



Nutrition: Everyday Choices

Mary B. Grosvenor, Lori A. Smolin

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Nutrition: Everyday Choices provides students with the decision-making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease. A critical thinking approach and a solid underpinning of the process of science empowers students to be knowledgeable consumers when faced with diverse information about emerging diseases such as SARS, biotech foods and gene therapy. As students apply the thought processes and decision-making skills learned throughout the course, they come to understand that there are not "good" foods and "bad" foods, but rather that each choice is only part of an overall healthy diet and that it is the sum of those choices that determines good nutrition.

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