Preface

Food is more than just something to eat. It supplies the building blocks for our bodies to grow and survive. It is a part of celebrations, day-to-day activities, and people's cultural identity. Food also provides a source of income for millions of people.

Guide to Good Food serves as an evidence-based source for a wide range of food and nutrition topics. This engaging text brings you the latest advice about nutrition and physical activity. It offers guidelines for planning nourishing meals, setting up a food budget, shopping for the ingredients, and preparing safe, wholesome food. It also provides guidance for managing resources, organizing workspace, and working effectively as part of a team. Discussions on basic cooking methods and using appliances will give you the background needed to prepare a variety of foods. Throughout the entire text, the diversity that exists in food preferences, global flavors, and history of various foods in different cultures are embraced as a way to learn and connect with others.

You will find *Guide to Good Food* easy to read and understand. A *Reading Prep* activity, key terms, and learning outcomes will introduce you to the content of each chapter. As you read, hundreds of images will help you picture the many foods and techniques that are discussed. Helpful features highlight scientific, cultural, environmental, and health issues related to food. Descriptions of an array of careers detail work tasks, needed skills, and training requirements to help you think about a future career in the food industry. Numerous recipes will give you the chance to practice food preparation methods covered in the book. Review questions at the end of each lesson and chapter will help you assess your learning of what you read. A variety of activities are suggested to help you build skills needed for success at home, at work, and in the community. All these resources are intended to add to your experience as you study the interesting and vital subject of food and nutrition.

SAMPLE

About the Authors

Velda L. Largen was a high school home economics teacher and department head in Missouri. During her career she developed a World Foods course, which later inspired her to write the ***Guide to Good Food*** text and its supplements.

Deborah L. Bence attended Miami University where she earned a bachelor's degree in home economics education. She taught family and consumer sciences at the middle school level before turning her focus to the writing and development of instructional materials. Deborah worked as an editor for an educational publisher for almost 20 years, applying her teaching and subject matter knowledge to creating textbooks and supplements for FCS classrooms, with an emphasis on foods and nutrition. Deborah considers herself a lifelong learner as well as an educator. She enjoys the challenge of keeping up with new findings in the area of nutrition, trends in food marketing and preparation, and changes in the field of education. In addition to teaching students in various settings, Deborah has published a number of informative articles and other resources.

Maggie Moon is a registered dietitian nutritionist who completed her clinical training at New York Presbyterian Hospital of Columbia and Cornell. She earned a master of science degree in Nutrition and Education from Columbia University's Teachers College and a bachelor of arts degree in English Literature from U.C. Berkeley. Her culinary school training is from The New School of Cooking in Los Angeles. As an educator, Maggie has developed curricula for the Department of Health and Nutrition Sciences at Brooklyn College, a City University of New York; after-school nutrition education programs in New York City; and continuing professional education for dietitians and fitness professionals through conferences, events, and articles. Her nutrition advice regularly appears in national media including *Good Housekeeping, Men's Health, MindBodyGreen, Real Simple, Women's Health*, and more.

Michelle Lancaster attended Baylor University where she earned a bachelor of science degree in home economics. Michelle has been a family and consumer sciences teacher for over 20 years, is a certified ServSafe instructor, and also teaches culinary classes for a local college continuing education program. She has been a member of the Family and Consumer Sciences Teacher Association of Texas (FCSTAT) and an adviser for Family, Career and Community Leaders of America (FCCLA) since 1997. Michelle is also a member of the American Association of Family & Consumer Sciences (AAFCS). Michelle is a past recipient of the Family & Consumer Sciences Teacher of the Year Award for the state of Texas, the Region I Texas State Teacher of the Year Award, and the Johnson and Wales University Outstanding Texas State Teacher award.

SAMPLE

Reviewers

Goodheart-Willcox Publisher and the authors would like to thank the following instructors who reviewed selected manuscript chapters and provided valuable input into the development of *Guide to Good Food*.

