



Dear Student:

In this class you may choose to use *MyNutritionLab*, which includes animations, flash cards, exercises, an ebook, and book-specific quizzing and testing resources that accompany your text. You must be able to access this site to use the diet analysis procedure for lab class.

Before you begin:

To register for *MyNutritionLab* you will need:

- A valid email address
- A MyNutritionLab student access code (packaged with your new text or available for purchase at www.MyNutritionLab.com).
- Your school's zip code: 33605

In addition, your instructor will provide you with:

- A "Course ID": miletta97429

Registration:

1. Go to <http://www.MyNutritionLab.com>
2. Click **Student Registration** under "First-time users."
3. Enter your **Course ID** exactly as provided by your instructor and click "**Find Course.**" *Your course information should appear. If not, contact your instructor to verify the correct Course ID.*
4. Select **Access Code** and type your **Access Code** in the fields provided (one word per field) and click **Next**. (Note: If you do not have an access code and want to purchase access to your course online, click Buy Now and follow those prompts to register and pay.)
5. Read the License Agreement and Privacy Policy and click "**I Accept.**"
6. On the Access Information Screen, you'll be asked whether you already have a Pearson Education Account. Click:
 - "**YES**" if you have registered for other Pearson online products and already have a login name and password. Boxes will appear for you to enter your existing login information.
 - "**NO**" if this is the first time you have registered for a Pearson online product. Boxes will appear for you to create your login name and password.

- **"NOT SURE"** if you want to check for a pre-existing account and receive an email with your login name and password.
7. Simply follow the registration screens and enter your information as prompted. You will enter your name, email address, school information, and provide a security question/answer to ensure the privacy of your account.

Once your registration is complete, you will see a **Confirmation** screen (this information will also be emailed to you). Simply print your confirmation and you are now ready to login and access your resources!

Logging in and returning visits

Once you have registered for MyNutritionLab, simply use your own login name and password to access the website.

- Go to <http://www.MyNutritionLab.com>
- Under "Returning Users" click **Student Login**.
- Enter the **Login Name** and **Password** you created and click **"Log In."**
- You will see your **Course** listed on the left; Click on this Course and you are ready to access your resources!

System requirements & technical support:

To take full advantage of all the features in this course, be sure you have the right technology at your fingertips.

- Go to <http://www.MyNutritionLab.com> and scroll down to click **"Site Requirements"** on the bottom. Here you can check your browser settings and access the plug-ins needed to run MyNutritionLab.



NOTE:

There are some limited free online materials from the publisher. To access them, go to:

http://wps.prenhall.com/chet_hewlings_nutrition_1/81/20888/5347522.cw/index.html