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cycle. Comprehensive content on food selection, storage, preparation, and service gives students the tools needed to recognize and follow a nutritionally balanced diet, while animations bring content to life.

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Edition, Workbook.

Authors: Velda L.

Largen and Deborah L.

Bence Organized to

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A product that cuts the amount of fat in foods while keeping the flavors and textures fat provides. FDA Food and Drug Administration The federal agency that ensures the safety and wholesomeness of all foods sold across state lines, except meat, poultry, and eggs.

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Guide to Good Food

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helps students learn how to select, store, prepare, and serve foods while preserving their nutrients, flavors, textures, and colors. The appearance of this new edition has completely changed from earlier editions. 396 photos were replaced/added, and a new chapter focuses on staying active and managing your weight.

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**Velda L. Largen,  
Deborah L. Bence ...**

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eduardoflores1229.

Key terms. Terms in  
this set (36) Cleaning

processes. The steps  
taken to ensure

sanitation in the

kitchen. Coagulate.

Components that react  
with another substance

or temperature change

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Lesson (Updated  
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chapters in the text as impacted by the MyPyramid food guidance system, the latest Dietary

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**9781590705179:  
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