

## Nutrition for life

Thompson, Janice, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20417634&lokasi=lokal>

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### Abstrak

Capitalizes on students' natural interest in nutrition by demonstrating how nutrition relates to their health. This book includes applied features such as Nutri-cases, Nutrition Label Activities, and See for Yourself activities. It also provides hands-on, practical boxes that give students specific information about improving their diets.