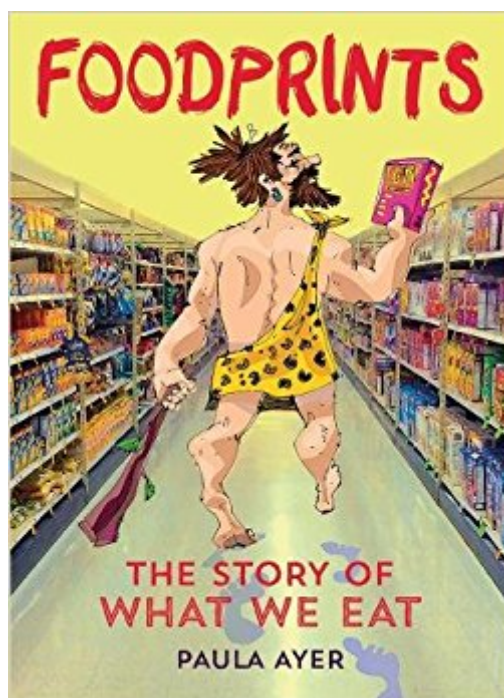


The book was found

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

ISBN-13: 978-1554517183

Product Dimensions: 6.5 x 0.5 x 9 inches

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

Average Customer Review: Be the first to review this item

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—though 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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