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Understanding Food: Principles and Preparation

By Brown, Amy Christine

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Summary: This introductory-level text is ideal for a college-level course that covers the basic elements of food preparation, food service, and food science, and provides the information needed by students preparing for careers in one of the many related fields of the food industry. Highly researched and comprehensive in coverage, while also student focused and manageable for any quarter or semester course, UNDERSTANDING FOOD, SECOND EDITION thoroughly explores the science of food through core material on food selection and evaluation, food safety and food chemistry. The many aspects of food service are covered including meal planning, basic food preparation, equipment, food preservation and government regulations. The final sections of the text supply food preparation, classification, composition, selection, purchasing and food storage information for a range of traditional food items. A rich illustration and photo program and unique pedagogical features help to make the information easily understandable and interesting to students.



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