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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. Table of Contents

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Small pan that fits into a larger pan. Food is put in the smaller pan, and water is placed in the larger pan.

The food cooks by steam heat.

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Guide to Good Food :Chapter 1. Interrelated factors, including air, water, soil, mineral resources, plants, and animals, that ultimately affect the survival of life on earth.

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a chemical substance in food that helps maintain the body. chemical chains that contain carbon, hydrogen, and oxygen atoms. dissolve in fats. they are

carried by the fats in foods and can be stored in the fatty tissues of the body. dissolve in water.

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