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## Mastering Nutrition with Pearson eText for Nutrition: A Functional Approach, Fourth Canadian Edition

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FOURTH CANADIAN EDITION  
**NUTRITION**  
a functional approach



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ISBN: 9780135754801

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Pearson eText is a simple-to-use, personalized reading experience available within Mastering. Students can use their computer or the mobile app to easily highlight and take notes all in one place — even when offline

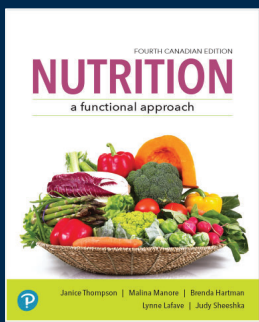


Link from your LMS to Mastering. You can now link from Blackboard Learn, Brightspace by D2L, Canvas, or Moodle to Mastering. Access assignments, rosters, and resources, and synchronize grades with your LMS gradebook.

As the world shifts to a greater reliance on digital media, it is appropriate that this text evolves as well. This fourth edition is the first fully digital version of *Nutrition: A Functional Approach*. Instructors and students will find that, although the medium has changed, the content is fully consistent with prior editions.

*Nutrition: A Functional Approach* began with our conviction that students and instructors would both benefit from an accurate and clear textbook that links nutrients to their functional benefits. Students have a natural interest in their bodies, their health, their weight, and their success in sports and other activities. By demonstrating how nutrition relates to these interests, this text empowers students to reach their personal health and fitness goals. Throughout the text, material is presented in a lively narrative that continually links the facts to students' circumstances, lifestyles, and goals. Information on current events and research keeps the inquisitive spark alive, illustrating that nutrition is truly a "living" science, and a source of considerable debate.

The content of *Nutrition: A Functional Approach* is appropriate for non-nutrition majors, but also includes information that will challenge students who have a more advanced understanding of chemistry and math. We present the "science side" in a contemporary narrative style that's easy to read and understand, with engaging features that reduce students' apprehensions and encourage them to apply the material to their lives



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## Mastering Nutrition

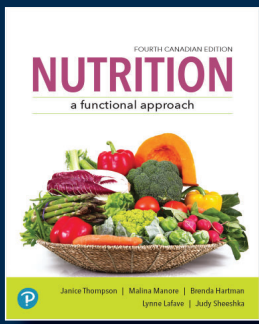
Mastering Nutrition is an online homework, tutorial, and assessment product designed to improve results by helping students quickly master concepts. Students will benefit from self-paced tutorials that feature immediate wrong answer feedback and hints that emulate the office-hour experience to help keep them on track.

Educators can easily customize the table of contents and share their own notes with students so they see the connection between their eText and what they learn in class - motivating them to keep reading, and keep learning.

- **Pearson eText** an easy-to-use digital textbook available within Mastering. It lets students read, highlight, take notes, and review
- **Analytics Dashboard.** Use the dashboard to gain insight into how students are working in their eText to plan more effective instruction in and out of class.
- **Scheduled Reading.** Assign a chapter or specific section to hold students accountable for their reading and help them prep for lecture, homework, and quizzes. Scheduled Readings populate to each student's assignment page, and you can now link readings directly to a Mastering assignment.
- **Mastering Nutrition Student Study Area** also provides students with self-study material like access to the eText, flashcards, and Canada Food Guide to help them get the best grade in your course at their own pace.

With a selection of interactive, engaging, and assignable activities, students will be encouraged to actively learn and retain tough course concepts:

