

NUTRITION

TENTH EDITION

CONCEPTS AND CONTROVERSIES

Frances Sizer • Ellie Whitney



Frances Sizer and

Nutrition: Concepts and Controversies (with Nutrition Connections CD-ROM,
InfoTrac, and Dietary Guidelines for Americans 2005)



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NUTRITION: Principles AND CONTROVERSIES, TENTH EDITION targets nutrition principles and their application while offering outstanding protection of the biological foundations of nourishment without assuming previous knowledge of them. With its new design, modern insurance, and engaging writing style, it continues to be the leading Nourishment text for the nonmajors or blended majors/non-majors introductory training course. So, whether searching for a text full of up-to-date information, a text that learners enjoy reading, a text message that offers a robust supplements package, or a text that may engage students and get them worked up about studying, NUTRITION Principles AND CONTROVERSIES is the text for you! From the chapter content and fresh "Do You Ever..." sections to the "Food Feature" boxes and end-of-chapter "Controversies," students get the information they need to better understand important nutrition concepts and to make informed and accountable decisions about their own nutrition. For instructors, you can expect a recently redesigned Multimedia Manager that includes PowerPoint slides, animations, video clips, and test questions. There is also the accompanying Diet CONNECTIONS CD-ROM, a unique resource which includes animations, chapter quizzes, a thorough glossary, "Perform It! We also provide a new JoinIn™ on TurningPoint, a classroom resource to assess students' knowledge, take attendance, and more. Additionally, the "Do It" activities, available these days online, on the pupil CD-ROM, and in a free of charge booklet which can be packaged with the text, college students can practice applying their nourishment knowledge." activities, and Web links. Drawing readers in to the study of nourishment, the authors have made a number of learning tools that are both interesting and accessible.



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understanding w/out an instructor. Most of the chemistry contained in the text message was described better in my concurrent Biology class. Having indicated that there surely is absolutely nothing positive about using alcoholic beverages, the book after that ends by recommending that one utilize it in "moderation. Perfect match to reserve that was needed. Great condition Hate it Hate it Four Stars Needed for school DO NOT ORDER THIS Reserve! One part she found funny was the section on alcoholic beverages.



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