

# Nutrition and Wellness



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著者:Roberta Larson Duyff

出版者:Glencoe/McGraw-Hill

出版时间:2003-06-20

装帧:Hardcover

isbn:9780078463327

"Nutrition & Wellness" is designed for foods and nutrition courses in grades 8-10. It can be targeted in several ways: for courses that emphasize nutrition and fitness; for foods and nutrition courses that place less emphasis on food preparation than traditional foods courses; or for an introductory high school foods course in a two-course sequence. It should be noted food preparation is thoroughly covered in the special "Food Preparation Handbook" at the back of the book. Many teachers find "Nutrition & Wellness" appealing for traditional foods and nutrition courses as well, because of its upbeat, student-friendly approach and its high-impact visual design. The text's positive approach emphasizes enjoyment of food and physical activity. Nutrition information is geared toward teens.

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