



Understanding Food: Principles and Preparation

By Amy Christine Brown

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UNDERSTANDING FOOD, Third Edition is your introductory guide to learning about foods, food preparation, food service, and food science. This text is a launch to prepare you for a variety of careers in the food industry. Highly researched and comprehensive in coverage, UNDERSTANDING FOOD thoroughly explores the science of food through core material on food selection and evaluation, food safety and food chemistry. The many aspects of food service are covered including meal planning, basic food preparation, equipment, food preservation and government regulations. The final sections of the text supply food preparation, classification, composition, selection, purchasing and food storage information for a range of traditional food items. A rich illustration and photo program and unique pedagogical features help to make the information easily understandable and interesting... and something worth holding on to!

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Editorial Review

Review

"I've been very pleased with the book. The students find it easy to read and understand. The schematics developed to explain chemical and physical reactions are great."

"I think that this text book lays a solid foundation for students preparing for some aspect of the food industry, whether it be Hospitality Management, Chef, Dietetics, Catering, etc. this book provides the foundation from which additional layers of knowledge can grow."

"This is a great book! All fourteen students who helped with the review were extremely positive about the text."

"The text is very well written. The scientific information was very accurate and well presented."

"The book is very good. It covers a number of angles well: nutrition, culinary arts, product identification and food science. I think the pictorial summaries at the end of each chapter are a very good feature."

About the Author

Amy Christine Brown received her PhD from Virginia Polytechnic Institute and State University in 1986 in the field of 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 Alternative Medicine. Her research interests are in the area of 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.

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