



Nutrition Education: Linking Research, Theory, and Practice: Linking Research, Theory, and Practice

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Product Description

Each new print copy of Nutrition Education, Fourth Edition includes access to the Navigate Companion Website which includes worksheets in writable PDF format, practice quizzes, interactive flashcards, and interactive glossary. The fourth edition of Nutrition Education: Linking Research, Theory, and Practice provides a straightforward, user-friendly model for designing effective nutrition education programs that address the personal and environmental factors affecting individuals' food choices and assists them in adopting healthy behaviors throughout their lifetime. Built around the six-step DESIGN process, the Fourth Edition integrated 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 intervention. * Part II features the six-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, making presentations, and using media effectively.
