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current nutrition information to inform students as they learn the roles nutrients play in their health throughout the life cycle. Comprehensive content on food selection, storage, preparation, and service gives students the tools needed to recognize and follow a nutritionally balanced diet, while

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animations bring
content to life.

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Activity D Chapter 9
Equipment Review
Flashcards | Quizlet
Transcript of Guide to
Good Food Chapter 3:
Making Healthful
Choices. Be leery of
battered veggies, fish
broiled in butter, and
pasta with butter sauce.
Order a side salad

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instead of french fries.

Order regular instead of large-sized items. Stay away from items that are served with cream sauces, cheese or gravy, breaded,...

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Chapter 8: Kitchen and
Dining Areas Chapter
Activities Crossword
Puzzle Matching E-

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Terms And
Quiz Animated Activity
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Career Activity

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:Chapter 1. Interrelated
factors, including air,
water, soil, mineral
resources, plants, and
animals, that ultimately
affect the survival of life

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on earth.

guide good food

Flashcards and Study
Sets | Quizlet

Activity D Chapter 9
Equipment Review.

STUDY. Flashcards.
Learn. Write. Spell.

Test. PLAY. Match.

Gravity. Created by.

nuie314. ... I a a four-
sided metal tool used to
shred and grate foods

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such as cabbage and
cheese. Shears. ... Foods

and Nutrition Chapter 9

23 Terms.

shirley_itsmalia829.

Foods 1: kitchen utensils

30 Terms.

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nutrition Flashcards. a

chemical substance in

food that helps maintain

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the body. a chemical
substance in food that
helps maintain the body.

a chemical substance in
food that helps maintain
the body. a chemical
substance in food that
helps maintain the body.

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Chapter 2: Nutritional

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Needs—Terms and
Definitions absorption.

The process of taking
nutrients into the body
and making them part
of the body. amino acid.

A chemical compound
that serves as a building
block of proteins.

anemia.

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Chapter

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Guide to Good Food provides an in-depth look at how to select, store, prepare, and serve nutritious, appealing dishes. Menus and recipes with easy-to-follow, step-by-step directions and nutritional analyses are included. Food-related careers are profiled in every chapter, and Career Success features

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are found throughout.

Table of Contents
Definitions

Guide to Good Food
Chapter 2 Nutritional
Needs Flashcards ...

A food guidance system
with a set of interactive
tools to help people
make healthful eating
choices consistent with
the Dietary Guidelines.
The MyPlate icon helps
people visualize how the

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food groups fit together
to build a healthy plate
at mealtime.

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nutrition Flashcards and

Study Sets | Quizlet

A chemical substance in
food that helps maintain

the body The study of

how the body uses

nutrients in foods A lack

of the right proportions

of nutrients over an

extended... The use of

knowledge and skill to ...

tend soil, grow crops,

and... An option a

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person might choose
when making a decision.

A psychological desire
to eat.

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and Nutrition. ...
crossword puzzles, and

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interactive quizzes. The chapter glossary, printable activities, and interactive activities are also available below.

Unit 1: The Importance of Food. 1: Food Affects Life E-Flash Card;

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Chapter 8

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and serve nutritious,
appealing dishes.

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a chemical substance in
food that helps maintain
the body. chemical
chains that contain
carbon, hydrogen, and
oxygen atoms. dissolve
in fats. they are carried
by the fats in foods and

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can be stored in the fatty
tissues of the body.
dissolve in water.

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Small pan that fits into a
larger pan. Food is put
in the smaller pan, and
water is placed in the
larger pan. The food
cooks by steam heat.

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