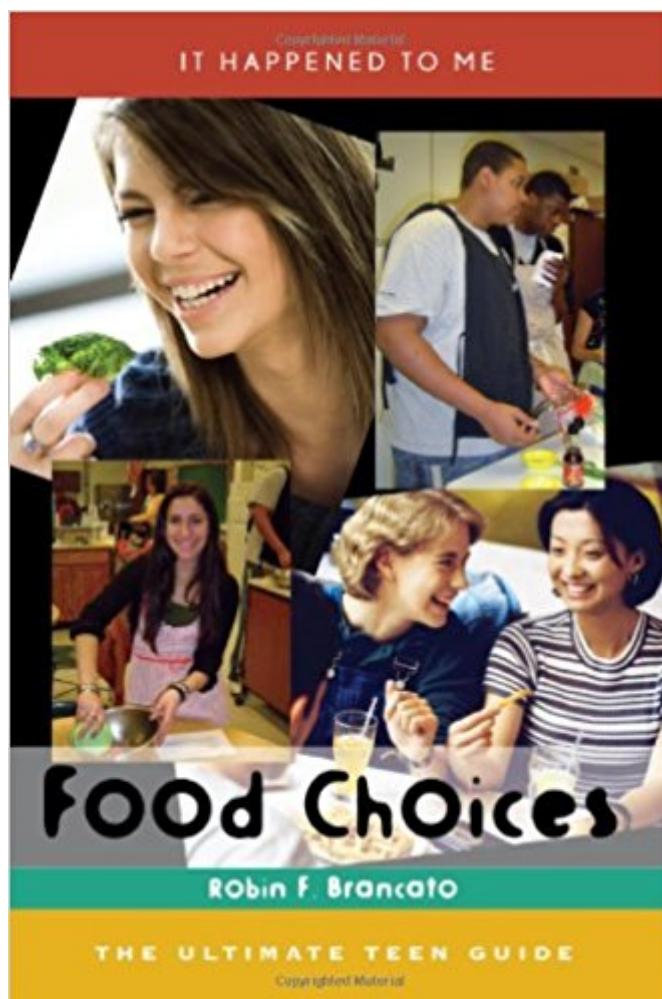


The book was found

# Food Choices: The Ultimate Teen Guide (It Happened To Me)



## **Synopsis**

There are a host of books on dieting, nutrition, cooking, and all other areas related to food, yet books targeted to teens tend to emphasize weight and the dangers of unhealthy eating. *Food Choices: The Ultimate Teen Guide* provides teens with a new look at food and eating. In this book, author Robin Brancato chooses not to dwell on food-related pathologies like anorexia, bulimia, or obesity. Instead, she guides teens into a greater knowledge and enjoyment of food and healthy eating. This book discusses numerous topics related to food and eating, including the biological and chemical reasons we prefer certain foods and the eating habits that are unique to teens today. This book also covers the latest medical research, the vast amount of literature on weight loss and dieting, and the cultural influences that affect what food we eat. Throughout, teens are presented with the best tips on how to develop healthy eating habits for a lifetime of enjoying food.

## **Book Information**

Series: It Happened to Me (Book 28)

Hardcover: 240 pages

Publisher: Scarecrow Press (March 19, 2010)

Language: English

ISBN-10: 0810861097

ISBN-13: 978-0810861091

Product Dimensions: 7.3 x 0.8 x 10.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,481,837 in Books (See Top 100 in Books) #104 in Books > Teens > Personal Health > Diet & Nutrition #634 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #2613 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 12 - 17 years

Grade Level: 7 - 12

## **Customer Reviews**

Grade 7-10 In a conversational tone, Brancato talks about what, how, why, where, and when teens eat. Chapter headings include: What Kind of Eater Are You?, What Does Your Body Need?, The Great Weight Debate, How Safe Is the Food You Eat?, School Food, Eating Out, Eating around the World, and The Future of Food. Although the breadth of the topics is wide, the information is

superficial, and sometimes opinion is stated as fact. Throughout the text, vignettes and photos give young people's views on food-related issues. These sidebars and pictures break up the text and add immediacy to the presentation but offer little in the way of solid information. Topics that might constitute a volume of their own, such as genetically modified food, are discussed in a paragraph and conclude with sentences like, Because the idea of fooling around with genes makes a lot of people nervous, developments in this area will probably be gradual. Copious bibliographic notes accompany each chapter. Joanne K. Cecere, Monroe-Woodbury High School, Central Valley, NY  
Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From asthma to volunteering, the topics covered in the long-standing *It Happened to Me* series address a wide spectrum of adolescent concerns. These entries follow the series' standard format, which includes a stark, lackluster layout that is further diminished by a weak selection of grainy, poorly reproduced black-and-white photos. The serviceable text is the selling point here, and each title's straightforward language is personalized with numerous heartfelt quotes from teens. *Food Choices* touches on food obsessions before reaching into wider territory about the origin of food, the specifics of a healthy diet, obesity and hunger, and the hot-button topic of school lunch. A final section includes suggestions for teens to help alleviate global food crises (number one: eat less meat), while details about international delicacies, such as flamingo tongues and deep-fried insects, will draw readers into the material. With extensive chapter notes and resource lists, these titles offer reliable starting places for personal or academic research. Grades 8-12.

--Gillian Engberg

[Download to continue reading...](#)

Food Choices: The Ultimate Teen Guide (*It Happened to Me*) Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Health Smarts: How to Eat Right, Stay Fit, Make Positive Choices, and More (USA Today Teen Wise Guides: Lifestyle Choices) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Surviving Teen Pregnancy: Your Choices, Dreams & Decisions (Teen Pregnancy and Parenting series) Cystic Fibrosis: The Ultimate Teen Guide (*It Happened to Me*) Epilepsy: The Ultimate Teen Guide (*It Happened to Me*) Asthma: The Ultimate Teen Guide (*It Happened to Me*) Substance Abuse: The Ultimate Teen Guide (*It Happened to Me*) Immigration:

The Ultimate Teen Guide (It Happened to Me) Comics, Graphic Novels, and Manga: The Ultimate Teen Guide (It Happened to Me) Divorce: The Ultimate Teen Guide (It Happened to Me) Depression: The Ultimate Teen Guide (It Happened to Me) Social Networking: The Ultimate Teen Guide (It Happened to Me) Eating Disorders: The Ultimate Teen Guide (It Happened to Me) Chronic Illnesses, Syndromes, and Rare Disorders: The Ultimate Teen Guide (It Happened to Me) Living with Cancer: The Ultimate Teen Guide (It Happened to Me) Gender Identity: The Ultimate Teen Guide (It Happened to Me)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)