Andrew Zimmern's Field Guide to Exceptionally Weird, Wild, and Wonderful Foods: An Intrepid Eater's Digest

Aylea Stephens

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Book Review

Title: Andrew Zimmern’s Field Guide to Exceptionally Weird, Wild, and Wonderful Foods: An Intrepid Eater’s Digest
Author: Andrew Zimmern and Molly Mogren
Illustrator: Chuck Gonzales
Reviewer: Aylea Stephens
Publisher: Feiwel & Friends
Publication Year: 2012
ISBN: 9781250019295
Number of Pages: 208
Interest Level: Primary, Intermediate
Rating: Excellent

Review

For Andrew Zimmern, host of the TV show Bizarre Foods, no food is too weird. In this book, he explores foods from around the world that might seem unusual to eat, such as alligator meat, brains, cockroaches, dung beetles, garlic ice cream, haggis, liver, octopus, rabbit, stuffed lamb spleen, turducken, and many others. He discusses the benefits, or lack of benefits, from each food, but then expands the information with recipes, photos, related trivia about the area it comes from; famous sayings related to the food, the area it comes from, or other fun trivia.

This book is a great way to get kids reading nonfiction. Kids will be delighted with the trivia, both the gross facts and the other fun facts that Zimmern collected in this book. The pictures and sidebars break up the information so that it doesn’t ever get too gross or too boring. Because each chapter has different kinds of trivia and information, readers learn a lot not just about food but also about culture, geography, history, vocabulary, and art. The illustrations and pictures also help break up the words to keep things entertaining for young readers. Even reluctant readers can enjoy this laugh-out-loud look at the interesting foods that are eaten all over the world.