Georgia Bretz
Family and Consumer Sciences Instructor
Glass City Academy
Toledo, OH

Catherine Brown
Culinary Arts and Nutrition Science Instructor
Region 9 School of Applied Technology
Mexico, ME

William Hogg
Family and Consumer Sciences Instructor
Roy C. Ketcham HS
Wappingers Falls, NY

Nancy Kujda
Family and Consumer Sciences Instructor
Bedford Senior HS
Temperance, MI

Niki Lockett
Family and Consumer Sciences Instructor
Hillsborough County Public School District
Tampa, FL

Cassie Miles
Family and Consumer Sciences Instructor
Plant City Sr HS
Plant City, FL

Anne Morgenthal
Family and Consumer Sciences Instructor
Brevard Public Schools
Viera, FL

Desiree Rideaux
Family and Consumer Sciences Instructor
Plano West Sr HS
Plano, TX

Melanie Stamper
Family and Consumer Sciences Instructor
Jessamine Career and Tech Center
Nicholasville, KY

Gwen Turner
Family and Consumer Science State Consultant
North Carolina Department of Public Instruction
Raleigh, NC

Kristal Young
Culinary Arts Instructor
Gainesville High School
Gainesville, TX

Goodheart-Willcox Publisher would like to also thank the following health professionals who reviewed selected chapters and contributed valuable input into the development of *Guide to Good Food*.

Rahaf Al Bochi RD, LD, CDCES
Olive Tree Nutrition
Baltimore, MD

Zachari Breeding MS, RDN, CSO, LDN, FAND
Sage Nutritious Solutions
Denver, CO

Johna Burdeos RDN
Registered Dietitian Nutritionist
League City, TX

Cindy Chou RDN
Healthy Feels
Santa Monica, CA

Sherene Chou MS, RDN
Food + Planet
Monterey Park, CA

Rabiya Dharsi-Bower MHSc, RDN, LDN
Thomas Jefferson University
Philadelphia, PA

Stacy Hammer RDN, LD
Lower Sioux Indian Community
Morton, MN

Judith Rodriguez PhD, RDN
Professor Emeritus
University of North Florida
Jacksonville, FL

Vandana Sheth RDN, CDCES, FAND
Vandana Sheth, Inc.
Rancho Palos Verdes, CA

SAMPLE

New to This Edition

The 16th Edition has undergone a complete text reorganization into a lesson-based approach. This change provides a more flexible curriculum to meet the needs of all instructors. Smaller chunks of content help students learn and assess their knowledge before moving on to new topics.

- Revised assessment methods include new critical thinking multiple answer questions at the end of each lesson and chapter. Assessment activities and questions are fully correlated to measurable learning outcomes.
- Fully revised to reflect current nutrition evidence and principles including:
  - The *2020–2025 Dietary Guidelines, Choose MyPlate*, and the *Canadian Food Guide*
  - Changes in recommendations for food introduction for infants
  - Plant-based eating styles
  - Expanded food labeling information that reflects current requirements for food manufacturers to disclose bioengineered (genetically modified) foods or food ingredients in their products
  - The addition of sesame as the ninth food to the list of common food allergens that cause 90 percent of food allergies and the requirement for food manufacturers to declare sesame on the food label
  - Changes in technology and consumer habits regarding purchasing online retail grocery and restaurant offerings
  - Use of language that promotes body positivity and limits potentially harmful dieting practices
- New Sustainable Food Concepts in unit openers highlight key items related to sustainability, environmental issues, conserving natural resources, and food production.
- Global Connections features help elevate cultural understanding by integrating cultural awareness and respect for diverse food choices into every chapter in the textbook.
- The textbook features 46 tasty and healthful recipes that are designed to be completed within a 45-minute class period.
  - Thirty-two additional recipes are included in the textbook that feature global flavors.
  - Additional online recipes are available for digital users from the former *Foods of the World* recipe collection.
  - Extensively updated images embrace diversity in food choices and a photo for each *Recipe for Good Food*.
- New common food allergen suggestions have been added for recipes and lab activities in the textbook when appropriate.

SAMPLE

Precision Exams by YouScience Certification

Goodheart-Willcox is pleased to partner with YouScience to correlate *Guide to Good Food* with their Food and Nutrition I and Nutrition and Wellness certification standards. Students who pass the exam and performance portion of the exam can earn a Career Skills certification. Precision Exams by YouScience and Career Skills Exams were created in partnership with industry and subject matter experts to align real-world job skills with marketplace demands. Students can showcase their skills and knowledge with industry-recognized certifications—and build outstanding resumes to stand out from the crowd!

