

and legumes

Goodheart-Willcox Publisher

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Goodheart-Willcox Publisher Correlation of Guide to Good Food ©2015 to Idaho Professional-Technical Education Course Nutrition and Foods - FC 0201 (222020) **OBJECTIVE CORRELATING PAGES** 1. Factors Affecting Individual and Family Food Choices (A) Factors affecting food and Nutrition 4-127 choices (B) Effects of culture and region on food 8-10, 22-23, 492-699 customs 2. Nutrition, Health and Wellness Practices (A) Relationships between nutrition, physical 25-127 activity and health concerns Evaluate personal diet and physical 58-79 (B) activities using My Pyramid (C) Nutrient needs, sources and functions for 25-52, 56-55, 80-103 individuals and families (D) Occupations related to food science and 26, 52, 67, 92, 100, 144, 259, 275, 292, 320, nutrition, 327, 297, 356, 452, 485 **Food Safety and Sanitation** (A) Food safety procedures and sanitation 20-21, 129-147 techniques (B) Careers in food safety and sanitation 21, 67, 138, 205, 259, 275, 304, 320, 397, 452, 4. Management of Food for Individuals and Families Meal Planning issues and techniques 68-75, 78-79, 197-215 (A) (B) 152, 216-232, 263, 270, 276-277, 291-292, Food purchasing and storage 303, 306, 316, 319, 337, 352, 359, 364–365, 381, 384-385, 413 (C) Careers in food management and 173, 205, 225, 361, 401, 424, 465, 477 marketing **Food Laboratory Management** Appropriate use and care of equipment 150-163, 164-180, 181-196 (A) and workspace Abbreviations, measurement terminology, 233-255 (B) techniques and adjustments (C) Microwave cooking 170-171, 179, 239-240, 281-282, 286, 294, 307, 343–344, 355 Positive mealtime environment 11, 422-439 (D) **Preparation of Nutritious Foods/Meals** Preparation of fruits and vegetables 271-287, 288-297 (A) (B) Preparation of breads, cereals, rice and 258-270 pasta products (C) Preparation of meats, poultry, fish, eggs 317-372



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