



Understanding Food: Principles and Preparation

Amy Christine Brown

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UNDERSTANDING FOOD, Third Edition is your introductory guide to learning about foods, food preparation, food service, and food science. This text is a launch to prepare you for a variety of careers in the food industry. Highly researched and comprehensive in coverage, UNDERSTANDING FOOD 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... and something worth holding on to!

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