## 641.5 KOW 3rd ed.

## CONTENTS

PART ONE. Food and people	X11
CHAPTER 1. YOUR FOOD CHOICES	2
CHAPTER 2. FOOD FACTS AND FALLACIES	16
PART TWO. Nutrition for Good Health	28
CHAPTER 3. NUTRITION AND YOUR HEALTH	30
CHAPTER 4. THE NUTRIENTS YOU NEED	37
CHAPTER 5. FOOD AND YOUR WELL- BEING	55
CHAPTER 6. PLAN YOUR DAILY FOOD CHOICES	75
CHAPTER 7. CONTROLLING YOUR WEIGHT	91
CHAPTER 8. SPECIAL FOOD NEEDS	106
PART THREE. CONSUMER DECISIONS	124
CHAPTER 9. YOUR KITCHEN	126
CHAPTER 10. KITCHEN EQUIPMENT AND APPLIANCES	140
CHAPTER 11. BUYING FOOD	161
CHAPTER 12. STORING FOOD	178
PART FOUR. Food Skills	190
CHAPTER 13. SAFETY AND SANITATION	192
CHAPTER 14. FOOD PREPARATION TOOLS.	209
CHAPTER 15. FOOD PREPARATION TECHNIQUES	223
CHAPTER 16. MICROWAVE COOKING	240
CHAPTER 17. MEAL MANAGEMENT	253
CHAPTER 18. SERVING AND EATING FOOD	267
PART FIVE. Food Preparation	282
CHAPTER 19. FRUITS	284
CHAPTER 20. VEGETABLES	297
CHAPTER 21. SALADS AND SALAD DRESSINGS	316
CHAPTER 22. DAIRY FOODS	330
CHAPTER 23. MEAT	346
CHAPTER 24. POULTRY	369
CHAPTER 25. FISH AND SHELLFISH	382
CHAPTER 26. EGGS	394
CHAPTER 27. GRAIN PRODUCTS	408

CHAPTER 28. THE BASICS OF BAKING	422
CHAPTER 29. QUICK AND YEAST BREADS	436
CHAPTER 30. COOKIES, CAKES, AND FROSTINGS	452
CHAPTER 31. PIES AND PASTRIES	465
CHAPTER 32. STOCKS, SOUPS, AND SAUCES	477
CHAPTER 33. BEVERAGES	490
CHAPTER 34. PRESERVING FOOD AT HOME	500
PART SIX. Creative Cuisine	514
CHAPTER 35. FOODS OF THE WORLD	516
CHAPTER 36. AMERICAN REGIONAL FOODS	532
CHAPTER 37. CREATIVE COOKING	543
PART SEVEN. Exploring Careers	554
CHAPTER 38. CAREERS IN FOODS AND NUTRITION	556
CHAPTER 39. HOW TO GET AND KEEP A JOB	569
GLOSSARY	581
APPENDICES	
INDEX	613
CREDITS	627