



# Study Guide for Sizer/Whitney's Nutrition: Concepts and Controversies, 11th

*Frances Sizer, Ellie Whitney*

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: The comprehensive 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 their overall grasp of the material. A sample test for each chapter and helpful study tips are also included.

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