

Sam Davis at the White House with First Lady Michelle Obama (center) and his mother



Lunch With the First Lady

The White House honors some of America's best young chefs, including a Scholastic News Kid Reporter.

Healthy food is good for you, but it tastes bad, right? Young chefs from across the United States recently proved that this isn't true.

In July, 55 kids were honored at the White House in Washington, D.C. They were the winners of the fifth annual Healthy Lunchtime Challenge, a recipe contest held by First Lady Michelle Obama.

Nearly 1,000 kids entered. They were challenged to create recipes that would be judged on how affordable, delicious, and healthy they were.

Word to Know

obesity (oh-BEE-sih-tee) *noun*. the condition of being dangerously overweight

Scholastic News Kid Reporter Sam Davis, 11, was among the winners. His recipe, Sam's Southern Savoring Salmon Supreme, was the top pick from his home state of Louisiana.

A Winning Day

Sam and the other winners attended a special luncheon at the White House, where they were served some of the winning dishes. There was even a surprise guest. President Barack Obama stopped by to congratulate the young chefs.

For Sam, the most exciting part of the day was being seated at the head table, right next to the First Lady!

"You blew the judges away



Sam chats with President Barack Obama.

with your talent and creativity," Mrs. Obama told Sam and the other chefs.

Happy and Healthy

The Healthy Lunchtime Challenge is part of Mrs. Obama's Let's Move! program. She created it in 2010 to help fight childhood **obesity**, which can lead to other serious health issues. The program encourages kids to eat healthy foods and exercise more.

Sam hopes his recipe will show kids that eating healthy doesn't have to be boring. His dish is already a hit at home.

"It has become a family favorite," Sam says. "I'm the new chef in the house!"