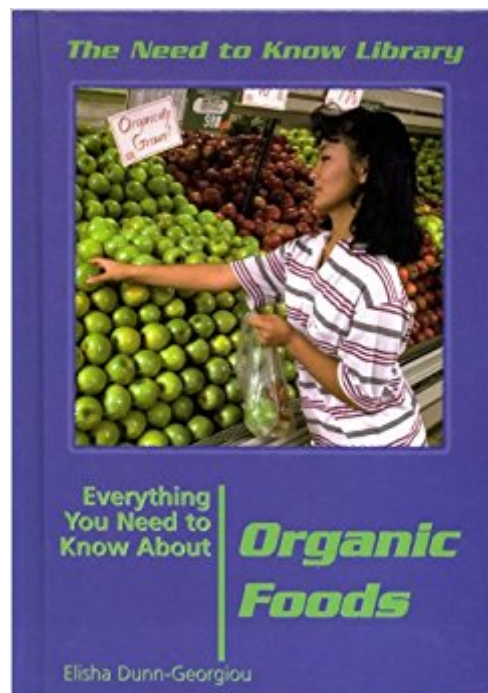




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Everything You Need To Know About Organic Foods (Need To Know Library)



Book Information

Series: Need to Know Library

Library Binding: 64 pages

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Customer Reviews

Grade 5-10-While Dunn-Georgiou has produced a credible overview of the benefits and characteristics of organic foods, her book might be more aptly titled, "Everything You Need to Know to Persuade You to Switch to Organic Foods." After briefly addressing common confusions, she moves into a review of agriculture that emphasizes the prevalence of pesticides and industrial farming, genetically altered foods, antibiotics and hormones, E. coli, Salmonella, and mad cow disease. At this point, who wouldn't make the leap? More than half of the book is devoted to the dangers of mass-produced, commonly consumed foods, with the specifics of organic farming and gardening getting short shrift. Readers are encouraged to try their hand at raising their own crops organically, which is made to sound like quite a simple undertaking. While not evenhanded, Dunn-Georgiou offers a concise summary of the arguments used by those in the organic-foods movement, and the book will be useful in that respect. Of particular interest is the explanation of the recent Organic Foods Production Act, which created standards for what can be labeled organic. Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright 2002 Cahners Business Information, Inc.

Reviewed with Chris Hayhurst's Everything You Need to Know about Food Additives. Gr. 6-10.

"Take control of what goes down the hatch," says author Hayhurst. That's the resounding message

in both of these useful titles in the Need to Know Library series. *Organic Foods* gives basic definitions of terms such as whole foods; outlines health and environmental benefits of organic farming, profiles the pioneers of the organic movement; and discusses risks posed by factory farming techniques, such as the increased use of antibiotics and hormones. *Food Additives* introduces common additives and explains reasons for their use, including consumers' finicky preferences; discusses health risks associated with many additives; and offers exciting alternatives to processed foods, such as produce from community-supported agriculture programs. Both titles offer solid introductions to topics increasingly in the public awareness. A sturdy resource section concludes both volumes. Gillian Engberg Copyright © American Library Association. All rights reserved

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