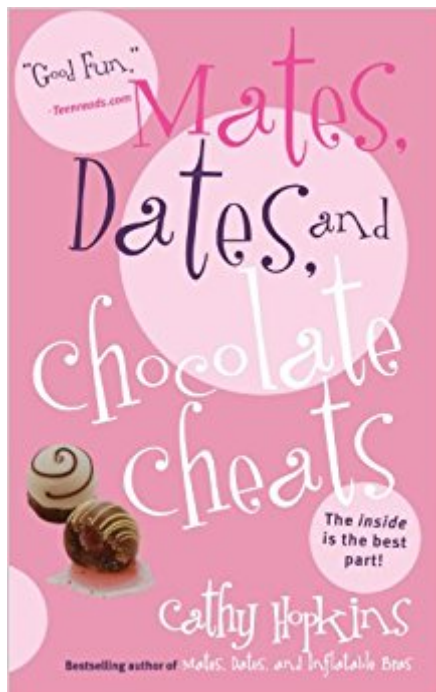


The book was found

Mates, Dates, And Chocolate Cheats



Synopsis

Hey listen guys. I need you to tell me something and I want you to be really really honest . . . Sounds serious" said Nesta. "It is. I want you to tell me, do you think I've put on weight? Nesta, Lucy, and T J looked at each other. "No" said T J after a moment too long. "Not really. Well, we all did a little on the school trip. So no more than the rest of us" Izzie has always been "curvy" but since Christmas she has gained eight pounds, and nothing seems to fit anymore. In an attempt to lose weight, Izzie tries everything: one diet after another, a punishing exercise program, and every bit of conflicting advice anyone can give her. Her constant worrying about her weight causes her to lose her confidence, and she stops appreciating the things in her life that are special -- her supportive friends, the fact that she has been selected for a TV teen panel, and a cute boy at the TV studio who seems to like her just the way she is.

Book Information

Lexile Measure: 690 (What's this?)

Series: Mates, Dates

Paperback: 224 pages

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Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,880,829 in Books (See Top 100 in Books) #48 in [Books > Children's Books > Growing Up & Facts of Life > Health > Weight](#) #1792 in [Books > Teens > Literature & Fiction > Humorous](#) #2869 in [Books > Teens > Literature & Fiction > Social & Family Issues > Being a Teen](#)

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Cathy Hopkins lives in North London with her handsome husband and three deranged cats. She has had nineteen books published. The fifth book in the Mates, Dates series, Mates, Dates, and Sole Survivors, was recently released in the U.K. Piccadilly Press has launched a new series from

Hopkins, based on the classic sleepover game of Truth or Consequences.

As always Cathy Hopkins wrote a wonderful addition to the Mates, Dates series. In this one, after just getting back from there tour of Italy, Izzie battles a weight problem. She goes on many fad diets and programs. I think its really important for young girls to read this because it really tells how managing weight can be hard and what are some of the wrong ways of going about loosing it.

I bought it for my 13 and 15-year old daughters, they just love the series and have read all of them

I just finished this book and found it desirable, light and comedic.I have read most of the books in the series and only have a few that I couldn't find at my library. In this book, Izzie is struggling with the same problem that hundreds of thousands worry about every day: her weight. But, in the book, Cathy Hopkins makes an mix between the struggle and comedy. Through her problems, she is also trying to find time to spend with her friends (mates, as this is an British book), to do her best in trying out for a TV Teen Talk Show and to catch the eye of the nothing-less-than-perfect Gabriel, who works there. Izzie tries all the crash diets she can think of and joins the gym. And yet, by starving herself, she doesn't lose the eight pounds she gained over holiday. In one particularly hilarious part in the book Izzie is drinking slim shakes and she has a terrible problem with gas, "Clearly I wasn't the only one as an elderly lady in the corner, let one rip. She didn't seem fazed by it at all" (148-149). I like this part in the book because even though it is a serious subject for Izzie, the author makes it a light read. When I had extra time I read this during class and kept trying to stifle my laughter, because the odd looks received from my peers. This is definitely a book worth reading and once you read it, you will make yourself read the whole rest of the series (Books in Series=At Least 13)

This books starts immediately after the end of the last one. Izzie and company are back from their trip and Izzie discovers a pair of her pants are too tight. No, her mother did not shrink them, she has gained weight. A little gained during the holidays and a little gained in Italy and Izzie's self image takes a serious hit.For most of the book Izzie goes through the whole catalog of ways to lose weight while her friends keep trying to get her to stop obsessing. Added to the mix is a new television talk show for teens. The girls decide to try and get in on it. Add lots of talk of boys and their merits (or lack thereof) and you get the rest of the story.I rather enjoyed this volume of MATES but part of me felt the author was going in a different direction. There was so much talk about weight loss methods

and what is wrong with them that I felt this was more of a cautionary tale than just the further adventures of the mates. But it does manage to not be heavy handed in its preaching so I did not feel it detracted from the story. All in all it was a good story with some good solid advice.

I recommend this book (and series) to teenage girls because you can really relate to the characters. Many girls struggle with their weight, but if they read this book, they might feel better about themselves. Also, this book shows girls what is a healthy choice to lose weight, and what is an unhealthy waste of time. The four girls in this series have many everyday problems that girls, mainly in their teens can relate to... including boys, family, and school. Also, this series is great because so many surprises occur that keep the pages turning. This is a great book and a great series...so I recommend this teen read.

This book in particular I found very funny . Since the girls came back from Florence Izzie Realises she has put on some weight . She tries every kind of diet known to man and tries to find one that will make the weight fall off of her. Her initial reaction was that she looked like a whale . All in all I found this book a great read. I also recommend that you read Mates Dates And Great Escapes first so you understand all aspects of the book . Hannah Johnston , Glasgow

Mates, Dates and Chocolate Cheats was definitely a great addition to an already fantastic series. Izzie maybe the self-confident one , but all girls still have insecurities. Izzie thinks that she has become very fat, and decides to try all different fad diets and still hasn't lost weight. Watch her try all out until she finds one that works. I definitely recommend this book to all.

This book was just as funny as the rest of the series. It was exciting, and surprising at the end. As usual, it made me laugh a lot, and it was very refreshing and unique from other book series in general. I love the way Cathy Hopkins writes about how typical teenagers grow up in England and how it's so similar and different at the same time.

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