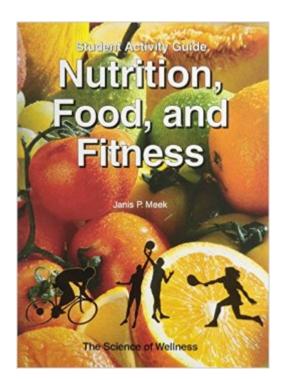
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Nutrition, Food, And Fitness: Student Activity Guide





Synopsis

Nutrition, Food, and Fitness: The Science of Wellness is the perfect choice for non-laboratory nutrition classes. This text stresses the importance of healthful eating and regular physical activity as permanent lifestyle habits rather than short-term programs. Students will learn they have much control over their state of wellness through the decisions they make. They will also study the significance of caring for their mental and social health as part of the total wellness picture. The text is up-to-date with the latest recommendations for nutrient intake. It covers weight management, eating disorders, and global hunger as well as physical fitness, substance abuse, consumer issues, and careers.

Book Information

Paperback: 189 pages Publisher: Goodheart-Wilcox Publisher (January 1, 2004) Language: English ISBN-10: 1566379350 ISBN-13: 978-1566379359 Product Dimensions: 8.5 x 0.5 x 11 inches Shipping Weight: 1.1 pounds (View shipping rates and policies) Average Customer Review: 4.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #2,266,329 in Books (See Top 100 in Books) #39 in Books > Teens > Personal Health > Fitness & Exercise #95 in Books > Teens > Personal Health > Diet & Nutrition #1080 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

Teacher said he thought some of the questions were too hard, but otherwise was happy wth it!

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