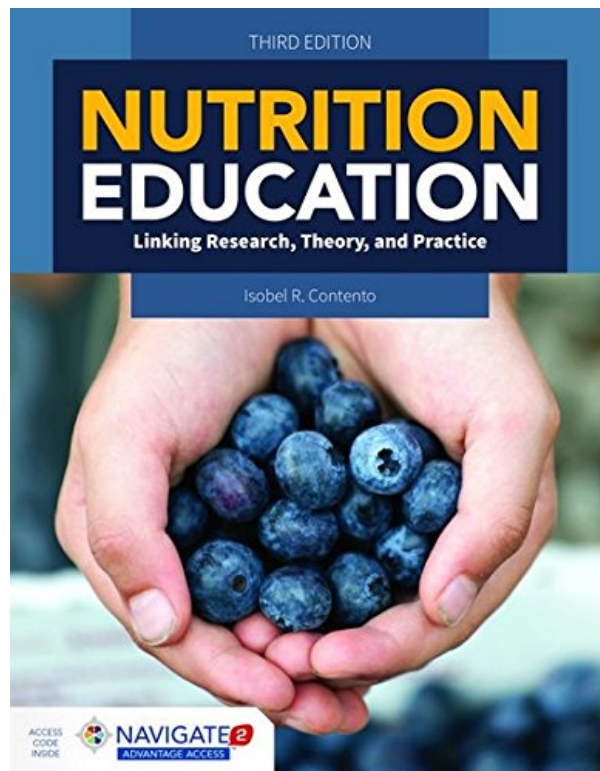
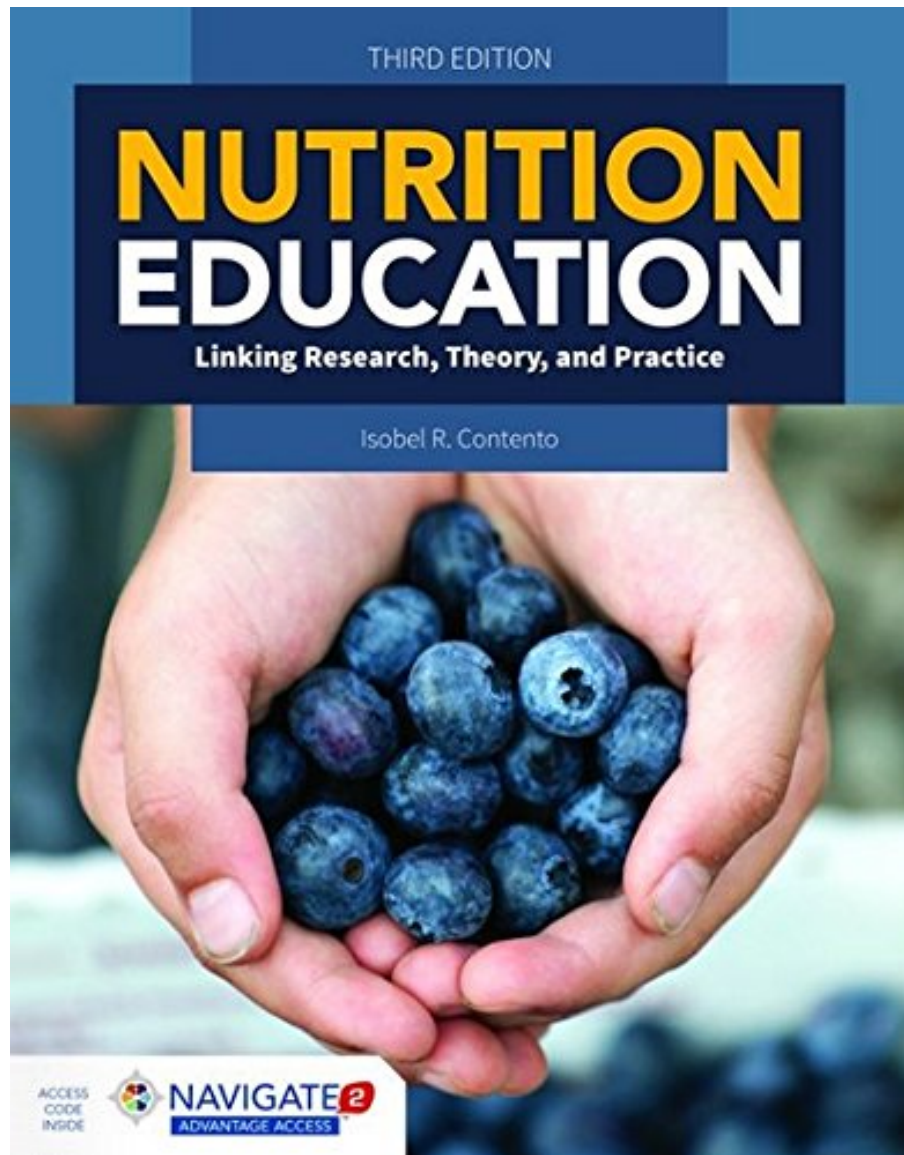


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Each new print copy includes Navigate 2 Advantage Access that unlocks a complete eBook, Study Center, homework and Assessment Center, and a dashboard that reports actionable data. Nutrition Education: Linking Research, Theory, and Practice, Third Edition provides a simple, straightforward model for designing effective nutrition education programs that address the personal and environmental influences affecting individuals' food choices and assists them in adopting healthy behaviors throughout their lifetime. Using a six-step process, the Third Edition integrates research, theory, and practice and provides advice and direction on designing, implementing, and evaluating theory-based nutrition education. This text is divided into three parts: Part I describes the key elements of success for nutrition education, as well as the major theories that can be used in nutrition education interventions. Part II features the 6-step process for designing nutrition education, translating theory into concrete objectives and strategies that can be practically implemented. It includes worksheets and case studies to provide a clear illustration of each step. Part III describes the nuts and bolts of implementing nutrition education, including information on leading groups, working with diverse populations, making presentations, and using media effectively. Key Features: Improved readability ensures that students grasp key content presented throughout the text New and updated Nutrition Education in Action boxes highlight recent nutrition education initiatives and identify best practices and the latest research Clear, easy-to-employ Worksheets allow students and nutrition educators to develop their own programs using the DESIGN process Case examples throughout the text illustrate the use of theory in practice End-of-chapter Questions and Activities reinforce key concepts

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