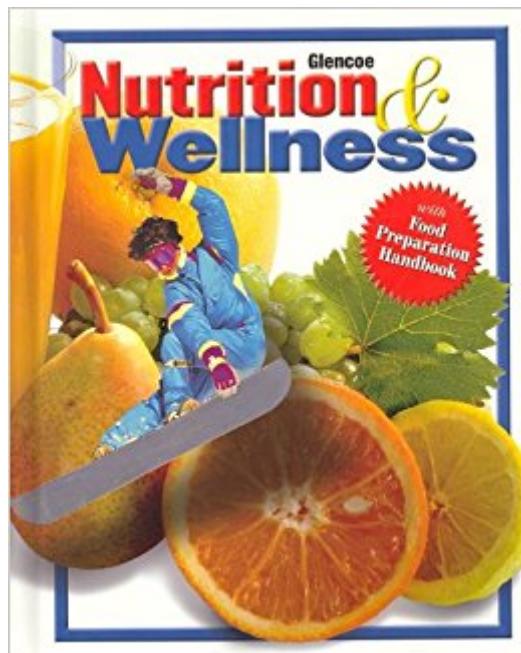


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# Nutrition & Wellness, Student Edition



## **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

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Language: English

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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.

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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)

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