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Nutrition Education (3rd Revised edition)

By Isobel R. Contento

Jones and Bartlett Publishers, Inc. Hardback. Book Condition: new. BRAND NEW, Nutrition Education (3rd Revised edition), Isobel R. Contento, Each new print copy includes Navigate 2 Advantage Access that unlocks a complete eBook, Study Center, homework and Assessment Center, and a dashboard that reports actionable data. Nutrition Education: Linking Research, Theory, and Practice, Third Edition provides a simple, straightforward model for designing effective nutrition education programs that address the personal and environmental influences affecting individuals' food choices and assists them in adopting healthy behaviors throughout their lifetime. Using a six-step process, the Third Edition integrates research, theory, and practice and provides advice and direction on designing, implementing, and evaluating theory-based nutrition education. This text is divided into three parts: Part I describes the key elements of success for nutrition education, as well as the major theories that can be used in nutrition education interventions. Part II features the 6-step process for designing nutrition education, translating theory into concrete objectives and strategies that can be practically implemented. It includes worksheets and case studies to provide a clear illustration of each step. Part III describes the nuts and bolts of implementing nutrition education, including information on leading groups, working with diverse populations,...



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