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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

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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
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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's 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

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