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- about **Nutrition** and Wellness, which is a course that develops **skills** related to proper nutrition and the concept of overall **wellness**.
- It includes instruction in **nutrition**, **exercise** and **diet**, **healthy** food choices, meal **preparation**, and components for a **healthy lifestyle**. (Grades 9–12, 1 Semester, 0.5 Carnegie Unit)



Nutrition And Diet Logic Wellness Foulsham Know How

Dave Chong,Nicole Kerr



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Nutrition and Diet Logic Charla Devereux,1992 Eating the Rainbow: Lifelong Nutritional Wellness Without Lies, Hype, Or Calculus Dave Chong,Nicole Kerr,2013-03-05 Unlike the many nutrition books prioritizing image and personal appearance Eating the Rainbow instead takes readers on an enlightening journey into practical wellness Using a visual non math approach and a good sense of humor the authors share insights about food science human psychology and the use of real life dietary strategies for optimizing nutritional wellness You ll learn to address not only the quantity and quality of the foods you eat but also the underlying reasons for why you make those choices in the first place You ll also learn practical strategies for dining and shopping in a wide variety of circumstances and you can opt to take your education even further by reading the book s appendices on nutrients dietary terminology food journaling and disordered eating and eating disorders Overall Eating the Rainbow is a remarkable example of how two experienced educators can translate a wealth of formal scientific knowledge into an easily readable book written in a casual conversational tone

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