Guide to Good Food

Velda L. Largen
Author of Family and Consumer Sciences Instructional Materials

Deborah L. Bence, CFCS
Family and Consumer Sciences Author
Reynoldsburg, Ohio

Publisher
The Goodheart-Willcox Company, Inc.
Tinley Park, Illinois
Introduction

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

Throughout the text, you will find health, business etiquette, safety, consumer, and environmental tips. Question-and-answer sidelights address common food myths and concerns. Descriptions of food industry careers from the *Dictionary of Occupational Titles* are listed at the beginning of each chapter. Case studies illustrating the need for and use of skills in the workplace appear at the end of every chapter. *Guide to Good Food* also includes several chapters on foods from around the world. These features are intended to show you food is more than just something to eat. Food is at the heart of scientific research. It provides a source of income for millions of people. It is also a part of people’s cultural identity.

You will find *Guide to Good Food* easy to read and understand. Hundreds of colorful photos will help you picture the many foods and techniques that are discussed. Numerous recipes will give you the chance to practice food preparation methods covered in the book. Terms are listed at the beginning of each chapter to help acquaint you with vocabulary related to text material. Learning objectives will allow you to key in on important points as you read. Review questions at the end of each chapter will help you assess your understanding of what you read. Learning activities are suggested to give you a chance to further explore topics of interest. Technology applications help you build new skills. All these resources are intended to enhance your experience as you study the interesting and vital topics of food and nutrition.
Teacher Reviewers

Brenda Dumler
Family and Consumer Sciences Teacher
Lee's Summit High School
Lee's Summit, Missouri

Dorothy M. Gunter
Family and Consumer Sciences Instructor
Bartlett High School
Bartlett, Illinois

Ellen Huminsky
Department Chair: Family and Consumer Sciences
Shaker Heights High School
Shaker Heights, Ohio

Belinda Kanis
Family and Consumer Sciences Instructor
West Windsor-Plainsboro High School South
Princeton Junction, New Jersey

Becky Pfeiffer
Regional Occupational Program Instructor, Careers in Hospitality
Duncan Polytechnical High School
Fresno, California

Patricia K. O. Rambo, CFCS
Family and Consumer Sciences Teacher
Tahoka High School
Tahoka, Texas

Nancy Snyder
Family and Consumer Sciences Instructor
Allen High School
Allentown, Pennsylvania

Anne Gerken VanHulst
Family and Consumer Sciences Department Chair
Barron Collier High School
Naples, Florida

Technical Reviewers

Karen Chapman-Novakofski, RD, LD, PhD
Associate Professor and Extension Specialist, Nutrition
Department of Food Science and Human Nutrition
University of Illinois
Urbana-Champaign, Illinois

Barbara Ann F. Hughes, PhD, RD, LDN, FADA
President, B.A. Hughes & Associates
Raleigh, North Carolina

International Food Information Council Foundation
Washington, DC

Jessica Schulman, PhD, RD, LDN
Adjunct Professor and Nutrition Consultant
College of Health Professions
University of Florida
Gainesville, Florida
### Objectives

After studying this chapter, you will be able to:

- Identify various small kitchen utensils and discuss their functions.
- Explain how to select and care for cooking and baking utensils.
- Demonstrate the use of various pieces of small kitchen equipment, cookware, and bakeware.

### Terms to Know

- whisk
- stockinette
- serrated blade
- tang
- French knife
- colander
- pitting
- porcelain enamel
- nonstick finish
- saucepan
- pot
- double boiler
- pressure saucepan
- springform pan
- casserole

### Brief Contents

#### Part 1
**The Importance of Food**

1. How Food Affects Life 16
2. Nutritional Needs 33
3. Making Healthful Food Choices 59
4. Nutrition Through the Life Cycle 80
5. Staying Active and Managing Your Weight 95
6. Safeguarding the Family’s Health 114
7. Career Opportunities 130

#### Part 2
**The Management of Food**

8. Kitchen and Dining Areas 150
9. Choosing Kitchen Appliances 164
10. Kitchen Utensils 185
11. Planning Meals 199
12. The Smart Consumer 217
13. Getting Started in the Kitchen 231

#### Part 3
**The Preparation of Food**

14. Grain Foods 256
15. Vegetables 267
16. Fruits 281
17. Dairy Products 291
18. Eggs 308
19. Meat 320
20. Poultry 336
21. Fish and Shellfish 345
22. Salads, Casseroles, and Soups 356
23. Breads 368
24. Cakes, Cookies, Pies, and Candies 386
25. Food and Entertaining 401
26. Preserving Foods 416

#### Part 4
**Foods of the World**

27. The United States and Canada 432
28. Latin America 476
29. Europe 500
30. Mediterranean Countries 540
31. Middle East and Africa 572
32. Asia 599

Appendix A 640
Canada’s Food Guide to Healthy Eating

Appendix B 642
Recommended Nutrient Intakes

Appendix C 648
Nutritive Values of Foods
Contents

Part 1 The Importance of Food

Chapter 1 How Food Affects Life 16
- The History of Food 17
- Making Choices About Foods 17
- Food Meets Physical Needs 18
- Cultural Influences on Food Choices 20
- Social Influences on Food Choices 21
- Psychological Influences on Food Choices 26
- Factors That Affect the Food Supply 26

