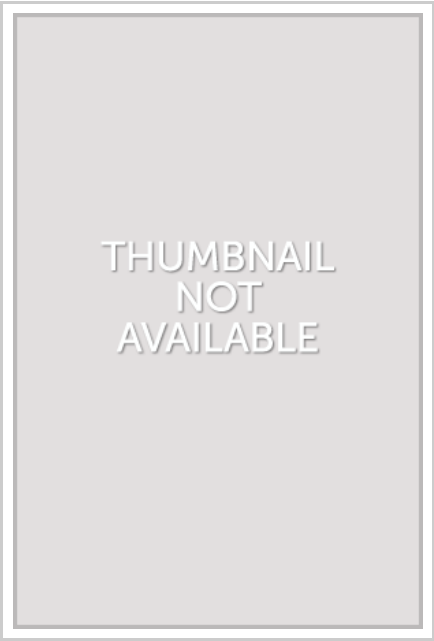


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Nutrition

By Janice Thompson

Pearson Education, 2009. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - The Second Edition of Nutrition: An Applied Approach, presents introductory nutrition information to non-majors in an applied format that discourages memorization and promotes long-term understanding of the material. The authors capitalize on students' natural interest in nutrition by demonstrating how it relates to their health and their everyday lives, and by addressing- and debunking- commonly held misconceptions students have. The applied nature of the book is also reflected in the functional organization of the micronutrient chapters. This approach encourages students to develop a conceptual framework in which to organize the information and helps them understand the role of nutrients in their bodies and their own health. The book's applied approach is enhanced in the Second Edition with the inclusion of in-depth six to eight page sections that cover important topics. These sections--Alcohol, Vitamins & Minerals Overview, Phytochemicals & Functional Foods, and Global Nutrition--were chosen because reviewers highly-desired the addition of this content. The In-Depth section covering vitamins and minerals is presented with a unique design and maintain the functional approach of the book while still...

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