



Guide to Good Food Teacher's Edition

Velda L. Largent, Deborah L. Bence

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Guide to Good Food gives information about food and nutrition that can be used every day. This practical text focuses on the latest advice on diet and physical activity to help students make healthful food and fitness choices. Tips on using space, time, and energy help students manage resources while working in the kitchen. Information on basic cooking methods provides the background needed to prepare a wide range of foods. Guidelines for choosing appliances, setting up a food budget, and buying and storing foods help students make consumer decisions.

Throughout the text, health, business etiquette, safety, consumer, and environmental tips appear. Question-and-answer sidelights address common food myths and concerns. Descriptions of food industry careers appear at the beginning of each chapter. Case studies illustrating the need for and use of skills in the workplace end every chapter.

The Teacher s Edition places 12 types of teaching elements in the side and bottom margins that review and reinforce activities. These range from building vocabulary, math, and science skills to interdisciplinary connections, FCCLA projects, and ideas for meeting special needs.

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