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## New Resources for Nutrition Educators

### BOOK

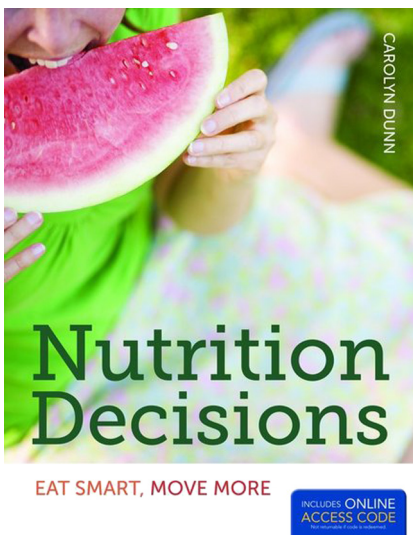
**Nutrition Decisions, Eat Smart, Move More.** Dunn C. 2013. Jones & Bartlett Learning, 5 Wall, St, Burlington, MA 01873. Softcover book; 412 pp, \$134.00, ISBN: 978-1-4496-5295-1.

*Nutrition Decisions, Eat Smart, Move More provides students with the skills and information they need to make eating healthy and being active attainable, no matter how busy they are. It goes beyond the facts and provides practical ways students can put their knowledge to work immediately* ...—Jones & Bartlett Learning

There are a number of textbooks available for basic nutrition courses, but this resource is one all professors should consider adopting. From cover to cover, it engages students and gives them the tools to critically analyze their own nutrition as well as many claims made in the media.

From a student perspective, this text makes learning easy with clearly written definitions in each chapter. Dunn also provides clear illustration of how personal decisions can affect your dietary intake. For example, on page 101, Figure 6.6 vividly demonstrates how making different snack choices can affect your caloric intake. In addition, Figure 6.5 on the preceding page has beautiful pictures of 100-calorie portions of commonly consumed foods, which clearly depicts how fat content of food affects the portion size of calorically equal servings.

Dunn has written this text to clearly relate basic nutrition to the foods students consume each day. Throughout the text, she offers Try



Something New segments. She provides recipes or food suggestions that students can prepare to experience and reinforce the concepts of healthy eating. This reviewer believes that it allows students to move from passive learners to engaged participants in the course. She also includes Personal Health Check sections that allow students to relate their classroom learning to their personal health. Both components engage the learner, which will take the basic nutrition course from a basic science class to a lifelong learning experience.

From the professor's perspective, this text has the basic science components to underpin students' learning and has the components to engage students in critically assessing the subject matter. Each chapter has a Myth vs Fact section that helps dispel popular legends about the chapter topic. Dunn also understands how difficult it is for anyone to make changes in diet and/or personal health, so she has Ready to Make

a Change segments that addresses how a person can take the first steps to eating better and becoming more physically active.

For those who want to engage students in relating nutrition and health to larger policy issues or engage discussion about controversial topics, this text is very appropriate. How Policy and Environment Affect My Choices allows students to understand the influences on each component of the food system, from farm to fork. Yet, this reviewer thinks the most useful component of this text, as a professor, would be the Which Side Are You On? segments of each chapter. These segments could be used to fuel rich discussion in the classroom, allowing students to explore both sides of often highly debated topics.

As the reviewer was reading this review, she found herself envisioning how to adopt this text, including its online components, and use it within her own course. She cannot remember when she has found a textbook such an enjoyable read. This text will allow professors to take a basic nutrition lecture-based course to an engaged lifelong learning experience for students.

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