

# Nutrition & You

6th Edition

Joan Salge Blake



# Online Nutrition You Joan Salge Blake

**Joan Salge Blake, Kathy D.  
Munoz, Stella Volpe**



## **Online Nutrition You Joan Salge Blake:**

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readable engaging and motivating presentation introduces each vitamin and mineral in self contained spreads called Visual Summary Tables that appeal to today s visual learners Students learn to identify the key aspects of each nutrient at a glance and in a consistent easy to study format Blake encourages students to relate the science of nutrition to their own dietary habits enabling them to separate fact from fiction and to distinguish high quality nutrient sources from those of lesser quality Blake s approach teaches students to think critically about information sources and the claims made in the popular press and online The MyPlate Edition features a write to fit update so that students and instructors have the latest nutrition information right within their book and instructors don t have to change their syllabus New information includes the new MyPlate graphic which replaces the former MyPyramid the 2010 Guidelines and the new Dietary Reference Intakes Pearson Etext Nutrition & You -- Access Card Joan Salge Blake,2017-12-20 Guide students to a deeper understanding of nutrition The 4th Edition of Pearson eText for Nutrition You provides students with a personalized approach to understanding nutrition and teaches them to become informed consumers of nutrition information through interactive lessons practical applications and visual study tools Joan Salge Blake writes in a very engaging style addressing the student directly using visual analogies in order to explain concepts and captivating students with humor Blake encourages students to think critically and relate the science of nutrition to their own dietary habits enabling them to separate fact from fiction and to distinguish high quality nutrient sources from those of lesser quality New additions to the 4th Edition include a clearly defined learning path with the inclusion of learning outcomes throughout the chapter cutting edge content on the latest dietary guidelines and Nutrition Facts Panel along with food waste and sustainability making the text relevant and interesting for today s students A visual approach to Introduction to Nutrition for Non Majors Pearson eText offers an affordable simple to use mobile reading experience that lets instructors and students extend learning beyond class time Students can study highlight and take notes in their Pearson eText on Android and iPhone mobile phones and tablets even when they are offline Educators can also add their own notes and highlights directly in the eTextbook so that students see what is important for their particular course NOTE This ISBN is for the Pearson eText access card For students purchasing this product from an online retailer Pearson eText is a fully digital delivery of Pearson content and should only be purchased when required by your instructor In addition to your purchase you will need a course invite link provided by your instructor to register for and use Pearson eText

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**Nutrition & You** Joan Salge Blake,2013 Nutrition and You Core Concepts For Good Health personalizes nutrition for students helping them make healthy nutrition choices and encouraging them to become informed consumers of nutrition information This readable engaging and motivating presentation introduces each vitamin and mineral in self contained spreads called Visual Summary Tables that appeal to today s visual learners Students learn to identify the key aspects of each nutrient at a glance and in a consistent easy to study format Blake encourages students to relate the science of nutrition to their own dietary habits enabling them to separate fact from fiction and to distinguish high quality nutrient sources from those of lesser quality Blake s approach teaches students to think critically about information sources and the claims made in the popular press and online The MyPlate Edition features a write to fit update so that students and instructors have the latest nutrition information right within their book and instructors don t have to change their syllabus New information includes the new MyPlate graphic which replaces the former MyPyramid the 2010 Guidelines and the new Dietary Reference Intakes Included with Nutrition and You Core Concepts For Good Health MasteringHealth™ is an online homework tutorial and assessment product designed to improve results by helping students quickly master concepts Students benefit from self paced tutorials that feature immediate wrong answer feedback and hints that emulate the office hour experience to help keep students on track and prepared for lecture Note If you are purchasing the standalone text or electronic version MasteringHealth does not come automatically packaged with the text To purchase MasteringHealth please visit [www.masteringhealthandnutrition.com](http://www.masteringhealthandnutrition.com) or you can purchase a package of the physical text MasteringHealth by searching for 0321982711 9780321982711 MasteringHealth is not a self paced technology and should only be purchased when required by an instructor

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