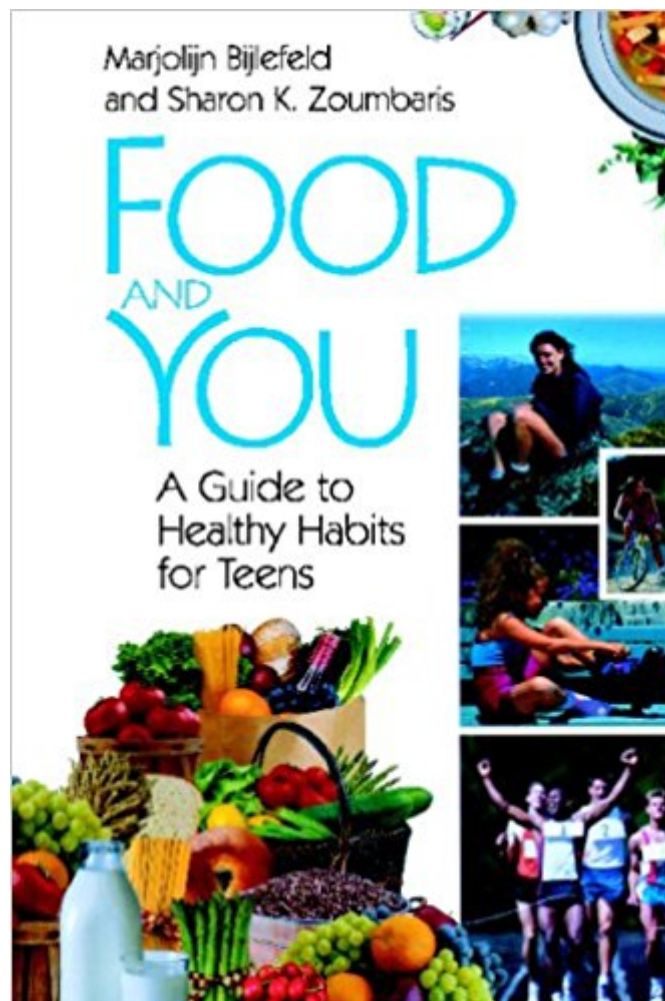




**Ebook Directory**  
the best source of ebook

The book was found

# 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)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #625,145 in Books (See Top 100 in Books) #15 in Books > Teens > Personal Health > Fitness & Exercise #29 in Books > Teens > Personal Health > Diet & 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.

"â |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 bookâ |.Recommended." - The Book Report"â |the comprehensive presentation makes this book a worthwhile purchase for public and high school libraries." - VOYA

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

Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Food and You: A Guide to Healthy Habits for Teens Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) 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,) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat

Recipes Book 1) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Healthy Eating for Pre Teens and Teens: The Ultimate Guide To Diet Nutrition And Food A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens millionaire success habits: 2 Manuscripts - Millionaire Mindset habits and simple ideas for success you can start now, Money top secrets of accumulating more money Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologuesfor Teens by Teens (Young Actors Series) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) Rich Habits: The Daily Success Habits of Wealthy Individuals Mini Habits for Weight Loss: Stop Dieting. Form New Habits. Change Your Lifestyle Without Suffering. Mini Habits: Smaller Habits, Bigger Results Baby Self-Feeding: Solid Food Solutions to Create Lifelong, Healthy Eating Habits (Holistic Baby) Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food by the Co-Creator of the Whole30

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)