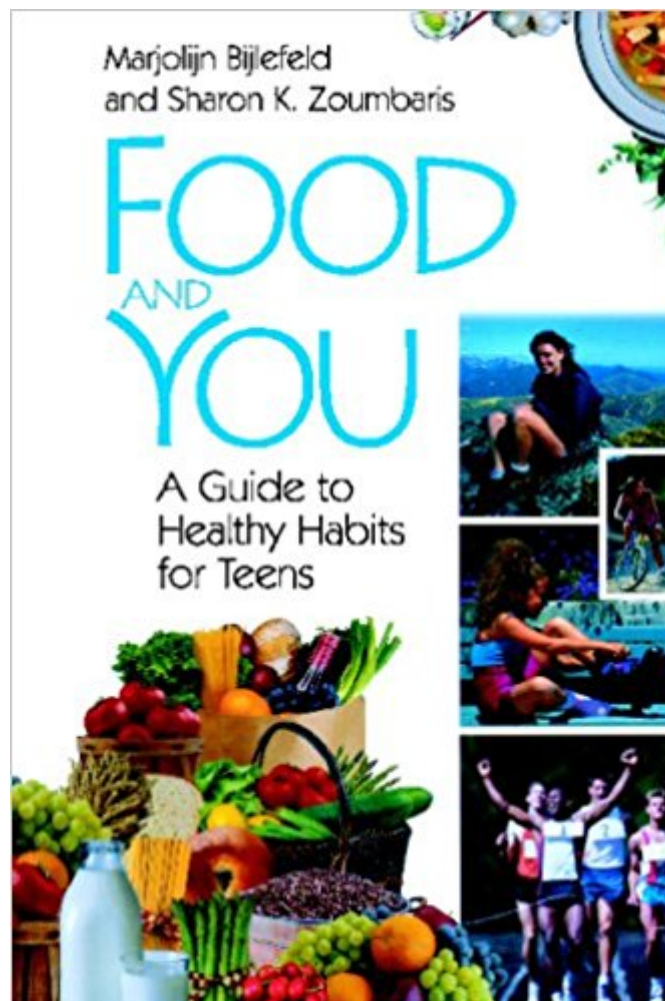




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Food And You: A Guide To Healthy Habits For Teens



Synopsis

What is the BMI? How much should I be eating? Do I really need to exercise? Find the answers to these questions and other food, body, and health questions in this guide to understanding the fundamentals of good nutrition and its partner for optimum health--physical activity. Healthy eating can be a habit and good habits started earlier in life are easier to maintain. Good nutrition and physical activity complement each other in weight loss, cardiovascular health, and other benefits. This book provides the advice you need on how to get the most out of what you eat and how to develop healthier habits that will help keep you fit for a lifetime. Most teens don't need to resort to special diets or programs; they just need to know how to make sensible choices. Definitions of good nutrition, discussions of how the food you eat affects the way you feel and perform, and information on how to use readily available tools, such as the Nutrition Facts label and USDA Food Guide Pyramid are just some of the factors provided to help readers develop healthy habits. Bijlefeld and Zoumbaris provide information on a number of other health matters, from vegetarian diets to eating disorders to the affects of alcohol and drugs on the body. You'll also learn how to make healthy choices in grocery stores and restaurants, how to set up a kitchen of your own, and how to keep your food safe, all factors involved in helping you to stay healthy for peak performance in whatever you choose to do.

Book Information

Lexile Measure: 1250 (What's this?)

Paperback: 272 pages

Publisher: Greenwood (May 30, 2001)

Language: English

ISBN-10: 0313361126

ISBN-13: 978-0313361128

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

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[Nutrition](#) #81 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Gr 7 Up-A multicourse repast on good eating habits, this book covers everything from basic nutrition to vegetarianism, fast food, exercise, weight loss, and eating disorders. An entire chapter is devoted to special diets prompted by various types of digestive disorders. Savvy consumer advice and culinary skills and safety receive ample attention, and the authors even include a chapter on the dangers of smoking, alcohol, and drugs. The consistent context for such a smorgasbord is the need to make good choices for one's overall health and well being. The information is presented matter-of-factly and clearly, with the occasional graph or table providing the only illustration for the text. This "white bread" presentation is the only real drawback to an otherwise fine volume; readers may be put off by the lack of visual appeal for such a sensory subject. Of special value are the extensive appendixes that include a lengthy glossary, list of healthy substitutions for junk foods, list of RDAs, sample menus for different levels of caloric intake, suggestions for a well-stocked pantry, and nutrition Web sites. Karen Bellenir's *Diet Information for Teens* (Omnigraphics, 2001) is similar in scope and approach, but includes sidebars that enhance the visual friendliness. Nonetheless, *Food and You* is a valuable addition for reports and general readers. Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright 2001 Cahners Business Information, Inc. --This text refers to the Digital edition.

"Offers many strategies to develop good nutritional habits. Teens can find answers regarding food, body, and health in this guide to understanding the fundamentals of good nutrition and physical activity." - Journal of Nutrition Education and Behavior "An impressive book. Recommended." - The Book Report "the comprehensive presentation makes this book a worthwhile purchase for public and high school libraries." - VOYA

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