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Autore	Ulijaszek Stanley J.
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Index.

Sommario/riassunto

While most of us live our lives according to the working week, we did not evolve to be bound by industrial schedules, nor did the food we eat. Despite this, we eat the products of industrialization and often suffer as a consequence. This book considers aspects of changing human nutrition from evolutionary and social perspectives. It considers what a 'natural' human diet might be, how it has been shaped across evolutionary time and how we have adapted to changing food availability. The transition from hunter-gatherer and the rise of agriculture through to the industrialisation and globalisation of diet are explored. Far from being adapted to a 'Stone Age' diet, humans can consume a vast range of foodstuffs. However, being able to eat anything does not mean that we should eat everything, and therefore engagement with the evolutionary underpinnings of diet and factors influencing it are key to better public health practice.

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Autore

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Johnson Doug <1952->

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The classroom teacher's technology survival guide / / Doug Johnson

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Nota di contenuto

More praise for The Classroom Teacher's Technology Survival Guide; About the Book; About the Author; Contents; Introduction; Why This Book?; Why Is an English Teacher Writing This Book Instead of Bill Gates?; Creating the Essential Conditions Needed for Successful Technology Use; Chapter One: Why Should Classroom Teachers Be Technologically Skillful?; Revolution or Evolution in Educational Change?; Developing a Framework for Thinking About Technology in Schools; Established Infrastructure; Effective Administration; Extensive Resources; Enhanced Teaching; Empowered Students Chapter Two: Q&A About Some Basics What Type of Computer Should I Have?; What Operating System (OS) Should I Choose: Windows, Macintosh, GNU/Linux, or Chrome?; How Much Memory Do I Need, and How Fast Does the Computer Need to Run?; Desktop, Laptop, Netbook, or Tablet?; What Other Equipment Should I Buy?; What Basic Software Do I Need?; What Are Freeware and Open-Source Software?; How Do I Manage Files on Multiple Computers?; What Is Cloud Computing, and What Are Its Advantages and Disadvantages?; How Can Teachers Take Advantage of Cloud Computing?; Disadvantages of Cloud Computing What Does a Technologically Well-Equipped Classroom Look Like? Seven Stupid Mistakes Teachers Make with Technology; Seven Brilliant Things Teachers Do with Technology; Chapter Three: Using Technology for Professional Productivity; Keeping Professionally Organized: Managing the Business of Teaching; Communicating Using Technology; Student Information System; Curriculum Management System; Course Management System; School Web Site and Teacher-Created Class Pages; Basic Productivity Tools; Word Processors; E-mail; Web Browsers and Search Engines; Graphics and Digital Image Editing Tools Spreadsheets Presentation Software; Basic Online Tools; Online Productivity Suites; Blogs; RSS Feed Aggregators and Readers; Wikis; Social Bookmarking Sites; Sites for Storing and Sharing Media; Options for Sharing and Working Collaboratively on Documents; Chapter Four: The Technology Upgrade; Getting Started with Technology in the Classroom; Assessing Technology-Enhanced Student Work; What IT Skills Should Teachers Expect of All Students?; Survival Skills for the Information Jungle; Problem-Based Learning and Information Literacy; Information Problem Solving Meets Technology Information Jungle Survival Skills The Hazards Are Great, but So Are the Rewards; Chapter Five: Teaching 21st-Century Skills; The Fourth R-Research; Designing Technology-Enhanced Projects-the Four A's; The First A: Assignments; The Second A: Activities; The Third A: Assessment; The Fourth A: Attitude; Everyday Information Problem Solving; Entertain or Engage? Why You Need to Know the Difference; A Few Thoughts About Creativity; Right-Brain Skills and Technology: A Whole New Mind(-Set); I Will as a Teacher; Chapter Six: Managing Disruptive Technologies in the Classroom Some Approaches to Managing Technology in the Classroom

Sommario/riassunto

A comprehensive guide for integrating educational technology in the K-12 classroom. This is a must-have resource for all K-12 teachers and administrators who want to really make the best use of available technologies. Written by Doug Johnson, an expert in educational technology, The Classroom Teacher's Technology Survival Guide is replete with practical tips teachers can easily use to engage their students and make their classrooms places where both students and teachers will enjoy learning. Covers the most up-to-date technologies and how they can best be used in the cla