- **Before class,** assign reading assignments from the eText with Reading Quizzes to ensure that students come prepared to class, having done the reading.
- **During class, with Learning Catalytics™** you'll hear from every student when it matters most. You pose a variety of questions that help students recall ideas, apply concepts, and develop critical thinking skills. Your students respond using their own smartphones, tablets, or laptops.
- **After class,** Mastering provides a rich and flexible set of pre-built courses and assignments to get you started quickly. These assets can be used as is or customized to fit your specific teaching needs. The Calendar View on the course home page displays upcoming assignments and due dates, so you can easily stay organized. Questions are now easy to edit and delete for assignments and courses.
- **Keenoa dietary assessment software.** Keenoa provides learners with an intuitive way to track and analyze their food choices and eating patterns, using the most accurate and up-to-date nutrition information available. Keenoa is a Canadian software program that provides learners with an extensive base of food that includes ethnic foods, convenience foods and analyzes up to 150 nutrients based on the Canadian Nutrient File. It is used by registered dietitians and nutrition researchers across Canada. Students practice and learn nutrition analysis through hands-on diet tracking. Keenoa is integrated into Mastering Nutrition.



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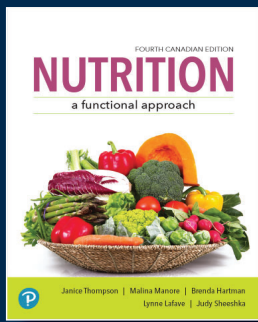
## New to the Fourth Canadian Edition

Retaining its hallmark applied approach from previous editions, the new fourth Canadian edition takes personal nutrition concepts a step further with dynamic new features that help students realize that they think about their nutrition daily. The most noteworthy changes include:

- **NEW and UPDATED! Changes in Health Canada's policies** and recommendations are reflected in the Nutrition Facts Label and Canada's Food Guide (Chapter 2) and in Food Safety (Chapter 13).
- **NEW! Chapter 13 In Depth: Food Security in Indigenous Communities** focuses on the current issues of food quality, cost, and availability that directly affect Indigenous populations in Canada.
- **NEW! In Depth Chapters: Obesity and Healthful Eating Patterns**, these new mini-chapters focus on topics such as the health and societal problems surrounding over nourishment; the effectiveness of lifestyle changes, medications, dietary supplements, and surgery in obesity treatment; and the components and principles of a healthful eating pattern.
- **NEW! Meal Focus Figures**, these four new graphics depict the differences in sets of meals, such as a comparison of nutrient density or a comparison of two high-carbohydrate meals, to engage students with useful information in how select changes to food choices can greatly increase nutrient consumption.

To help students master tough concepts of the course, updates include:

- **Table of Contents organization** to better streamline the coverage of the micronutrients across three chapters to help students better comprehend the role of vitamins and minerals in fluid and electrolyte balance (Chapter 8); key body functions (energy metabolism, antioxidant functions, and vision) (Chapter 9); and healthy body tissues (collagen, blood, and bone) (Chapter 10).
- **Learning Outcomes** approach creates a clear learning path for students with numbered learning outcomes at the beginning of each chapter that are then tied to each major chapter section, helping students navigate each chapter and measure their progress against specific learning goals, and helping instructors assess the key information and skills students are meant to take away from each chapter.
- **Study Plans** conclude each chapter, tying the chapter learning outcomes to the review questions and math review questions, and also include Test Yourself true/false answers and Web Links.



## Table of Contents

- Chapter 1 Nutrition: Linking Food and Health
- Chapter 2 Designing a Healthful Diet
- Chapter 3 The Human Body: Are We Really What We Eat?
- Chapter 4 Achieving and Maintaining a Healthful Body Weight
- Chapter 5 Carbohydrates: Plant-Derived Energy Nutrients
- Chapter 6 Fats: Essential Energy-Supplying Nutrients
- Chapter 7 Proteins: Crucial Components of All Body Tissues
- Chapter 8 Nutrients Essential to Fluid and Electrolyte Balance
- Chapter 9 Nutrients Essential to Key Body Functions
- Chapter 10 Nutrients Essential to Healthy Tissues
- Chapter 11 Nutrition and Physical Fitness Keys to Good Health
- Chapter 12 Food Safety and Technology: Protecting Our Food
- Chapter 13 Food Equity, Sustainability, and Quality: The Challenge of “Good Food”
- Chapter 14 Nutrition Through the Life Cycle: Pregnancy and the First Year of Life
- Chapter 15 Nutrition Through the Life Cycle: Childhood to Late Adulthood