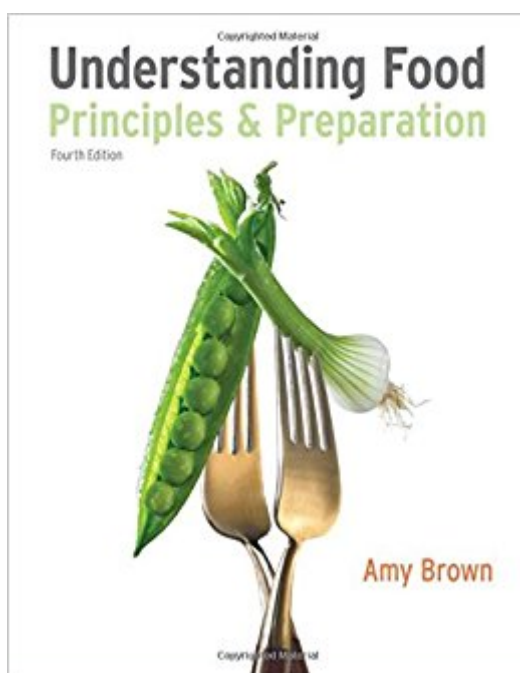


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Understanding Food: Principles And Preparation (Available Titles CourseMate)



Synopsis

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is your introductory guide to learning about foods, food preparation, food service, and food science. Integrating these key topics with relevant information about nutrition and the food industry, the fourth edition gives you a thorough overview of the different dimensions of food principles--and insight into the variety of career options available in the food industry. Numerous photographs and illustrations help you understand and apply what you read.

Book Information

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Customer Reviews

Amy Christine Brown received her Ph.D. from Virginia Polytechnic Institute and State University in Human Nutrition and Foods. She has been a college professor and a registered dietitian with the Academy of Nutrition and Dietetics since 1986. Dr. Brown currently teaches at the University of Hawaii's John A. Burns School of Medicine in the Department of Complementary and Integrative Medicine. Her research interests are in bioactive plant substances beneficial to health and medical nutrition therapy. Some of the studies she has conducted include "Diet and Crohn's disease," "Potentially harmful herbal supplements," "Kava beverage consumption and the effect on liver function tests" and "The effectiveness of kukui nut oil in treating psoriasis." Selected research journal publications include "Position of the American Dietetic Association: functional foods" (Journal of the American Dietetic Association); "The Hawaii Diet: Ad libitum high carbohydrate, low fat

multi-cultural diet for the reduction of chronic disease risk factors" (Hawaii Medical Journal); "Lupus erythematosus and nutrition: A review" (Journal of Renal Nutrition); "Dietary survey of Hopi elementary school students" (Journal of the American Dietetic Association); "Serum cholesterol levels of nondiabetic and streptozotocin-diabetic rats" (Artery); "Infant feeding practices of migrant farm laborers in northern Colorado" (Journal of the American Dietetic Association); "Body mass index and perceived weight status in young adults" (Journal of Community Health); "Dietary intake and body composition of Mike Pigg, 1988 Triathlete of the Year" (Clinical Sports Medicine); and numerous newspaper nutrition columns.

I gave this a two star rating, because while it is in good condition and arrived on time, the book is printed in black and white. It looks as though it was purposely printed as a copy and rebound. I am very disappointed that I was not informed that this expensive book was a black and white print. It seems extremely odd that a text book that includes pictures and diagrams would be in black and white print. Especially, since the material covered (Food) should be viewed in color for proper observation, at the least. Due to the black and white print, it should be noted plainly in sight for the buyer to be aware of what they are to expect and the price is too high for a black and white print textbook.

When I needed this book for a class, I chose to rent it. I was supposed to buy the newer edition, which would've cost about \$300. I'd seen reviews that the new edition has very, very few and minimal changes, so I rented the older version, for \$40. I didn't expect I would use it much, and certainly didn't think I'd actually want to keep it. Turns out that for the science side of understanding food, it's really well written. It's concise, and it makes the concepts easy to understand. Admittedly, it's not a current edition. But I was able to purchase a copy (after returning my rental copy) for \$9, and I'm happy to have it in my library as I move forward toward becoming a registered dietitian.

This was an excellent source of information and with a modern upgrade could become one again. There is a lot of information spread out too far to be enough for any one target. Black and white pictures at \$200.00 plus dollars without any real reference to the material covered is a bit much. Keep your lap-top handy as you read to help pull the fundamentals out of the basics. I was unable to grasp this book as well as I needed to. My instructor was from another country which did not help. The book has a wealth of information and in its time and space was probably very good.

Good textbook that covers a lot of things on food. While there were a few things I wish were explained more and some I wish were covered less, it does a good job overall. This edition is still good enough for class even with the newer edition out and will probably still be for the following two editions.

I was really disappointed (and surprised) to open this \$160 textbook (in 2011) and find all the pages are printed in black and white. Give me a break. There is a small insert section of about a dozen pages that has color pictures of some meats and vegetables. That's it. The other other ~700 pages, the actual textbook content, is all grayscale! There is a lot of information in this book, with a lot of diagrams, and photos of a many foods, ingredients and techniques. And it's all in black and white. Students deserve better, especially for the high cost. There are few other annoyances with this book, sorry. In some chapters the author includes a "Professional Profile" where she highlights careers in the food industry. Several of these furtive advertisements are for big snack food and processed-food conglomerates, including Kellog, Kraft and Wrigley. For me, it felt like a strange choice for a nutrition textbook. I found myself wondering if the author had been compensated by any of the companies? I would have preferred to read about some of the many nutrition careers with organic/local businesses, education/school lunch, or the National Health Service Corps...or even the military; instead of snack food companies. One other oddity I can remember. In the section about coffee, the author mentions and describes many ways of brewing (drip, espresso, percolator, vacuum, etc.), but excludes the French press. As far I know this is still a very popular method of brewing coffee. Anyway, I'm nitpicking with that one. My main gripe is that for such a high sales price the publisher only provided black & white content. The content is informative. However, I feel that the subjects of food and science should be printed in color to help convey the information.

Returned. I wasn't expecting a large text book. I must have miss read the description.

This is good book for Dietetic and Culinary professionals. It is written in a form that is easy to understand. I will be keeping this book in my collection.

As some have mentioned, the book is in B&W. I think a lot would be added if published in color, but obviously not a choice. Information is good and I was able to save money by using this older version in my class rather than the most recent edition.

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