



Study Guide forSizer/Whitney's Nutrition Concepts and Controversies, 10th

Frances Sizer, Ellie Whitney

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The study guide provides students with a detailed review of chapter material, reiterating chapter objectives and key concepts. The guide challenges students with crossword puzzles and matching exercises reviewing glossary terms from the chapter, and probing short answer and essay questions to test the students' overall grasp of the material. Included is a sample test for each chapter, as well as helpful study tips.

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