And for teachers, Precision Exams by YouScience provides:

- Access to a library of Career Skills Exams, including pre- and post-assessments for all 16 National Career Clusters
- Suite of on-demand reporting to measure program and student academic growth
- Easy-to-use, 100% online administration



MBI/Shutterstock.com

To see how *Guide to Good Food* correlates to Precision Exams by YouScience standards, visit the Correlations tab at https://www.g-w.com/guide-to-good-food-2025. For more information about Precision Exams by YouScience, visit www.youscience.com/certifications/career-clusters/.

SAMPLE

Guided Tour

This visual menu highlights the ways that students can dig in and savor the valuable topic of food and nutrition to nourish both their bodies and brains throughout their lives.

Learning Outcomes clearly identify the knowledge and skills to be obtained when the chapter is completed.

Key Terms list the vocabulary words to be defined in each chapter.

The **Essential Question** provides a starting point to consider concepts related to the chapter content.

Reading Prep provides reading comprehension advice at the beginning of each chapter.

FCCLA Connections recommends individual and team activities to link key chapter content to related FCCLA programs and activities.

Revised feature boxes focused on popular topics in nutrition, food, and health include:



Facts Not Fads provides answers to hot topics such as bottled water, protein drinks and powders, and weight-loss aids.

Exploring Careers features highlight a wide variety of modern job opportunities in the food and nutrition industry. Similar jobs to explore are included with each feature.



Learn About… highlights assorted food and nutrition issues ranging from milk alternatives to the proper way to thaw poultry.



Global Connections discuss up-to-date cultural content, including diverse global flavors and food choices. A bonus recipe is offered for students that aims to create a connection with new regions and celrebrate regional favorites.

Keeping Food Safe alerts students to potentially dangerous substances and practices in food preparation and storage.

SAMPLE



Hands-On Learning Mini Labs provide a practical, real-world application of information presented within each lesson to foster skill development and knowledge retention.

Food Science touches on outcomes in cooking that depend on food science such as factors that affect egg foams and adjusting recipes for high-altitude cooking.

Recipes for Good Food offers students the opportunity to try their food preparation skills on familiar favorites and new flavors they have not tried yet.

Body Builder offers suggestions for choices that benefit the body such as increasing whole grains and supporting the body during illness.



Summary feature provides an additional review tool to reinforce key learning outcomes.

Core Skills questions focus on skill development with practical application of knowledge gained to real-world situations and problems.

Critical Thinking and **Problem Solving** questions develop higher-order thinking and problem-solving, personal, and workplace skills.

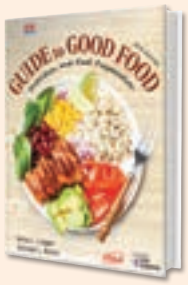
Lesson Review and **Chapter Review** questions allow demonstration of knowledge, identification, and comprehension of chapter material.

SAMPLE

TOOLS FOR STUDENT AND INSTRUCTOR SUCCESS

Student Tools

Student Text



Guide to Good Food is designed so that students can acquire the knowledge and skills needed to plan nourishing meals, shop for the ingredients, and prepare safe, wholesome food to fuel their bodies and support wellness. It aims to be an inclusive guidebook to nourishing foods and making beneficial choices for health.

Workbook

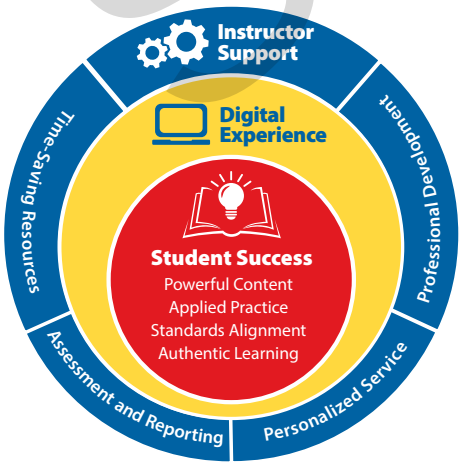
- Hands-on practice includes questions and activities.
- Organized to follow the textbook lessons to help students achieve key learning outcomes.

