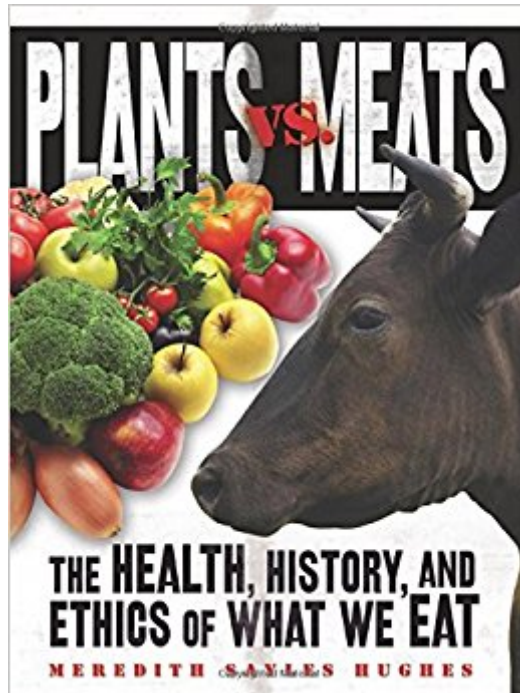


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# Plants Vs. Meats: The Health, History, And Ethics Of What We Eat



## 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

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## 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 believe 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?

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