



It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History

By James Solheim

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How about a nice dish of Colonial Squirrel Pie with a side of milkweed shoots? If that doesn't grab you, you might think about trying some Garbage Stew, just like they made in medieval England. But if you're feeling a little tired and need a boost, your best bet is roasted spiders. They've got three times the protein of cooked beef. (Is your mouth watering yet?)

Illustrated by the wildly-creative Eric Brace, *It's Disgusting -- and We Ate It!* is a fascinating look at culinary creations from all over the world!

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Editorial Review

From Publishers Weekly

"With enough information for several sittings, this compendium lives up to its title's rich promise," said PW. Ages 5-10.

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From School Library Journal

Grade 3-6 Solheim appeals to the gross-out side of kids in this exploration of edible grub (larvae and otherwise) around the world, past and present, and it's more laughs than a barrel of monkey brains (the one delicacy he missed). Divided into three sections, the book begins with "People Eat the Wildest Things," a look at some of the less common foods eaten today, such as frog legs, earthworms, snakes, insects, flowers, and seaweed. "From Mammoth Meatballs to Squirrel Stew" considers strange fare from the past, such as a menu from a medieval royal feast in England (14 oxen and 50 swans, among other things), the rat stew eaten by sailors, and the robins popular in Colonial America. "If You Think That's Sick, Look in Your Fridge" takes a look at how many common edibles, such as milk, cheese, honey, and mushrooms, are grown or produced. Each double-page spread includes basic facts and lots of interesting trivia written in a wacky, off-the-wall style that children will love. There are also poems—amusing, tongue-in-cheek odes to unusual delicacies (a haiku celebrates sushi). Brace's cockeyed, whimsical illustrations, done with colored pencils and acrylic paints, are delightful. The pages are filled with colorful characters who make wry observations about the text. Fact-packed fun from beginning to end. *A Joyce Adams Burner, Hillcrest Library, Prairie Village, KS*

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From [Booklist](#)

Gr. 4^-6. Brace's zany illustrations, somewhat reminiscent of Lane Smith's, add a blast of color to this picture book of food trivia, which focuses on some of humankind's weird grub choices. Solheim's "menu" is a mishmash—from seaweed, which shows up in products ranging from ice cream to salad dressing, to horse blood and earthworm soup, which were enjoyed by various cultures in times gone by. The layout is busy and sometimes disjointed, with lists, cartoons, straight text, a selection of recipes, and poems (which tend to get lost in the mix). The facts, however, are fascinating and fun, and Solheim has included a good list of additional readings as well as a selected bibliography. *Stephanie Zvirin*

Users Review

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Juan Higgins:

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Jonathan Baker:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try look for book, may be the book untitled It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History can be great book to read. May be it can be best activity to you.

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