

18 PINTS



NOT HUMAN

100%



FRESH APPLES 25%



EGGS YOUR



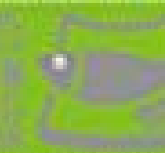
SUGARY SODAS

HOW FOOD WORKS

COFFEE



PROTEIN



WINE



THE FACTS visually explained



WATER



FRESH IN PROTEIN



FROM BEE

DK

How Food Works: The Facts Visually Explained (How Things Work)



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An easy-to-understand visible guide to the facts of meals and nutrition. A nutritionist in a book that explains key principles about food and why is it good or harmful to you, How Food Works brings the technology of food to life. Through a highly visual approach that uses bold infographics, explore the nice, the bad, the confusing, and the trending world of meals. Follow the annals of food creation and free-range farming, how food is definitely transported, and what "sell by" dates actually mean. processed foods. Covering a wide variety of topics, from dieting to gluten intolerance, How Meals Works debunks common meals myths, explains nutrition, addresses the meals groups, and looks into organic vs. Uncover what an antioxidant can be, find out what a superfood will do to the body, and find out why it is dangerous to reheat rice. How Food Works is a completely comprehensive instruction that will help readers understand the underlying biological ramifications of everyday foods through scientific evaluation, revealing the powers of various kinds of food and drinks.



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Great Book! "How Food Works:..." is a great book for anybody who appreciates visuals and Info-charts. Packed with current and helpful food and nutrition information, it makes a great reference if you are health-minded. Very pleased!. For anybody confused by all the food and nutrition news. Exceptional explanations and drawings rendering it easy for the brain to "absorb". This book is SUCH a cool resource for anyone interested in nutrition This book is SUCH a cool resource for anyone thinking about nutrition, health, and food in general. The illustrations aren't distracting and for a image-based mind like I've, the book is a perfect companion to learn about food basics. I recommend this publication to anyone who would like to know food make-up, structure and history. Teachers I think will really benefit employing this in a classroom setting to teach food basics. I was expecting this book to just cover food, and the effect of different nutrition on the body, but it needs the kitchen sink approach. While reading, remember that, exactly like any science, facts are generally changing. Reading it to my 10 year previous. Colorful & succinct. Readable and informative The book is lates out well, readable, and informative. DK books are generally image and chart-large, meaning they're perfect for visible learners.! That's okay, because this still offers you a firm foundation to learn from. "How Food Works. I love this reserve! It took a few weeks to come but the book is fantastic Five Stars Extremely interesting and useful book Five Stars Wow, very insightful! Perfect!.." easily "absorbed"! For anybody confused by all of the meals and nutrition news whirling over the internet, this reserve really captures the basics of meals theory and the value of food in our lives. So much details! This book is an excellent balance of text message and charts, graphics, and photos. It's easy to ready and incredibly interesting. This book covers topics like food theory, nutrition, food structure, history, food makeup, research, and more. A few of the information in this publication is widely disputed or regarded as different now. Lots to learn here. This is simply not a cookbook and you should not grab this book if you're looking for recipes. This book is excellent in offering all sorts of information on food, how it's processed, how the body can react, etc.. But if you are looking for a middle school/high school level general education about Every thing related to food, this is a good starting point. That said, these books still have benefit if you are looking for a certain type of information.. Just remember to keep searching at other sources for more, and perhaps more complete, information. We ate this up! You will discover information about digestion, taste, smell, nutrient breakdown, cooking, diets, food waste materials, and on and on. If you are searching for a publication about food nutrition you are looking in the incorrect place. If you are looking for a university level biology program you are looking in the incorrect place. A good low-level general program in all things food related I'm a big enthusiast of DK books generally, but I'm much less keen on their "How Food Works" and "How Money Functions" books, which have interior paper stock, no color photos, and targeting a young market than their college level "The Economics Publication" or "The Art Publication". I can imagine parents reading this book to a wide-eyed 10-12 year old. Just don't expect the same degree of understanding and beauty as a number of the additional DK books which have recently turn out at college level.



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