

Guide to Good Food



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Introduction

Guide to Good Food is designed to give you information about food and nutrition you can use every day. This practical text focuses on the latest advice on diet and physical activity to help you make healthful food and fitness choices. Guidelines for choosing appliances, setting up a food budget, and buying and storing foods will help you make consumer decisions. Tips on using space, time, and energy will help you manage your resources while working in the kitchen. Information on basic cooking methods will give you the background needed to prepare a wide range of foods.

Throughout the text, you will find health, business etiquette, safety, consumer, and environmental tips. Question-and-answer sidelights address common food myths and concerns. Descriptions of food industry careers from the *Dictionary of Occupational Titles* are listed at the beginning of each chapter. Case studies illustrating the need for and use of skills in the workplace appear at the end of every chapter. *Guide to Good Food* also includes several chapters on foods from around the world. These features are intended to show you food is more than just something to eat. Food is at the heart of scientific research. It provides a source of income for millions of people. It is also a part of people's cultural identity.

You will find *Guide to Good Food* easy to read and understand. Hundreds of colorful photos will help you picture the many foods and techniques that are discussed. Numerous recipes will give you the chance to practice food preparation methods covered in the book. Terms are listed at the beginning of each chapter to help acquaint you with vocabulary related to text material. Learning objectives will allow you to key in on important points as you read. Review questions at the end of each chapter will help you assess your understanding of what you read. Learning activities are suggested to give you a chance to further explore topics of interest. Technology applications help you build new skills. All these resources are intended to enhance your experience as you study the interesting and vital topics of food and nutrition.



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