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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. 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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Guide to Good Food: Nutrition and Food Preparation, 14th ...
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.

Guide to Good Food, 13th Edition - G-W
Guide to Good Food: Nutrition and Food Preparation, 14th Edition, Workbook. Nutrition & Wellness for Life, 5th Edition, Workbook. Nutrition & Wellness for Life, 5th Edition, Food Science Experiments Manual. Adventures in Food and Nutrition!, 5th Edition, Student Workbook. Guide to Good Food, 13th Edition.

Food / Nutrition - G-W Online Textbooks
Guide To Good Food PDF. 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 continues to be one of the most popular texts for teaching foods and nutrition classes. It contains the most recent Dietary Guidelines for Americans, the latest recommendations on weight management and exercise, and updated information on food safety and nutrition. The text begins with basic measurements, abbreviations, and ...

Guide to Good Food (GOODHEART-WILCOX HOME ECONOMICS ...
Acknowledged authors Largen, Velda L., Bence, Deborah L. wrote Guide to Good Food comprising 698 pages back in 2003. Textbook and eTextbook are published under ISBN 1590701070 and 9781590701072. Since then Guide to Good Food textbook was available to sell back to BooksRun online for the top buyback price or rent at the marketplace.

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