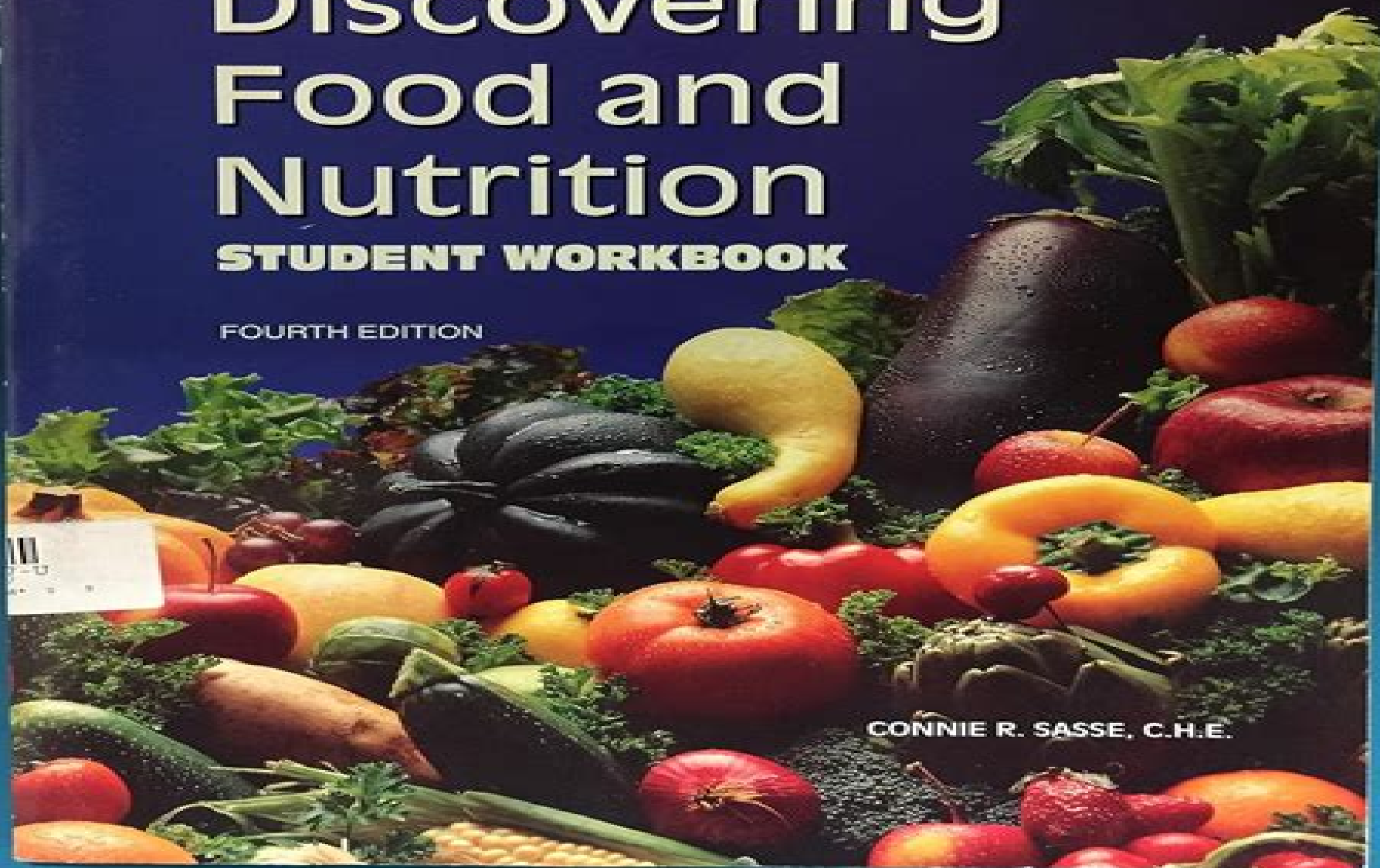


Discovering Food and Nutrition

STUDENT WORKBOOK

FOURTH EDITION

CONNIE R. SASSE, C.H.E.



Discovering Food And Nutrition

Timothy Carr



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our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in a number of innovative ways Students will learn practical consumer based nutrition information using the features highlighted throughout the text including For Your Information boxes presenting controversial topics Quick Bites offering fun facts and the NEW feature Why Is This Important opens each section and identifies the importance of each subject to the field

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