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Guide
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What's for Lunch?

How Schoolchildren Eat Around the World

by Andrea Curtis



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BY ANDREA CURTIS

Photography by Yvonne Duivenvoorden



"Each of the lunches featured offer a great lesson on diversity, nutrition and cultural changes...Teachers, take note! This book would make a great addition to your classroom and nutrition talks."

— *The Record*

"An ode to a meal that in many countries is a tool not only for fixing hunger, but also for nurturing culture and supporting sustainable-food production."

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"This survey of foods that international children eat for school lunch emphasizes differences while pointing to the interconnectivity of world ecology.... Curtis crafts a holistic conversation about health, poverty, and sustainability..." — *Publisher's Weekly*



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, such as climate change, health, diversity, nutrition, food justice, multiculturalism and inequality.

In ***What's For Lunch*** Andrea Curtis looks at typical school lunches from thirteen countries around the world. 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 importantly, a list of ways that children can reclaim school lunches for themselves by insisting on healthy, nutritious food.

Andrea Curtis loves mucking around in her family's small urban veggie patch. Her writing and editing have won numerous awards. She also teaches creative writing to kids and volunteers at a local school garden. She lives in Toronto.

Photographer Yvonne Duivenvoorden grew up on a dairy farm in New Brunswick's Chaleur Bay region. Yvonne is now a photographer based in Toronto.



Photograph by Karri North



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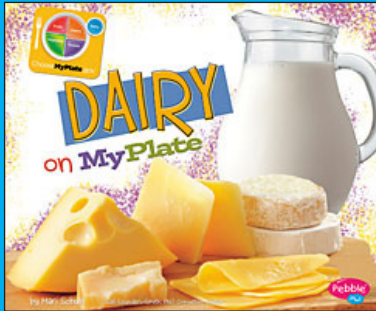
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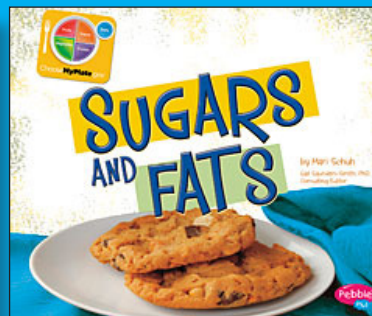
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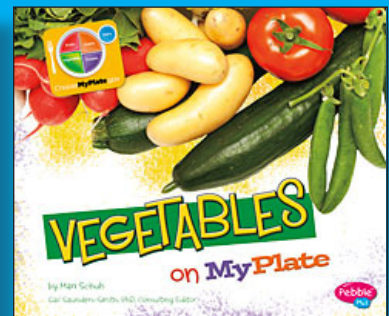
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What's on your plate? In 2011, the USDA updated its nutrition guidelines and introduced MyPlate. Get young students up to speed with this kid-friendly, easy-to-read series. It's more important now than ever to help young people become informed food consumers.

11 x 9 • 24 pages • Paperback • \$7.95 CAD
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