G-W Digital Companion

- E-flash cards and vocabulary exercises allow interaction with content to create opportunities to increase achievement.
- Interactive glossary, vocabulary activities, interactive games, animations, and review questions help students learn terminology and concepts.

Online Learning Suite

- All student instructional materials are found on a convenient online bookshelf and are accessible at home, at school, or on the go.
  - Provides easy-to-use access and navigation
  - Includes accessible resources for all learners
  - Encourages exploration and discovery (or practice and repetition)
- Videos highlighting specific food preparation principles and cooking techniques have been created for this edition. Guided worksheets are provided to help students take notes as they watch each video.



Instructor Tools

LMS Integration

Integrate Goodheart-Willcox content within your Learning Management System for a seamless user experience for both you and your students. EduHub LMS–ready content in Common Cartridge® format facilitates single sign-on integration and gives you control of student enrollment and data. With a Common Cartridge integration, you can access the LMS features and tools you are accustomed to using and G-W course resources in one convenient location—your LMS.

G-W Common Cartridge provides a complete learning package for you and your students. The included digital resources help your students remain engaged and learn effectively:

- **Digital Textbook**
- **Online Workbook**
- **Videos**
- **Drill and Practice** vocabulary activities

When you incorporate G-W content into your courses via Common Cartridge, you have the flexibility to customize and structure the content to meet the educational needs of your students. You may also choose to add your own content to the course.

For instructors, the Common Cartridge includes the Online Instructor Resources. QTI® question banks are available within the Online Instructor Resources for import into your LMS. These prebuilt assessments help you measure student knowledge and track results in your LMS gradebook. Questions and tests can be customized to meet your assessment needs.

Online Instructor Resources

- The **Instructor Resources** provide instructors with time-saving preparation tools such as answer keys, editable lesson plans, and other teaching aids.
- **Instructor's Presentations for PowerPoint®** are fully customizable, richly illustrated slides that help you teach and visually reinforce the key concepts from each chapter.
- Administer and manage assessments to meet your classroom needs using **Assessment Software with Question Banks**, which include hundreds of matching, completion, multiple choice, and short answer questions to assess student knowledge of the content in each chapter.

See at https://www.g-w.com/guide-to-good-food-2025 for a list of all available resources.

Professional Development

- Expert content specialists
- Research-based pedagogy and instructional practices
- Options for virtual and in-person Professional Development

SAMPLE

Brief Contents

Unit 1 Getting Started in the Kitchen 2

- **Chapter 1** Food Affects Life 4
- **Chapter 2** Safety and Sanitation 30
- **Chapter 3** Basic Skills and Equipment 57
- **Chapter 4** Recipes and Work Plans 86
- **Chapter 5** Preparing Simple Recipes 118

Unit 2 Nutrition and Wellness 144

- **Chapter 6** The Energy Nutrients 146
- **Chapter 7** Vitamins, Minerals, and Water 172
- **Chapter 8** Making Healthy Choices 206
- **Chapter 9** Life-Cycle Nutrition 236
- **Chapter 10** Managing Weight 269
- **Chapter 11** Staying Active 297

Unit 3 The Management of Food 320

- **Chapter 12** Kitchen and Dining Areas 322
- **Chapter 13** Kitchen Appliances 345
- **Chapter 14** Meal Management 367
- **Chapter 15** Shopping Decisions 397

Unit 4 The Preparation of Food 424

- **Chapter 16** Heat Transfer and Cooking Methods 426
- **Chapter 17** Grain Foods 450
- **Chapter 18** Breads 470
- **Chapter 19** Vegetables 493
- **Chapter 20** Fruits 515
- **Chapter 21** Dairy Products 534

Unit 5 Building Upon Basic Cooking Skills 556

- **Chapter 22** Eggs 558
- **Chapter 23** Meat 577
- **Chapter 24** Poultry 603
- **Chapter 25** Fish and Shellfish 620
- **Chapter 26** Soups, Salads, and Casseroles 640
- **Chapter 27** Cakes, Cookies, and Pies 666
- **Chapter 28** Entertaining and Dining Out 688
- **Chapter 29** Preserving Food 712

Unit 6 Food, Nutrition, and Careers 734

- **Chapter 30** Investigating Careers 736
- **Chapter 31** Career and Job Success 759

