



2020

Your Body on Sugar

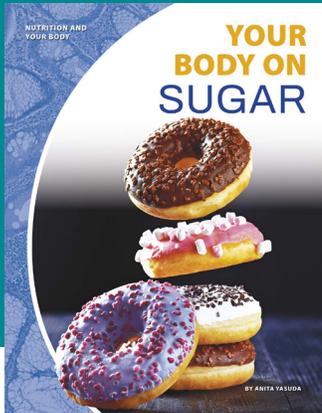
Jennifer Haltli

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Book Review

Your Body on Sugar

Author

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Reviewer

Jennifer Haltli

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Rating

Dependable

Level

Primary, Intermediate

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Pages

48

Year

2020

ISBN

9781532118876

Publisher

Abdo Publishing

Grab a cookie before you sit down to read, but you may find yourself switching to strawberry as you learn about the natural role of, and misuses of, sugar. Beginning with an exploration of sugar and how it is processed by the body, readers will get a lesson in agriculture regarding how sugar is grown. You also learn that there are natural foods that contain sugar, but added sugars and snack foods contribute to dental and diabetic disorders that accompany the fanatical consumption of sugar in modern diets. In the end, it's important you remember that you can enjoy sugar healthily and in moderation.

The book is short and has very accessible concepts for elementary and middle school readers. Full- and half-page pictures and purple boxes containing information related to the main discussion will attract a reader's attention. A few charts and diagrams also make an appearance. The book's organizational scheme is very basic; however, the lack of bolded or colored key words and concepts makes it a little less navigable. Other features, such as a table of contents, content-driven chapter titles, a glossary, and an index, also add to the text. A "fast facts" page at the end provides a quick summary of the book's contents. The author's emphasis is on the importance of research, and the "straight to the source" and "explore online" sections encourage young readers to study data-driven expert opinions.