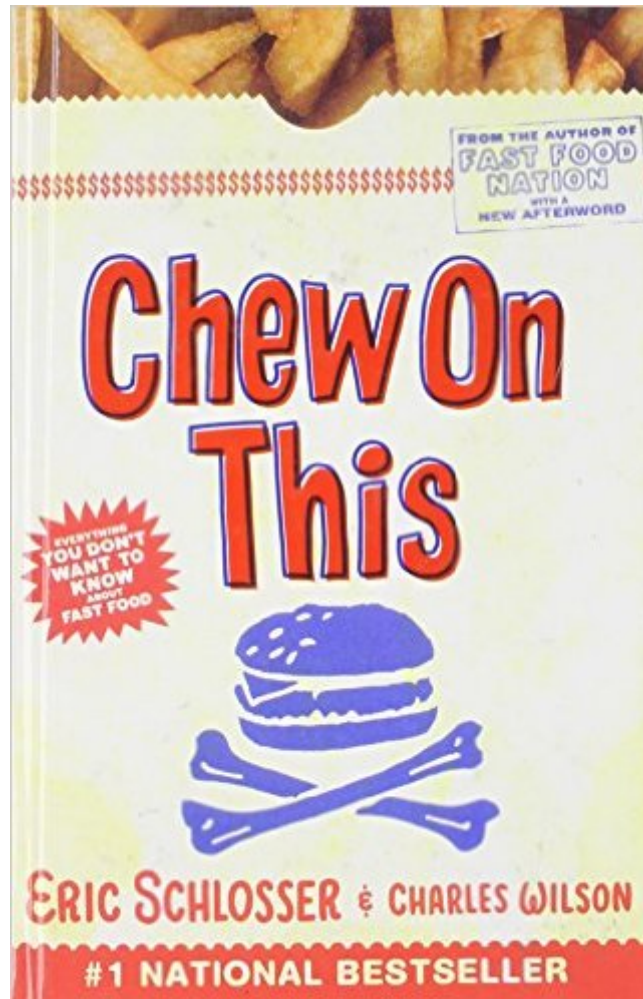


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# Chew On This: Everything You Don't Want To Know About Fast Food



## Synopsis

In the New York Times bestseller *Chew on This*, Eric Schlosser and Charles Wilson unwrap the fast-food industry to bring you a behind-the-scenes look at a business that both feeds and feeds off the young. Find out what really goes on at your favorite restaurants—and what lurks between those sesame seed buns. Praised for being accessible, honest, humorous, fascinating, and alarming, *Chew On This* was also repeatedly referred to as a must-read for kids who regularly eat fast food. Having all the facts about fast food helps young people make healthy decisions about what they eat. *Chew On This* shows them that they can change the world by changing what they eat. *Chew on This* also includes action steps, a discussion guide, and a new afterword by the authors. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I really like this book. I bought it (even though it's geared more to kids) because I am a fan of *Fast Food Nation* (can't wait till the movie comes out) and wanted to hear what he had to say this time around. He's targeted 9-15 year olds mainly because American kids are so unhealthy and out of shape - he wanted to not tell them what not to eat, but in fact enlighten them about what they are actually eating. Because the stats are so high for being obese at age 35 if you were obese at 13, he wants to try to stop kids getting obese by age 13 in the first place. He takes shots at the soda industry as well as fast food restaurants. There is a chapter dedicated to the sodas making kids fat/unhealthy. 1 out of 3 toys in America come from fast food restaurants he states, showing the 'marketing skills' of these chains to lure kids to want to eat there. *Chew On This* is really designed to make people (especially the kids) aware of what they are buying and eating and awareness is key

to the choices you make. I loved this book. It's eye opening and interesting and does in fact make you chew on his thoughts. I think he's done a great job here. I hope this message sinks in to kids heads and make them reconsider what they would rather eat.

I just saw Eric Schlosser speak tonight to a crowded room full of interested kids, so you can put away any notions you might get that kids aren't interested in learning more about what they eat or will be put off by "gross" pictures (there are one, maybe two of these in the whole book). Let me say a little though about what Schlosser does NOT do in this book: he does not tell kids what to eat or not eat. He does not tell them they must stay away from fast-food restaurants at all times (he's not a vegetarian, actually, and he even mentions some responsible ones that he likes, like In-n-Out Burger). Instead, he tried to inform kids about what's in fast food and how fast-food restaurants are run, and encourages kids to make their OWN well-informed decisions. Schlosser is an investigative journalist, and the book is intended as an expose of the fast-food industry, there's no question about it. A lot of what he says will make parents and kids feel pretty bad about their eating behavior - the terrible pollution problems caused by factory farms, the health problems caused by obesity, terrible dental problems caused by soda pop, etc. So, his opinion on the subject is clear but well-supported. But before you decide whether you're interested in this book, I would like to suggest to readers of this book's reviews to do some of their own fact-checking. For example, by clicking on a reviewer's name on this page you can see how many other reviews he/she has written. If that person has never written about anything else, ask yourself WHY. Ask yourself who they work for. And then, as Mr. Schlosser would himself suggest, \*draw your own conclusions.\*

This is an extremely well written and important book. It's not intended as a "sequel" to Fast Food Nation (another reviewer complained that the book didn't add much as a sequel). This is a REWRITE of Fast Food Nation for a YOUNG AUDIENCE -- something this country has needed desperately for a long, long time. Young people are now more obese than ever -- as a result, they're struggling with more health problems than any previous generation and setting themselves up for a lifetime battling diabetes, heart disease, high blood pressure, cancer ... This book should be required reading for every child, teen and parent.

"Engine Joe Eagleson" notes that Dr. Elizabeth Whelan, the President of the American Council on Science and Health, has panned this book in an op-ed piece. Google her name and look up "American Council on Science and Health" on Wikipedia. She is nothing more than a hired gun for

corporate interests. Of course she's going to pan the book! Wikipedia notes that the ACSH receives "75 percent of [its] funding from the chemical and pharmaceutical industry." Engine Joe: the fast-food industry is aiming its marketing arm directly at impressionable children. You and I know that moderation is key, but what about the five year old who watches 3 hours of fast-food advertising each week? Secondly, does McDonald's really have commercials that encourage children to order a salad? What six-year old goes to Wendy's and orders the chili?. To me, Mr Schlosser's book fills a missing gap of information for children. They receive advertising constantly and it's refreshing to give them a new viewpoint. As Mr Schlosser noted in a recent interview, the most troubling aspect of fast food for kids is "the eating habits it creates. Research shows that if children are obese by the age of 13, the odds are overwhelming that they will be as adults."

This is a very informative book that my husband ended up reading first even though we bought it for our 12 year old son. As a result my husband wants to throw out half the food in our pantry! It is pretty serious stuff and our 12 year old is slogging through it even though he does not want to hear why all of his favorite foods are so bad for him. Given that it is meant to be geared towards pre-teens I am a bit surprised that it is so long, but I am sure it would be hard to cut out any of the truth for fear of not getting the point across. This book will hold the attention of strong pre-teen readers or kids who are intrinsically interested in the subject. I would love to see a comic type book with the same basic info for 8-12 year olds and then a picture book for 3-8.

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