SAMPLE

Contents

Unit 1 Getting Started in the Kitchen

Chapter 1 Food Affects Life 4
- **Lesson 1.1** Making Choices About Food 5
- **Lesson 1.2** Physical, Social, and Psychological Influences on Food Choices 8
- **Lesson 1.3** Factors That Affect the Food Supply . . 19

Chapter 2 Safety and Sanitation . . . 30
- **Lesson 2.1** Foodborne Illnesses 31
- **Lesson 2.2** Four Steps to Food Safety 36
- **Lesson 2.3** Safety in the Kitchen 46

Chapter 3 Basic Skills and Equipment . 57
- **Lesson 3.1** Measuring Ingredients 58
- **Lesson 3.2** Kitchen Utensils 62
- **Lesson 3.3** Knives and Knife Skills 69
- **Lesson 3.4** Cooking and Baking Equipment 74

Chapter 4 Recipes and Work Plans . . 86
- **Lesson 4.1** Reading and Comprehending Recipes 87
- **Lesson 4.2** Managing Time and Energy 107

Chapter 5 Preparing Simple Recipes . 118
- **Lesson 5.1** Making Every Recipe Simpler 119
- **Lesson 5.2** Snacks, Sandwiches, Wraps, and Pizza 125
- **Lesson 5.3** Beverages 130

Unit 2 Nutrition and Wellness

Chapter 6 The Energy Nutrients . . 146
- **Lesson 6.1** Carbohydrates 147
- **Lesson 6.2** Fats 156
- **Lesson 6.3** Proteins 160
- **Lesson 6.4** Digestion, Absorption, and Metabolism 165

Chapter 7 Vitamins, Minerals, and Water 172
- **Lesson 7.1** Vitamins 173
- **Lesson 7.2** Minerals 185
- **Lesson 7.3** Water 192
- **Lesson 7.4** Dietary Supplements 196

Chapter 8 Making Healthy Choices . 206
- **Lesson 8.1** Benefits of Healthy Choices 207
- **Lesson 8.2** Resources for Making Healthy Food Choices 211
- **Lesson 8.3** Shopping, Preparing, and Ordering Out Wisely 222

Chapter 9 Life-Cycle Nutrition . . . 236
- **Lesson 9.1** Pregnancy and Lactation 237
- **Lesson 9.2** Infancy and Childhood 243
- **Lesson 9.3** Teens and Adults 251
- **Lesson 9.4** Meeting Special Needs 257

Chapter 10 Managing Weight 269
- **Lesson 10.1** Energy Needs 270
- **Lesson 10.2** Weight Management 274
- **Lesson 10.3** Eating Disorders 287

Chapter 11 Staying Active 297
- **Lesson 11.1** Physical Activity and Physical Fitness 298
- **Lesson 11.2** Fitness Through the Life Cycle 304
- **Lesson 11.3** Nutrition for Athletes 309

Unit 3 The Management of Food

Chapter 12 Kitchen and Dining Areas . 322
- **Lesson 12.1** Planning Kitchen and Dining Areas . . . 323
- **Lesson 12.2** Functional Surfaces and Fixtures 329
- **Lesson 12.3** Setting the Table 334

Chapter 13 Kitchen Appliances . . . 345
- **Lesson 13.1** Major Kitchen Appliances 346
- **Lesson 13.2** Small Kitchen Appliances 357

Chapter 14 Meal Management 367
- **Lesson 14.1** Planning Nutritious and Appealing Meals 368
- **Lesson 14.2** Using Planned Spending 380
- **Lesson 14.3** Controlling the Use of Time and Energy 388

Chapter 15 Shopping Decisions . . . 397
- **Lesson 15.1** Choosing Where to Shop 398
- **Lesson 15.2** Using Food-Buying Strategies 413
- **Lesson 15.3** Using Food Labeling 413

SAMPLE

Unit 4 The Preparation of Food

Chapter 16 Heat Transfer and Cooking Methods 426
- **Lesson 16.1** Forms of Heat Transfer 427
- **Lesson 16.2** Cooking Methods 432

Chapter 17 Grain Foods 450
- **Lesson 17.1** Cereal Products 451
- **Lesson 17.2** Selecting and Storing Cereal Products 458
- **Lesson 17.3** Cooking Starches and Cereal Products 461

