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Titolo	Food fundamentals // Margaret McWilliams
Pubbl/distr/stampa	Harlow, England : , : Pearson Education, Limited, , [2014] Â©2014
ISBN	1-292-05440-9
Edizione	[Tenth edition.]
Descrizione fisica	1 online resource (72 pages) : illustrations (some color)
Collana	Always Learning
Disciplina	641
Soggetti	Cooking
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Table of Contents -- 1. Food for Today -- 2. Nutrition and Food -- 3. Food Safety -- 4. Factors in Food Preparation -- 5. Vegetables -- 6. Fruits -- 7. Salads and Salad Dressings -- 8. Fats and Oils -- 9. Carbohydrates: Sugar -- 10. Carbohydrates: Starches and Cereals -- 11. Proteins: Milk and Cheese -- 12. Proteins: Eggs -- 13. Proteins: Meats, Poultry, and Fish -- 14. Leavening Agents -- 15. Basics of Batters and Doughs -- 16. Breads -- 17. Cakes, Cookies, and Pastries -- 18. Beverages -- 19. Preserving Food -- 20. Appendix: The Metric System -- 21. Appendix: Some Food Additives -- 22. Glossary -- Index.
Sommario/riassunto	For introductory courses serving students who intend to pursue degrees and careers in food science, dietetics, or nutrition. This text 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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