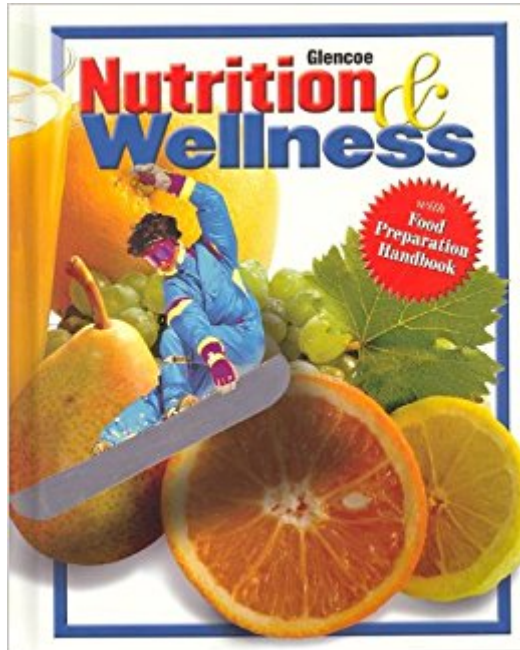


The book was found

Nutrition & Wellness, Student Edition



Synopsis

Nutrition & Wellness is designed for foods and nutrition courses in grades 8-10. It can be targeted in several ways: for courses that emphasize nutrition and fitness for foods and nutrition courses that place less emphasis on food preparation than traditional foods courses; or for an introductory high school foods course in a two-course sequence. Food preparation is thoroughly covered in the special Food Preparation Handbook at the back of the book. Many teachers find Nutrition & Wellness appealing for traditional foods and nutrition courses as well, because of its upbeat, student-friendly approach and its high-impact visual design. The text's positive approach emphasizes enjoyment of food and physical activity. Nutrition information is geared toward teens.

Book Information

Series: NUTRITION & WELLNESS

Hardcover: 576 pages

Publisher: McGraw-Hill Education; 7 edition (June 20, 2003)

Language: English

ISBN-10: 0078463327

ISBN-13: 978-0078463327

Product Dimensions: 8.2 x 0.9 x 10.3 inches

Shipping Weight: 2.8 pounds

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,235,669 in Books (See Top 100 in Books) #57 in [Books > Teens > Personal Health > Diet & Nutrition](#) #1519 in [Books > Teens > Education & Reference > Science & Technology](#) #42262 in [Books > Parenting & Relationships](#)

Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

This book was copyrighted in 2004 so if you are using it for homeschool (or for anything, for that matter) you will have to supplement the material to reflect the changes in nutrition science. It was, when I was looking for a middle school nutrition textbook, the only one available; so in the light of beggars not being choosers, this text ~does~ have some useful basic information and idea-starters, plus the food preparation handbook is pretty great. The book is broken down like this. Unit 1: Food in your life 1. Wellness and choices 2. Enjoying food 3. A world of diversity 4. The food supply Unit 2:

Nutrition for health5. Nutrients and energy6. Getting and using nutrients7. Eating the dietary guidelines way8. Building your nutrition pyramid9. Lifelong nutrition10. Special health concernsUnit 3: Making food choices11. Sorting out the facts12. Nutrition throughout your day13. Supermarket decisions14. Food preparation choices15. Eating well when eating out16. Vegetarian choicesUnit 4: Fitness and food17. Understanding physical fitness18. A plan for active living19. Fueling up for fitness20. Healthful choices about weightUnit 5: Focus on foods21. Bread, cereal, rice, and pasta22. Vegetables23. Fruits24. Milk, yogurt, and cheese25. Meat, poultry, and fish26. Eggs, beans, and nutsUnit 6: Creative Combinations27. Salads28. Soups and Stews29. Casseroles, stir-fries, and more30. Quick and yeast breads31. Sandwiches and pizza32. DessertsHandbook: Food PreparationPart 1. Preparing food safelyPart 2. Kitchen equipmentPart 3. Skills for preparing foodPart 4. The science of preparing foodPart 5. The art of preparing food

My son loved using this. He had a natural interest in health and fitness and we were able to use this to continue his growth.

[Download to continue reading...](#)

Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Nutrition & Wellness, Student Edition Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Engaging Wellness: Corporate Wellness Programs That Work Awaken the Wellness Within: A Journey to Health & Wellness Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Nutrition, Health and Safety for Young Children: Promoting Wellness (3rd Edition) Kathy Smith's Moving Through Menopause: The Complete Program for Exercise, Nutrition and Total Wellness Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Nutrition and Activity Journal for Teenaged Girls (Personal Wellness series) Academy of Nutrition and Dietetics Pocket Guide to Neonatal Nutrition, Second Edition Nutrition in Cystic Fibrosis: A Guide for Clinicians (Nutrition and Health) Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half

Ironman, And Ironman Distances Bodybuilding Nutrition: Train Big, Eat Big, Get Big: 13 Nutrition Rules You Must Obey to Boost Muscle Growth, Volume 1 Krause's Food & the Nutrition Care Process, 14e (Krause's Food & Nutrition Therapy) Nutrition and Diet Therapy (Nutrition & Diet Therapy) Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)