2018

Stickmen's Guide to Your Gurgling Guts

Haley Cook

Follow this and additional works at: https://scholarsarchive.byu.edu/cbmr

BYU ScholarsArchive Citation
Available at: https://scholarsarchive.byu.edu/cbmr/vol39/iss3/74

This Book Review is brought to you for free and open access by the All Journals at BYU ScholarsArchive. It has been accepted for inclusion in Children's Book and Media Review by an authorized editor of BYU ScholarsArchive. For more information, please contact scholarsarchive@byu.edu, ellen_amatangelo@byu.edu.
Book Review
Stickmen’s Guide to Your Gurgling Guts

This easy-to-understand guide walks through the process of eating and digesting food. It starts with facts about food and what it’s composed of - carbohydrates, proteins, fats, vitamins, and fiber - defining all these things in very simple terms. It then explains the process of eating, starting with your teeth chewing food and the route it travels through your esophagus into the stomach and through the intestines. The narrator Stickmen travels through the book with you. The book describes the chemical processes that happen inside your body, including breaking down fat, staying warm, and filtering fluids. It ends with a description of waste disposal and a look at the discoveries made about the digestive system over time.

Throughout the book John Farndon has included interesting facts, pictures, and graphics showing the information talked about. Frandon’s book makes the digestive system an exciting learning resource that is appropriate even for adults. There is a lot of text with scientific terms, making it a book for higher level readers, especially fourth to seventh graders, but younger children would still enjoy the interesting facts. This is a good book to read aloud with your child. It is very organized with clear headings and subheadings. Venitia Dean has drawn illustrations to support the text which helps provide overall clarity. It’s a great addition to any collection, especially for those interested in digestion.