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Food and Culture FIFTH EDITION Pamela Goyan Kittler, M.S. FOOD, CULTURE, AND NUTRITION CONSULTANT Kathryn P. Sucher, Sc.D., R.D. DEPARTMENT OF NUTRITION AND FOOD SCIENCE SAN JOSE STATE UNIVERSITY Australia • Brazil • Canada • Mexico • Singapore • Spain United Kingdom • United States Food and Culture, Fifth Edition Pamela Goyan ...

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FOOD AND CULTURE is the market-leading text for the cultural foods courses, providing current information on the health, culture, food, and nutrition habits of the most common ethnic and racial groups living in the United States. It is designed to help health professionals, chefs, and others in the food service industry learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner.

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This latest edition of the most internationally respected reference in food chemistry for more than 30 years, Fennema's Food Chemistry, 5th Edition once again meets and surpasses the standards of quality and comprehensive information set by its predecessors. All chapters reflect recent scientific advances and, where appropriate, have expanded and evolved their focus to provide readers with the current state-of-the-science of chemistry for the food industry. This edition introduces new editors and contributors who are recognized experts in their fields. The fifth edition presents a completely rewritten chapter on Water and Ice, written in an easy-to-understand manner suitable for professionals as well as undergraduates. In addition, ten former chapters have been completely revised and updated, two of which receive extensive attention in the new edition including Carbohydrates (Chapter 3), which has been expanded to include a section on Maillard reaction; and Dispersed Systems: Basic considerations (Chapter 7), which includes thermodynamic incompatibility/phase separation concepts. Retaining the straightforward organization and accessibility of the original, this edition begins with an examination of major food

components such as water, carbohydrates, lipids, proteins, and enzymes. The second section looks at minor food components including vitamins and minerals, colorants, flavors, and additives. The final section considers food systems by reviewing basic considerations as well as specific information on the characteristics of milk, the postmortem physiology of edible muscle, and postharvest physiology of plant tissues.

FOOD AND CULTURE is the market-leading text for the cultural foods courses, providing information on the health, culture, food, and nutrition habits of the most common ethnic and racial groups living in the United States. It is designed to help health professionals, chefs, and others in the food service industry learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner. Authors Pamela Goyan Kittler and Kathryn P. Sucher include comprehensive coverage of key ethnic, religious, and regional groups, including Native Americans, Europeans, Africans, Mexicans and Central Americans, Caribbean Islanders, South Americans, Chinese, Japanese, Koreans, Southeast Asians, Pacific Islanders, People of the Balkans, Middle Easterners, Asian Indians, and regional Americans. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

"Separate chapters on each cultural group include background information on the group's history, family structure, religion, and outlook on life, to give you a rich picture of how the group's cuisine has evolved." - back cover.

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is a best-selling food fundamentals text ideal for an undergraduate course that covers the basic elements of food preparation, food service, and food science. Contemporary and comprehensive in coverage, it introduces students to the variety of aspects associated with food preparation. The Fifth Edition thoroughly explores the science of food through core material on food selection and evaluation, food safety, and food chemistry. Food preparation, classification, composition, selection, purchasing, and storage for a range of traditional food items are discussed, and the various aspects of food service are covered: meal planning, basic food preparation, equipment, food preservation, and government regulations. A rich illustration and photo program and unique pedagogical features make the information easily understandable and interesting to students. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Culture, Health and Illness is an introduction to the role of cultural and social factors in health and disease, showing how an understanding of these factors can improve medical care and health education. The book demonstrates how different cultural, social or ethnic groups explain the causes of ill health, the types of treatment they believe in, and to whom they would turn if they were ill. It discusses the relationship of these beliefs and practices to the instance of certain diseases, both physical and psychological. This new edition has been extended and modernised with new material added to every chapter. In addition, there is a new chapter on 'new research methods in medical anthropology', and the book is now illustrated where appropriate. Anyone intending to follow a career in medicine, allied health, nursing or counselling will benefit from reading this book at an early stage in their career.

The Sixth Edition of this nursing-focused nutrition text has been updated to reflect the latest evidence-based practice and nutrition recommendations and streamlined to emphasize what the nurse really needs to know. Maintaining its nursing process focus and emphasis on patient teaching, this edition includes new features to help readers integrate nutrition into nursing care. These new features include Nursing Process tables, Case Studies for every chapter, and NCLEX style study questions for every chapter. Web addresses at end of each chapter will draw students to the most up-to-date and reliable resources on the Web.

Culture, Health and Illness is the leading international textbook on the role of cultural and social factors in health, illness, and medical care. Since first published in 1984, it has been used in over 40 countries within universities, medical schools and nursing colleges. This new edition meets the ever-growing need for a clear starting point in understanding the clinical significance of cultural and social factors. The book addresses the complex interactions between health, illness and culture by setting out anthropological theory in a highly readable, jargon-free style and integrating this with the practice of health care using real-life examples and case histories. Fully revised throughout, the fifth edition has expanded its coverage of topics that are challenging both the patient and the carer's understanding of health and illness: poverty and inequality of healthcare, genetics, biotechnology, the internet and health, chronic diseases, drug-resistant infections, changes in nutrition and body image, medical care of migrants, medical technology, global pandemics such as AIDS and malaria, drug and alcohol dependence, and patients' 'languages of distress', a complex topic central to the doctor-patient relationship. In today's world of increasing cultural, religious and ethnic diversity of populations, Culture, Health and Illness is essential reading for students of medicine, nursing, psychiatry, public health, health education, international health and medical anthropology, across the globe.

Following the tradition of its predecessor, the fifth edition of Nutrition: Maintaining and Improving Health continues to offer a wide-ranging coverage of all aspects of nutrition while providing new information to this edition including: Increased coverage of experimental and observational methods used in nutrition In-depth focus on the nutritional implications of the increased adoption of vegetarian and vegan lifestyles Streamlined referencing - a short selected list of key references at the end of each chapter with URL links to free additional resources where possible Discussion of nutrition debates Critical coverage of "medicinal uses of food" including superfoods, functional foods and dietary supplements Updated bullet point summaries of key points after each major topic within each chapter The author provides an evidence-based evaluation of many key nutrition beliefs and philosophies. The book contains in-depth and critical reviews of the methods used to evaluate nutritional intakes/status and the observational and experimental used to investigate putative links between dietary factors and health outcome. It covers the role of food as a source of energy and nutrients while discussing the non-nutritional roles of food and the social and psychological factors that influence food choice. Presenting a critical discussion on the value of nutrition research linking specific foods or nutrients to specific diseases which encourages students to question the value of some current nutrition research. This is essential reading for all nutrition and dietetics students with different backgrounds who are studying nutrition as a specific discipline for

the first time.

Food is one of man's three basic needs, and it unites and connects people from all walks of life. The cultural practices, beliefs, and norms that surround the production and consumption of food are referred to as food culture. It primarily reflects our ethnicity and evokes nostalgic childhood memories. Religion, sexuality, and the market economy all revolve around food. The Cultural Politics of Food and Eating takes an ethnographic approach to understanding how people use food to make sense of life in an increasingly interconnected world. The proposed edited collection of essays covers everything from our daily food consumption to global food politics. There is really no refuting that newer perspectives on food culture make the collection more interesting to read.

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