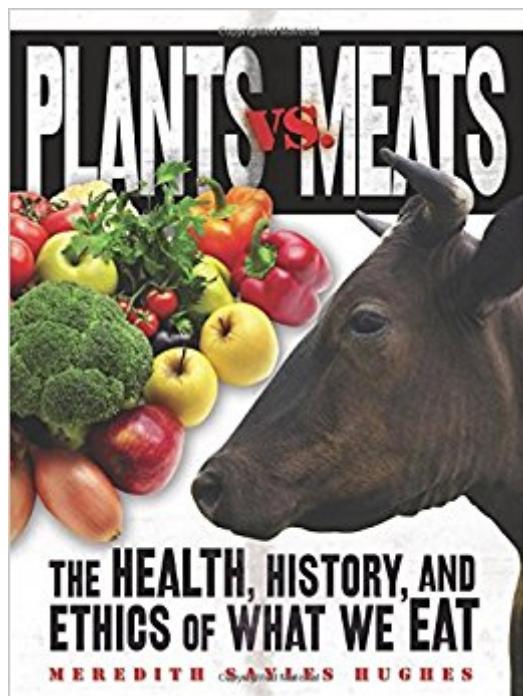


The book was found

# Plants Vs. Meats: The Health, History, And Ethics Of What We Eat



## Synopsis

No one can live without food, but what you eat is a personal decision. Today many people are examining nutritional advice and choosing to eat more vegetables and fruits and less meat. But is all meat bad for you? What does the science say? People also make food choices for ethical and religious reasons. Some vegetarians and vegans avoid meat because they believe killing animals is wrong. Other people shun meat from factory farms. Recently, more people are seeking out foods grown locally and organically. What do you choose to eat and why? This book will help you make decisions to support your values.

## Book Information

Library Binding: 160 pages

Publisher: Twenty-First Century Books (April 1, 2016)

Language: English

ISBN-10: 1467780111

ISBN-13: 978-1467780117

Product Dimensions: 7.1 x 0.4 x 9.1 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 2.9 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,297,903 in Books (See Top 100 in Books) #97 in Books > Teens > Personal Health > Diet & Nutrition #112 in Books > Teens > Hobbies & Games > Cooking

## Customer Reviews

Gr 6 Up  With information about new eating regimes and environmental and health concerns coming out each year, this is a timely, student-friendly primer on the historical, nutritional, and ethical impacts of what and how humans eat. Discussing popular diets, from paleo to locavore, as well as the history of the growth and consumption of food from prehistoric times to the present, this book presents facts from both sides of the vegetarian-omnivore debate, leaving readers to make their own food choices. Sections on the business of farming and the environmental impact of raising animals and crops are eye-opening, highlighting fascinating tidbits ("it takes 441 gallons of water to produce 1 pound of beef"). References to pop culture figures, such as Beyonce, who is a vegan, and a final chapter on recent food developments, including 3-D-printed food, add further appeal. The material is well organized and well labeled and supported by interesting and colorful images and sidebars. VERDICT This solid introduction to where food comes from and the consequences of its consumption and production is a worthy addition.  Marian McLeod, Convent of the

I thought I was going to throw this across the room when I came to the old song of "I became a vegetarian when I realized Harold the chicken had a personality," but I kept on just see what would happen. Hughes goes on to say that her family has since reversed and now eats more beef, etc., for health reasons. I like her writing not because she eats meat, but because she not only changes her position based on more information, she is totally OK with your making your own decisions. Do you want to be vegan? She's OK with that. But she also explains other food options, such as insects, being a localvore, and 3D printed food. (Yes, you read that right.) Hughes goes through food history and touches on such subjects as pesticides, organics, and gluten with respect for the fact that much of we eat is fashion, but works hard at providing science. Good source notes. Nice index and glossary. Good "further reading" section. And at 96 pages, it just barely makes it but will generally be acceptable for kids and teens doing homework.

At least some of the 'facts' they present are based on folklore, thus I wonder how much of the information in this book is actual fact and how much is based on erroneous data. The authors are clearly Evolutionary believers and so all of their history is slanted in that direction. They also didn't bother to do actual research into other belief systems to get actual facts to support their presumptions. I borrowed this book for my son but I did not let him read it. Question about this book is it Non-Fiction or Fiction?

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

Plants Vs. Meats: The Health, History, and Ethics of What We Eat House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti (Ornamental Plants, House Plants, Indoor Gardening 3) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Home Production of Quality Meats and Sausages Olympia Provisions: Cured Meats and Tales from an American Charcuterie Canning for Beginners: Delicious Recipes for Canning Vegetables, Fruits, Meats, and Fish at Home The Dim Sum Field Guide: A Taxonomy of

Dumplings, Buns, Meats, Sweets, and Other Specialties of the Chinese Teahouse The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas World History, Ancient History, Asian History, United States History, European History, Russian History, Indian History, African History. ( world history) Savory & Sweet Sauces, Marinades, Condiments & Gravies: 500 Recipes for Meats, Pasta, Seafood, Vegetables & Desserts! (Southern Cooking Recipes Book 34) Williams-Sonoma The Best of the Kitchen Library: Meats & Poultry Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Air Plants: Everything that you need to know about Air Plants in a single book (air plants, air plant care, terrarium, air plant book) Do Plants Eat Meat? The Wonderful World of Carnivorous Plants - Biology Books for Kids | Children's Biology Books Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Research Ethics in Exercise, Health and Sports Sciences (Ethics and Sport) The History of Western Ethics (Britannica Guide to Ethics)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)