



# Energy In, Energy Out: Food as Fuel (Slim Goodbody's Lighten Up!)

*John Burstein, Slim Goodbody*

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**Energy In, Energy Out: Food as Fuel (Slim Goodbody's Lighten Up!)** John Burstein, Slim Goodbody  
Suitable for the children of ages 8 to 12 years, this book follows several high school characters as they try to put strategies for maintaining a healthy weight into practice. It pays attention to calculating Body Mass Index (BMI) and to strategies for regulating energy in and energy out.

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