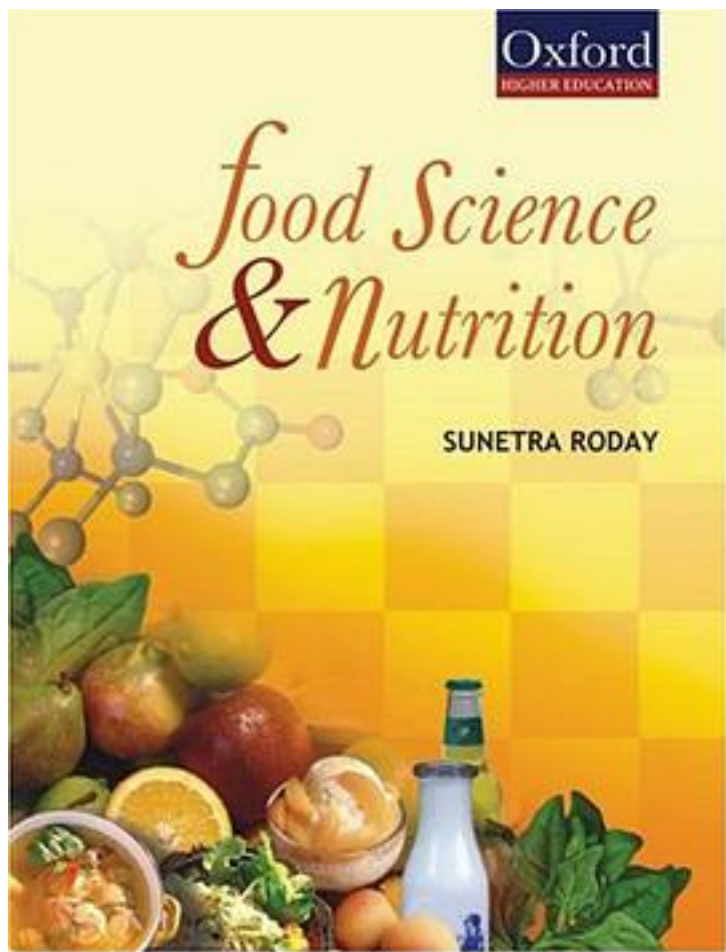


Food Science and Nutrition



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Food Science and Nutrition is a comprehensive textbook that is specially designed to meet the needs of students of Hotel Management. The section on Food Science deals with the nature of food materials, i.e. composition, structure, and behaviour during

preparation, serving and storage, and that on Nutrition covers the functions of food and the various nutrients, their sources, requirements, and deficiency symptoms. The book focuses on those aspects of food science and nutrition that are of particular importance to catering. Emphasis has been made on the importance of food science and nutrition in institutional catering, besides suggesting measures for retaining and enhancing nutrients while processing food. The textbook is likely to become popular for discussions on the latest trends in health foods and convenience foods, ample illustrations, and simple and systematic presentation of concepts and principles underlying food science and nutrition.

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目录:

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