A Letter from Janice L. Thompson and Melinda M. Manore on *The Science of Nutrition 5/e*

Dear Colleagues,

As authors and educators, we often receive questions based upon media reporting on health, nutrition, and wellness trends; we then read widely across various forms of media to keep up on the latest headlines in order to identify misinterpretations of studies by the media and popular authors. These in turn often become teaching moments that we use for our students, who come from various economic and cultural backgrounds, who range in age from their late teens to their 90s, and who have many different learning styles. These diverse audiences push us to think creatively about how best to teach and deliver nutrition information in a way that supplements the core concepts of our teaching material. It is important to show students how we know what we know, highlight nutrition myths and how to ‘de-bunk’ them, and also equip them to be critical readers and users of information so they can be better informed and help others in their social network.

Given this challenge, we believe that the newest edition of *The Science of Nutrition* reflects how our teaching experiences have influenced the content, delivery, and presentation of nutrition information. We are particularly excited about the way we have been able to integrate the most up-to-date, cutting-edge research into all chapters. For instance, the latest research on the dynamic nature of energy balance gave us amazing insights into the factors contributing to overweight and obesity, illustrating the complexities of the issues that extend far beyond an individual’s food intake and exercise regime.

There are several features of the text and Mastering that help facilitate an easier learning process. The combination of easy-to-read narrative information, coupled with clear and concise tables and figures, are the key to helping students engage and understand the content. Our Focus Figures take complex information and make it accessible and understandable to students, allowing them to “get to the bottom line” of the issue without oversimplifying the information. The end-of-chapter questions plus the Nutrition Concept Videos, Focus Figure Coaching Activities, and NutriTool Activities in Mastering are also designed to help students move beyond rote memorization, giving them an opportunity to apply their new knowledge to real-life scenarios. New links to Oregon State University’s Food Hero program, featuring easy, cost-effective recipes allow students to immediately apply their new nutrition knowledge. And, the art program is of the highest quality and has a clear purpose – every figure, table, and photo has been purposefully selected and strategically placed; no gratuitous art was used to fill blank spaces!

Our hope is that these updates will integrate the content in the text with Mastering to create a seamless learning experience. We are excited to present the 5th edition of *The Science of Nutrition* to you, and we wish you all the best in your academic endeavors!

Yours sincerely,

Janice L. Thompson and Melinda M. Manore