



**Events Management**



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One-Pot Pasta with Sautéed and Tossed, page 70

FOOD STYLING: CHRISTIANE ILLUSTRATION: RACHEL JOHNSON



## The FIRST LADY

# FOOD

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.

BY HUNTER LEWIS • RECIPES BY ANN TAYLOR PITTMAN • PORTRAIT BY PEGGY SIROTA

**T**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.

"By the time we went back for

the next visit, the doctor said, 'What have you seen these numbers do in the period of while?'

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## Food Critic or Writer

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