The Omnivore's Dilemma

By Michael Pollan
Genre: Health

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The Omnivore's Dilemma by Michael Pollan is Health The New York Times bestseller that’s changing America’s diet is now perfect for younger readers “What’s for dinner?” seemed like a simple question—until journalist and supermarket detective Michael Pollan delved behind the scenes. From fast food and big organic to small farms and old-fashioned hunting and gathering, this young readers’ adaptation of Pollan’s famous food-chain exploration encourages kids to consider the personal and global health implications of their food choices. In a smart, compelling format with updated facts, plenty of photos, graphs, and visuals, as well as a new afterword and backmatter, The Omnivore’s Dilemma serves up a bold message to the generation that needs it most: It’s time to take charge of our national eating habits—and it starts with you.

More Recommended Books

Can Everyone Please Calm Down?

By: Mae Martin

Hello, I’m Mae Martin, a Canadian comedian with an encyclopaedic knowledge of Harry Potter trivia. Aside from this, though, if there’s one area that I’m 100% anecdotally and personally qualified to tackle, it's sexuality. If there is a 'sexuality spectrum', then I’ve probably existed at every point on it at some stage in my life. This book is my attempt to demystify sexuality by narrating my own, often humiliating adventures in sex, dating, gender identity, etc. and to get everyone to Just. Calm. Down. We'll talk about the pros and cons of labels, and why history contains no stories of gay people living long, happy, successful lives. Also included: sexual fluidity, gay genes, Lady Gaga and bisexual monkeys. My dream is that we get to a point where we don't even need to discuss sexuality at all. Where it's a total non-issue, and everyone's falling in love with everyone all over the place. Seeing as we're not there yet, however, I think it is incredibly important to talk about it. Openly, and without
embarrassment. I hope this book is a step in that direction. ENJOY.

**Smuk indeni - smuk udenpå**

By: Julia Sofia Aastrup & Pil Ingerslev


**Surfer Zähne**

By: Emma Lu Dieminger


**Methamphetamine & Other Amphetamines**

By: Rosa Waters

Methamphetamine is one of the most dangerous drugs available today. Meth and other amphetamines can seriously damage your body, ruin your relationships, and lead to prison and even death. Discover the true risks of these drugs, including the many awful effects they can have on your body, from rotting teeth to problems with your organs and brain. Find out how meth has ruined so many lives. Learn the downside of methamphetamine and other amphetamines!

**If I Get Sick, Will I Die? A Children's Disease Book (Learning about Diseases)**

By: Baby Professor

Sickness does not always lead to deaths. There are common diseases that can be cured through rest, balanced nutrition, fluids and medicines. But there are also illnesses that are really serious; they would warrant a trip to the emergency room. Let’s learn to differentiate between these classes of illnesses so you would know how to react if ever you catch them. Learn from this book today!

**Teen Life Confidential: Texts, Tweets, Trolls and Teens**

By: Anita Naik

The online world is a whirl of texts, tweets, trolls, teens and more but how do you stay safe in this fast-paced online world? Teen Life Confidential is here to help with this guide to safe social networking. New technology, amazing apps and an array of social networks make the digital world an exciting place to be. But it can also be a worrying world of anxiety, stress, and another route for bullies to use. Written by experienced author Anita Naik, this title explores all aspects of a teenager's online life, from simple texting behaviour to how to deal with the negative side. We look at how young people use tech, what is social media, the issues of privacy, and the negatives of online
life. Including: The 10 ways to stay safe online checklist. Each section is accompanied by quotes from teenagers to give examples of real-life problems that teenagers experience every day. We also feature quizzes to help readers to assess their own behaviour and work out what their tech style is. Anita Naik is an author, columnist, blogger and journalist. She started her career as advice columnist on the teen magazine Just 17, and is now the agony aunt at Teen Now magazine and Avon Connects. She is also a regular contributor to the parenting technology site Quibly (http://www.quib.ly) and writes regularly on the subjects of teens, tech, parenting, education and social media, across various media platforms and magazines. Quibly is a parenting tech site answering every question you could possibly have about your kids online. We are grateful to Holly Seddon and James Diamond from Quibly for their advice in the creation of this book. For more information please visit: http://quib.ly/welcome Chapter One - How are you using tech? looks at what teens are doing online and when. Chapter Two - Texting teens takes a look at the phenomenon of messaging; teens are at it all the time, so what's it all about? Chapter Three - Social Media looks at what teens are doing on social media, the problems of social media, and encourages teenagers to think about what they are posting. Chapter Four - Privacy Issues takes a look at the privacy controls available to teens, and how and why they should be used. Chapter Five - The Dark Side talks to teens about the side of online life that is unsafe, including trolls and trolling, cyberbullying, grooming and illegal activity and content, giving advice on how to avoid them and how to deal with situations that can become frightening and stressful. A Help Section gives details of places to look for further help and guidance, and a glossary explains specific terms to readers.

