



Food Fundamentals (10th Edition)

By Margaret McWilliams Ph.D. R.D. Professor Emeritus

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FOOD FUNDAMENTALS, 10/e integrates the scientific principles of safe and nutritious food preparation with the basic techniques students need to work effectively with food. It introduces the scientific basis of current practices and procedures, and explains ingredients both as nutrient sources and as food product components. The effects of preparation techniques are discussed in the context of the science underlying food manipulation, ingredients, ratios, effects of heat and cold, storage, preservation, and evaluation. Foods from diverse cultures are covered, and “Cultural Accents” features present a global perspective. Study aids include “Key Concepts” chapter roadmaps; “Science Notes” and “Industry Insights”; “Judging Points” to help students evaluate food products; updated web links; and many new illustrations. Fully revised to reflect MyPlate and the 2010 Dietary Guidelines for Americans, this edition adds more information on healthy food choices, labeling, vegetarian diets, and gluten-free products.

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