

Children's Literature Reviews

Item 83 of 130

Fast food : slowing us all down

John Burstein.

New York : Crabtree, c2008.

32 p. : col. ill. ; 29 cm.

Annotations:

Includes index.

Reading Measurement Programs:

Accelerated Reader

Interest Level Middle Grade

Book Level 5.6

Accelerated Reader Points 1

Lexile, MetaMetrics, Inc.

Lexile Measure 850

Reviews:

Gwynne Spencer (Children's Literature)

This book is part of the "Slim Goodbody's Lighten Up Series," which also includes books on advertising tricks, fast food, reading nutrition labels, and other topics of pertinence to teens. The books all contain an easy to read typeface and slick graphics by Adventure Advertising, 32 pages, with glossary, index, and web resources listed. In each book, a fictional narrator carries the burden of introducing concepts and covering the material, with plenty of dialogue to make the reading easy-breezy. This volume contains information on fast food, choosing more healthful side dishes and skipping fat and salt loaded sauces, selecting smaller portions, reading nutritional labels with extensive examples, various fast food drinks and their sugar/fat/carb loads, being a health advocate, and exercising off the consequences of fast food lifestyles. Some pages feature a sidebar by Slim Goodbody, which is actually at the bottom of the page, passing along even more information to the reader. Illustrations are aimed at teens, tweens, and older readers. The books might be helpful in a health or life-skills class learning about nutrition context. Evidently there are also videos and DVDs galore to supplement most titles in print. Slim Goodbody seems to have held up remarkably well through the past thirty years in his multimedia "Bodyology" shows. 2008, Crabtree Publishing, \$26.60 and \$8.95. Ages 10 to 16.

Jodi Kearns, Ph.D. (Library Media Connection, November/December 2008)

This series teeters on information overload, which can be either overwhelming or enlightening. Healthy living is the goal of this series, narrated by Slim Goodbody. The series is bursting with suggestions about interpreting media tricks, reading food labels, metabolism, movement, nutrition, and snacking. I love the description that 'healthier snack choices' is not the same as 'healthy snack choices,' as Slim Goodbody reminds readers that healthy snacks provide energy and do not make us tired. Students get information from facts, quick tips, and lifelike illustrations that demonstrate concepts. This series is important for teachers to share with all students now, during our culture's epidemics of fast food, advertising tricks, and couch potatoes. The text is tricky for young readers, but the healthy living tips are ageless and relevant for everyone. Recommended. 2008, Crabtree Publishing Company, 32pp. ea., \$26.60 ea. lb. Ages 5 up.

Anne Hatcher (Resource Links, June 2008 (Vol. 13, No. 5))

The *Slim Goodbody's Lighten up Series* is an eight volume set that is based on the award winning *Bodyology* shows touring throughout Canada and the United States. Each text explores current concerns surrounding the healthy eating and fitness levels of adolescents. Fictional characters relay their specific quest in the fight to improve an important facet of adolescents' physical well-being. The language of each book is easy to understand. Furthermore, there are detailed diagrams and charts explained the specific theme. The illustrations are in a cartoon style featuring adolescent looking characters. This helps the targeted audience identify with the message. Also included is a glossary, an index and additional resources for further research. However, many of the issues explored are repeated in the various books and at times the message becomes a little too preachy. The real facts of fast food and their impact upon the body is presented in *Fast Food: Slowing us all Down*. Nutrition, serving size, healthy side dishes, food preparation and garnishes, goal setting, strengthening refusal skills, and healthy living advocacy are explored. Category: Non-Fiction Grades 7-12. Thematic Links: Healthy Eating; Fitness; Media Literacy. Resource Links Rating: A (Average, all right, has its applications), Gr. 4 up. 2008, Crabtree Publishing, 32p. Illus., Hdbk. \$20.76 ea. Ages 9 up.

Series:

[Slim Goodbody's lighten up!](#)

Subjects:

[Nutrition Juvenile literature.](#)
[Fast food restaurants Juvenile literature.](#)
[Convenience foods Juvenile literature.](#)

Link to a Web Feature or Search for Other Works by:

[Burstein, John.](#)

Search for other reviews by:

[Gwynne Spencer](#)
[Jodi Kearns, Ph.D.](#)
[Anne Hatcher](#)

Language	Call Number	LCCN	Dewey Decimal	ISBN/ISSN
English (eng)	RJ206 .B877 2008	2008003585	618.92	9780778739159 (rlb) 0778739155 (rlb) 9780778739333 (pb) 0778739333 (pb)

View the [MARC Record](#) for this item.

[Next Item](#)
[Previous Item](#)
[Search Results](#)
[New Search](#)
[Browse Search](#)
[Browse the Shelf \(LC Class\)](#)
[CLCD B&N Book Store](#)