

Nutrition & You, Books a la Carte Edition (3rd Edition)

By Blake, Joan Salge

Benjamin Cummings, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: NOTE: This edition features the exact same content as the traditional text in a convenient, three-hole-punched, loose-leaf version. Books a la Carte also offer a great value for your students-this format costs 35% less than a new textbook. Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. xxxxxxxxxxxxxxxxxxxxxxxxxx --The Third Edition of "Nutrition & You" provides you with a personalized approach to understanding nutrition and teaches you to become informed consumers of nutrition information through interactive lessons, practical applications, and visual study tools. Joan Salge Blake writes in a very engaging style, you directly, using visual analogies in order to explain concepts, and captivating the reader with humor. Blake encourages you to relate the science of nutrition to their own dietary habits, enabling you to separate fact from...



Reviews

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