



Nutrition & You Plus Mastering Nutrition with MyDietAnalysis with Pearson eText -- Access Card Package (3rd Edition)

Joan Salge Blake

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The **Third Edition** of *Nutrition & You* provides you with a personalized approach to understanding nutrition and teaches you to become informed consumers of nutrition information through interactive lessons, practical applications, and visual study tools.

Joan Salge Blake writes in a very engaging style, you directly, using visual analogies in order to explain concepts, and captivating the reader with humor. Blake encourages you to relate the science of nutrition to their own dietary habits, enabling you to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. Blake's approach teaches you to think critically about information sources and the claims made in the popular press and online.

The **Third Edition** features MasteringNutrition™, an online homework, assessment, and tutorial system that allows instructors to personalize the nutrition course like never before with next generation course management tools. You can master topics through interactive mini-lessons, quizzing, and immediate wrong-answer feedback.

Teaching and Learning Experience

This text and supplemental package will provide a better teaching and learning experience—for you and your students. Here's how:

- **Personalize learning with MasteringNutrition:** Get results and quickly master concepts with self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to keep you on track.
- **Focus on visual learning:** Identify key objectives in a consistent, easy-to-study format.

- **Emphasize critical thinking:** Think critically about information sources and the claims made in the popular press and online.
- **Emphasize applications:** Practice with **MyDietAnalysis**, a software system that allows you to complete a diet assignment.

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