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Crossword Puzzle Matching E-Flash Cards Interactive Quiz
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[Guide to Good Food 2008 | Student Site | Chapter 8](#)
[Guide to Good Food](#) gives your students an in-depth look at the exciting world of food and the MyPlate food guidance system. This edition incorporates the latest Dietary Guidelines for Americans as it shows students how to select, store, prepare, and serve nutritious, appealing dishes.
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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 as a building block of proteins. anemia.
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[Guide to Good Food: Nutrition and Food Preparation](#) employs current nutrition information to inform students as they learn the roles nutrients play in their health throughout the life cycle. Comprehensive content on food selection, storage, preparation, and service gives students the tools needed to recognize and follow a nutritionally balanced diet, while animations bring content to life.

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