He doesn’t recognize the sweets as food,” McGlone said. “Kids may see this and want to be like Guinea.”



If you're having trouble getting your little ones to eat their fruits and veggies, Katalina McGlone hopes her adorable guinea pig may be able to help.

Guinea, star of "The Guinea Show," a series of short videos by McGlone, inspires young children to eat healthy snacks by choosing them himself. Each two-minute show depicts Guinea eating a fruit or vegetable, such as leafy greens, celery or watermelon.

"He's a good ambassador for kids," McGlone said. "Kids are getting diabetes and adult diseases because of being overweight." According to the Centers for Disease Control and Prevention, during the past 30 years, childhood obesity has more than doubled, and one-third of children ages 6 to 11 are overweight.

"He sniffs around desserts or may just look at them, but chooses to eat the broccoli. He doesn't recognize the sweets as food. Kids may see this and want to be like Guinea."

As a researcher at the University of Hawaii's Healthy Living Program for the past five years, McGlone finds ways for people to lead healthier lives. "It's important to focus on good health habits and behaviors in young children," she said. The videos are targeted at 2- to 7-year-olds, but "it's always fun when you see a grown man smiling at it," she said.

McGlone, who has lived in Hawaii for more than 23 years, worked on the project for three years before the videos were released and is already working on a second volume. "There's lots more fruits and vegetables that Guinea can try," she said.

A guide with activities and discussion topics for parents and teachers comes with the DVD. McGlone has a master's

degree in science and education in public health from the University of Toledo in Ohio and a Ph.D. in social welfare from the University of Hawaii, with an emphasis on child welfare issues.

DVDs with 20 episodes are available at Kokua Market (2643 S. King St.) and Nohea Gallery at Ward Warehouse for \$16.99 and at guineashow.com for \$17.50. A six-month video-streaming membership is also available on the website for \$20.

Share this:

[PREV](#)

[NEXT](#)

Top Trending