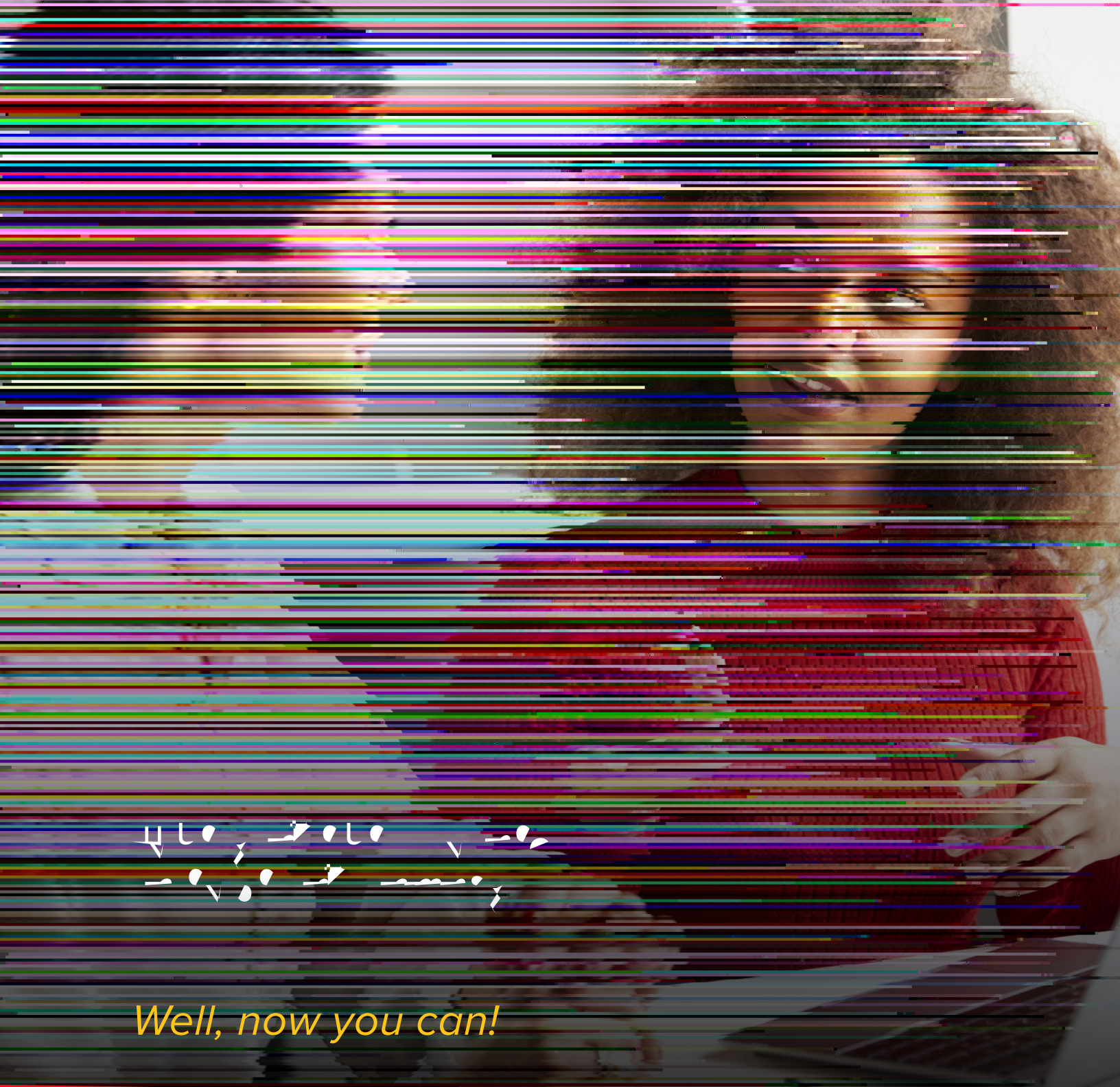


Why Nutrition?

ONLINE LEARNING
WITHOUT COMPROMISE



Well, now you can!

Connect Master Why Nutrition?

is the first-ever theme-based course that associates nutrition processes to topics relevant to students' lives. This approach enables student non-majors to create connections, become more engaged with the content, and make informed decisions as scientifically literate citizens.

