

## MindTap Quick Start Guide



### Understanding Nutrition 3<sup>rd</sup> Edition

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Building upon Ellie Whitney and Sharon Rady Rolfes' classic text, this third Australian and New Zealand edition of Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition. A thorough introductory guide, this text will equip students with the knowledge and skills required to optimise health and wellbeing. With its focus on Australia and New Zealand, the text incorporates current nutrition guidelines, recommendations and public health nutrition issues relevant to those studying and working in nutrition in this region of the world.

## 3 Key Features

Activity	Where to find it – an example	What is it	Why it matters
Nutrition animations	<ol style="list-style-type: none"> <li>Chapter 3: Digestion, Absorption and Transport</li> <li>Media library: Digestion, absorption and transport</li> <li>Animation: The digestive fate of a sandwich</li> </ol> <p><i>See it in the Cengage Mobile app</i></p>	<b>Nutrition Animations</b> Animations highlighting key bodily processes and functions relevant to the study of nutrition. Theory	Theory is sometimes not enough to explain fully the processes and functions of the body. These animations are designed to give you a detailed visual reference for how the body works, and to strengthen your knowledge of the body's nutritional processes.
Nutrition calculations	<ol style="list-style-type: none"> <li>Nutrition toolbox</li> <li>Aids to calculations</li> </ol> <p><i>See it in the Cengage Mobile app</i></p>	<b>Nutrition Calculations</b> Questions that give students the opportunity to practise doing simple, nutrition-related calculations.	Students often come into a subject such as nutrition unaware that some common nutritional tasks involve calculations. These exercises are designed to help students practise and reinforce these skills.
Pop-Up Tutor	<ol style="list-style-type: none"> <li>Chapter 3: Digestion, Absorption and Transport</li> <li>Media library: Digestion, absorption and transport</li> <li>Pop-up tutor: Circulation</li> </ol> <p><i>See it in the Cengage Mobile app</i></p>	<b>Pop-Up Tutor</b> Videos created by Dr. Jessica Coppola that teach core nutrition concepts.	Provide support for class; help teach difficult concepts in a visual and clear way.

**Whitney, *Understanding Nutrition*, 14e 2016**  
**MindTap Asset Description**

Activity	How many?	What is it?	Seat time?	Why it matters?
<b>Diet &amp; Wellness Plus: Profile</b>	1	Launches the Diet & Wellness Plus App and has the student fill out their profile to get them started with using the App.	2 minutes	Activity ensures student is ready to start tracking their diet and activity into D&W+.
<b>Diet &amp; Wellness Plus: Track Diet</b>	19	Launches the Diet & Wellness Plus App and has the student enter their food intake.	5-10 minutes depends on how much food they are entering	Activity ensures compliance in entering food into D&W+. Instructor can assign Reports from D&W+ to have the student analyze their food intake.
<b>BBC Video Assignment</b>	20	Students watch a BBC Video on a topic relevant to the chapter. Followed by 2 -4 open ended critical thinking questions.	5-10 minutes	Engage students to connect to the real world and think critically.
<b>Pre-Learning Assessment</b>	20	A 15-question true/false quiz checks to see what students already know about the topic.	<5 minutes	Students often come in thinking they know more than they actually do. This quiz acts as a baseline.
<b>Study Guide Questions</b>	20	Auto-graded questions that review concepts from the chapter.	10 minutes	Helps students identify concepts they've mastered and where they need additional practice and support.
<b>Pop-Up Tutor</b>	8	Videos created by Dr. Jessica Coppola that teach core nutrition concepts.	2 - 7 minutes per video	Provide support for class; help teach difficult concepts in a visual and clear way.

<b>Activity</b>	<b>How many?</b>	<b>What is it?</b>	<b>Seat time?</b>	<b>Why it matters?</b>
<b>Case Study</b>	20	Case study followed by multiple choice questions.	5 minutes	Engage students to connect to the real world and think critically.
<b>Diet &amp; Wellness Plus Exercise</b>	20	An activity from the text that has students fill in information in DWP followed by questions.	5-15 minutes	Connects Diet & Wellness Plus to concepts in the chapter
<b>Global Nutrition Watch Assignment</b>	20	An article relating to the topic is presented, followed by questions.	10-20 minutes	Adding real-world examples allows students to see relevancy and think critically about what they read.
<b>Post-Learning Assessment</b>	20	Based on topics covered in the Pre-Test, this 15-question multiple-choice test check to see what they have learned.	<5 minutes	Assesses what students have learned after going through the material Students who take a pre-lecture quiz after reading can improve their course grade by ~15% (Daniel & Brouda, 2004).