AMY BROWN

## Understanding Food Principles and Preparation Fifth Fighton

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## Understanding Food: Principles and Preparation



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



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