Flow of
work
for students:

What it does:

1 Apprentice Learning Assignment

THE CONNECT MASTER ADAPTIVE LEARNING ASSIGNMENT:

introduces students to the nutrition content in a personalized, low-stakes environment. It adapts to each student's learning, providing the opportunity to practice and enhance understanding of core nutrition concepts. All learning probes are built around specific learning objectives. Students are given immediate feedback and additional learning resources, like slides, to better understand the content. Reports are generated for each individual student and for the instructor to see the most challenging learning objectives.

2 Reading

THE CONNECT MASTER READER:

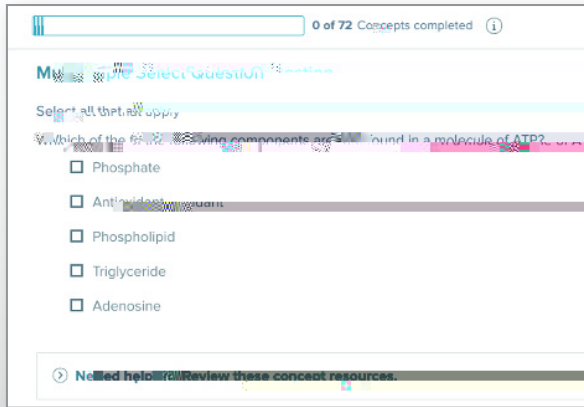
incorporates the five relevant themes built around course learning objectives. The unique flow of the content covers relevancy first, then nutrition. Modules and lessons are presented as questions to encourage critical thinking.

Each lesson within the five units concludes with a summary to help students practice what they just completed reading. Immediate feedback is provided.

3 Assessment

THE CONNECT MASTER ASSESSMENTS:

include assignable questions at the end of each unit to assess student learning. Instructors can utilize these summative assessment questions for homework, quizzes, or exams. Questions include animations, tutorials, and application of what they learned in the prep assignment and reading. Instructors can customize reports to assess student learning.



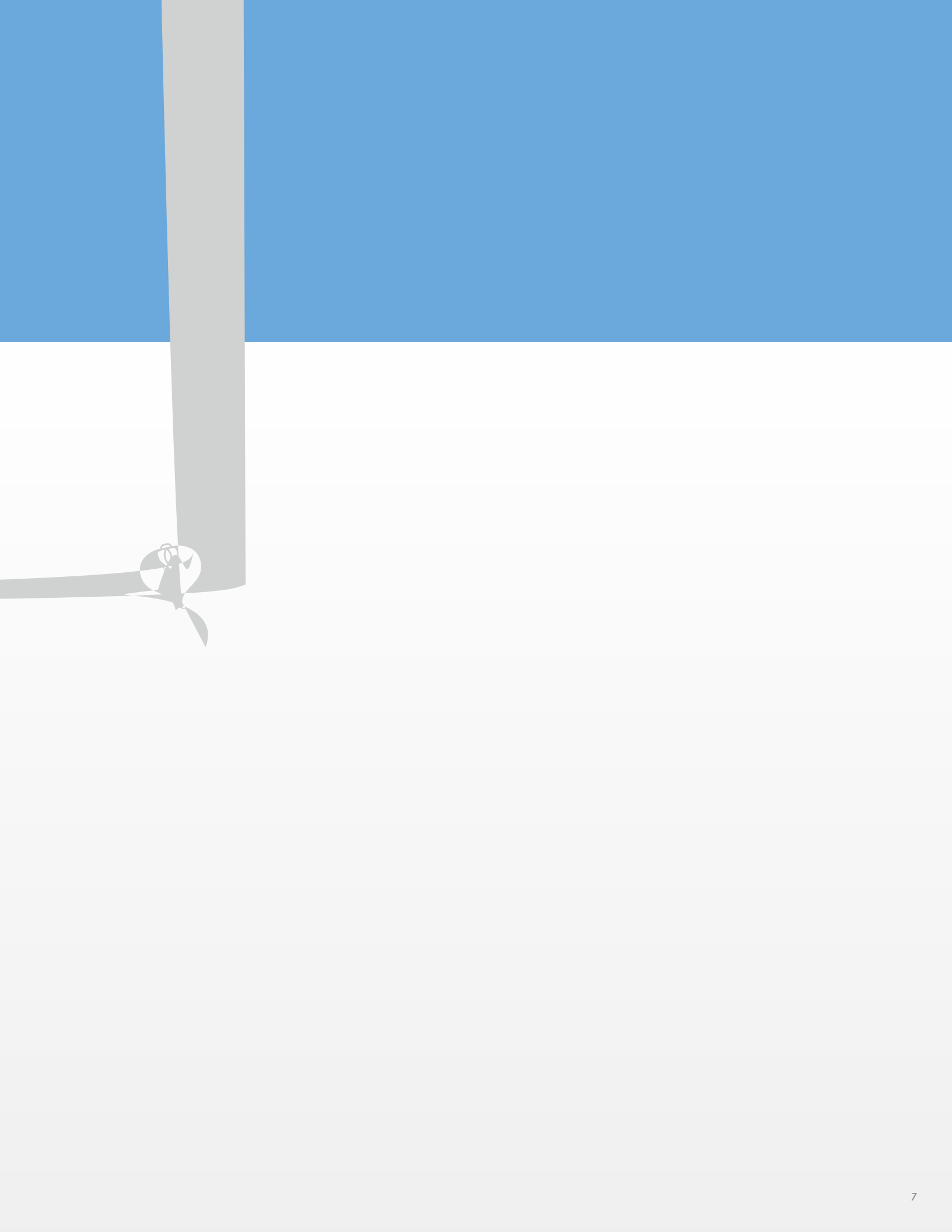
ADAPTIVE LEARNING ASSIGNMENT:

