

**INSTRUCTOR RESOURCE AND
SUPPORT MANUAL**

**Nutrition:
An Applied Approach**

FIFTH EDITION

PEARSON

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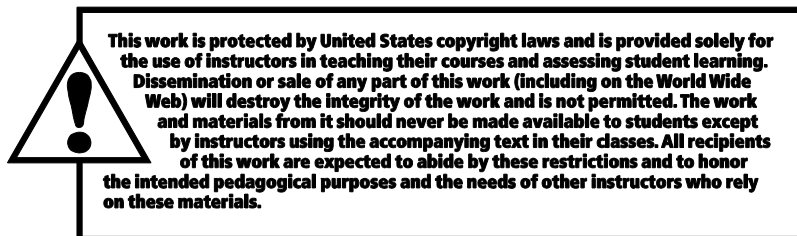
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Preface

The *Instructor Resource and Support Manual for Nutrition: An Applied Approach*, 5th edition, was developed to make teaching a nutrition course a little easier. The nutrition class environment is a place where students learn to dispel myths and misperceptions, gain new insight and understanding of essential nutritional concepts and facts, learn how to apply their knowledge to improve their own quality of life, and in some cases even apply it to potential paths within the field as future health professionals. Making material more personal and accessible to students through discussions, critical thinking questions, and varied activities helps students retain information and learn on a deeper level.

In this edition, each primary chapter is followed by an accompanying In Depth mini-chapter examining related topics in greater depth.

Part 1

The following is provided for each chapter and its accompanying In Depth:

Chapter Overview

Provides a general summary of the key topics in the chapter and In Depth.

Chapter Objectives

Lists the key concepts students should understand as they reach the conclusion of each chapter. These objectives can be helpful in organizing lesson plans or lectures.

Chapter Outline

This helpful outline covers the information in each chapter and In Depth. Additional resources include references for Power Point (PPT) lecture slides, nutrition animations where applicable, and figures and tables, so users can easily incorporate visual elements into class preparation, lectures, and discussions as appropriate to each topic.

In-Class Discussion Questions

Discussion questions are presented to help students understand the material conceptually. Some concepts may be more difficult to grasp, but they can also help lead students toward deeper and more complex understanding of important areas.

In-Class Activities

Spark student interest in your lessons by integrating classroom activities. Split students into groups for smaller discussions, bring visual aids to class, or have students create sample nutrition plans specifically targeted to help students understand core concepts.

Lecture Launcher Videos

ABC News videos are identified in chapters as appropriate. These videos are available free of charge, linked from the Power Point lectures and in the Teaching Toolkit for each chapter.

Digital Transparency Masters

To enhance instruction in your class, we have provided transparency masters in PDF format in the Teaching Toolkit for each chapter. The selection of images and tables listed for each chapter can be downloaded and printed to transparency acetates.

Part 2

Teaching Tips for First-Time Instructors and Adjunct Professors

Excerpts from professional reference books provide tips, suggestions, and strategies for large classrooms and for stimulating and maintaining student interest and engagement.

Part 3

Sample Syllabi

The samples provided can help you construct a rubric and outline for a nutrition course. The first two are modified from actual syllabi used by professors teaching the course; the third has been made available as a general template to follow when developing your own syllabus.

Part 4

MasteringNutrition Overview

Wondering how to incorporate MasteringNutrition into your lesson plans? This useful section links to detailed information, tips and guidance on using the program to enhance your classroom, hybrid, or online course.

Part 5

MyDietAnalysis Teaching Tips and Activities

Wondering how to incorporate MyDietAnalysis into your lesson plans? Looking for additional activities for MyDietAnalysis? This section provides information, tips, and helpful suggestions for using the program to enhance student learning.

Part 6

***Great Ideas in Teaching Nutrition* Newsletters**

From our well-regarded *Great Ideas in Teaching* newsletter series, we offer newsletters highlighting some of the best nutrition-related teaching ideas from colleagues. These resources are helpful for new instructors looking for guidance or suggestions, those who have not taught the course for a while, or for experienced educators seeking new ideas.