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a chemical substance in food that*

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helps maintain the body. chemical chains that contain carbon, hydrogen, and oxygen atoms. dissolve in fats. they are carried by the fats in foods and can be stored in the fatty tissues of the body. dissolve in water.

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*absorption. The
process of taking nutrients into
the body and making them part
of the body. amino acid. A
chemical compound that serves*

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*as a building block of proteins.
anemia.*

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glossary.

Guide To Good Food Chapter
Guide to Good Food provides an
in-depth look at how to select,
store, prepare, and serve
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Menus and recipes with easy-to-follow, step-by-step directions and nutritional analyses are included. Food-related careers are profiled in every chapter, and Career Success features are found throughout. Table of Contents

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Text GO. Zoom In; Zoom Out;
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A food guidance system with a
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Dietary Guidelines. The MyPlate icon helps people visualize how the food groups fit together to build a healthy plate at mealtime.

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Interrelated factors, including air, water, soil, mineral resources, plants, and animals, that ultimately affect the survival of life on earth.

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Flashcards. a chemical substance in food that helps maintain the body. a chemical substance in food that helps maintain the body. a chemical substance in food that helps maintain the body. a chemical substance in

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food that helps maintain the body.

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Activity D Chapter 9 Equipment Review. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY.

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Match. Gravity. Created by. nuie314. ... I a a four-sided metal tool used to shred and grate foods such as cabbage and cheese. Shears. ... Foods and Nutrition Chapter 9 23 Terms. shirley_itsmalia829. Foods 1: kitchen utensils 30 Terms.

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*A chemical substance in food that
helps maintain the body The
study of how the body uses
nutrients in foods A lack of the*

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right proportions of nutrients over an extended... The use of knowledge and skill to ... tend soil, grow crops, and... An option a person might choose when making a decision. A psychological desire to eat.

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Food Affects Life E-Flash Card;*

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Transcript of Guide to Good Food
Chapter 3: Making Healthful
Choices. Be leery of buttered*

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veggies, fish broiled in butter, and pasta with butter sauce. Order a side salad instead of french fries. Order regular instead of large-sized items. Stay away from items that are served with cream sauces, cheese or gravy, breaded,...

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Small pan that fits into a larger pan. Food is put in the smaller pan, and water is placed in the larger pan. The food cooks by steam heat.

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