

An Engaging, Student-Focused Approach to Nutrition

Nutrition Essentials features a consumer-oriented focus and engaging content in a highly visual format that empowers students to be nutrition-savvy consumers who know how to prepare foods in safer and healthier ways. This textbook is known for its visually stimulating and creative page layouts, and beautifully rendered, pedagogically based illustrations that are designed to engage students' interest in the narrative's topics and facilitate learning. The third edition maintains this energetic, colorful, and appealing design and has been extensively updated with new information and sources. Digital features include SmartBook 2.0, LearnSmart Prep, and NutritionCalc Plus—a powerful dietary analysis tool with a robust selection of intuitive reports.

- Each unit has a **Culture & Cuisine** feature that discusses traditional foods or dietary practices from around the world.
- **Test Yourself** end-of-unit quiz and **Consider This** questions are incorporated into most of the units.
- Food composition tables contain information about amounts of nutrients in commonly eaten foods.
- Three of the unit openers feature students who share personal reflections about their dietary choices. These openers help draw readers into the unit's content.

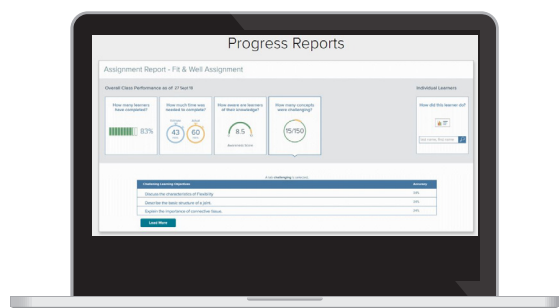
Nutrition Essentials: A Personal Approach

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SmartBook® delivers personalized, adaptive learning tailored to each student's individual needs by pinpointing knowledge gaps and focusing instruction on the concepts that require additional study. Teachers can assign a specific chapter, topic, or concept and access advanced reporting features that track individual and class progress with actionable insights to inform instruction.

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