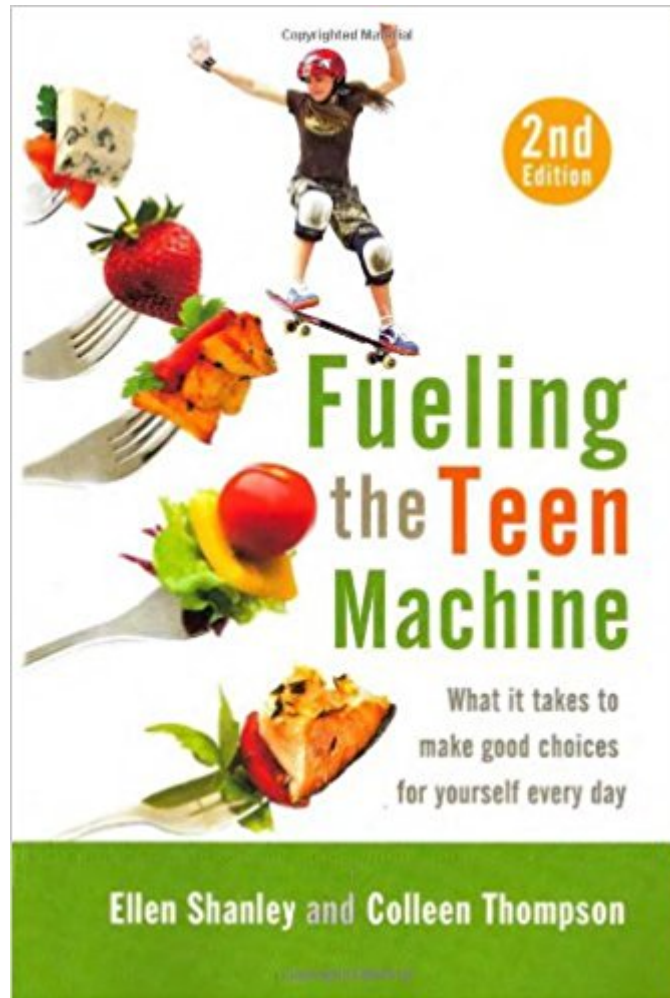




The book was found

# Fueling The Teen Machine



## Synopsis

Addressing the growing trend of teenagers whose eating habits keep fast-food restaurants flourishing but do little to keep the kids themselves in shape, this guide presents parents with the tools to ensure the daily health of their children. Providing the latest information on a wide range of food topics, this handbook covers everything from carbohydrates to eating disorders and vitamins, discussing each aspect sensitively and suggesting the ultimate new frontier for busy teens—cooking their meals themselves. This updated edition contains an expanded section on portion distortion, fitness for health, and how to read food labels, while outlining the latest studies, statistics, nutrition guidelines, and health information. New recipes, tips on creating shopping lists, and meal-planning ideas are included and vegetarian and vegan issues for teens are addressed. With sections on weight management, sports nutrition, and vital facts on fast food, this is the ideal companion for parents watching out for their kids' diets.

## Book Information

Paperback: 256 pages

Publisher: Bull Publishing Company; 2 edition (October 1, 2010)

Language: English

ISBN-10: 1933503378

ISBN-13: 978-1933503370

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 4 customer reviews

Best Sellers Rank: #746,618 in Books (See Top 100 in Books) #48 in Books > Health, Fitness &

Dieting > Teen Health #62 in Books > Health, Fitness & Dieting > Exercise & Fitness >

Pregnancy #97 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

Ellen Shanley is a faculty member in the department of nutritional sciences at the University of Connecticut. She teaches courses in food-system management and directs a program in dietetics. She lives in Glastonbury, Connecticut. Colleen Thompson is a registered dietician and manages the Team Nutrition Training Grant in the department of nutritional sciences at the University of Connecticut. She lives in Wallingford, Connecticut. They are the coauthors of *Overcoming*

## Childhood Obesity.

I purchased this book as part of my homeschool health curriculum, but I found that I didn't even have to assign chapters out of it. The kids would just pick it up and read it at will. The writing style is engaging for teens, the subject matter relevant, the theme positive. The kids themselves started initiating changes in their food choices after reading it.

After scanning the pages I can say it has a lot of information in it but I doubt any teens would see it as anything more than another text book to wade through. I thought I could gain some knowledge about how to keep my teen eating healthfully but there isn't much in there that we don't already know. I'm sure that someone would gain a lot of good information from reading this book but for me and mine it's not useful.

Loved the book for adult reading however, I found it to be a bit heavy for a teenager's reading habits.

Fueling the Teen Machine has been on my "to-read" list for months now, and when I finally had some free time in my schedule, I couldn't wait to sit down and check it out! My thoughts?? I LOVED IT! What a refreshingly down-to-earth approach to making nutrition accessible for busy teens! It covers diverse topics ranging from MyPyramid, carbs/fats/protein, vitamins and minerals, physical activity, sports nutrition, vegetarianism, "funky foods," body image, the list goes on and on! Not to mention the tons of delicious looking recipes found in the back! I've already got my eye on the 3 Cheese Macaroni, Oatmeal Apple Cookies and Angel-Devil Smoothie :) But perhaps what makes this book so successful is that it isn't talking to parents or teachers, but to the teens themselves! As the transitional time between being a kid and adult, authors Ellen and Colleen speak TO teens not AT them, stressing that YOU are the only one who has the power and control over your health! Whether it's enhancing teens' abilities on stage, in the kitchen, on the field, or in the classroom, Fueling the Teen Machine has now gone from my "to-read" list to my "MUST-read" list! --I've recommended it to all my friends!

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cookbook, bread baking, bread making, healthy, healthy recipes) Make Art Make Money: Lessons from Jim Henson on Fueling Your Creative Career The Endurance Training Diet & Cookbook: The How, When, and What for Fueling Runners and Triathletes to Improve Performance Missing Microbes: How the Overuse of Antibiotics Is Fueling Our Modern Plagues Swim, Bike, Run, Eat: The Complete Guide to Fueling Your Triathlon Fat Fueled: Complete Program & Meal Plan: Uncover Your Best Self by Fueling; and Healing, with Fat and Whole Food-Based Nutritional Ketosis Fueling Young Athletes Coal and Coalbed Gas: Fueling the Future Silicon Photonics: Fueling the Next Information Revolution The Runner's World Cookbook: 150 Ultimate Recipes for Fueling Up and Slimming Down--While Enjoying Every Bite Fueling Freedom: Exposing the Mad War on Energy Fueling Up: The Economic Implications of America's Oil and Gas Boom (Peterson Institute for International Economics - Publication) Youth Performance Nutrition Domination Handbook: Kids & Teens Fueling Their Bodies For Sports & Fitness Success The New Paris: The People, Places & Ideas Fueling a Movement Painted Pages: Fueling Creativity with Sketchbooks and Mixed Media Bendy and the Ink Machine- An Animator's Tale: Book 1: Welcome to Joey Drew Studios! (Bendy and the Ink Machine - An Animator's Tale) The Bread Lover's Bread Machine Cookbook: A Master Baker's 300 Favorite Recipes for Perfect-Every-Time Bread-From Every Kind of Machine

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