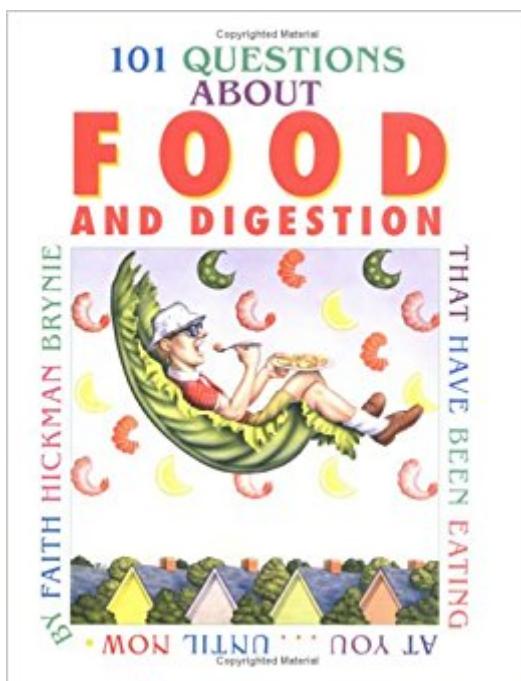


The book was found

# 101 Questions About Food And Digestion: That Have Been Eating At YouÂ¿Until Now



## **Synopsis**

Author Faith Brynie collected questions about food from hundreds of middle school and high school students in planning this book. She selected the 101 most important, intriguing, and amusing questions for this, the fifth volume in her award-winning 101 QUESTIONS... series. In a question and answer format, punctuated by occasional longer features that probe a single topic in-depth, Brynie covers everything from the anatomy of the digestive system to the strange cravings for non-food items that characterize the eating disorder called pica. She enlightens and entertains with answers on why fat cells are friends (to a point) and how food may affect brain chemistry and mood. The book provides up-to-date research information on the relation between nutrition and good health. The book discusses genetic modification of food crops and the potential for foods engineered to be vaccines. Chapters on digestive diseases, food safety, and food as medicine round out this comprehensive, informative, and sometimes humorous volume. For readers age 12 and older.

## **Book Information**

Series: 101 Questions...

Library Binding: 176 pages

Publisher: Twenty-First Century Books (September 1, 2002)

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Shipping Weight: 1.3 pounds

Average Customer Review: 4.6 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,858,972 in Books (See Top 100 in Books) #79 in Books > Teens > Personal Health > Diet & Nutrition #85 in Books > Teens > Education & Reference > Science & Technology > Anatomy & Physiology #240 in Books > Teens > Education & Reference > Science & Technology > Technology

Age Range: 12 - 17 years

Grade Level: 7 - 12

## **Customer Reviews**

Grade 6-10-Each chapter in this informative presentation consists of about 20 questions and answers plus an article on a related topic. Queries (printed in red type) are generally answered in a

few paragraphs but responses to a number of questions are longer. Metabolism, carbohydrates, fats, proteins, vitamins, minerals, cholesterol, fiber, fast food, milk, vegetarianism, vegetables, unusual eating behaviors, nutritional diseases, cancer, organic food, fluoride, and world hunger are among the topics covered. Black-and-white charts, diagrams, and photos complement the text. Readers will find diagrams of the hydrolysis process, the human digestion system, Type 2 diabetes, and sigmoidoscopy and colonoscopy procedures. Charts note the energy density of selected foods, sources of sugar in the American diet, and the pros and cons of the genetic modification. Back matter includes tables of vitamins and minerals, nutritional deficiency diseases, and some herbal supplements. Despite a few typographical/and or spelling errors, this is a fine addition to most collections. Augusta R. Malvagno, Queens Borough Public Library, NYCopyright 2003 Reed Business Information, Inc.

Gr. 5-8. Brynie, who has discussed the brain, the immune system, the skin, and the circulatory system in other volumes from the 101 Questions series, now turns her attention to the digestive system. The question-and-answer format gives the presentation a light, approachable look, but the research behind the answers appears to be solid and thorough. Besides answering many questions about the structure and functioning of the digestive system, its diseases and disorders, food and health, food safety, and foods as medicines, Brynie includes one featured essay in each of the five chapters. These explore such diverse topics as "mad cow" disease, fat cells, and the medicinal value of chicken soup. The book ends with informative tables on vitamins, minerals, nutritional deficiency diseases, and popular herbal supplements, followed by extensive source notes and a glossary, a bibliography, and lists of Web sites and of agencies and organizations concerned with food, nutrition, and health. Presenting solid research with a lively writing style, this book provides a great deal of information and sound advice on the topic. Carolyn PhelanCopyright © American Library Association. All rights reserved

This is a book that is easy to read, and its easy to understand. The book is broken down in 5 sections; Questions that Should Come First, Questions about Food and Good Health, Questions about When Things Go Wrong, Questions About Food Safety, and Questions about Food as Medicine. This book is not written from a perspective such as a health food book might have, but its more middle of the road. The book uses pictures as well as illustrations when certain topics are discussed. The book answers questions about lactose intolerance, caffeine in sodas, food poisoning, and much more. Its actually very informative on many different subjects. If you are looking for this

book for one particular area, this isn't the book for you. While it has an appendix that is large and full of other sources this book is best at giving small analysis on many different areas.

I am writing a unit plan on nutrition for 6th grade and this book is an awesome addition to my supporting teaching materials!

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al-Mazaz al-Shaghouriâ™s Final Victoryâ•œTabooâ•œEat of the Delicacies We Have Bestowed Upon Youâ• (Electric Literature's Recommended Reading)

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