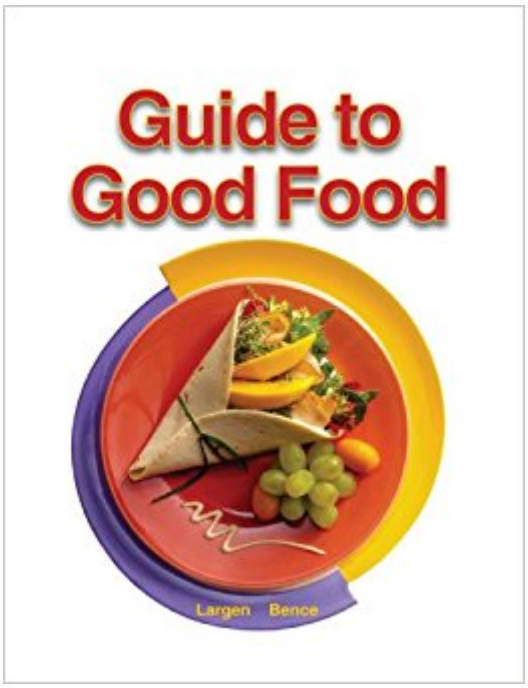
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Guide To Good Food



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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.

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features throughout our textbooks to make learning easier. High-quality presentation, authoritative content,sound topic sequence, an abundance of illustrations, involving pedagogy, real-world examples, and appropriate readability are hallmarks of Goodheart-Willcox products. --This text refers to an alternate Hardcover edition.

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

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

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

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