



## Guide to Good Food

*Velda L. Largent, Deborah L. Bence*

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**Guide to Good Food** provides an in-depth look at how to select, store, prepare, and serve nutritious, appealing dishes. Menus and recipes with easy-to-follow, step-by-step directions and nutritional analyses are included. Food-related careers are profiled in every chapter, and Career Success features are found throughout.

- Healthful lifestyles are supported by the inclusion of MyPlate and the latest Dietary Guidelines for Americans.
- Students can explore the culture and cuisine of over 30 countries in the Foods of the World section.
- Math, food science, and social studies are introduced into the curriculum through features and activities.

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