My Parent Has Cancer and It Really Sucks

By: Marc Silver & Maya Silver

Real-life advice from real-life teens Currently one million American teenagers live with a parent who is fighting cancer. It’s a hard blow for those already navigating high school, preparing for college, and becoming increasingly independent. My Parent Has Cancer and It Really Sucks is the first book written especially for teens to help during this tough time. Author Maya Silver was 15 when her mom was diagnosed with breast cancer in 2001. She and her dad, Marc, have combined their family’s personal experience with advice from dozens of medical professionals and real stories from 100 teens --all going through the same thing Maya did. In a highly designed, engaging style, this book gives practical guidance that includes: • how to talk about the diagnosis (and what does diagnosis even mean, anyway?) • the best outlets for stress (punching a wall is not a great one, but should it happen, there are instructions for a patch job) • how to deal with friends (especially one the ones with ‘pity eyes’) • whether to tell the teachers and guidance counselors and what they should know (how not to get embarrassed in class) • what happens in a therapy session and how to find a support group if you want one A special section for parents also gives tips on strategies for sharing the news, making sure your child doesn’t become the parent, what to do if the outlook is grim, and tips for how to live life after cancer. My Parent Has Cancer and It Really Sucks allows teens to see that they are not alone. That no matter how rough things get, they will get through this difficult time. That everything they’re feeling is ok. Essays from Gilda Radner’s “Gilda’s Club” annual contest are an especially poignant and moving testimony of how other teens dealt with their family’s situation. PRAISE FOR MY PARENT HAS CANCER AND IT REALLY SUCKS “Wisely crafted into a wonderfully warm, engaging and informative book that reads like a chat with a group of friends with helpful advice from the experts.” Paula K. Rauch MD, Director of the Marjorie E. Korff Parenting At a Challenging Time Program “A must read for parents, kids, teachers and medical staff who know anyone with cancer. You will learn something on every page.” Anna Gottlieb, MPA, Founder and CEO Gilda’s Club Seattle “This book is a ‘must have’ for oncologists, cancer treatment centers and families with teenagers.” Kathleen McCue, MA, LSW, CCLS, Director of the Children’s Program at The Gathering Place, Cleveland, OH “My Parent Has Cancer and It Really Sucks provides a much-needed toolkit for teens coping with a parent’s cancer. In this honest and heart-felt guide,
Marc Silver and his daughter, Maya, present direct, no-nonsense and helpful advice." Jane Saccaro, CEO of Camp Kesem, a camp for children who have a parent with cancer “Marc and Maya Silver have skillfully blended the voices of teens, parents and experts...This book is knowing, pragmatic, and attuned to the challenges of growing into one's self while having to attend to a parent's needs." Barry J. Jacobs, Psy.D., clinical psychologist and author of The Emotional Survival Guide for Caregivers “A valuable resource for teenagers and their families.” Seth Berkowitz, LCSW, CCLS, Patient Services Manager, Southern Florida Chapter of The Leukemia & Lymphoma Society

**Chew On This**

By : Charles Wilson & Eric Schlosser

Kids love fast food. And the fast food industry definitely loves kids. It couldn’t survive without them. Did you know that the biggest toy company in the world is McDonald’s? It’s true. In fact, one out of every three toys given to a child in the United States each year is from a fast food restaurant. Not only has fast food reached into the toy industry, it’s moving into our schools. One out of every five public schools in the United States now serves brand name fast food. But do kids know what they’re eating? Where do fast food hamburgers come from? And what makes those fries taste so good?

When Eric Schlosser’s best-selling book, Fast Food Nation, was published for adults in 2001, many called for his groundbreaking insight to be shared with young people. Now Schlosser, along with co-writer Charles Wilson, has investigated the subject further, uncovering new facts children need to know. In Chew On This, they share with kids the fascinating and sometimes frightening truth about what lurks between those sesame seed buns, what a chicken ‘nugget’ really is, and how the fast food industry has been feeding off children for generations.

**This Moment Is Your Life (and So Is This One)**

By : Mariam Gates

This lively, hands-on guide to meditation, mindfulness, and yoga is a perfect introduction for tweens and teens. Don't just do something, be here. The key to happiness is being able to find comfort in this moment, here and now. When you are completely present and not distracted by regrets, worries, and plans, even for a little while, you begin to feel more confident and can deal more easily with everything you experience. This is mindfulness: paying attention to this very moment, on purpose and without judgment--simply being present with curiosity. This engaging guide, packed with simple exercises and endearing full-color artwork, provides a handy starting point for bringing mindfulness into your daily life. Chapters on meditation, yoga, and mindful breathing explain the benefits of these practices, and you are free to pick and choose what to try. There are quick exercises throughout, and a more extensive tool kit at the end of each chapter. The final chapter offers satisfying five-day challenges that map out ways to pull all of the book's mindfulness techniques together in your day-to-day life. With the appeal of a workbook or guided journal, and full of examples relevant to tweens and teens today, this book will be your trusted companion as you begin the valuable, stress-relieving work of being still with skill.
ore's dilemma - Pollan. It would be far easier to agree with his diagnosis if he actually told us what an 'omni'ore's dilemma' is. Alooking at it in context, I decided it probably meant that we have AAA all the options in our local supermarkets, so then we have to choose what we actually want to eat from the endless aisles. Close, but not quite right. In his conclusion, Pollan references that the omni'ore's dilemma is actually a prehistoric one, form back when we were "anxious omni'ores struggling to find..." The Omnivore's Dilemma was one of a number of food-centric books published in the past decade, including Fast Food Nation by Eric Schlosser and Kingsolver's Animal, Vegetable, Miracle, all of which vilify industrial farming and act as proponents for locally produced and grown food. This trend has translated to movies as well, and Pollan himself narrated the 2009 film Food, Inc., based loosely on The Omnivore's Dilemma. Synopsis. print Print. Addressing the Omni-Channel Dilemma for Today's Retailer. Learn how opting for an omnichannel strategy can dramatically improve the situation for your retail business. Check out this infographic. Learn how opting for an omnichannel strategy can dramatically improve the situation for your retail business. Check out this infographic.