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Gras is French for Fat Tuesday. It falls on the day before Ash Wednesday, which marks the beginning of Lent in the Christian Church.

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Guide to Good Food - Chapter 2 -

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Nutritional Needs ...

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profiled in every chapter, and Career Success features are found throughout.

Guide To Good Food Chapter 16 Study Sheet Answer Key ... appear at the end of every chapter. Guide to Good Food also

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GUIDE TO GOOD FOOD CHAPTER 18 STUDY SHEET PDF

Transcript of Guide to Good Food Chapter 3: Making Healthful Choices. Be leery of buttered veggies, fish broiled in butter, and pasta with butter sauce. Order a side salad instead of

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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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a mucus and enzyme-containing liquid

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secreted by the mouth and begins to break down food Metabolism the chemical process that takes place in the cells after the body absorbs nutrients.

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Guide to Good Food gives your students an in-depth look at the exciting world of food and the MyPlate food guidance system. This edition incorporates the latest Dietary Guidelines for Americans as it shows students how to select, store, prepare, and serve nutritious, appealing dishes.

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Guide to Good Food Chapter 28 - The United States and Canada

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Permission granted to reproduce for educational use only. Guide to Good Food. Chapter 2: Nutritional Needs—Terms and Definitions.

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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.

Guide to Good Food Chapter 3:
Making Healthful Choices by ...

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Guide to Good Food Chapter 2

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comparing several factors, such as quality, features, and cost.

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a chemical substance in food that helps maintain the body. chemical chains that contain carbon, hydrogen,

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and oxygen atoms. dissolve in fats.
they are carried by the fats in foods
and can be stored in the fatty tissues
of the body. dissolve in water.

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