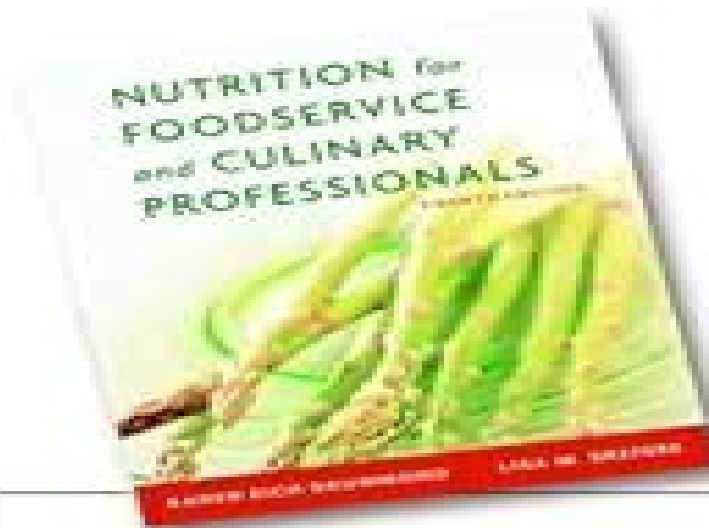


Student Workbook



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Nutrition for Foodservice  
and Culinary Professionals  
FOURTH EDITION

# Nutrition For Foodservice And Culinary Professionals Student Workbook

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*Nutrition for foodservice and culinary professionals fourth edition* by Karen Eich Drummond and Lisa M. Brefere published by John Wiley & Sons 2001. **Nutrition for Foodservice and Culinary Professionals** Karen E. Drummond, Lisa M.

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Hospitality and Nutrition Professions merges culinary hospitality and dietetics management into one concise text This textbook prepares students to perform the daily operational tasks of foodservice by combining theory with practice Each chapter includes hands on assignments to encourage students to develop problem solving and critical thinking skills Case studies about real life work situations such as chain restaurants and elementary school cafeterias ask students to consider how they would respond to typical issues in the workplace Respected experts within their specialized field of study have contributed chapters on topics such as foodservice industry trends fiscal management and long term planning Easy to understand restaurant math problems with answers as well as a study guide for the RD examination are included in this new authoritative resource

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**Nutrition for Foodservice and Culinary Professionals, Student Study Guide** Karen E. Drummond,Lisa M. Brefere,2016-08-01 This is a student study guide to accompany Nutrition for Foodservice and Culinary Professionals 9th Edition Nutrition for Foodservice and Culinary Professionals 9th Edition is the definitive resource that helps readers use nutritional principles to evaluate and modify menus and recipes and to respond to customer s critical questions and dietary

needs The Ninth Edition includes a discussion of the 2015 Dietary Guidelines for Americans and key updated content More photographs charts and recipes are used to effectively convey nutrition concepts and applications in a visual manner From students in culinary arts hospitality management and nutrition and dietetics programs to practicing culinary and management professionals this book will be an invaluable reference This edition is updated and revised to reflect the 2015 Dietary Guidelines for Americans

*Culinary Nutrition for Food Professionals* Carol A. Hodges, 1994-03-23 In today's market a large percentage of food consumed is eaten or purchased away from home which has created an increasing demand for healthful options across all segments of the food industry Now more than ever your customers realize that diet plays an important role in maintaining good health The completely revised second edition of *Culinary Nutrition for Food Professionals* gives you all of the information you need to balance taste and health while maintaining your unique niche in today's competitive marketplace This book is oriented toward nutrition applications to foodservice including food science and nutrition science current dietary recommendations new food labeling regulations product selection menu planning for specific clientele and operational segments recipe development nutrition analysis and cooking techniques merchandising healthful options in the menu mix staff training agricultural industry and current food safety issues marketing In addition a one of a kind chapter addresses fitness and diet needs for food professionals It is designed as a guide for maintaining peak productivity at the work site *Culinary Nutrition for Food Professionals* is recommended by the Educational Institute of the American Culinary Federation and has been endorsed by educators and other food professionals as a key textbook for both culinary and hospitality management programs In addition the book is a vital and current reference for foodservice managers chefs caterers food product developers and retailers restaurateurs food writers and health professionals It is also a practical reference for individuals who wish to learn the professional approach to cooking for taste and health Food professionals and educators are saying this about the revised second edition of *Culinary Nutrition for Food Professionals* This book will certainly be useful to all of us

Julia Child Cambridge MA From the Foreword This book should be part of any professional chef's library It is current and on target with the needs of the food service industry as it meets and adapts to the consciousness of today's nutritionally aware customers This book will also be an excellent tool to meet the needs of our young culinarians entering the profession It is written in a style which is easy for the professional chef to follow

Noel Cullen EdD CMC AAC Chairman American Culinary Federation Educational Institute and Associate Professor School of Hospitality Administration Boston University In these times when the American public is examining their diet so closely it is more important than ever that cooks and chefs move to increase both their knowledge of nutrition and its implications Carol Hodges book is a comprehensible yet accessible look at the many aspects of diet and nutrition It is an outstanding book for anyone who works with food to increase their education in a subject that is on the front line of the cooking profession

Chris Schlesinger Chef Owner East Coast Grill and The Blue Room Cambridge MA To say I am impressed with the content of the

book would be an understatement It is in my opinion right on target with what every foodservice professional needs to know to adapt his or her recipes and menus to meet the changing needs of today s customers It is written at the level and in the vocabulary of a chef foodservice manager and other foodservice professionals Jeff Larson CEC Dean of Instruction Northeast Metro Technical College St Paul MN From the Foreword Special Note This book is recommended by the American Culinary Federation and the international Association of Culinary professionals for meeting certification requirement     **Special Reference Briefs** ,1983     *Nutrition for Foodservice and Culinary Professionals, Eighth Edition WileyPlus Student Package* Drummond,2013-05-21

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