Chapter 18 Breads 470
- **Lesson 18.1** Selecting and Storing Baked Products 471
- **Lesson 18.2** Quick Breads 474
- **Lesson 18.3** Yeast Breads 482

Chapter 19 Vegetables 493
- **Lesson 19.1** Buying and Storing Vegetables 494
- **Lesson 19.2** Preparing Vegetables 504

Chapter 20 Fruits 515
- **Lesson 20.1** Buying and Storing Fruits 516
- **Lesson 20.2** Preparing Fruits 523

Chapter 21 Dairy Products 534
- **Lesson 21.1** Selecting and Storing Dairy Products . . . 535
- **Lesson 22.2** Cooking with Dairy Products 546

Unit 5 Building Upon Basic Cooking Skills

Chapter 22 Eggs 558
- **Lesson 22.1** Selecting and Storing Eggs 559
- **Lesson 22.2** Cooking with Eggs 563

Chapter 23 Meat 577
- **Lesson 23.1** Selecting and Storing Meat 578
- **Lesson 23.2** Principles and Methods of Cooking Meat 586

Chapter 24 Poultry 603
- **Lesson 24.1** Selecting and Storing Poultry 604
- **Lesson 24.2** Preparing Poultry 610

Chapter 25 Fish and Shellfish 620
- **Lesson 25.1** Selecting Fish and Shellfish 621
- **Lesson 25.2** Preparing Fish and Shellfish 628

Chapter 26 Soups, Salads, and Casseroles 640
- **Lesson 26.1** Seasonings and Soups 641
- **Lesson 26.2** Salads and Dressings 651
- **Lesson 26.3** Sauces and Casseroles 657

Chapter 27 Cakes, Cookies, and Pies 666
- **Lesson 27.1** Cakes 667
- **Lesson 27.2** Cookies 676
- **Lesson 27.3** Pies 680

Chapter 28 Entertaining and Dining Out 688
- **Lesson 28.1** Planning for Entertaining 689
- **Lesson 28.2** Responsibilities of Hosts and Guests . . . 695
- **Lesson 28.3** Dining Out 701

Chapter 29 Preserving Food 712
- **Lesson 29.1** Preventing Food Spoilage 713
- **Lesson 29.2** Canning Foods at Home 718
- **Lesson 29.3** Freezing and Drying Foods at Home . . . 723

Unit 6 Food, Nutrition, and Careers

Chapter 30 Investigating Careers 736
- **Lesson 30.1** Planning for a Career 737
- **Lesson 30.2** Choosing a Career 741
- **Lesson 30.3** Entrepreneurship 747

Chapter 31 Career and Job Success 759
- **Lesson 31.1** Finding a Job 760
- **Lesson 31.2** Succeeding at Work 766

Appendix A 783

Appendix B 785

Appendix C 787

Glossary 788

Index 798

Recipe Index 832

SAMPLE

Feature Contents

Body Builder

Create Healthy Recipes . . . 105
The Sunshine Vitamin . . . 175
Bottled Water . . . 194
Make Half Your Grains Whole . . . 217
Be Active Your Way . . . 221
Supporting the Body During Illness . . . 261
Planning for Special Nutritional Needs . . . 379
Choosing Whole Grains . . . 458
Using Vegetable Cooking Liquid . . . 507

Exploring Careers

Food Photographer . . . 13
Dishwasher . . . 38
Ergonomist . . . 67
Research Chef . . . 111
Barista . . . 133
Registered Dietitian Nutritionist . . . 149
Nutritional Biochemist . . . 177
Nutrition Epidemiologist . . . 226
Nutrition & Dietetic Technician, Registered . . . 252
Body Image Coach . . . 289
Athletic Trainer . . . 314
Interior Designer . . . 330
Appliance Sales Manager . . . 355
Food and Beverage Director . . . 371
Grocery Stock Clerk . . . 417
Farm Manager . . . 431
Grain Inspector . . . 452
Family and Consumer Sciences Educator . . . 472
Plant Scientist . . . 500
Agricultural Engineer . . . 518
Cheesemaker . . . 540
Food Science Technician . . . 561
Grill Cook . . . 591
Fast-Food Counter Attendant . . . 612
Fish Hatchery Manager . . . 623
Dietary Manager . . . 655
Pastry Chef . . . 681
Event Planner . . . 690
Quality Control Microbiologist . . . 725
Caterer . . . 745
Grocery Store Manager . . . 774

