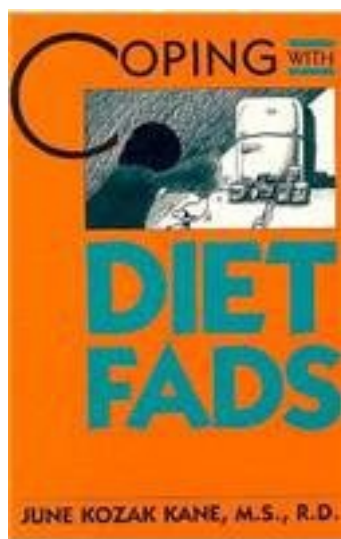


Coping with Diet Fads



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From School Library Journal With scattershot coverage that explores nothing fully, Bleich touches on a variety of teen-related subjects. Risky behavior is defined as everything from overeating and smoking to theft and sexual promiscuity. The unfocused information is presented in didactic fictional scenarios--many of which are totally unbelievable--and alternative actions are discussed. The chapter on illness covers such topics as allergies, fear of obesity, poor illumination for reading, and fighting injuries. While there are bits of good advice scattered throughout the book, it is unlikely that any readers will persevere in finding them. Kane uses a breezy, informal approach to provide sensible advice about diets and to inspire young people to make proper nutritional choices. Featuring her own and other composite diet profiles, she presents a "you can do it" introductory section followed by such topics as the nature of hunger and determining one's own nutritional needs, dangers of fad diets, and lifelong diet planning. She also suggests some common-sense strategies for incorporating exercise into regular life routines. Some similar material is covered in

Perl's Junk Food, Fast Food, Health Food (Clarion, 1980), but Kane's is a more comprehensive treatment intended to persuade readers to change their behavior.
--Lois McCulley, Wichita Falls High School, TXCopyright 1990 Reed Business Information, Inc.

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