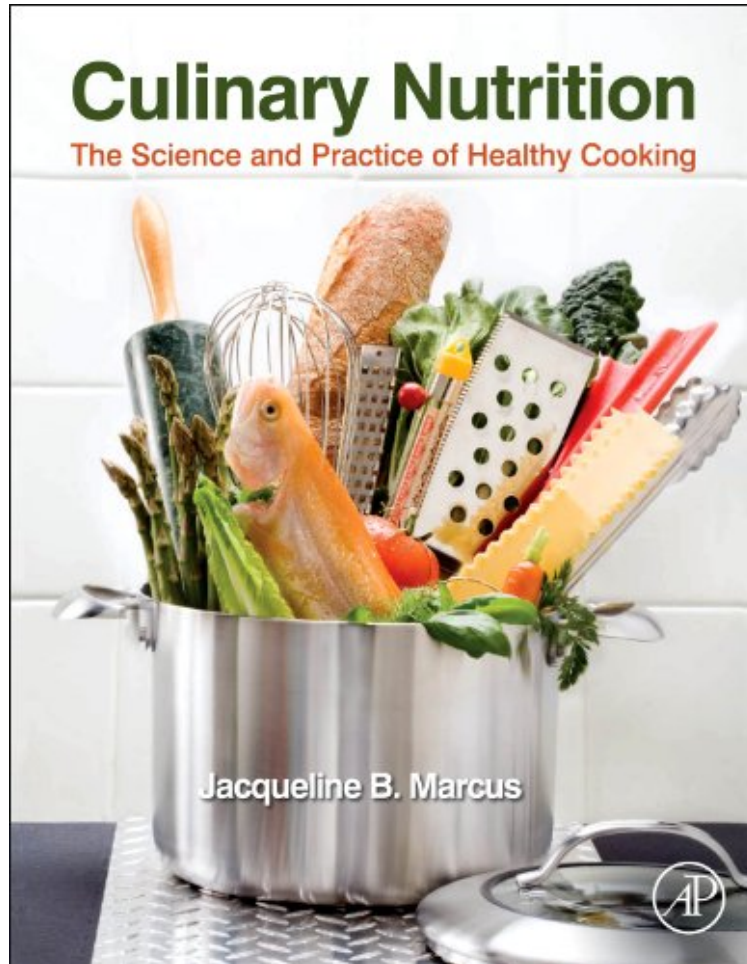


Culinary Nutrition: The Science and Practice of Healthy Cooking

Jacqueline B. Marcus

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Jacqueline B. Marcus : Culinary Nutrition: The Science and Practice of Healthy Cooking before purchasing it in order to gauge whether or not it would be worth my time, and all praised Culinary Nutrition: The Science and Practice of Healthy Cooking:

2 of 2 people found the following review helpful. It has everything By Carmen Every page had something interesting and useful on it. The book is laid out in a manner that is easy to follow and the morsels of information on every other page makes it exciting.

Culinary Nutrition: The Science and Practice of Healthy Cooking is the first textbook specifically written to bridge the relationship between food science, nutrition and culinology as well as consumer choices for diet, health and enjoyment. The book uses a comprehensive format with real-life applications, recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial and taste-desirable products.

With pedagogical elements to enhance and reinforce learning opportunities, this book explores what foods involve the optimum nutritional value for dietary needs, including specific dietary requirements and how foods are produced. It also considers alternative production methods, along with the impact of preparation on both the nutritional value of a food and its consumer acceptability. Other discussions focus on the basics of proteins, carbohydrates, and lipids, issues of diet and disease such as weight management, and food production and preparation. Laboratory-type, in-class activities are presented using limited materials and applications of complex concepts in real-life situations. This book will be a valuable resource for undergraduate students in culinary nutrition, nutrition science, food science and nutrition, and culinary arts courses. It will also appeal to professional chefs and food scientists as well as research chefs in product development. Gourmand World Cookbook Awards 2014: USA, Best Author or Chef for Professionals, Gourmand International Global Food Industry Awards 2014: Special Mention in Communicating Science-Related Knowledge to Consumers Aimed at Improving their Lifestyle, International Union of Food Science and Technology (IUFoST) Explores the connections among the technical sciences of nutrition, food science and the culinary arts as well as consumer choices for diet, health and enjoyment Presents laboratory-type, in-class activities using limited materials and real-life applications of complex concepts Includes photographs and recipes to enhance learning experience

"Here she presents a textbook for culinary students connecting the science of nutrition with the processes of creating menus, cooking meals, or designing commercial food products. Among the topics are healthy cooking and baking demystified, carbohydrate basics, fats and oils in foods and health, healthfully meeting fluid needs, weight management, and life cycle nutrition."--Reference and Research Book News, August 2013 From the Back Cover Culinary Nutrition: The Science and Practice of Healthy Cooking Jacqueline B. Marcus, MS, RD, LD, CNS, FADA "Does a superb job of teaching the latest nutritional and food science from a culinary perspective: destined to become a classic text/reference." Carol Lewis, RN, Health and wellness coach Today, cooking and baking must deliver more than nourishment. These basic skills must appeal to all the senses and behaviours in an integrated manner. To teach nutrition, food science and the culinary arts independently provides an incomplete experience. The first textbook specifically written to bridge the relationship among nutrition, food science and the culinary arts, Culinary Nutrition: The Science and Practice of Healthy Cooking uses an integrated format with real-life applications, recipes and color photographs of finished dishes to emphasize the necessity of sustainable, health-beneficial and taste-desirable foods and beverages and to bring this exciting approach to nourishment to life. With pedagogical elements to enhance and reinforce learning opportunities, this textbook explores the foods and beverages with the most optimal nutritional values for dietary needs. This includes how foods are produced and explores alternative production methods; the impact of preparation on their nutritional value and consumer acceptability; specific dietary requirements for general and specialized needs throughout the lifecycle and the rapidly changing effects of global food and nutrition developments. This textbook is essential for nutrition, food science and culinary arts students and seasoned professionals to address the multi-dimensional nature of cooking and baking in today's world. It reinforces the reality that foods and beverages must first taste good to be consumed for health and well-being. Key Features: *Explores the connections among the technical sciences of nutrition, food science and the culinary arts as well as consumer choices for diet, health and enjoyment *Offers creative, didactic and hands-on approaches for teaching to students with diverse capabilities *Presents laboratory-type, in-class activities using limited materials and real-life applications of complex concepts *Includes photographs and recipes to enhance learning experience * Additional information for faculty and students is also available at www.culinarynutrition.elsevier.com Related Titles: Nutrition in the Prevention and Treatment of Disease 3e, 2013, Coulston and Boushey, 9780123918840 The Vitamins 4e, 2012, Combs, 9780123819802 Introduction to Food Toxicology 2e, 2009, Shibamoto and Bjeldanes, 9780123742865 About the Author Jacqueline B. Marcus, MS, RD, LD, CNS, FADA is President/Owner of Jacqueline B. Marcus Associates, a multi-service food and nutrition consulting firm in Northfield, Illinois, USA. She holds a Bachelor of Science degree in Family, Consumer, and Nutrition Sciences, and a Master of Science degree in Food and Nutrition from Northern Illinois University.