Nutrition Education

Provides students with a simple, straightforward model to easily design effective nutrition education.

The role of nutrition education is to address the numerous personal and environmental influences on food choices and assist individuals in practicing healthy behaviors. Using a six-step process, this book integrates theory, research, and practice, providing advice on designing, implementing, and evaluating theory-based nutrition education.

Each chapter begins with a design model that illustrates which step of the 6-step process the chapter addresses, while keeping students aware of the entire process. All of the chapters provide the opportunity to practice nutrition education skills through real-life case studies and practical worksheets.

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