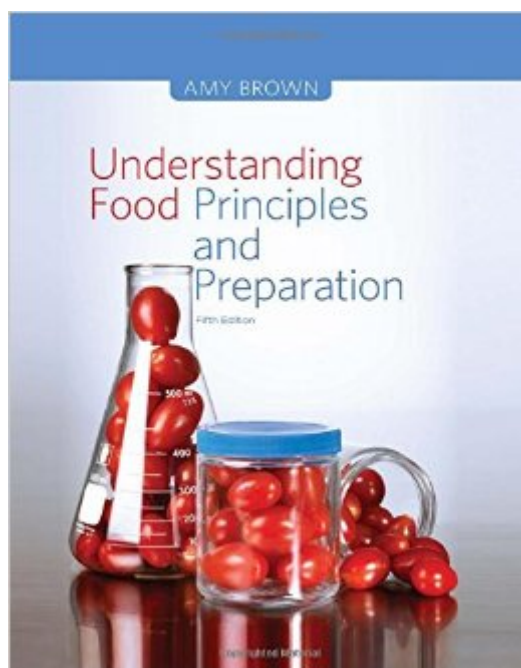


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Understanding Food: Principles And Preparation



Synopsis

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is your introductory guide to learning about foods, food preparation, food service, and food science. Integrating these key topics with relevant information about nutrition and the food industry, the Fifth Edition gives you a thorough overview of the different dimensions of food principles--and insight into the variety of career options available in the food industry. Numerous photographs and illustrations help you understand and apply what you read.

Book Information

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Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (11 customer reviews)

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Customer Reviews

I have compared this edition side by side with the 4th edition, and the only update my classmates and I found is the addition of "monk fruit" under alternative sweeteners. Otherwise the paragraphs and charts/graphs are verbatim, with some minimal rearranging. As of now, you can rent the older edition for less than half, so save some money and consider an older edition. Overall, the book is nothing exciting. All black and white photographs except for a few pages in the centerfold. The text itself is boring and repetitive, but it was required for my course.

this is a basic food science book, used for a course I'm taking. as a nutrition student I'm not finding it very useful, but if I was really interested in food science I'd probably love it. It's not a book I plan to keep on my shelf.

Book is exactly the same as old edition, do not buy new it's a scam

I rented to back for my Food Science class and it was in perfect condition! I used it often and it had very good information from which I learned a lot!

It shipped fast and I got it in time. Not a scratch or ding in it

Nicely formatted, easy to read and comprehend.

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