Take a look at where Project EAT is written and talked about…

Healthy Foods, Healthy Kids
“Teens or children who hear a lot of comments about their weight feel badly about themselves and are more likely to engage in unhealthy diet behaviors,” Neumark-Sztainer says.

I’m, Like, So Fat
“Eat together to model portion sizes and enjoyment of food, says Neumark-Sztainer. it discourages binge eating, encourages social skills and enhances family togetherness”.

How Family Dynamics at the Dinner Table Affect Kids’ Weight
“It’s important to focus on making the meal environment more positive,” says Berge, and her study showed family meals don’t need to be lengthy to have benefits — just 20 minutes as many times a week as possible.