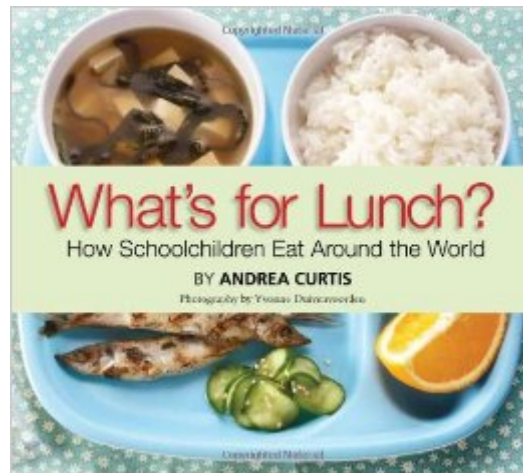


The book was found

# What's For Lunch?



## Synopsis

VOYA's Non Fiction Honour List 2013/2013 Information Book Award Long List nominee Whether their school is under a banyan tree, in a dusty tent held up with poles or in a sturdy brick structure in the heart of a bustling city, all children need a healthy lunch to be able to learn and grow. Good food nourishes both our bodies and our brains. It's one of the basic building blocks of life. As the world has become more interconnected, what we eat has become part of a huge global system. Food is now the biggest industry on Earth. Growing it, processing it, transporting it and selling it have a major impact on people and the planet. Unpack a school lunch, and you'll discover that food is connected to issues that matter to everyone and everything such as climate change, health and inequality. In What's For Lunch Andrea Curtis reveals the variety and inequality to be found in the food consumed by young people in typical school lunches from thirteen countries around the world, including Japan, Kenya, Russia, United States and Canada, Mexico, Brazil, and Afghanistan. In some countries, the meals are nutritious and well-balanced. In others they barely satisfy basic nutrition standards. The book includes graphic colour photos of each of the lunches described, and stimulating sidebars that deal with various global food issues. It also provides messages for parents, teachers and kids about the significance of food, and more significantly, a list of ways in which children can reclaim school lunches for themselves by insisting on healthy, nutritious food.

## Book Information

Paperback: 40 pages

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Language: English

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Product Dimensions: 10 x 0.3 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #493,105 in Books (See Top 100 in Books) #147 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #229 in [Books > Children's Books > Geography & Cultures > Cultural Studies > Customs, Traditions, Anthropology](#) #603 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#)

Age Range: 6 - 7 years

## Customer Reviews

The brightly illustrated book, "What's for Lunch? How Schoolchildren Eat Around the World," opens the reader's heart and mind to what it means to understand world's culture through school lunches. The photo of Japanese lunch with a brimming plastic tray of fish, pickled cucumbers, miso soup, rice, and an orange slice is followed by the sobering meal in Lucknow, India, with a scoop of dal (peas and lentils) served on a piece of notebook paper. In Russia, the colorful and hearty meat and kasha with a slice of bread, a bowl of borsht, and a fruit drink called compote, contrasts with the soulless slice of pizza, canned corn and fruit cocktail, complete with a dreary carton of chocolate milk served in Roswell, New Mexico. Yvonne Duivenvoorden has done a masterful job in presenting vivid photos of the lunches. This slender book of forty pages calls for discussion. The photographs alone will trigger comments among young students and adults. The commentary by Andrea Curtis adds insight into why each country prepares a unique student lunch. If you are an elementary teacher or a teacher of social sciences, this book should be a staple in your classroom. Try asking your students a simple question: Which lunch would you like to eat every day and why? Then sit back and listen. In a complex world, there won't be any simple answers!

"What's for Lunch?" is a unique mentor text that sheds light on the way different cultures around the world prepares and serves food for schoolchildren. Andrea Curtis, an International Bestselling Author and editor takes educators and students on a full scale food tour of various countries, examining what students eat for lunch. As a teacher, I thought this informative text was interesting as each country begins with a distinct story followed by various statistics of that particular country's food industry. The author caps off each chapter with appealing facts and colourful illustrations of a traditional lunch dish that students around the world consume on a typical day. The book also includes a table of contents for finding specific information as well as a message to parents, teachers and students that deals with the power of food and the important role we all play in the international food system. A glossary of food terms completes the book. As previously stated, "What's for Lunch?" is a nonfiction text that can really open the eyes of young students in terms of eating habits, life styles and lessons followed by fellow children around the world. Asking questions and visualizing are important reading strategies that can be strengthened via this book. The title alone will stir up plenty of questions and discussion that will have the students comparing and contrasting different ways of life while opening them up to new opportunities they may never

have thought they would experience.

Great photos and lots of info about what kids around the world eat for lunch. Great addition to school and classroom libraries.

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