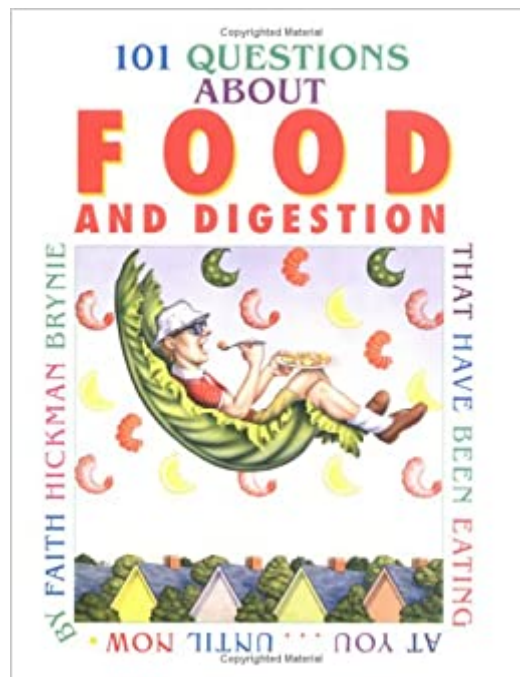




The book was found

# 101 Questions About Food And Digestion: That Have Been Eating At YouÃ&Uuml;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)

Language: English

ISBN-10: 0761323090

ISBN-13: 978-0761323099

Product Dimensions: 7.6 x 0.7 x 9.3 inches

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, NYC Copyright 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 Phelan Copyright © 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!

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

101 Questions About Food and Digestion: That Have Been Eating at You Until Now Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) 101 Questions Your Brain Has Asked about Itself But Couldn't Answer...Until Now Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Crochet Answer Book, 2nd Edition: Solutions to Every Problem You'll Ever Face; Answers to Every Question You'll Ever Ask The Knitting Answer Book, 2nd Edition: Solutions to Every Problem You'll Ever Face; Answers to Every Question You'll Ever Ask CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Until Lilly: Until, Book 3 Until Nico: Until, Book 4 Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) The Decision: Your prostate biopsy shows cancer. Now what? Medical insight, personal stories, and humor by a urologist who has been where you are now. I Have Been Raped. Now What? (Teen Life 411) The Ultimate Eating Thai Food Guide (2017 Edition): Your guide to discovering, ordering, and eating authentic Thai food that you'll never forget! A Geography of Digestion: Biotechnology and the Kellogg Cereal Enterprise (California Studies in Food and Culture) Beat The Bloat And Restore Healthy Digestion: Natural Remedies For Stomach Bloating, Gas, Food Intolerance, Irritable Bowel Syndrome And Constipation Rice Cooker Meals: Fast Home Cooking for Busy People: How to feed a family of four quickly and easily for under \$10 (with leftovers!) and have less ... up so you'll be out of the kitchen quicker! Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health

Series) Three Stories: “Hassan al-Mazaz al-Shaghouri’s Final Victory”  
“Taboo”  
“Eat of the Delicacies We Have Bestowed Upon You”  
(Electric Literature’s Recommended Reading)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)