Facts Not Fads

Evaluating Information in the Media . . . 12
Protein Drinks and Powders . . . 162
Weight-Loss Aids . . . 280
Excessive Exercise . . . 302
Sustainability in Food Marketing . . . 399

Food Science

Cookware Shapes for Microwaving . . . 79
Adjusting Recipes for High-Altitude Cooking . . . 99
Energy Value of Foods . . . 273
Factors Affecting Starch-Thickened Mixtures . . . 462
Chemical Leaveners . . . 475
Temperature of Liquids in Yeast Breads . . . 483
Effect of Cooking on Vegetable Color . . . 506
Effects of Cooking on Fruit . . . 524
Whipping Properties of Cream . . . 548
Factors Affecting Egg Foams . . . 565
Handling Pastry Dough . . . 682

Global Connections

Olives . . . 10
Beans . . . 43
Tomatoes . . . 71
Garlic . . . 89
Tea . . . 134
Corn or Maize . . . 152
Peppers . . . 183
Leafy Greens . . . 224
Bananas and Plantains . . . 249
Cabbage . . . 285
Religion and Food Choices . . . 311
Jewish Dietary Laws . . . 339
Coffee . . . 349
Regional Foods in the United States . . . 384
A Salute to Spices . . . 403
Enjoying New Dining Experiences . . . 435
Ancient Grains . . . 456
Familiar Flatbreads . . . 477
Popular Potatoes . . . 501
Coconut . . . 526
Yogurt . . . 544
Eggs . . . 570
Barbecue Culture Around the World . . . 592
Street Food from Around the World . . . 606
A Gift from the Sea: Sea Vegetables . . . 631
Healing Soups . . . 648
Holiday Baked Goods . . . 672
Table Manners from Around the World . . . 697
Canned Food: Overlooked and Underappreciated . . . 715
Foundations of Culinary Arts . . . 750
Climate, Geography, and Exceptional Food Products . . . 770

Hands-On Learning

Mini Lab: Sustainability
Windowsill Gardening . . . 26
Mini Lab: Using a Food Thermometer
Testing Doneness of Beef Patties . . . 52
Mini Lab: Measuring Practice
Oatmeal Raisin Energy Bites . . . 82
Mini Lab: Substituting Ingredients
Scones . . . 113
Mini Lab: Practicing Mise en Place
Layered Greek Dip . . . 137
Mini Lab: Using an Indicator
Testing Foods for Starch . . . 168
Mini Lab: Titration
Testing Liquids for Vitamin C . . . 200
Mini Lab: Evaluating Beverage Choices
Looking at the Sugar in Drinks . . . 232
Mini Lab: Comparing Food Choices
What Do You Get for 100 Calories? . . . 264
Mini Lab: Weight Management Strategies
Estimating Portions Accurately . . . 292
Mini Lab: Benefits of Physical Fitness
Testing the Impact of Activity on Memory . . . 316
Mini Lab: Working the Triangle
Toasted Cheese and Tomato Sandwiches . . . 341

SAMPLE

Mini Lab: Adaptable Appliances
Brewing Up a Banquet ... 362
Mini Lab: Flavor Perception
Impact of Food Color ... 393
Mini Lab: Brand Comparison
Condensed Tomato Soup ... 419
Mini Lab: Observing Convection, Conduction, and Radiation
Coffee and Cream ... 446
Mini Lab: Principles of Cooking Starches
Effects of Dry Heat on Starch ... 466
Mini Lab: Chemical Leavening Agents
The Effects of Baking Powder in Biscuits ... 489
Mini Lab: Acids and Alkalis
Testing Acidity of Vegetables ... 510
Mini Lab: Selecting Fresh Fruit
Evaluating Fruit Ripeness ... 530
Mini Lab: Principles of Cooking with Milk
Preventing Scum Formation ... 552
Mini Lab: Cooking with Eggs
Cooking Soft Custard ... 573
Mini Lab: Comparing Meat Cooking Methods
Makin' Bacon ... 598
Mini Lab: Nutritional Value of Poultry
Fat Distribution in Chicken Breast ... 616
Mini Lab: Comparing Cooking Methods
Lean Fish vs .Fatty Fish ... 635
Mini Lab: Seasoning Cooked Food
Adding Whole and Ground Seasonings ... 661
Mini Lab: Cookie Ingredients
Effects of Ingredient Proportions on Cookie Texture ... 684
Mini Lab: Meal Service Options
Comparing Styles of Meal Service ... 706
Mini Lab: Drying Foods
Strawberry Fruit Leather ... 729
Mini Lab: Developing a Recipe
Tweak-a-Roni and Cheese ... 753
Mini Lab: Reviewing Job Performance
Employee Evaluation Forms ... 777

