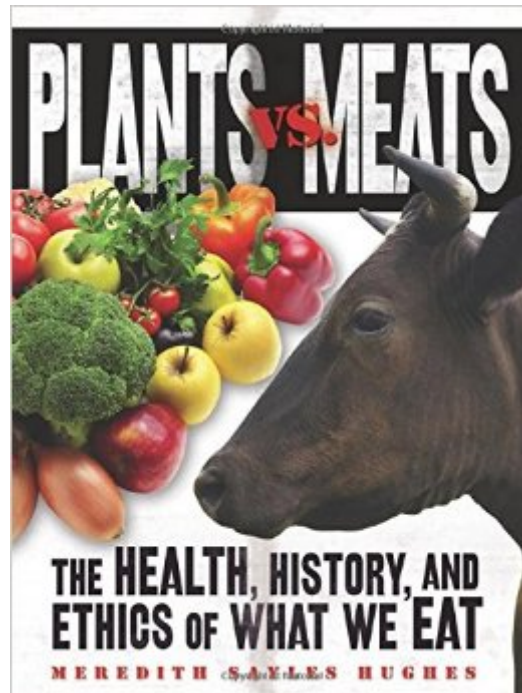


The book was found

Plants Vs. Meats: The Health, History, And Ethics Of What We Eat



Synopsis

No one can live without food, but what you eat is a personal decision. Today many people are examining nutritional advice and choosing to eat more vegetables and fruits and less meat. But is all meat bad for you? What does the science say? People also make food choices for ethical and religious reasons. Some vegetarians and vegans avoid meat because they believe killing animals is wrong. Other people shun meat from factory farms. Recently, more people are seeking out foods grown locally and organically. What do you choose to eat and why? This book will help you make decisions to support your values.

Book Information

Library Binding: 160 pages

Publisher: Twenty-First Century Books (April 1, 2016)

Language: English

ISBN-10: 1467780111

ISBN-13: 978-1467780117

Product Dimensions: 7.1 x 0.4 x 9.1 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,531,891 in Books (See Top 100 in Books) #68 in [Books > Teens >](#)

[Personal Health > Diet & Nutrition](#) #88 in [Books > Teens > Hobbies & Games > Cooking](#)

Customer Reviews

I thought I was going to throw this across the room when I came to the old song of "I became a vegetarian when I realized Harold the chicken had a personality," but I kept on just see what would happen. Hughes goes on to say that her family has since reversed and now eats more beef, etc., for health reasons. I like her writing not because she eats meat, but because she not only changes her position based on more information, she is totally OK with your making your own decisions. Do you want to be vegan? She's OK with that. But she also explains other food options, such as insects, being a localvore, and 3D printed food. (Yes, you read that right.) Hughes goes through food history and touches on such subjects as pesticides, organics, and gluten with respect for the fact that much of we eat is fashion, but works hard at providing science. Good source notes. Nice index and glossary. Good "further reading" section. And at 96 pages, it just barely makes it but will generally be acceptable for kids and teens doing homework.

[Download to continue reading...](#)

Plants Vs. Meats: The Health, History, and Ethics of What We Eat Home Production of Quality Meats and Sausages Olympia Provisions: Cured Meats and Tales from an American Charcuterie The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Jewish Ethics and Halakhah for Our Time: Sources and Commentary, Vol. 11 (Library of Jewish Law and Ethics) Law, Liability, and Ethics for Medical Office Professionals (Law, Liability, and Ethics For Medical Office Professionals) Public Health Law and Ethics: A Reader (California/Milbank Books on Health and the Public) Ethics and Animals: An Introduction (Cambridge Applied Ethics) Religious Perspectives on Business Ethics: An Anthology (Religion and Business Ethics) Combating Corruption, Encouraging Ethics: A Practical Guide to Management Ethics Biomedical Ethics (Biomedical Ethics (Mappes)) Management Ethics: Placing Ethics at the Core of Good Management (IESE Business Collection) Medicinal Plants of the Desert and Canyon West: A Guide to Identifying, Preparing, and Using Traditional Medicinal Plants Found in the Deserts and Canyons of the West and Southwest Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat Pollinators of Native Plants: Attract, Observe and Identify Pollinators and Beneficial Insects with Native Plants The Secret Life of Plants: a Fascinating Account of the Physical, Emotional, and Spiritual Relations Between Plants and Man Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State The Beginner's Guide to Medicinal Plants: Everything You Need to Know About the Healing Properties of Plants & Herbs, How to Grow and Harvest Them How Do Plants Survive? (Plants Close-Up)

[Dmca](#)