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Guide to Good Food 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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Guide to Good Food, 13th Edition Page 4 (22 of 762) 4. Part 1 The Importance of Food. C H A P T E R 1 C H A P T E R 1. Food Affects Life Food Affects Life. Divide the class into two teams. Each student on one team will. write the words listed under Terms to Know on a set of index. cards.

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During her career she developed a World Foods course, which later inspired her to write the Guide to Good Food text and its supplements. Deborah L. Bence earned her Bachelor's degree in Home Economics Education from Miami University in Ohio, where she taught family and consumer sciences at the high school level. She also worked as editor for an ...

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