

Guide to Good Food

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Suggested Grade Levels 9–12

Guide to 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.

- Healthful lifestyles are supported by the inclusion of MyPlate and the latest *Dietary Guidelines for Americans*.
- Students can explore the culture and cuisine of over 30 countries in the *Foods of the World* section.
- College and career readiness activities are found at the end of each chapter.

<http://www.g-w.com/guide-to-good-food-2015>



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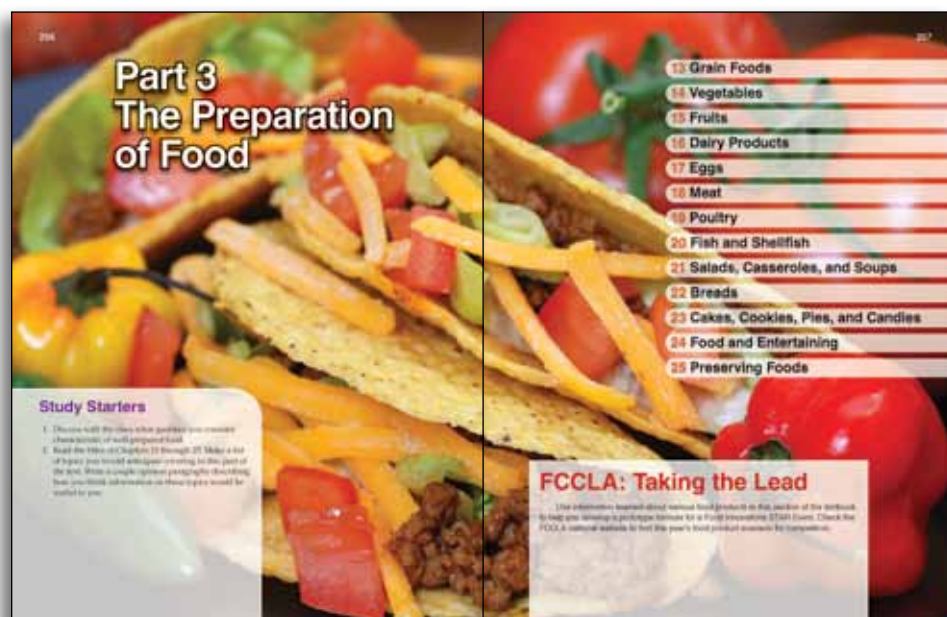
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The text highlights food preparation that produces nutritious meals while stretching food dollars.



Student Materials	ISBN	
Text , 744 pp., hardcover	978-1-61960-629-6	
Workbook , 172 pp.	978-1-61960-634-0	
Student Online Materials		
Online Text , 6 yr. Classroom Subscription (min. 15)	978-1-61960-631-9	
Online Text Subscription Update* , (min. 15)	OTU06319	
Bundle , Text + Online 6 yr. Classroom Subscription (min. 15)	978-1-61960-632-6	
Companion Website	www.g-wlearning.com/foodsandnutrition	FREE
Instructor Materials		
Instructor's Edition , 795 pp.	978-1-61960-633-3	
Instructor's Annotated Workbook , 172 pp.	978-1-61960-635-7	
Instructor's Resource CD	978-1-61960-636-4	
ExamView® Assessment Suite , 1650 test questions	978-1-61960-637-1	
Instructor's Presentations for PowerPoint , 695 slides		
Individual License	978-1-61960-638-8	
Site License	978-1-61960-639-5	

* Update to this edition: offer available to current six-year online text classroom subscribers to this title.

South American Menu

- Empanadas (Turnovers)
- Carbónada Criolla (Beef Stew)
- Couve à Mineira (Shredded Kale)
- Tortillas de Maiz (Corn Pancakes)
- Plátanos Tostado (Broiled Bananas)
- Brasileiras (Brazilian Coconut Cookies)
- Café (Coffee)

Empanadas (Turnovers)

Makes about 24

Filling:

- 1 pound lean ground beef
- 1 onion, finely chopped
- 1/2 clove garlic, chopped
- 2 medium tomatoes
- 8 large green olives, chopped
- 1/2 cup raisins
- salt
- pepper

1. In large, heavy skillet, brown ground beef.
2. Add onions and garlic.
3. When browned, add tomatoes, olives, raisins, and salt and pepper to taste.
4. Simmer mixture uncovered until cooked, about 20 minutes.
5. Remove from heat and refrigerate until you are ready to fill empanadas.