Keeping Food Safe

The Temperature Danger Zone ... 41
Foodborne Illness and Pregnancy ... 238
Rancidity ... 439
Washing Vegetables ... 497
Using Raw Eggs ... 566
Cooking Meat Safely ... 584
Food Safety at the Fish Market ... 624
Picnic Food Safety ... 692
Checking for Spoilage ... 720

Learn About...

Governing the Food Supply ... 32
SI – The Metric System ... 91
Preparing Beverages for a Party ... 131
Added Sugars ... 151
Osteoporosis ... 186
Limiting Dietary Sodium ... 189
Know and Apply ... 189
Dietary Reference Intakes (DRIs) ... 212
Bottle Feeding ... 245
Easing Meal Preparation ... 255
Healthy Weight for Children and Teens ... 276
Portion Distortion ... 283
Additional Work Centers ... 325
Outlets and Electrical Safety ... 332
Safety Seals ... 351
The Value of Family Mealtime ... 372
Enhancing Food Presentation ... 378
Coupons and Unit Pricing ... 408
Induction Cooking ... 428
Milk Alternatives ... 538
Chocolate and Cocoa Beverages ... 549
Offal ... 580
Degree of Meat Doneness ... 589
Thawing Poultry ... 610
Testing Poultry for Doneness ... 614
Sustainable Seafood ... 629
Storing Dried Herbs and Spices ... 643
Gelatin Salads ... 652
Cake Decorating Tools ... 674
Freshening Stale Cookies ... 678
Grilling Tools ... 691
Serving Party Foods ... 694
Restaurant Tipping ... 704
Thawing Frozen Foods ... 726
Storing and Using Dried Foods ... 727
Developing Goals ... 739
Questions for Entrepreneurs ... 748
Managing Business Basics ... 749
Managing Your Online Presence ... 764
OSHA for Young Workers ... 769

Recipe for Good Food

Mix and Match Fruit Slushies ... 27
Chicken Fajita Salad ... 53
Cucumber and Carrot Salad ... 83
Quick Apple Crumble ... 114
Tasty Toasted Chickpeas ... 140
Sunflower Power Toast ... 169
Vitality Platter ... 202
Curried Chicken Salad Pita Pockets ... 233
Plant-Based "Cheese" ... 265
Strawberry-Banana Up-and-Down Shake ... 294
Cranberry Orange DIY Sports Drink ... 317
Everything-but-the-Kitchen-Sink Snack Mix ... 342
Banana-Oat Blender Pancakes ... 364
Savory Pain Perdu ... 394
Supermarket Shortcut Pasta & Meatballs ... 421
Caramelized Onion Dip ... 447
Cilantro Lime Rice ... 467
Oat and Honey Muffins ... 490
24 Golden Carrots ... 512
Peach Salsa and Cinnamon Chips ... 531
Cheddar and Apple Tartines ... 553
Pepper 'n' Egg Sliders ... 574
Motley Meatballs ... 599
Dipping Sauces ... 600
Turkey Breakfast Sausage ... 617
Tuna Croquette Small Plates ... 636
Kickin' Chicken and Rice ... 663
Chewy Fruit Drops ... 685
Two-Way Roll-Ups ... 708
Quick Pickled Veggies ... 730
Taste-Shifter Trio of Sauces ... 755
Celebration Sheet Cake ... 779

Sustainable Food Concepts

3, 145, 321, 425, 557, 735

SAMPLE