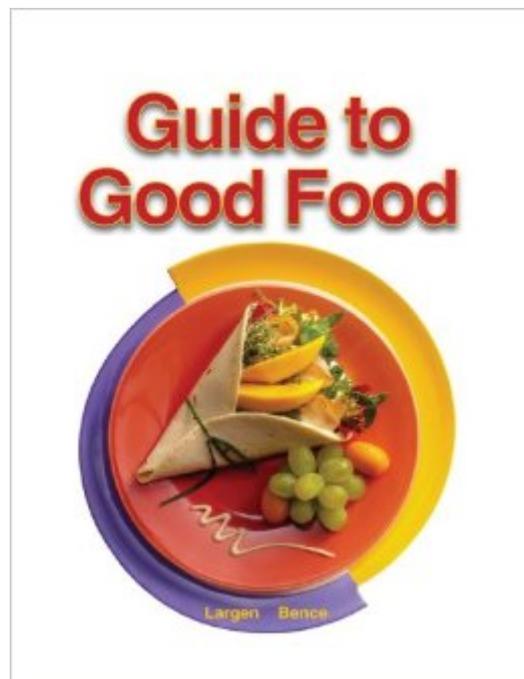


The book was found

Guide To Good Food



Synopsis

Guide to Good Food helps students learn how to select, store, prepare, and serve foods while preserving their nutrients, flavors, textures, and colors. This latest edition includes revisions to all chapters in the text as impacted by the MyPyramid food guidance system, the latest Dietary Guidelines, and the new Nutrition Facts label with trans fats. Changes also reflect the latest information from USDA on safe food handling practices to prevent foodborne illness.

Question-and-answer sidelights address common food myths and concerns, and technology activities are suggested. Career descriptions and case studies highlight workplace skills students gain through classroom learning. Health, consumer, safety, business etiquette, and environmental tips encourage students to apply information in their daily lives. Recipes include step-by-step directions and nutritional analyses. An extensive Foods of the World section introduces students to the culture and cuisine of over 30 countries and features tabbed pages to make chapters easy to find.

Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #772,462 in Books (See Top 100 in Books) #71 in [Books > Teens > Hobbies & Games > Cooking](#) #959 in [Books > Education & Teaching > Schools & Teaching > Instruction Methods > Science & Technology](#) #4510 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Purchased it because it was my son's textbook for his high school culinary class. Everything he's made has been delicious!

this text book arrived fast and better than expected. when you purchase used text books you sometimes are suprised by the inaccuracy of the description, but this was better than described

I got an older version, probably the new edition is better because it needs some update

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