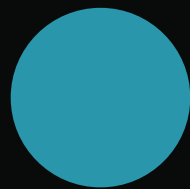


PEARSON NEW INTERNATIONAL EDITION



Food Fundamentals
Margaret McWilliams
Tenth Edition

Pearson New International Edition

Food Fundamentals
Margaret McWilliams
Tenth Edition

Food Fundamentals

Table of Contents

Cover

Table of Contents

1. Food for Today

2. Nutrition and Food

3. Food Safety

4. Factors in Food Preparation

5. Vegetables

6. Fruits

7. Salads and Salad Dressings

8. Fats and Oils

9. Carbohydrates: Sugar

10. Carbohydrates: Starches and Cereals

11. Proteins: Milk and Cheese

12. Proteins: Eggs

13. Proteins: Meats, Poultry, and Fish

14. Leavening Agents

15. Basics of Batters and Doughs

16. Breads

17. Cakes, Cookies, and Pastries

18. Beverages

19. Preserving Food

20. Appendix: The Metric System

21. Appendix: Some Food Additives

22. Glossary

Index