



# Guide to Good Food

*Velda L. Lergen*

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## **Guide to Good Food** Velda L. Largen

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.

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