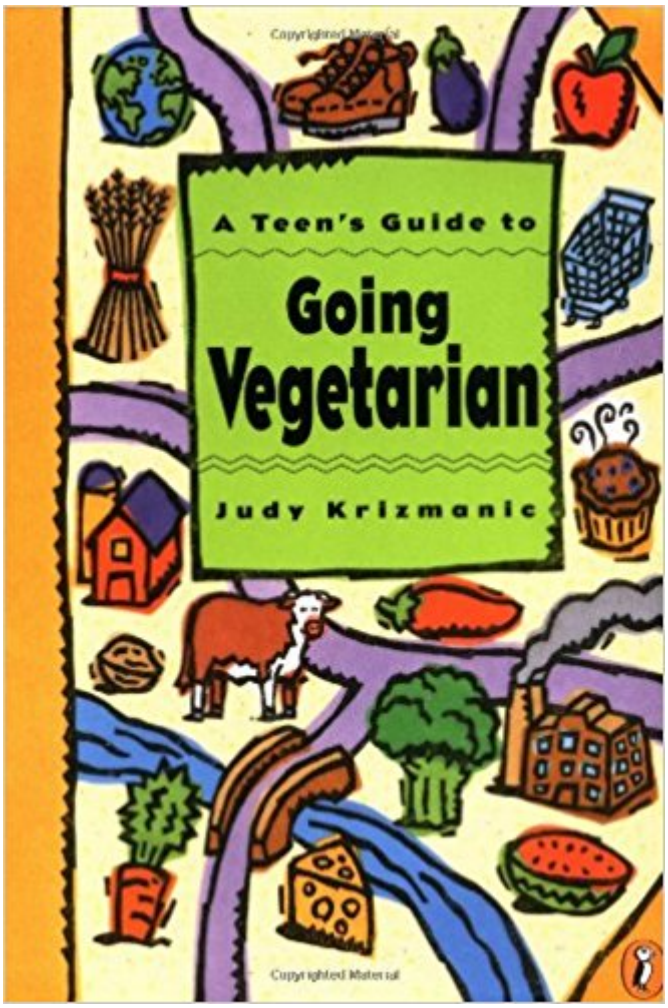
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A Teen's Guide To Going Vegetarian



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Synopsis

Every day, all across America, more and more teenagers are going vegetarian--and here's the book that has all the answers they want and need. The guide covers all the bases--from nutritional requirements to dealing with anxious parents and friends--and includes some easy beginner's recipes. It all adds up to the most comprehensive, accessible book of its kind.

Book Information

Paperback: 240 pages

Publisher: Puffin; 1 edition (December 1, 1994)

Language: English

ISBN-10: 0140365893

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Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.0 out of 5 stars 25 customer reviews

Best Sellers Rank: #744,513 in Books (See Top 100 in Books) #39 inÃ Â Books > Teens > Personal Health > Diet & Nutrition #414 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #8569 inÃ Â Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Grade 9 Up?Breezy, upbeat, conversational writing enlivens this book. The information is divided into three broad areas. The first section presents definitions of various kinds of vegetarianism and reasons for giving up meat. Living with the decision; defending it to family, friends, and others; and surviving in a primarily meat-eating world is the focus of the second part. The concluding section contains nutrition facts, recipes, and meal-planning suggestions. Paragraphs are short with bulleted lists and heavy use of bold type to attract readers' attention. Young people are quoted, increasing the book's appeal for its targeted audience. Attractive woodcuts appear at the beginning of each chapter. This title provides more information and has a lighter style than Charles Salter's The Vegetarian Teen (Millbrook, 1991) or Lila Perl's Eating the Vegetarian Way (Morrow, 1980; o.p.).?Lois McCulley, Wichita Falls High School, TXCopyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Gr. 7-12. Much more than a guide to modifying diet, this book takes pains to explain why vegetarianism is beneficial both to the individual and to the planet. Drawing on numerous resources,

Krizmanic thoroughly investigates various reasons people choose not to eat meat--health benefits, ethical concerns, and environmental factors, among them--and by listing organizations and newsletters of interest, she encourages readers to become actively involved in their lifestyle choice. The first part of the book is a revealing rationale for vegetarianism (statistics aren't specifically documented, though chapter references are supplied); the second tackles how to explain your switch to your parents and friends and how to manage when eating away from home; the third is purely practical, discussing nutrition, introducing some health foods, and providing a selection of recipes. An encouraging, consciousness-raising overview that may help change the undecided or the simply curious into the fully committed. References and a glossary are appended. Stephanie Zvirin --This text refers to an out of print or unavailable edition of this title.

"A Teen's Guide to Going Vegetarian" is a very informative, clearly written book. I bought it for my sixteen year old grandson, who is seriously following a vegetarian diet, due to his aversion to eating dead critters. Before giving the book to him, I read it and learned a lot about the health benefits and ease of preparing vegetarian meals. The information is geared toward teens, guiding them on how to assure concerned relatives and friends on the wholesome benefits of this diet. This book offers many ideas on how to plan healthy snacks, make inconspicuous choices at family meals and prepare a completely well-rounded diet.

I sent as a gift... my neice LOVED the books... and she's started using some of the recipes. When she decided to become a vegetarian, I was concerned she's just cut out meat and not educate herself on dietary requirements. These books have really taught her quite a bit.

I actually bought this book 17 years ago when I became a vegetarian. Although it is an older book and some knowledge is out-dated, it was a very inciteful and helpful book for me. Since then I have purchesed this book for others starting out on this journey. I hope this helps and is a great book for any vegetarians collection.

I thought I was buying a cookbook, not a storybook

My daughter has been officially vegetarian for a month now. As soon as she made the statement that she was going to be vegetarian, I found this book to give to her. It has been great. It was especially helpful in giving a 13-year old nutrition advice. If she is going to do this, I want her to do it

the best way. She gives the book two thumbs up.

I bought this for my young niece who recently decided to choose vegetarianism. I wish this book was around when I made the same decision at that age. Growing up with a meat and potatoes family I never quite knew the "right thing to say" and how to make the transition easily. This answers it all!

The ultimate guide, complete and through, and easy to use. Perfect, a must read for teen vegetarians, and those wanting to understand their veg friends!

I feel adults will enjoy this book more. There are no o pictures of finished products to show them what it should look like. Kids are more visual.

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