

**Nutrition: Nutrition
Support Manual, First
Time Teaching Tips and
Visual Lecture Outline:
An Applied Approach**

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Note: This is not the actual book cover

Janice Thompson and

**Nutrition: Nutrition Support Manual, First Time Teaching Tips and Visual
Lecture Outline: An Applied Approach**



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With that said, very informative. I ordered the 2nd edition used for a very low price. Keeping in mind that it's out of date, I still find it very informative. I'm no more than a 3rd of the way through, but I currently feel I got my money's worth of. I'm on a specific diet plan (AIP) for an autoimmune disorder, and I wanted to better realize why diet is essential and precisely what is going on in your body... I think this is a good book for someone who just wants an over-all knowledge of the way the body processes nutrients. Digital edition has 2 licenses, so that you can have it installed on your laptop and dorm computer or your phone and your laptop, etc. though it does not have page numbering. So when my instructor asks us to turn to page so therefore, I'll have to appear off my neighbor which has the physical text message, see what the page looks like, then click on through to think it is myself. This does not really help..Benefits: Cheaper than paper..). Book is perfect Helped me get through NUTRITION class Five Stars Good Five Stars Exceptional Read and insightful as well. Half cost of paper version is worth it.. It had been optional to have this for my online fundamental of human nutrition class this semester, but I'm so pleased that I went ahead and first got it. There is indeed much straight-forward details packed into this book in fact it is very interesting. Just be sure to check with your professor that you could bring your laptop/device to class. Very readable, full of practical knowledge. Nutrition 101 for an excellent used price I enjoy knowing how to consume for my wellness. I learned a whole lot from this book, despite hearing many podcasts on the subject. There are excellent practical examples of how to make the right choices, read nutrition labels, and to have a varied health intake. So other than the page number circumstance, the book is perfect. Plenty of pictures, stories, and definitions. An excellent book of essentials for visual learners. Good alternate for the book, but no page numbers :(This is a great buy if you don't want or can't afford the \$100+ new edition of the text. The just qualm I have will there be aren't any page quantities, just "locations". I don't even know what that means! This content is clear and straight forward. I have the Kindle plan on my laptop, so it may have page figures on the actual Kindle device. We also learned basically health complications that some people have and the way the composition of meals affects your wellbeing. Unlike other boring textbooks, that one is filled with information that is actually in accordance with everyone's lifestyle and it isn't boring to read. Some profs think it is rude if you perform it without asking. Digital edition still identifies page numbers . Its kind of annoying that it is not bound Its kind of annoying that it is not bound, the pages have become thin and rip out from the binder easily. I would save yourself some cash and just choose the code and use the e-text for your course. Thank you Kindle to make it cheap First of all, thank you Amazon to make this textbook Kindle available. It is a satisfying and informational read! Right now to the pros of the Kindle edition. Also, some information should be touched on a little more in the main text of the book and then in more detail in the boxed off sections, such as for example equations etc (I know they already do that, but if i'm going to end up being asked on how best to convert and what not in quizzes, I would like a little more emphasis that I Will have to practice this a little more, if that makes any sense at all?. The only criticisms I have is that the queries/quizzes at the end of the chapter don't always mirror everything you simply learned, and others are a little bit confusing when you find out what the answer is really. Yes, even though you don't have a Kindle you can browse it on your pc or your phone/tablet. Digital edition cons: Image resolution is normally horrible. This publication features tables and full-page text-loaded illustrations that are nearly unreadable on digital edition.org site). Hope this helps! I have a very basic understanding of science and biology, nothing at all past high school, but I am able to understand everything in this reserve so far. Tons of worth-while information that is worth knowing! I just started scanning this text reserve for a Nutrition class and I have to say, of the many text books I've read in my own college years that one is growing to be one of the easiest to read. "Review this on page 63 . They also do a great job at keeping sections from dragging on, and also add quirky stories to break up the reading (they are very cheesy stories, but serve their purpose).. Five Stars I love that I really do not have to invest so much money about the book Five Stars Very good book One Star book was in poor shape Text book, required reading Text book, needed reading. The authors execute a great

job at giving you easy to understand descriptions and pictures to clarify any complicated points. great read! I must say i loved the lay out of it Bought this book because We needed it for my nourishment course. image resolution or size ought to be better, specifically for the tables (you'll be quizzed on some). Seriously, if you you are to come with a textbook every six months at least revise the content, not just slap a fresh label and ISBN onto it. I don't agree with the diet that this reserve recommends, but I can still appreciate the worthiness of the author's knowledge..Overall edition cons: The 3rd edition came out in 2011, however it has references to sites plus some phenomenon that are extinct since 2004 (like McDonald's supersize menu, and mypyramid. I must say i loved the lay out of it. Everything was no problem finding and in a logical purchase. I used it on my tablet for the semester and didn't have a problem with it. The look elements were well placed throughtout and the visuals were appealing. It did an excellent job of breaking up texts with diagrams. I can't think about anyone who wouldn't reap the benefits of reading this book. However, though I am just a few chapters in, predicated on what I have read I'd definitely recommend this publication to future nutrition students/classes." or "start to see the discussion on page 211".



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