Chapter 2 Nutritional Needs 33
- The Nutrients 34
- Carbohydrates 35
- Fats 37
- Proteins 39
- Vitamins 40
- Minerals 47
- Water 53
- Digestion and Absorption 54
- Metabolism 56

Chapter 3 Making Healthful Food Choices 59
- Benefits of Healthful Choices 60
- Diet Planning Resources 61
- Choosing Wisely When Shopping for Food 69
- Choosing Wisely When Preparing Food 73
- Choosing Wisely When Eating Out 75
## Chapter 4  Nutrition Through the Life Cycle  80

- Nutrition During Pregnancy and Lactation  81
- Nutrition in Infancy and Early Childhood  83
- Nutrition in the Elementary School Years  85
- Nutrition in the Teen Years  86
- Nutrition in Adulthood  88
- Nutrition in the Later Years  88
- Special Diets  90

## Chapter 5  Staying Active and Managing Your Weight  95

- Energy Needs  96
- Physical Activity and Fitness  97
- Nutrition for Athletes  99
- Weight Management  101
- Eating Disorders  110

## Chapter 6  Safeguarding the Family’s Health  114

- Foodborne Illnesses  115
- Four Steps to Food Safety  117
- Safety in the Kitchen  123

## Chapter 7  Career Opportunities  130

- Choosing a Career  131
- The Foodservice Industry  132
- The Food Handling Industry  134
- Food-Related Careers in Education and Business  134
- Getting Ready for Success  138
- Finding a Job  142
- Entrepreneurship  144
Part 2  The Management of Food

Chapter 8  Kitchen and Dining Areas  150

Planning the Kitchen and Dining Areas  151
Kitchen and Dining Area Design  155
Table Appointments  158
Setting the Table  160

Chapter 9  Choosing Kitchen Appliances  164

Safety and Service  165
Major Kitchen Appliances  166
Portable Kitchen Appliances  175

Chapter 10  Kitchen Utensils  185

Small Equipment  186
Cooking and Baking Utensils  191

Chapter 11  Planning Meals  199

Provide Good Nutrition  200
Use Planned Spending  204
Prepare Satisfying Meals  208
Control the Use of Time and Energy  211

Chapter 12  The Smart Consumer  217

Choosing Where to Shop  218
Deciding What to Buy  220
Using Food Labeling  225
Help with Consumer Problems  226
Chapter 13 Getting Started in the Kitchen 231

Choosing a Recipe 232
Measuring Ingredients 239
Adjusting Recipes 240
Using a Time-Work Schedule 242
Preparing Simple Recipes 245

Part 3 The Preparation of Food

Chapter 14 Grain Foods 256

Types of Cereal Products 257
Selecting and Storing Cereal Products 259
Cooking Starches 261
Cooking Cereal Products 262

Chapter 15 Vegetables 267

Choosing Fresh Vegetables 268
Choosing Canned, Frozen, and Dried Vegetables 271
Preparing Vegetables 272

Chapter 16 Fruits 281

Choosing Fresh Fruit 282
Choosing Canned, Frozen, and Dried Fruit 285
Preparing Fruits 286
Chapter 17 Dairy Products 291
Selecting and Storing Dairy Products 292
Making the Lowfat Choice 298
Cooking with Milk and Cream 298
Preparing Common Milk-Based Foods 300
Cooking with Cheese 304

Chapter 18 Eggs 308
Selecting and Storing Eggs 309
Eggs as Ingredients 310
Food Science Principles of Cooking Eggs 313
Methods of Cooking Eggs 314

Chapter 19 Meat 320
What Is Meat? 321
Inspection and Grading of Meat 322
Selecting Meat 323
Food Science Principles of Cooking Meat 326
Methods of Cooking Meat 328

Chapter 20 Poultry 336
Nutritional Value of Poultry 337
Buying Poultry 337
Storing Poultry 338
Food Science Principles of Cooking Poultry 339
Methods of Cooking Poultry 339
Chapter 21 Fish and Shellfish  345
- Classification of Fish and Shellfish  346
- Selecting and Purchasing Fish and Shellfish  346
- Cooking Finfish  349
- Principles and Methods of Cooking Shellfish  352

Chapter 22 Salads, Casseroles, and Soups  356
- Salads  357
- Casseroles  360
- Stock Soups  362
- Herbs and Spices  363

Chapter 23 Breads  368
- Selecting and Storing Baked Products  369
- Quick Breads  369
- Yeast Breads  375

Chapter 24 Cakes, Cookies, Pies, and Candies  386
- Cakes  387
- Cookies  392
- Pies  394
- Candy  397
Chapter 25 Food and Entertaining 401

Planning for Entertaining 402
Outdoor Entertaining 408
Dining Out 409

Chapter 26 Preserving Foods 416

Food Spoilage 417
Canning Foods 417
Making Jellied Products 420
Freezing Foods 421
Drying Foods 423
Commercial Food Preservation 425

Part 4 Foods of the World

Chapter 27 The United States and Canada 432

A Historical Overview of the United States 433
New England 435
Mid-Atlantic 439
South 443
Midwest 449
West and Southwest 453
Pacific Coast 457
Hawaiian Islands 461
Canada 465

Chapter 28 Latin America 476

Mexico 478
South America 488