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Why Can't I Eat More Candy?

Authors: Patricia Laporte-Muller (Text) - Marie De Monti (Illustrations)

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Ten questions and four activities in a journey that takes us from our plates to our intestines, demolishing preconceived notions so we can eat up!

A book that tells us how the energy from food helps us keep our body temperature at 98.6 °F, how foods move through your digestive system to be turned into nutrients, why poop is brown, just how many tastebuds are on your tongue (almost 10,000!), and why food allergies have increased eightfold in three decades! In the activities section: try a blind taste test with friends, assess the acidity of foods with red cabbage juice, make a flower-shaped chart for dividing foods into food groups, and test for starch in what you eat.

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