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Unit 1: Getting Started in the Kitchen
1. Food Affects Life
2. Safety and Sanitation
3. Basic Skills and Equipment
4. Recipes and Work Plans
5. Preparing Simple Recipes
6. The

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Energy Nutrients 7.
Vitamins, Minerals, and
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Healthy eating is a
habit that one can
never start too early.
Learners in grades five

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through seven, work through a series of activities and informational reading to understand how to make good food choices.

Guide to Good Food Lesson Plans & Worksheets Reviewed by ...

Please consider adopting a Good Food at Work policy, committing your organisation to

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improve the food you buy and serve to staff, visitors, clients and the public, and to help communicate Good Food principles. If you do adopt a Good Food Policy, tell us. Share your story and inspire other organisations to get involved. And demonstrate to the food manufacturing and catering industries that more and more of their customers would like to see food be

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Stretching your dollars to get a month's worth of healthy, filling food is a challenge. EWG assessed nearly 1,200 foods and hand-picked the best 100 or so that pack in nutrients at a good price, with the fewest pesticides, contaminants and artificial ingredients.

EWG's Good Food on
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a Tight Budget

For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F. Keep foods at safe temperatures.

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**10 Tips: Be Food
Safe |**

ChooseMyPlate

Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge. Cook: To the right temperature. external icon. Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food

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thermometer.

Four Steps to Food Safety | CDC

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includes calls to action
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Brown, Wendell Berry and Mary Berry, and Tim LaSalle. By the end of it, you'll know how to grow some really good food, and build a healthier world, too.

**Growing Good Food:
A Citizen's Guide to
Climate Victory ...**

Guide to Good Food provides an in-depth look at how to select, store, prepare, and serve nutritious, appealing dishes.

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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.

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12: Recipes and Work
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Good Food Jobs is a gastro-job search tool, designed to link people looking for meaningful food work with the businesses that need their energy, enthusiasm, and intellect.

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From rubbery chicken
to soggy paninis,

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reheated food never seems to taste as good the next day. But your leftovers don't need to be a total loss. Often, the problem is your reheating strategy — and with a few tiny tweaks, you can still savor your second-day scraps like they're hot off the stove.

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