



Please Dont Eat the Wallpaper: The Teenagers Guide to Avoiding Trans Fats, Enriched Wheat and High Fructose Corn Syrup

By Nancy Irven

Morgan James Publishing. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 7.9in. x 4.9in. x 0.5in. Do we really need another book about food and how to eat Yes! Dr. Nancy Irven has designed a straightforward and easily understood class on nutrition at the local high school. Her volunteer efforts have had astonishing results among her students. Please Dont Eat the Wallpaper! is written in a simple style with her high school students in mind. Through the humor, youll find thought-provoking observations on how we nourish our bodies. She takes an integral look into the diets of average fourteen year olds and their perceptions of the food they eat. She teaches them to want better food and how to make better choices. Dr. Irvens passion is fueled by researching nutritional literature over the past twenty years. The experts are now stating that the upcoming generation will not outlive its parents because of current trends of child obesity, diabetes, heart disease and cancer. I feel we must get their attention and do something productive once we get it. Do they know what is and is not healthy They do not. They need to be taught. European countries have lower infant mortality rates...



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Reviews

This composed book is excellent. it was actually writtern very perfectly and valuable. I found out this book from my i and dad advised this book to learn.
-- **Maymie O'Kon**

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-- **Lupe Connelly**

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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



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