Adapts to each student's learning and provides immediate feedback with resources

Unit flows:

*Are all learning outcomes necessary for a one-semester Nutrition course covered within **Connect Master Why Nutrition?** The learning outcomes are presented in a different order than other products because the content that relates to the theme is covered within that unit.*

The next series of pages includes high-level views of content coverage for each of the units.





Take Care of Yourself



Be Wise



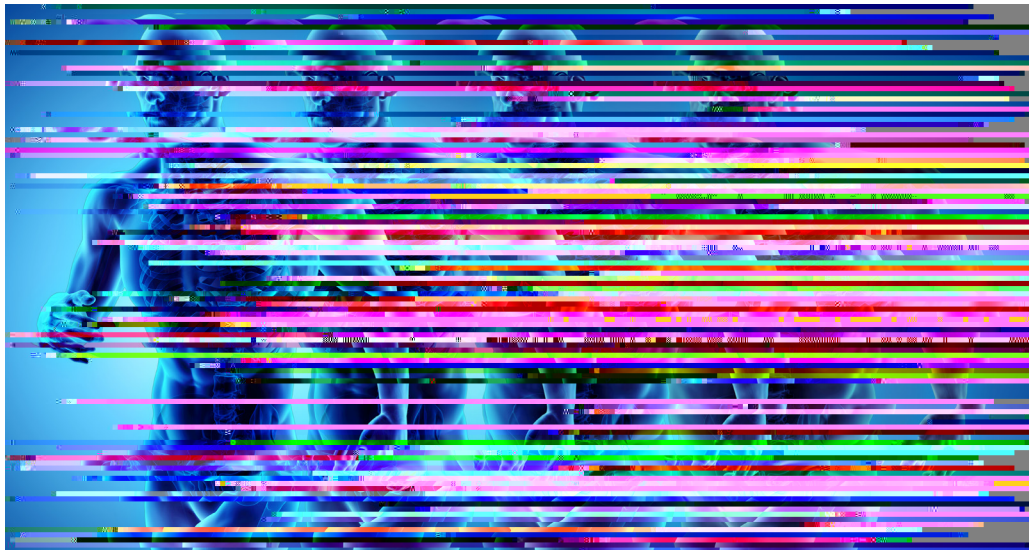
Lose Weight



Get Fit



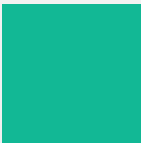
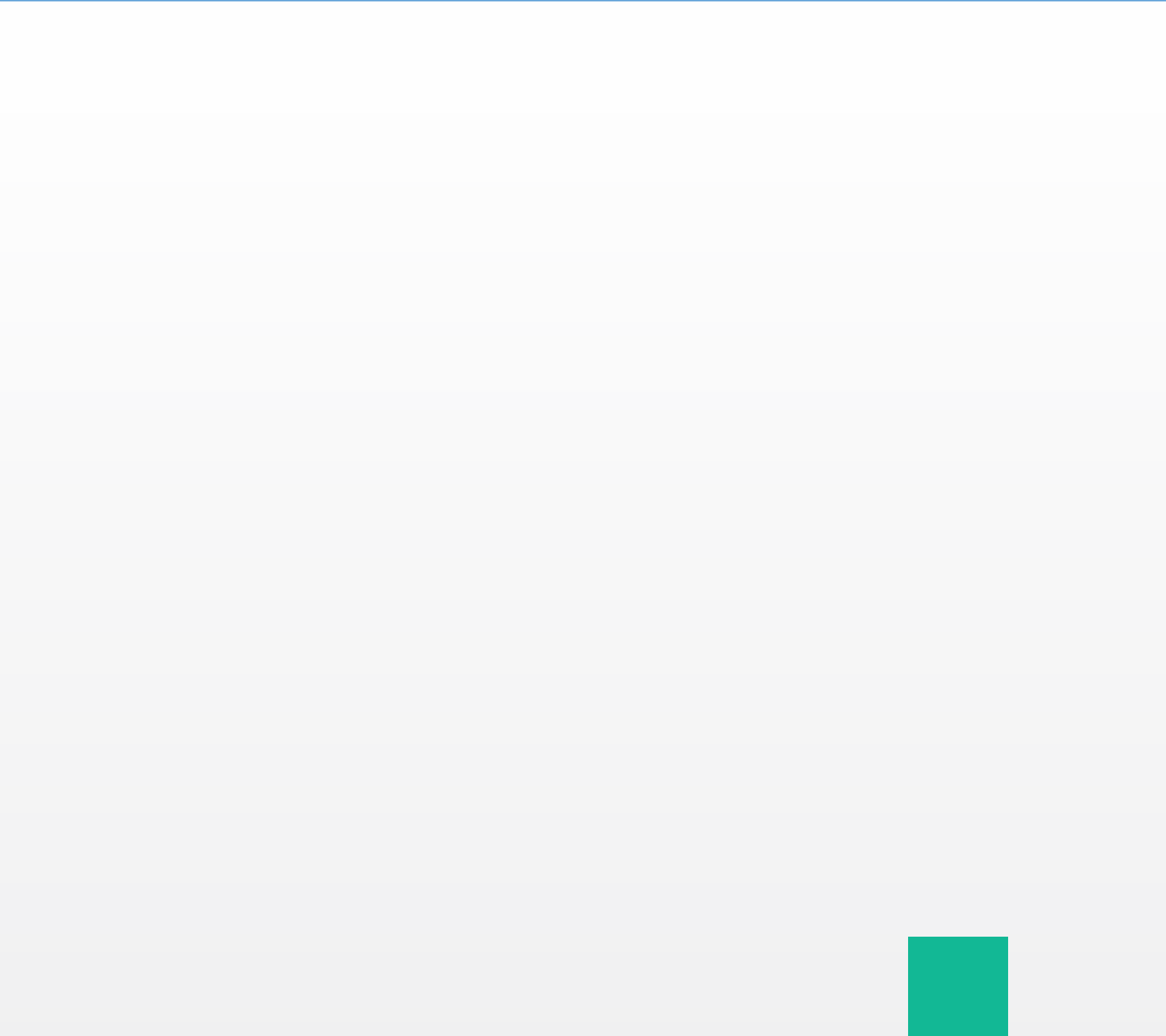
Stand Tall





Food Choices in College





WHY THE THEME-BASED APPROACH IN NUTRITION?

The theme-based approach in nutrition is a shift from a traditional nutrient-centric model to one that focuses on the overall dietary pattern and its impact on health. This approach recognizes that nutrients do not act in isolation but rather in complex interactions within the context of a whole diet. By focusing on themes such as plant-based eating, Mediterranean-style diets, and whole-food, plant-based diets, researchers and practitioners can better understand the synergistic effects of various food components and their cumulative impact on chronic disease risk and overall well-being. This approach also emphasizes the importance of lifestyle factors like physical activity and stress management, which interact with diet to influence health outcomes. The theme-based approach is more holistic and personalized, allowing for tailored recommendations that consider individual preferences, cultural practices, and health goals. It encourages a focus on the quality and variety of food intake rather than just the quantity of specific nutrients, leading to more sustainable and enjoyable eating patterns that support long-term health and vitality.

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Megan Sanctuary, MS, PhD



Master Video »

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A THEME-BASED APPROACH

mheducation.link/connectmaster

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