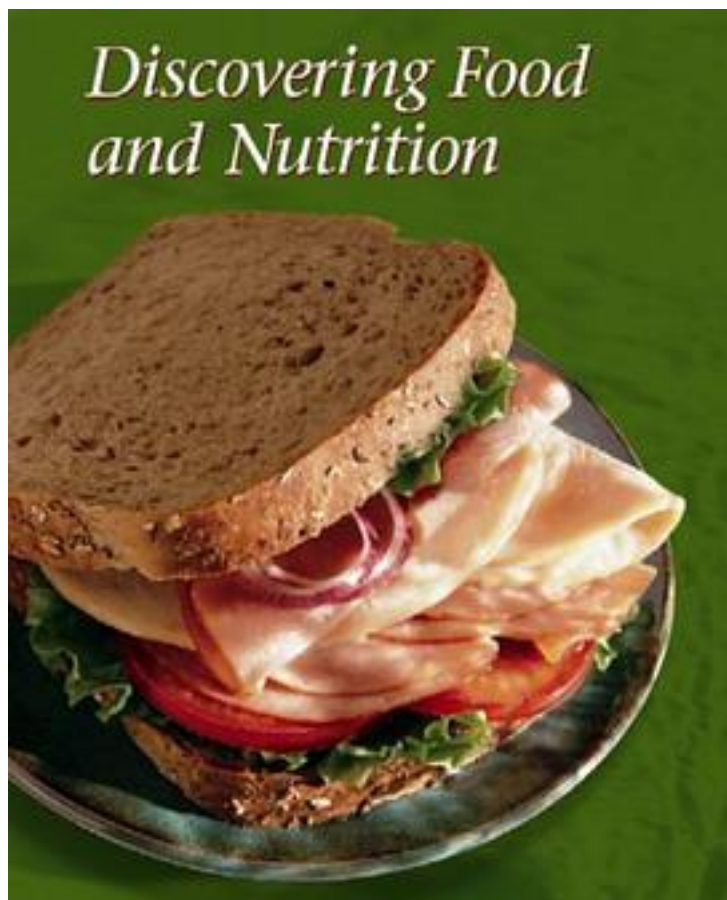


Discovering Food and Nutrition



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The essential textbook for beginning level food and nutrition courses. "Discovering Food and Nutrition" helps students learn to plan nutritious meals and snacks within limits of time and money, to shop wisely, to work in a kitchen safely and efficiently, and to prepare a variety of foods. "Discovering Food and Nutrition" is an introductory foods

program for middle school with short chapters, engaging photos and charts, and a comfortable reading level. It offers middle school students and high school students with special needs the motivation to learn how to become active, engaged students of food preparation, nutrition and consumer skills.

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