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Stickmen's Guide to Your Gurgling Guts

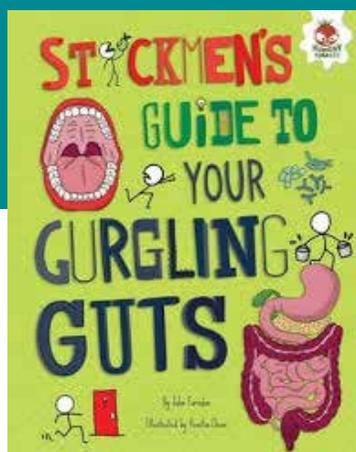
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Book Review

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.

Author

John Farndon

Illustrator

Venitia Dean

Reviewer

Haley Cook

Rating

Outstanding

Level

Primary, Intermediate

Pages

32

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Publisher

Hungry Tomato

ISBN

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