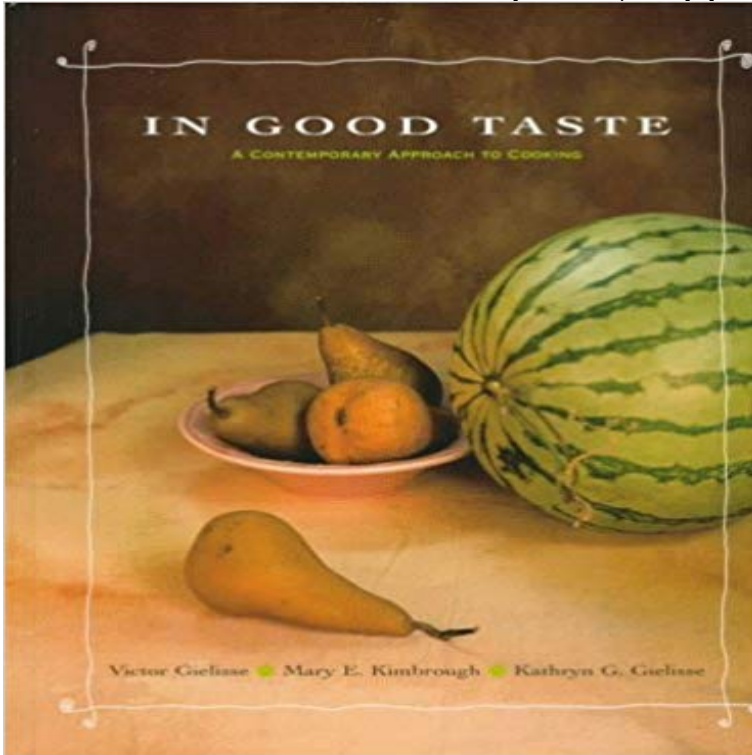


# In Good Taste: A Contemporary Approach to Cooking



Designed to give readers the background knowledge necessary to make health promoting food habits a natural part of their lives, this practical, user-friendly guide explores the ways in which quality food and beverage compliment each other and enhance the pleasures of the table, and highlights various cultural food traditions, the history of food, and the connections between lifestyles, diet, health, work, and environment. Teaches the importance of food selection, safe food handling, preparation and cooking methods, portion control, managing overall fat intake, and relying on a variety of flavor enhancer and seasoning techniques. Explores cultural food traditions and the history of food. Examines the connections between lifestyles, diet, health, work, and environment. For those with an interest in healthy cooking.

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