

# Lunch Buddies Buddy Up for Better Diet



**Lunch Buddies: Buddy Up for a Better Diet** by Lynette Fleming

★★★★★ 5 out of 5

Language : English  
File size : 686 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 280 pages  
Lending : Enabled



## A Review by [Author's Name]

In the book "Lunch Buddies Buddy Up for Better Diet", [Author's Name] provides a practical and evidence-based guide to using lunch buddies to improve children's diets. Lunch buddies are pairs of students who eat lunch together and encourage each other to make healthy choices.

The book begins by discussing the importance of nutrition for children. [Author's Name] explains that children who eat a healthy diet are more likely to be healthy and successful in school. They are also less likely to develop chronic diseases such as obesity, heart disease, and diabetes.

Lunch buddies can help children improve their diets by providing them with a positive role model. When children see their lunch buddy making healthy choices, they are more likely to make those same choices themselves. Lunch buddies can also help children learn about healthy eating. They can

share tips on how to make healthy snacks, pack healthy lunches, and read food labels.

The book provides detailed instructions on how to start a lunch buddy program in your school. [Author's Name] covers everything from how to recruit and train lunch buddies to how to monitor and evaluate the program. The book also includes a number of resources, such as sample lesson plans and handouts.

I highly recommend "Lunch Buddies Buddy Up for Better Diet" to anyone who is interested in improving children's diets. The book is well-written and easy to follow, and it provides a wealth of practical information. I believe that lunch buddy programs can make a real difference in the lives of children, and I encourage you to start one in your school.

### **Benefits of Lunch Buddies**

- Improved diet quality
- Increased fruit and vegetable consumption
- Reduced sugar-sweetened beverage consumption
- Increased physical activity
- Improved academic performance
- Reduced absenteeism

### **How to Start a Lunch Buddy Program**

1. Recruit and train lunch buddies.
2. Pair students up with lunch buddies.

3. Provide lunch buddies with resources and support.
4. Monitor and evaluate the program.

## Resources

- Lunch Buddies website
- CDC Lunch Buddies webpage
- USDA Lunch Buddies webpage



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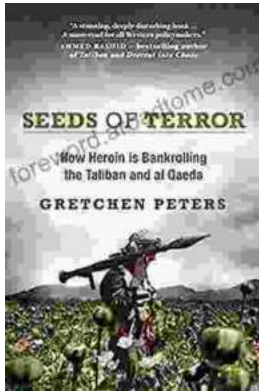
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