

Nutrition Education



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Nutrition Education: Linking Research, Theory, and Practice gives students the nuts and bolts of designing and providing nutrition education. This text focuses on theory and incorporates state-of-the-art research findings. Nutrition Education is divided into three parts. Part 1 discusses the foundations of nutrition education. Part 2 walks students through the steps necessary for designing effective nutrition education strategies. Part 3 teaches students how to put the information they have just learned into action, providing extensive information on how to implement nutrition education strategies effectively.

作者介绍:

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