













## The FIRST LADY

Michelle Obama weighs in on the state of family dinner, Mom's lemon chicken, and why America's future depends on what kindergartners eat today.

8Y HUNTER LEWIS • RECIPES BY ANN TAYLOR PITTMAN • PORTRAIT BY PEGGY SIROTA -

o trace the origin of
Let's Move!, the first
lady's program to end
childhood obesity within
a generation, you have to
go back several years
before the Obama presidency, back to a routine visit to the
family's Chicago pediatrician.
That's when Michelle Obama first
learned that her daughters' diets
were out of whack. 'I thought we
had it all together,' Mrs. Obama

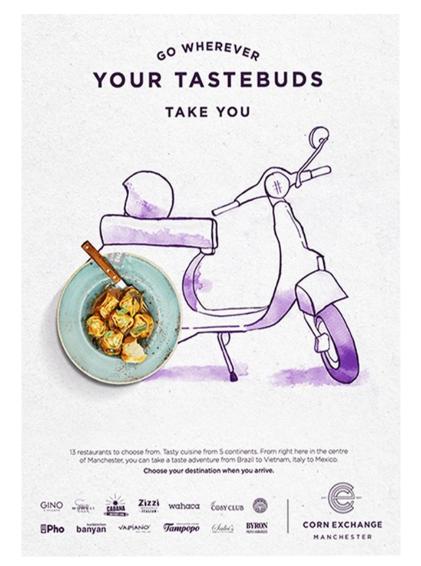
told me recently, but the doctor said otherwise. Like many parents, Michelle and Barack Obama were working full time, and they relied too much on takeout and processed foods to feed Malia and Sasha. So Mrs. Obama took control, cooking two more meals a week—simple fare like baked chicken, couscous, and steamed broccoli—and eliminating prepackaged lunches and sugary canned juices.

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the next visit, c
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Food Critic or Writer



Marketing







