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Guide to Good Food: Nutrition and Food Preparation ...

Guide to Good Food helps students learn how to select, store, prepare, and serve foods while preserving their nutrients, flavors, textures, and colors. The appearance of this new edition has completely changed from earlier editions. 396 photos were replaced/added, and a new chapter focuses on staying active and managing your weight.

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During her career she developed a World Foods course, which later inspired her to write the Guide to Good Food text and

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its supplements. Deborah L. Bence earned her Bachelor's degree in Home Economics Education from Miami University in Ohio, where she taught family and consumer sciences at the high school level.

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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.

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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.

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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.

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Guide to Good Food provides an in-depth look at how to select, store, prepare, and

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Guide to Good Food gives your students an in-depth look at the exciting world of food and the MyPlate food guidance system. This edition incorporates the latest Dietary Guidelines for Americans as it shows students how to select, store, prepare, and serve nutritious, appealing dishes.

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