

The President. She is kind of into sushi right now. She's a little—I love sushi, so maybe I had some influence there. But let's say for—her pies. She pretty much takes dessert whenever she can.

The First Lady. Pies.

The President. Pie. She's like me. My big thing: chips and guacamole. [Laughter] Like, basically, if there is a bowl of good chips and guacamole—

The First Lady. He loses it.

The President. I lose my mind. [Laughter] I lose my mind. And the First Lady: french fries. [Laughter]

The First Lady. But I'm going to say this. I'm making a vow: I'm going to take a break from french fries.

The President. Really?

The First Lady. Yes.

The President. Wow, that's big. [Laughter]

The First Lady. On the record. I put it out there.

The President. Now, the reason I make this point is that the question is not, can you never have anything. It's, on a day-to-day basis, at lunches, at breakfast, at dinner, is your basic nutrition something that's going to make you strong and make you healthy? And if it is, then having fun food that may not be perfect for you, that's okay too.

But we're just all trying to develop good habits. And the one thing I know about all these young people is, they've got great work habits, because otherwise, they wouldn't have been able to do everything that they've done. They've got great habits of caring about other people, because they're out there spreading the word about what they're doing. And as a consequence, I'm really optimistic about what all these great young leaders are going to achieve in the future.

So good luck. Have a great Kids' State Dinner, all right? Even though it's technically a lunch. [Laughter] Calling it a state lunch—there was a debate about this, and we thought—

The First Lady. It doesn't work.

The President. —it doesn't make sense, because we have state dinners. So it's a Kids' State Dinner, even though it's noon. All right?

And parents, good job, everybody. You've got great kids.

NOTE: The President spoke at approximately 12:30 p.m. in the East Room at the White House. The transcript released by the Office of the Press Secretary also included the remarks of the First Lady and "Let's Move!" initiative Executive Director and Senior Policy Adviser for Nutrition Policy Sam Kass.

Statement on Nelson Mandela International Day July 18, 2014

Today I join people around the world in celebrating Nelson Mandela International Day. A personal hero of mine and of countless others, Nelson Mandela was one of the most influential, courageous, and profoundly decent human beings to grace the earth. A dignified warrior for justice and equality, he caused us to believe in the promise of a better world. Today, Madiba's birthday, is the first time we have marked this occasion since he left this world late last year, but his impact on our lives remains palpable and his inspiration endures.

A humble and committed public servant, Madiba said this day was not to be a holiday, but one devoted to service. It was his hope that people would dedicate their time and effort to improve the conditions within their community, stating there "can be no greater gift than that of giving one's time and energy to help others without expecting anything in return." We may never see the likes of Madiba again, but we can honor and emulate him by taking time today, and all other days, to engage in acts of service.