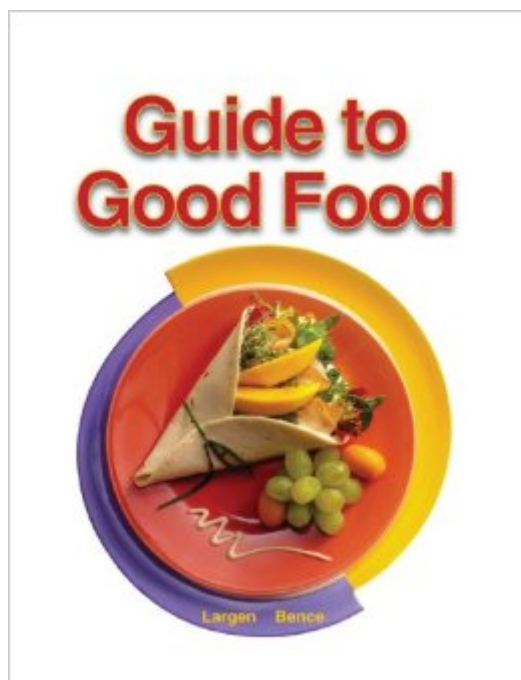


The book was found

# Guide To Good Food



## 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.

## Book Information

Hardcover: 698 pages

Publisher: Goodheart-Willcox Co (January 1, 2008)

Language: English

ISBN-10: 1590706900

ISBN-13: 978-1590706909

Product Dimensions: 8.6 x 1.2 x 10.9 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #772,462 in Books (See Top 100 in Books) #71 in [Books > Teens > Hobbies & Games > Cooking](#) #959 in [Books > Education & Teaching > Schools & Teaching > Instruction Methods > Science & Technology](#) #4510 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

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

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

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

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The Looneyspoons Collection: Good Food, Good Health, Good Fun! 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes, Caribbean Food Recipes, Food Processor Recipes,) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Bi-Rite Market's Eat Good Food: A Grocer's Guide to Shopping, Cooking & Creating Community Through Food The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health Good Slow Food: Top 25 Mouthwatering Slow Cooker Recipes For Great Comfort Food With Less Effort North East Thailand's Best Easarn Thai Food and Famous Restaurants (Thailand's Food Guide as voted by 1,000 Thai food experts Book 4) Preserving Food Box Set: 33 Easy to Follow Steps For Canning, Freezing and Dehydrating Your Favorite Fruits and Vegetables plus The Ultimate Guide to Food ... food without freezing or canning) Hawaii Food Guide: Unique Foods From Hawaii You've got to try (Locals and Vacation Tourists, Paradise, Asian Food, Polynesian Food, Hawaii Diet) Real Food, Fake Food, and Everything in Between: The Only Consumer's Guide to Modern Food The Adobo Road Cookbook: A Filipino Food Journey-From Food Blog, to Food Truck, and Beyond [Filipino Cookbook, 99 Recipes] Filipino Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy food) The Adobo Road Cookbook: A Filipino Food Journey&#151;from Food Blog, to Food Truck, and Beyond THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1)

