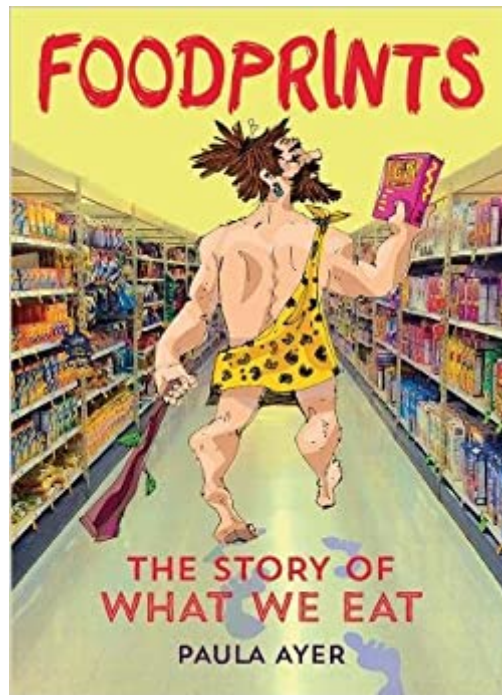




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# Foodprints: The Story Of What We Eat



## Synopsis

An indispensable guide for savvy teens to sort food myths from reality. The everyday choices we make when it comes to food don't just have an effect on us; they also affect other people and the planet. Foodprints enables readers to do more than sort through the numerous messages they hear and read about food; they also get the big picture about food production, marketing, and its role in society. Readers will discover:

- How our food system evolved from hunter gatherers to on-line ordering
- How mega farms and factories came to produce the bulk of our current food supply
- How to work through confusing nutrition advice like good and bad carbs, as well as trendy superfoods such as kale, and fad diets
- The role of science in the modern food system, from improving safety and convenience to GMOs and artificial flavors
- Stories about youth who are working to shape the future of food in positive ways, such as guerilla gardening and media activism.

Select photographs and amusing artwork that pops on the page complement this lively exploration which decodes the surprisingly complex subject of one of our most basic needs; the food we eat.

## Book Information

Paperback: 208 pages

Publisher: Annick Press (April 1, 2015)

Language: English

ISBN-10: 1554517184

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Product Dimensions: 6.5 x 0.5 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

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Best Sellers Rank: #1,745,207 in Books (See Top 100 in Books) #8 in Books > Teens > Education & Reference > Science & Technology > Technology > Agriculture #73 in Books > Teens > Personal Health > Diet & Nutrition #88 in Books > Teens > Hobbies & Games > Cooking

Age Range: 12 - 14 years

Grade Level: 6 - 12

## Customer Reviews

Gr 6 Up • Take a trip from prehistory to the present day in seven chapters focusing on various aspects of food and food politics including the evolution of the human diet, the industrial

food complex, the nutrition debate, food science and other additives, marketing, regulations, and the current food climate in North America. The topic is presented through a historical lens, which enhances the perspective; for instance, Ayer discusses how and why USDA nutrition guidelines have changed over time and the politics behind these decisions. Each chapter includes an easy-to-understand infographic with facts and figures as well as a "Food for Thought" summary at the end, which provides a few takeaways and activities. The tone is chatty but not overly so, and while it's clear that Ayer believes in the importance of making sustainable food choices, she encourages readers to make their own decisions. Mostly illustrated with cartoonish drawings, the book also sprinkles a few photos throughout. VERDICT The topic is an appealing one, but this title lacks enough punch to attract browsers. Although the extensive notes make it valuable to report writers. Heather Acerro, Rochester Public Library, MN --This text refers to the Hardcover edition.

Accurate, absorbing, pertinent, and important: a desirable purchase.... Worthy of a broad audience. (Kirkus Reviews 2015-05-01)

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Foodprints: The Story of What We Eat Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Eat Raw, Eat Well: 400 Raw, Vegan and Gluten-Free Recipes Low-Fodmap and Vegan: What to Eat When You Can't Eat Anything Where the Locals Eat: Birmingham (Where the Locals Eat: A Guide to the Best Restaurants in America) Eat To Live Bible: 70 Top Eat To Live Diet Recipes (BONUS: Diet Diary & Workout Journal) Eat To Live Bible: The Ultimate Cheat Sheet & 70 Top Eat To Live Diet Recipes Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits Earls The Cookbook: Eat a Little. Eat a Lot. 110 of Your Favourite Recipes Eat & Explore Minnesota (Eat & Explore State Cookbook) Eat & Explore Ohio Cookbook & Travel Guide (Eat & Explore State Cookbook) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! Eat Smart: What to Eat in a Day--Every Day Eat What You Love, Love What

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