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Book Review

Name:Cristian Enriquez

Date:2-10-12

Title:

Author:

What interested you about reading this book? Honestly the only thing that truly interested me about this book was the recipes that were given.

How did you hear about this book?My teacher gave us an assignment to read this or two other book so I chose this one.

What is the historical context (if any) of the book? The only historical context would probably be the research that was done in order to collect the data in this book.

In 60 words or less summarize the book. Eat drink and be healthy is a book that is about showing the public that the food pyramid that is being shown to us is not the healthiest and that this book has created their own food pyramid that shows the real way you should be eating.

Summarize at least 5 interesting things/issues/problems/passages raised in the book and tell us why there are interesting- Please cite where in the book you got your information. Chapter/passage/page#.

1.Another source of protein is fish. Fish produces more protein than red meat. Chapter 4 pg 89

2.There was a point in time where eggs were considered the perfect food. But as our studies begin to developed us Americans realized that there is over 200 milligrams of cholesterol in one egg yolk. Chapter 4 pg 75

3.Alcohol in moderation is good for most people. Chapter 8 pg 154

4.About a third of Americans are obese. Chapter 2 pg 36

5.Coffee is a remarkably safe beverage. Chapter 8 pg 151

State what you think the underlying theme/question/problem/issue that the book is trying to answer. To eat healthier.

Where there any solutions posed or resolution to the issues you found above-

1.For number 2 is to control alcohol consumption

2.For number 4 eat right

3.For number 5 try to drink coffee

How does the way the book was written help get its theme/question/problem/issue across to the audience? It states the facts and what is going on and then shows the solution.

Things you liked about the book? The recipes

Things that you would like to change about the book? Move the recipes to the back of the book.

Anything else you would like us to know about?Nope