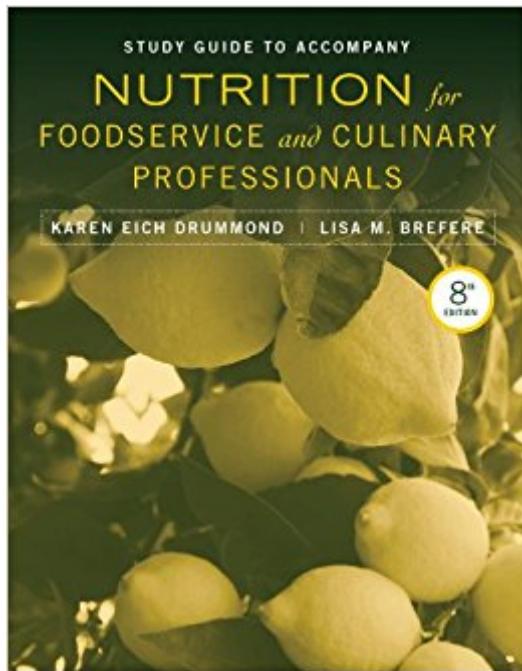


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# Study Guide To Accompany Nutrition For Foodservice And Culinary Professionals



## **Synopsis**

Nutrition for Foodservice and Culinary Professionals is the must-have reference for the most thorough, up-to-date information on nutrition and diet. New and expanded material in this Sixth Edition addresses important topics such as the 2005 Dietary Guidelines for Americans, MyPyramid, balanced menu options and recipe ideas for morning and afternoon breaks, basic principles of food presentation, meeting special dietary needs, weight management, and much more!

## **Book Information**

Paperback: 216 pages

Publisher: Wiley; 8 edition (March 18, 2013)

Language: English

ISBN-10: 1118507215

ISBN-13: 978-1118507216

Product Dimensions: 8.3 x 0.5 x 10.7 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #210,617 in Books (See Top 100 in Books) #107 in Books > Cookbooks, Food & Wine > Professional Cooking #468 in Books > Science & Math > Agricultural Sciences > Food Science #1619 in Books > Health, Fitness & Dieting > Nutrition

## **Customer Reviews**

A very good resource which focuses on the main things to know for the course. The text book is extremely detailed, and it would be challenging to retain everything if your class is required to cover one chapter per week. This study guide has quizzes, puzzles, true or false, fill in the blanks, etc. to help the student retain details. It takes away most of the frustration and anxiety about retaining the information.

My teacher did not recommend this, but I was glad I got it. It is a great review with the book, and I would say 90% of the material from the tests I took was included in the review sections and many of the test questions were in practice quizzes. Of course every class and teacher is different, so I can only vouch for me. I got an A on every test though, and I could not have done it without this study guide. It has lots of practice tests and assignments for every chapter that aid in learning the material.

Got this to help me study for my tests and it works wonders along with the book. Thanks for the fast shipping

This study guide has made my work o so much lighter, helping me to "work smarter - not harder". Along with its accompanying text, it has assisted me to achieve better grades in assessment. They will be my close companions in preparing instructional and assessment material when I resume my teaching job in the very near future.

I recently took a class and this was the textbook that we used, also I wanted to raise the ratings from the 1 star ratings of people who were unhappy with 3rd party sellers and lowered the average for this book unnecessarily. It's full of information about what nutrients do what, and has a lot on calories and how many servings of each nutrient you need for a certain number of calories. For example, you need 2 cups of vegetable per day for a certain amount of calories. I actually lost 20 pounds by following the guidelines for 2000 and 1500 calorie diets. It also goes into detail about food allergies, and even has some recipes in the back to make healthier versions of traditional recipes.

good condition

Really sucks to have a study guide, but no answers so you can check yourself. This publisher really needs to start providing answer keys.

The book is somewhat used, but works for what I need. It took about 10 days to arrive.

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