Pastry:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup shortening
- 1/2 cup ice water

1. Sift flour, salt, and baking powder into a large mixing bowl.
2. With pastry blender or two knives, cut shortening into dry ingredients until particles are the size of coarse cornmeal.
3. Add ice water, stirring gently with a fork until dough forms a ball.
4. On lightly floured board or pastry cloth, roll out dough.
5. Using a 2-inch biscuit cutter, cut dough into circles.
6. Place about 1 tablespoon filling in the center of each circle. Fold dough over filling and seal edges well with a little cold water.
7. Bake in a 450°F oven until lightly browned, about 10 to 15 minutes. (For a more authentic dish, empanadas can be fried, a few at a time, in 375°F oil until golden brown.)

Per serving: 125 cal. (50% from fat), 5 g protein, 11 g carbohydrate, 7 g fat, 11 mg cholesterol, 1 g fiber, 30 mg sodium.

Carbónada Criolla (Beef Stew)

Serves 10

- 2 tablespoons vegetable oil
- 2 1/2 pounds beef chuck, cut into 1-inch cubes
- 3/4 cup coarsely chopped onions
- 1/2 cup coarsely chopped green pepper
- 1/2 teaspoon finely chopped garlic
- 4 1/2 cups beef stock
- 3 medium tomatoes, seeded and chopped
- 1/2 teaspoon oregano
- 1 bay leaf
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 4 1/2 cups sweet potatoes, cut into 1 1/2-inch cubes

- 4 1/2 cups (about 1 1/2 pounds) raisins
- 3/4 pound onion, browned
- 4 small round carrots
- 6 carrots

1. Heat oil in a large pot.
2. Add beef cubes and brown on all sides.
3. Transfer to a large pot.
4. Add onions, green pepper, and garlic to the pot.

Global Foods

Includes a regional menu with selected recipes to expose students to other cultures

MORNING FARE		MORNING FARE	
0294450391	RAISIN BRAN 20 OZ	029440550	TOASTED OATS 20 OZ
UNIT PRICE	4.49	UNIT PRICE	4.99
.225		.250	
PER OUNCE		PER OUNCE	

Comparing the unit costs shows the raisin bran cereal costs less per ounce than the toasted oat cereal.

Nutrition Facts		Nutrition Facts	
Serving Size 1 cup (59g)		Serving Size 1 cup (28g)	
Servings Per Container about 10		Servings Per Container about 20	

However, the Nutrition Facts panel on the side of each box shows the raisin bran package contains only 10 servings, whereas the toasted oats package contains 20 servings.

\$4.49 ÷ 10 = \$0.45 **\$4.99 ÷ 20 = \$0.25**

Dividing the total price of each product by the number of servings in each package shows the toasted oats cost less per serving.

11-3 Figuring the cost per serving can tell you which product is a better buy.

As a smart consumer, you need to be aware that a heavier food might not provide as many servings per container as a lighter food. In this case, the unit cost will not tell you which product is a better buy. Instead, you need to find the cost per serving. Do this by dividing the total product price by the number of serving in each package. You can find the number of servings in a food container by looking at the Nutrition Facts panel on the package. See 11-3.

Factors That Affect Costs

Several factors affect the costs of the foods you buy. These factors include food grades, product brands, and packaging. Understanding these factors can help you be a smart consumer.

Learn About...



Coupons and Unit Pricing

Consider the impact of coupons on unit cost. Small packages often have a higher unit cost than large packages of the same product. When using a coupon, however,

the small package often becomes the better buy. For instance, suppose a 10-ounce (284 g) box of cereal costs \$2.49 and a 20-ounce (568 g) box costs \$4.39. The small box would have a unit cost of \$0.22 per ounce (28 g). The large box would have a unit cost of \$0.22 per ounce (28 g). With a \$0.75 coupon, the small box would cost \$1.74; the large box would cost \$3.64. With the coupon, the unit cost of the small box would be \$0.17; the unit cost of the large box would be \$0.18.

Learn About

Highlights important facts on a variety of topics, enhancing text material