

Children's Literature Reviews

Item 85 of 130

Grocery shopping : it's in the bag

John Burstein.

New York : Crabtree Pub., c2008.

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

Annotations:

Includes index.

Reading Measurement Programs:

Accelerated Reader

Interest Level Middle Grade

Book Level 5.4

Accelerated Reader Points 1

Lexile, MetaMetrics, Inc.

Lexile Measure 880

Reviews:

Gwynne Spencer (Children's Literature)

This book is part of the "Slim Goodbody's Lighten Up Series," which also includes books about advertising tricks, fast food, reading nutrition labels, and other topics of pertinence to teens. The books in this series contain an easy to read typeface and slick graphics by Adventure Advertising, 32 pages, with glossary, index, and web resources. 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 is designed to teach kids to shop smartly and make good grocery choices, choosing "healthy" (why can they not use the word "healthful"?) foods, setting good goals, and using the food pyramid to guide food buying. 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. *Grocery Shopping: It's in the Bag* aims to create informed nutrition shoppers. Tips for knowing your grocery store; the negative impact of certain oils; power of protein, grains, fruit and vegetables and milk are detailed. Tips for dissecting food advertisements for healthy choices are also detailed. 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:

[Grocery shopping Juvenile literature.](#)
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