Nutrition : science and applications / Lori A. Smolin, Mary B. Grosvenor.

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Abstract
Guiding nutritionists toward an understanding of the scientific principles underlying what they know about nutrition, this book helps them gain effective decision-making skills about nutritional choices. Unique Science Applied boxes answer the questions about how we learn what we know about the science of nutrition and why knowledge changes. Critical Thinking exercises included in each chapter allow them to learn the basics of how to think about a problem or situation creatively and critically. A case study is also included in each chapter that builds interest in the material. Each chapter then concludes with a postscript that solidifies the nutritionists’ understanding of the links between the science and application.

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Description
Includes bibliographical references and index.

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Collections
Books Summaries [1560]
Nusctx CH3 - Summary Nutrition: Science and Applications New. Year: 18/19. 2. Nutrition: Science and Applications 3rd Edition Binder Ready Version Edition. by. Lori A. Smolin (Author). Using this college text for an advanced high school course on Nutrition. We calculated nutritional needs (calories and food choices) for the average student, the athlete, the person who needs to improve his diet, restrict calories, decrease fats, and we have been able to do extensive food label analysis using this book. Do you read and understand food labels? Understand RDA? This is a very good textbook, and my parent wants to keep it as a reference, because it contains information to be able to calculate caloric needs, explain food groups, and link to all current government nutrition websites Develop Scientific Understanding. Nutrition: Science and Applications, 4th Edition equips students with the resources they need to understand challenging concepts. Metabolism. This concept is presented via an integrated approach, making it more accessible to students. We integrate metabolism because we believe that it is more effective to cover metabolism when it appears germane to the topic. Metabolism is introduced in Chapter 3: Digestion, Absorption, and Metabolism. By incorporating both metabolism, and health and disease information throughout the text, students can see that a nutrient's function in metabolism is related to its role in health and disease. Metabolism Icons. These icons are integrated throughout the text.