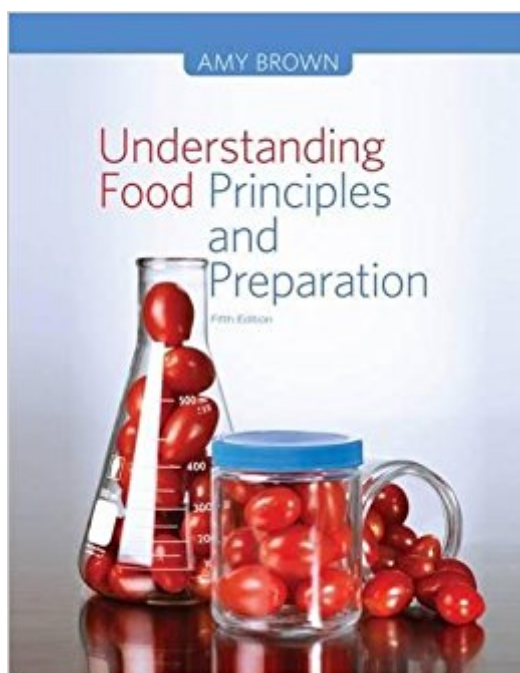


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# Understanding Food: Principles And Preparation



## Synopsis

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is your introductory guide to learning about foods, food preparation, food service, and food science. Integrating these key topics with relevant information about nutrition and the food industry, the Fifth Edition gives you a thorough overview of the different dimensions of food principles--and insight into the variety of career options available in the food industry. Numerous photographs and illustrations help you understand and apply what you read.

## Book Information

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## Customer Reviews

Amy Christine Brown received her Ph.D. from Virginia Polytechnic Institute and State University in Human Nutrition and Foods. She has been a college professor and a registered dietitian with the Academy of Nutrition and Dietetics since 1986. Dr. Brown currently teaches at the University of Hawaii's John A. Burns School of Medicine in the Department of Complementary and Integrative Medicine. Her research interests are in bioactive plant substances beneficial to health and medical nutrition therapy. Some of the studies she has conducted include "Diet and Crohn's disease," "Potentially harmful herbal supplements," "Kava beverage consumption and the effect on liver function tests" and "The effectiveness of kukui nut oil in treating psoriasis." Selected research journal publications include "Position of the American Dietetic Association: functional foods" (Journal of the American Dietetic Association); "The Hawaii Diet: Ad libitum high carbohydrate, low fat multi-cultural diet for the reduction of chronic disease risk factors" (Hawaii Medical Journal); "Lupus

erythematosus and nutrition: A review" (Journal of Renal Nutrition); "Dietary survey of Hopi elementary school students" (Journal of the American Dietetic Association); "Serum cholesterol levels of nondiabetic and streptozotocin-diabetic rats" (Artery); "Infant feeding practices of migrant farm laborers in northern Colorado" (Journal of the American Dietetic Association); "Body mass index and perceived weight status in young adults" (Journal of Community Health); "Dietary intake and body composition of Mike Pigg, 1988 Triathlete of the Year" (Clinical Sports Medicine); and numerous newspaper nutrition columns.

I rented to back for my Food Science class and it was in perfect condition! I used it often and it had very good information from which I learned a lot!

Was not sure what to expect as this was first course I have attended in food preparation. A good book for principles.

Great book,it has lots of information regarding food on a whole

Was in perfect condition. Thanks! :)

Love that we could rent this book

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