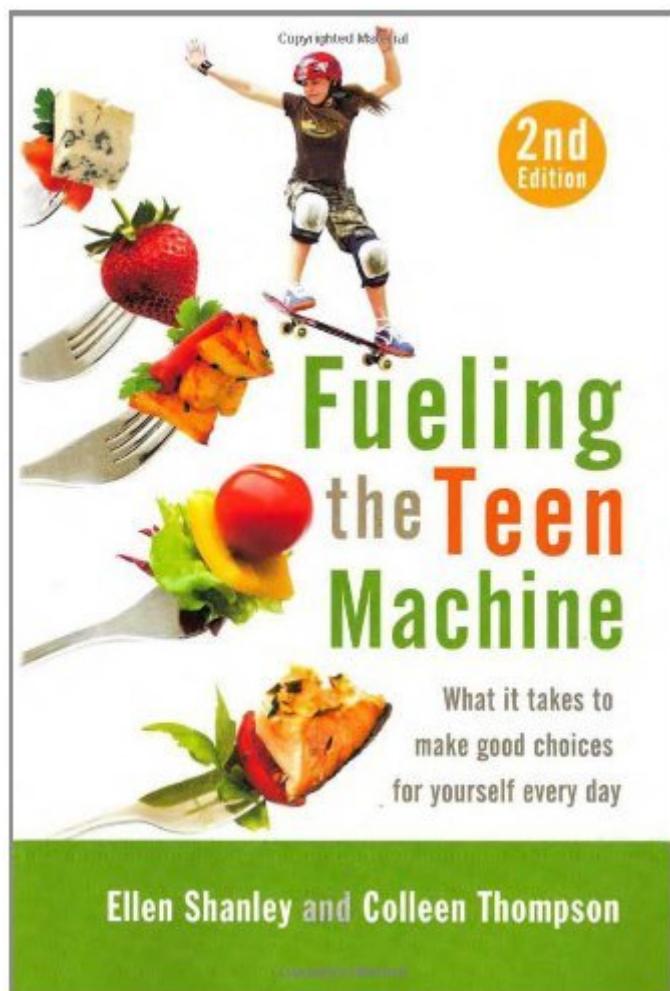


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# Fueling The Teen Machine



## **Synopsis**

Addressing the growing trend of teenagers whose eating habits keep fast-food restaurants flourishing but do little to keep the kids themselves in shape, this guide presents parents with the tools to ensure the daily health of their children. Providing the latest information on a wide range of food topics, this handbook covers everything from carbohydrates to eating disorders and vitamins, discussing each aspect sensitively and suggesting the ultimate new frontier for busy teens—cooking their meals themselves. This updated edition contains an expanded section on portion distortion, fitness for health, and how to read food labels, while outlining the latest studies, statistics, nutrition guidelines, and health information. New recipes, tips on creating shopping lists, and meal-planning ideas are included and vegetarian and vegan issues for teens are addressed. With sections on weight management, sports nutrition, and vital facts on fast food, this is the ideal companion for parents watching out for their kids' diets.

## **Book Information**

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## **Customer Reviews**

Fueling the Teen Machine has been on my "to-read" list for months now, and when I finally had

some free time in my schedule, I couldn't wait to sit down and check it out! My thoughts?? I LOVED IT! What a refreshingly down-to-earth approach to making nutrition accessible for busy teens! It covers diverse topics ranging from MyPyramid, carbs/fats/protein, vitamins and minerals, physical activity, sports nutrition, vegetarianism, "funky foods," body image, the list goes on and on! Not to mention the tons of delicious looking recipes found in the back! I've already got my eye on the 3 Cheese Macaroni, Oatmeal Apple Cookies and Angel-Devil Smoothie :) But perhaps what makes this book so successful is that it isn't talking to parents or teachers, but to the teens themselves! As the transitional time between being a kid and adult, authors Ellen and Colleen speak TO teens not AT them, stressing that YOU are the only one who has the power and control over your health! Whether it's enhancing teens' abilities on stage, in the kitchen, on the field, or in the classroom, Fueling the Teen Machine has now gone from my "to-read" list to my "MUST-read" list!--I've recommended it to all my friends!

I purchased this book as part of my homeschool health curriculum, but I found that I didn't even have to assign chapters out of it. The kids would just pick it up and read it at will. The writing style is engaging for teens, the subject matter relevant, the theme positive. The kids themselves started initiating changes in their food choices after reading it.

After scanning the pages I can say it has a lot of information in it but I doubt any teens would see it as anything more than another text book to wade through. I thought I could gain some knowledge about how to keep my teen eating healthfully but there isn't much in there that we don't already know. I'm sure that someone would gain a lot of good information from reading this book but for me and mine it's not useful.

Loved the book for adult reading however, I found it to be a bit heavy for a teenager's reading habits.

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