Dear Colleague,

I am writing to personally thank you for considering the adoption of my textbook, *Nutrition & You*, for your class.

My goal for writing *Nutrition & You* is twofold: I want to translate the latest nutrition science into understandable terms, yet also empower the students with tips, strategies, and supporting tools so that they can make positive lifestyle changes in their lives. Thus, the textbook is augmented with numerous updated online, interactive features, and videos of visually appealing teaching tips as part of Mastering Nutrition, which can enhance your nutrition course and your students' learning.

Mastering Nutrition is a critical asset to the textbook as research suggests that technology can be used to motivate learner engagement and interest. According to the U.S. Department of Education and Office of Educational Technology, “Digital learning resources enable engaging individual learners’ personal interests by connecting Web-learning resources to learning standards, providing options for adjusting the challenge level of learning tasks to avoid boredom or frustration, and bridging informal and formal learning in and out of school.” Thus, I updated Mastering Nutrition with these new teaching tools in order to motivate and enable students to immediately apply the classroom learning into their everyday life.

In these times of glutinous nutrition misinformation on social media, it is my hope that this textbook and augmenting digital tool, Mastering Nutrition, go beyond the basics of providing sound nutritional science and also impacts the lives of the next generation. Please let me know if you have any questions regarding the textbook as I would welcome the opportunity to speak with you personally.

Thank you for your consideration and best wishes,

Dr. Joan Salge Blake

*https://www.ed.gov/sites/default/files/netp2010.pdf*