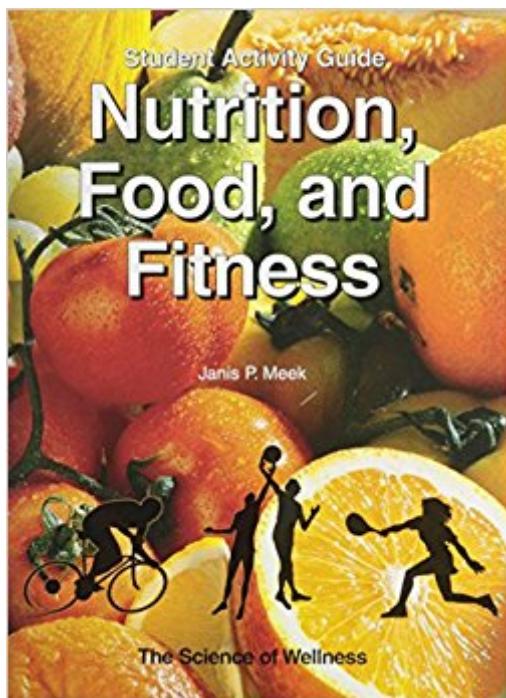


The book was found

Nutrition, Food, And Fitness: Student Activity Guide



Synopsis

Nutrition, Food, and Fitness: The Science of Wellness is the perfect choice for non-laboratory nutrition classes. This text stresses the importance of healthful eating and regular physical activity as permanent lifestyle habits rather than short-term programs. Students will learn they have much control over their state of wellness through the decisions they make. They will also study the significance of caring for their mental and social health as part of the total wellness picture. The text is up-to-date with the latest recommendations for nutrient intake. It covers weight management, eating disorders, and global hunger as well as physical fitness, substance abuse, consumer issues, and careers.

Book Information

Paperback: 189 pages

Publisher: Goodheart-Wilcox Publisher (January 1, 2004)

Language: English

ISBN-10: 1566379350

ISBN-13: 978-1566379359

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,350,813 in Books (See Top 100 in Books) #36 in Books > Teens > Personal Health > Fitness & Exercise #59 in Books > Teens > Personal Health > Diet & Nutrition #707 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

Teacher said he thought some of the questions were too hard, but otherwise was happy wth it!

Great book!

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)

Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)

Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose

Weight and Build Lean Muscle Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Nutrition, Food, and Fitness: Student Activity Guide Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Toddler Diet: Nutrition and Balanced Diet for Toddlers(toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children,toddler recipes,baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers(toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1) Krause's Food & the Nutrition Care Process, 14e (Krause's Food & Nutrition Therapy) Krause's Food & the Nutrition Care Process - E-Book (Krause's Food & Nutrition Therapy) Brainiac's Secret Agent Activity Book: Fun Activities for Spies of All Ages (Activity Books) (Activity Journal Series) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Food And Nutrition At Risk In America: Food Insecurity, Biotechnology, Food Safety And Bioterrorism Food Politics: How the Food Industry Influences Nutrition and Health (California Studies in Food and Culture) Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5th Ed Nutrition and Food Safety (Healthy Eating: A Guide to Nutrition) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)