HELPING STUDENTS NAVIGATE NUTRITION’S TOUGH TOPICS FOR A DEEPER UNDERSTANDING
The Science of Nutrition: Linking Food, Function, and Health

Learning Outcomes

1. After studying this chapter, you should be able to:
   1. Compare and contrast the various types of research studies used in nutrition.
   2. Explain how nutrition professionals classify malnutrition.
   3. Discuss the effects of industrial agriculture on food security and the effects on workers and the consumers they serve.
   4. Explain how obesity can result from limited access to nourishing food.
   5. Describe the health and societal problems associated with food insecurity.
   6. Compare and contrast levels of food insecurity globally and in the United States.
   7. Discuss the role of nutrition and food policy in reducing food insecurity.

Food Equity, Sustainability, and Quality: The Challenge of “Good” Food

Learning Outcomes

1. After studying this chapter, you should be able to:
   1. Compare and contrast the various types of research studies used in nutrition.
   2. Explain how nutrition professionals classify malnutrition.
   3. Discuss the effects of industrial agriculture on food security and the effects on workers and the consumers they serve.
   4. Explain how obesity can result from limited access to nourishing food.
   5. Describe the health and societal problems associated with food insecurity.
   6. Compare and contrast levels of food insecurity globally and in the United States.
   7. Discuss the role of nutrition and food policy in reducing food insecurity.

UPDATED! Study Plan tied to Learning Outcomes

All chapters, including In Depth chapters, now include numbered learning outcomes that link to the end-of-chapter Study Plan. Within the Study Plan, each summary point and review question is tied to a learning outcome, helping students to identify areas that they need to review. These Study Plans are further enhanced with activities within MasteringNutrition.

UPDATED! Food Equity, Sustainability, and Quality chapter

Recognizing new research and emerging topics, the chapter formerly titled Global Hunger has been recast to cover food security, equity, and the environment, giving it a timely new approach. In addition, the chapter now follows the food safety chapter, with the text then ending with the three lifecycle chapters.
**UPDATED! Additional Focus Figures**

New Focus Figures on tough topics have been added, including the scientific method, Vitamin D and calcium regulation, and hormonal control of appetite. These colorful full-page figures teach key concepts in nutrition through bold, clear and detailed visual presentations. These dynamic figures also have corresponding coaching activities in Mastering Nutrition.

Focus Figures include introductory text that explains how the figure is central to concepts that students will cover throughout the text.

- Students get clear directions via text and stepped-out art that guide the eye through complex processes, breaking them down into manageable pieces that are easy to teach and understand.
- Focus Figures provide dynamic illustrations — often paired with photographs — that make topics come alive.
- Full-page format enables micro-to-macro levels of explanation for complex topics.

---

**Meal Focus Figures**

Students get a visual comparison of possible meal choices, ranging from high- and low-density meals to meals high in refined carbohydrates vs fiber-rich meals. Each figure offers an easy-to-understand comparison of the key nutrients for that topic as well as clear images of the foods being assessed. New coaching activities complement each figure in MasteringNutrition.
Continuous Learning
Before, During & After Class with MasteringNutrition™ with MyDietAnalysis

The MasteringNutrition online homework, tutorial, and assessment system includes content specific to introductory nutrition courses, delivering self-paced tutorials that focus on your course objectives, provide individualized coaching, and respond to each student's progress.

MyDietAnalysis is now available as single sign on to MasteringNutrition. For smartphone users, a new mobile website version of MyDietAnalysis is available. Students can track their diet and activity intake accurately, anytime and anywhere, from their mobile devices.

BEFORE CLASS

NEW! Dynamic Study Modules enable students to study effectively on their own in an adaptive format. Students receive an initial set of questions with a unique answer format asking them to indicate their confidence.

DURING CLASS

Learning Catalytics and Engaging Media

Learning Catalytics, a "bring your own device" student engagement, assessment, and classroom intelligence system, allows students to use their smartphone, tablet, or laptop to respond to questions in class.

NEW! Interactive eText 2.0 complete with embedded media is mobile friendly and ADA accessible.
- Now available on smartphones and tablets.
- Seamlessly integrated videos and other rich media.
- Accessible (screen-reader ready).
- Configurable reading settings, including resizable type and night reading mode.
- Instructor and student note-taking, highlighting, bookmarking, and search.

Once completed, Dynamic Study Modules include explanations using material taken directly from the text.
AFTER CLASS  Easy-to-Assign, Customize, and Automatically Graded Assignments

The breadth and depth of content available to you to assign in Mastering is unparalleled, allowing you to quickly and easily assign homework to reinforce key concepts.

NEW!  *ABC News Lecture Launcher* videos cover up-to-date hot topics that occur in the nutrition field that bring nutrition to life and spark discussion. These are accompanied by multiple-choice questions with wrong-answer feedback.

![ABC News Lecture Launcher](image)

**UPDATED!** Nutrition Animations have been updated and made compatible for Mastering and mobile devices. These animations address tough topics and common misconceptions and feature a more contemporary look to appeal to today's students. Corresponding activities within Mastering with wrong-answer feedback have also been updated.

![Nutrition Animation](image)

**UPDATED!** 18 NutriTools Build-A-Meal Coaching Activities allow students to apply nutrition concepts to improve their health through interactive mini-lessons that provide hints and feedback. The Build a Meal, Build a Pizza, Build A Salad, and Build A Sandwich tools have been carefully rethought to improve the user experience, making them easier to use. They are now HTML5 compatible.

![NutriTools Build-A-Meal](image)
Everything You Need to Teach In One Place

**Teaching Toolkit DVD for The Science of Nutrition**

The Teaching Toolkit DVD provides everything that you need to prep for your course and deliver a dynamic lecture, in one convenient place. These valuable resources are included on three disks:

**DISK 1**
Robust Media Assets for Each Chapter
- *ABC News* Lecture Launcher videos
- Nutrition Animations
- PowerPoint Lecture Outlines
- Media-Only PowerPoint® slides for easy importing of videos and animations
- PowerPoint clicker questions and Jeopardy-style quiz show questions
- Files for all illustrations and tables and selected photos from the text

**DISK 2**
Comprehensive Test Bank
- Test Bank in Microsoft Word, PDF, and RTF formats
- Computerized Test Bank, which includes all the questions from the test bank in a format that allows you to easily and intuitively build exams and quizzes

**DISK 3**
Additional Innovative Supplements for Instructors and Students
For Instructors
- Instructor Resource and Support Manual in Microsoft Word and PDF formats
- Step-by-step MasteringNutrition tutorials
- Video introduction to Learning Catalytics™
- *Great Ideas in Teaching Nutrition*

For Students
- *Eat Right! Healthy Eating in College and Beyond*
- Food Composition Table

**User’s Quick Guide for The Science of Nutrition**

This easy-to-use printed supplement accompanies the Teaching Toolkit and offers easy instructions for both experienced and new faculty members to get started with the rich Toolkit content and MasteringNutrition.