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

Guide to Good Food, 13th Edition. Front Matter. Part 1 The Importance of Food. 1 - Food Affects Life. 2 - Nutritional Needs. 3 - Making Healthful Choices. 4 - Nutrition and Fitness Through the Life Span. 5 - Staying Active and Managing Weight. 6 - Safeguarding Health.

Guide to Good Food, 13th Edition - G-W Online Textbooks

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.

Guide To Good Food: Velda L. Largen, Deborah L. Bence ...

Guide to Good Food: Nutrition and Food Preparation 15e, Textbook. Front Matter; Unit 1 Getting Started in the Kitchen; 1 - Food Affects Life; 2 - Safety and Sanitation; 3 - Basic Skills and Equipment; 4 - Recipes and Work Plans; 5 - Preparing Simple Recipes; Unit 2 Nutrition and Wellness; 6 - The Energy Nutrients; 7 - Vitamins, Minerals, and Water

Guide to Good Food: Nutrition and Food Preparation 15e ...

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 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. Online Text, 1yr. Indv.

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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.

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Guide to Good Food, 13th Edition Page 4 (22 of 762) 4. Part 1 The Importance of Food. C H A P T E R 1 C H A P T E R 1. Food Affects Life Food Affects Life. Divide the class into two teams. Each student on one team will. write the words listed under Terms to Know on a set of index. cards.

Guide to Good Food, 13th Edition page 4 - G-W Online Textbooks

During her career she developed a World Foods course, which later inspired her to write the Guide to Good Food text and 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. She also worked as editor for an ...

Guide to Good Food Workbook: Bence, Deborah L ...

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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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