

Mastering Nutrition Nutritools

Do you ever find your students thinking "I know how to eat. How difficult can it be to make healthy food choices?" Or do you ever wonder "how do I show my students the connections between what they're learning in lecture and practicing in the real world?" You're not the only one. One of the biggest challenges in the course is to make what students learn relevant to their own lives. Nutritools within Mastering Nutrition can help you bridge that challenge.

Nutritools offer students the opportunity to apply nutrition concepts to improve their health. Through interactive mini lessons that provide hints and feedback, students can experiment with different food options and learn firsthand how to create healthier meals. Let's take a look at some examples of Nutritools available with "Build A Meal" and "Know Your Carb Sources." With the "Build A Meal: Carbs and Food in our Bodies" Nutritool, students are encouraged to create a meal based on options available to them. You'll notice that as they select each meal item, the nutrition facts panel changes in correlation with the food choice, providing students with instant insight into their food choices. Once complete, individuals can select "check your nutrient servings" to see how they fared in relation to the percent of daily values for a 2,000-calorie diet. In addition to the "Build A Meal" tool, "Build A Salad", "Build A Pizza", and "Build A Sandwich" tools are available for instructors to assign to students. Mastering Nutrition also has fun, interactive Nutritools that help students see how what they learn in class applies to what's on their plate. With "Know Your Carb Sources", students learn about the different types of carbohydrates and which ones are in which foods.

From identifying dietary modifications that help treat food related health conditions to recognizing the difference between vitamins and minerals, Nutritools test students' knowledge and help debunk popular misperceptions. Each of the 16 tools are accompanied by assessment of student activities and performance within Mastering. And there you have it. That was a quick look at the updated Nutritools within Mastering Nutrition. If you want to learn more about Mastering Nutrition, go to masteringhealthandnutrition.com and if you want to find out about all of Pearson's MyLab and Mastering products, be sure to check out pearsonmylabandmastering.com. Thanks for watching.