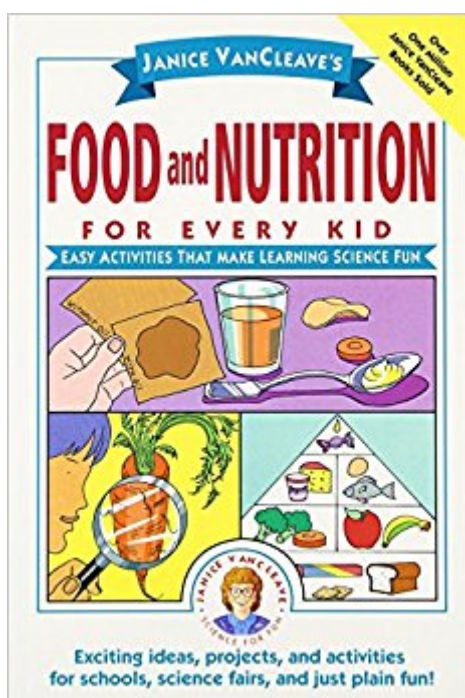


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# Janice VanCleave's Food And Nutrition For Every Kid: Easy Activities That Make Learning Science Fun



## Synopsis

How does milk help me grow? Where do vitamins come from? Do carrots really strengthen my eyesight? Find out these answers-in Janice VanCleave's Food and Nutrition for Every Kid. To the delight of children, parents, and teachers everywhere, America's favorite science teacher brings a welcome addition to the popular Science for Every Kid series. Through fun, safe, and easy-to-do experiments, Janice VanCleave teaches kids ages eight to twelve all about food and nutrition. Kids can learn about leavening agents by mixing baking soda with vinegar. They'll explore why different sweeteners vary in sweetness, how to use natural food dyes to dye a T-shirt, and what the food pyramid is-plus much more. Each experiment is broken down into a purpose, list of materials, step-by-step instructions, expected results, and explanations that kids can understand. Every project has been tested and can be performed safely and inexpensively using ordinary household materials.

## Book Information

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Age Range: 8 - 12 years

Grade Level: 5 - 7

## Customer Reviews

Grade 4-8-VanCleave teaches young readers about food groups, vitamins and minerals, the relationship between energy and food, how to read nutrition labels, and more. The text is straightforward, with good use of scientific terms. Each of the 25 chapters starts off with background information, but the heart of this book is the array of activities that relate to real-life situations. Most

will need adult supervision, making this a great resource book for science teachers, but adaptable to use at home. Some representative activities include "Uncoiled," which determines why egg whites become white and foamy when beaten; "Gassy," which studies the results of combining baking powder and baking soda with liquids; and "Foamy," which demonstrates how fat is broken down in the body. This is a good update to *Foodworks: Over 100 Science Activities and Fascinating Facts That Explore the Magic of Food* from the Ontario Science Center (Addison-Wesley, 1987). Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright 1999 Reed Business Information, Inc. --This text refers to the Digital edition.

How does milk help me grow? Where do vitamins come from? Do carrots really strengthen my eyesight? Find out these answers-in Janice VanCleave's *Food and Nutrition for Every Kid*. To the delight of children, parents, and teachers everywhere, America's favorite science teacher brings a welcome addition to the popular *Science for Every Kid* series. Through fun, safe, and easy-to-do experiments, Janice VanCleave teaches kids ages eight to twelve all about food and nutrition. Kids can learn about leavening agents by mixing baking soda with vinegar. They'll explore why different sweeteners vary in sweetness, how to use natural food dyes to dye a T-shirt, and what the food pyramid is-plus much more. Each experiment is broken down into a purpose, list of materials, step-by-step instructions, expected results, and explanations that kids can understand. Every project has been tested and can be performed safely and inexpensively using ordinary household materials.

I bought this for my 12yo, and we found it too simplistic for her. I would say this is a decent book for kids ages 5-10, perhaps. The experiments are quick and easy to do. Another complaint is that since this was copyrighted in 1999 (I believe) they use the "old" food pyramid which has grains and carbs at the base - our family doesn't follow that thinking, so we had to discuss it each time that came up.

These books are really enriching our lives and experiences with our grand kids (13 of them, ranging in age from 4 to 16). We wish we'd had them when we were raising our six kids. Just plain fun, and we're all (even steeped-in-science veteran OB/GYN Grandpa) learning a lot. Kudos to the author!

The information is good but too much writing. I was hoping for more illustrations in the book to grab my 10 and 11 year old daughters interest in the topic. I have been trying to get them to be more conscious of their health and eat better.

This is a very detailed book. It has been great for our Nutrition unit

This book was used to plan lessons that addressed my food unit.

Full of basic and useful information for nutrition, especially in the classroom setting. Can't wait to apply it to 6th grade science.

The Unnutrition Guide for Children - this book contradicts so many nutritious information that we have practiced in our family that has led us down a healthy road of good nutrition where we have no colds anymore or doctor's visits. About sugar - The kids are told to stay away from honey, and rather to consume sugar. Honey has so many health benefits, while sugar deprives the body of nutrients. While I don't eat sugar, she goes on to say that refining sugar means that you take out the impurities, when refining sugar actually takes out what little nutritious material exists in the sugar. Worse yet, she recommends fake chemical sweeteners to prevent dental caries. Chemical sweeteners are so toxic, how could anyone recommend them to a child? She tells the children to only drink pasteurized milk, when raw milk provides healthy bacteria and enzymes that assist with digestion. My husband grew up on raw milk and passed up both of his parents in height. They had five children and none of them got sick off of the milk. Flouride - she recommends the use of fluoride in drinking water. Toothpaste tubes have a warning that the user should not swallow the toothpaste, because of the fluoride, which is toxic. Why would someone choose to swallow fluoride in water? This book is not about nutrition. This book has some science to it, which we will go through and use what we find to be truthful and helpful, but any parent would want to guide their children through this and help them to pick and choose what to learn from.

I sent this book to my over weight granddaughter to help her see the importance to good food decisions. I want her to like herself but understand keeping her weight under control is in good food choices. She is in another town so unfortunately I have not seen the book and am judging this by her phone call. When I did come to town, she couldn't find it. She is a good reader. "Grandma, the book looks interesting but it is really a big book and the pictures aren't as good as the cookbooks you also sent that I am enjoying much more. I guess I will read it however I am on only page 29". My thought is it will be a book she can refer to if she needs information.

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