



Features

Uniquely Concise Organization

Structured into 13 chapters, this entire text can easily be covered within one semester. Instead of separate chapters on different lifecycles, there is one chapter devoted to all key life stages. Unlike other textbooks, global nutrition does not constitute its own chapter at the end of the text (where it is often overlooked due to lack of time); instead, key aspects of world nutrition are introduced in Chapter 1 and then incorporated throughout the text where relevant.

Unique Chapter 2: Evaluating Nutrition Information

This unique chapter discusses how to evaluate the sources and messages of nutrition- and health-related information for reliability, a very important topic that other textbooks generally devote only a small section of a chapter.

Distinct Focus on Consumerism

In addition to Chapter 2, other topics that relate to consumerism are woven throughout the narrative and in pedagogical tools placed throughout the text:

Food and Nutrition Tips. The practical tips that apply material presented in a section provide information to students that they can use everyday.

Recipes for Healthy Living. This feature includes one or more easy-to-make, kitchen-tested recipes that relate to the chapter's content. Information about the energy and key nutrients in a serving of the food is also presented as well as a pie-chart displaying the percentages of energy from carbohydrate, protein, and fat. This feature demonstrates that preparing nutritious foods can be fun and economical.

Did You Know? Tidbits. This marginal feature notes interesting nutrition-related tidbits that apply to information presented in that section of the chapter. Some of these features set the record straight concerning commonly held beliefs about food and nutrition.

Real People, Real Stories. Healthy young people often take their health for granted. Instead of using contrived case studies or

fictional characters to provide examples of people with nutrition-related disorders, the author conducted interviews with individuals who actually have recovered from or currently experience conditions such as type 1 diabetes, eating disorders, and hypertension. This feature is designed to help students recognize the daily challenges people with such conditions face and the role diet and physical activity play in managing health.

Assessment & Evaluation

Nutrition for Healthy Living provides a variety of activities so students can assess and evaluate their understanding of content. Besides the end-of-chapter critical thinking and multiple choice questions, two other quizzing tools appear within each chapter:

Quiz Yourself: This pretest is comprised of five true or false questions placed at the end of chapter openers; answers are provided at the end of the chapter. The purpose of "Quiz Yourself" is to stimulate interest in reading the chapter. By taking the quiz, students may be surprised to learn how little or much they know about the chapter's content.

Concept Checkpoints are review questions, many of which involve critical thinking skills, posed at the end of major headings. Such questions enable students to test their acquisition of information in the section.

Student Learning Outcomes. Each chapter revolves around 5–10 student learning outcomes. In addition, author Wendy Schiff has written the entire book's testbank to ensure consistency between book and test bank, especially with regard to Student Learning Outcomes. Certain questions have been written and noted as questions specifically related to the SLOs.

Personal Dietary Analysis

Many chapters include an end-of-chapter activity for analyzing personal eating habits. Most of these activities require the use of a dietary analysis software program, such as McGraw-Hill's new NutritionCalc Plus 3.0 software.