

CONTENTS IN BRIEF

Part 1 The Importance of Food 2

Chapter 1	Food Affects Life	4
Chapter 2	Nutritional Needs	25
Chapter 3	Making Healthful Choices . .	56
Chapter 4	Nutrition and Fitness Through the Life Span	80
Chapter 5	Staying Active and Managing Weight	104
Chapter 6	Safeguarding Health	128

Part 2 The Management of Food 148

Chapter 7	Kitchen and Dining Areas .	150
Chapter 8	Kitchen Appliances	164
Chapter 9	Kitchen Utensils	181
Chapter 10	Planning Meals	197
Chapter 11	Shopping Decisions	216
Chapter 12	Recipes and Work Plans . .	233

Part 3 The Preparation of Food 256

Chapter 13	Grain Foods	258
Chapter 14	Vegetables	271
Chapter 15	Fruits	288
Chapter 16	Dairy Products	299
Chapter 17	Eggs	317
Chapter 18	Meat	331
Chapter 19	Poultry	349
Chapter 20	Fish and Shellfish	360
Chapter 21	Salads, Casseroles, and Soups	373
Chapter 22	Breads	386
Chapter 23	Cakes, Cookies, Pies, and Candies	405
Chapter 24	Food and Entertaining . . .	422
Chapter 25	Preserving Foods	440

Part 4 Food and Careers 456

Chapter 26	Investigating Careers	458
Chapter 27	Career and Job Success . .	475

Part 5 Foods of the World 490

Chapter 28	The United States and Canada	492
Chapter 29	Latin America	535
Chapter 30	Europe	559
Chapter 31	Mediterranean Countries . .	601
Chapter 32	Middle East and Africa . . .	633
Chapter 33	Asia	661

Appendix A Nutritional Goals for Age-Gender Groups 700

Appendix B Eating Well with Canada's Food Guide 702

Appendix C Applying and Interviewing for a Job 704

Glossary 705

Index 718

Recipe Index 741

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Guide to Good Food Velda L. Largen, Deborah L. Bence, 2016-06-08 Guide to Good Food Nutrition and Food Preparation employs current nutrition information to inform students as they learn the roles nutrients play in their health throughout the life cycle Comprehensive content on food selection storage preparation and service gives students the tools needed to recognize and follow a nutritionally balanced diet while animations bring content to life Menus and recipes with easy to follow step by step directions and nutritional analyses are also included Food related careers are profiled in every chapter Enhanced visuals program employs infographics and images to emphasize content and improve recall The Foods of the World section explores the culture and cuisine of over 30 countries Students can complete and submit review questions digitally enhancing instructor s assessment of students comprehension and reducing paper waste

Guide to Good Food Deborah L. Bence, Renee Fortune Sigmon, 2024-01-17 The Workbook for Guide to Good Food is organized to follow the textbook on a chapter by chapter basis providing questions to help the student review the material presented in the chapter This supplement is a consumable resource designed with perforated pages so that a given chapter can be removed and turned in for grading or checking

Guide to Good Food Velda L. Largen, Deborah L. Bence, 2013-12-06 Guide to Good Food provides an in depth look at how to select store prepare and serve nutritious appealing dishes Menus and recipes with easy to follow step by step directions and nutritional analyses are included Food related careers are profiled in every chapter and Career Success features are found throughout Healthful lifestyles are supported by the inclusion of MyPlate and the latest Dietary Guidelines for Americans Students can explore the culture and cuisine of over 30 countries in the Foods of the World section Math food science and social studies are introduced into the curriculum through features and activities

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Table of Contents Guide To Good Food Textbook Answers

1. Understanding the eBook Guide To Good Food Textbook Answers
 - The Rise of Digital Reading Guide To Good Food Textbook Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Good Food Textbook Answers
 - Exploring Different Genres
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 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Good Food Textbook Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Good Food Textbook Answers
 - Personalized Recommendations
 - Guide To Good Food Textbook Answers User Reviews and Ratings
 - Guide To Good Food Textbook Answers and Bestseller Lists

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 - Interactive Elements Guide To Good Food Textbook Answers
8. Staying Engaged with Guide To Good Food Textbook Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide To Good Food Textbook Answers
9. Balancing eBooks and Physical Books Guide To Good Food Textbook Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Good Food Textbook Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Guide To Good Food Textbook Answers
 - Setting Reading Goals Guide To Good Food Textbook Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Guide To Good Food Textbook Answers
 - Fact-Checking eBook Content of Guide To Good Food Textbook Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

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