

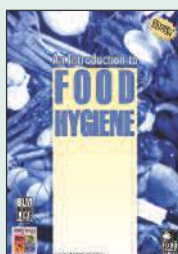
NUTRITION RESOURCES

An Introduction to Food Hygiene

HEC03

\$56.99

Whilst severe outbreaks of food poisoning are guaranteed to make headlines, there are many less severe cases throughout Australia every day. Most of these are caused by negligence as many people simply do not know to handle, store or prepare food correctly. An excellent classroom resource containing more than 50 pages of exercises of varying degrees of difficulty.

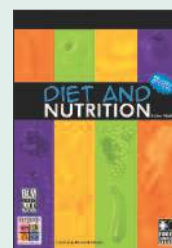


Diet and Nutrition

HEC77

\$56.99

Using examples from their daily lives, students can quickly gain an understanding of the importance of ensuring their diet is able to supply their daily energy requirements. Proteins, vitamins, carbohydrates, nutrition, labelling and sports drinks are also discussed in detail.



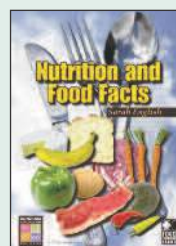
Better Health with Good Food and Personal Development

HEC84

\$56.99

An exciting new blackline master encouraging students to identify what is good nutrition and what is poor nutrition. It looks in detail at nutritional requirements

for different age groups, different methods of food preparation and meal planning. All the food groups are included and handy experiments to identify various foods make this an excellent resource for those who want a fun approach to learning about food, microorganisms and living a healthy lifestyle.



Nutrition and Food Facts

HEC83

\$56.99

This reproducible master includes food groups and special mention of the energy value of foods, enzymes and the effect of raw compared to processed food, antioxidants and the effects of different snack foods. Labelling and communicable diseases are also included.

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9781741621501

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Food Technology

9781741621518

Single User \$39.99

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What is a recipe?; Why do we cook food; Cheese - its food value and how it is made; Cuts of fish; Versatile eggs; Structure of meat; Food preservation; and more.

Nutrition & Labelling

9781741621525

Single User \$39.99

Site License \$79.99

Looks at food and describes the ingredients and the labelling. The nutritional properties and different labels are compared in yoghurt, bread, cheese and meat.

Minerals & Vitamins

9781741621532

Single User \$39.99

Site License \$79.99

Includes a succinct look at fruits and vegetables and what minerals and vitamins they contain. The effects of different types of food processing are also examined.

Cereals

9781741621679

Single User \$39.99

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Nutritional properties of cereals; Cereals available in supermarkets; Compare nutritional information on labels; Visual tools for teaching food chemistry.



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