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Food and culture, approached from an universal, humanistic, encyclopedic perspective, that enhance at the same time cultural contradictions, peculiarities and local aspects.

The grown-up Germany of today is able to explore its cultural identity, including its food culture. For some years now, German food has seen a return to regionalism, and beloved traditional dishes have been rediscovered and revived, counteracting to some extent the effects of globalization and industrialization. As well, a host of new culinary traditions brought in with new immigrants makes for an exciting food scene. Food Culture in Germany, written by a native Berliner, is destined to become a classic as the best source in English for a thorough and up-to-date understanding of Germans and their food—the history, foodstuffs, cooking, special occasions, lifestyle eating habits, and diet and health. The Historical Overview chapter takes the reader on a culinary tour from ancient times through the Holy Roman Empire to the Lebensraum of Hitler and on to reunification of the two Germanys until today's return to normalcy. Chapter 2, Major Foods and Ingredients, highlights the classic German staples. Chapter 3, Cooking, discusses the family and gender dynamics plus cooking techniques and utensils, the German kitchen, and the professional chef as media figure phenomenon. The Typical Meals chapter gives an in-depth insider's look at how and what Germans eat today. Chapter 5, Eating Out, describes the wide range of opportunities for eating out, from grabbing Currywurst on the street, to lunching in office and school canteenas, to meeting friends for coffee and cake at the Konditorei. German holidays and special occasions are elaborated on in the context of more secular and younger influences in Chapter 6. Chapter 7 covers the German diet and the strong interest in health in the country, with its holistic roots. Food safety, a big topic in Europe today, is also discussed at length. An introduction, chronology, glossary, resource guide, selected bibliography, and illustrations complete this outstanding resource.

Nutrition textbooks used by universities and colleges in developing countries have very often been written by scholars who live and work in North America or the United Kingdom. And while the research and information they present is sound, the nutrition-related health challenges with which developing countries must grapple differ considerably from those found in highly industrialized Western nations. The primary aim of Community Nutrition for Developing Countries is to provide a book that meets the needs of nutritionists and other health professionals living and working in developing countries. Written by both scholars and practitioners, the volume draws on their wealth of knowledge, experience, and understanding of nutrition in developing countries to provide nutrition professionals with all the information they require. Each chapter addresses a specific nutrition challenge currently faced by developing countries such as food security, food safety, disease prevention, maternal health, and effective nutrition policy. In addition, the volume serves as an invaluable resource for those developing and implementing nutrition education programmes. With an emphasis on nutritional education as a means to prevent disease and effectively manage health disorders, it is the hope of the nearly three dozen contributors to this work that it will enhance the health and well-being of low-income populations throughout the world.

Keeping the Republic s lively discussion of who gets what and how develops students'E critical thinking abilities in the intro American government course. Every section and every feature in the book has one goal in mind: to get students to think critically and be skeptical of received wisdom. Serving as a true aid to teachers, each chapter is designed to build students analytical abilities. By introducing them to the seminal work in the field and showing them how to employ the themes of power and citizenship, this proven text builds confidence in students who want to take an active part in their communities and governmentto play their part in keeping the republic, and to consider the consequences of that engagement.

Food insecurity rates, which skyrocketed with the Great Recession, have yet to fall to pre-recession levels. Food pantries are stretched thin, and states are imposing new restrictions on programs like SNAP that are preventing people from getting crucial government assistance. At the same time, we see an increase in obesity that results from lack of access to healthy foods. The poor face a daily choice between paying bills and paying for food.

The sixth edition of Dimensions of Food explores the relationship between good nutrition and optimum health, as well as the connection between careful food preparation and wholesome eating. It allows for the exploration and understanding of the multidimensional nature of food and how to maximize the culinary experience. The first part of the book explores the economic, nutritional, palatability, sanitation, chemical, and processing aspects of food. The demonstrations and exercises in the second part of the book provide basic understanding of the functional and structural properties of various food groups, including starches, fruits and vegetables, eggs, dairy, meat, poultry, and fish. The third part features microwave cookery, focusing on effective procedures for foods such as heating and defrosting, while the fourth part discusses creative meal planning and preparation. The book also includes extensive appendices covering timely topics such as current legislation governing food supply, recent dietary guidelines, meat and egg safe cooking regulations, cooking terms, cuisine terminology, as well as a buying guide and a spice and herb chart. What's New in the Sixth Edition: p Includes a new section, Dietitian's Notes, that appears in numerous chapters and provides relevant health information p Provides the latest American Dietary Guidelines and the updated Food Pyramid p Offers expanded recipe selection, representing more cultural and geographic diversity p Presents additional photos and figures to illustrate concepts p Provides useful appendices and updated website addresses p Contains perforated pages designed for ease of use

Women on the Move: Body, Memory and Femininity in Present-day Transnational Diasporic Writing explores the role of women in the current globalized era as active migrants. the authors have brought together a collection of essays from scholars in diaspora, migration and gender studies to take a look at the female experience of migration and globalization by covering topics such as vulnerability, empowerment, trauma, identity, memory, violence and gender construction, which will continue to shape contemporary literature and the culture at large.

The Seventh Edition of this nursing-focused nutrition text has been updated to reflect the latest evidence-based practice and nutrition recommendations. Written in a user-friendly style, the text emphasizes what the nurse really needs to know in practice. Maintaining its nursing process focus and emphasis on patient teaching, this edition includes features to help readers integrate nutrition into nursing care such as sample Nursing Process tables, Case Studies in every chapter, and new Interactive Case Studies online. This is the tablet version which does not include access to the supplemental content mentioned in the text.

With new chapters on key topics such as mental health, the environment, race, ethnicity and health, and pharmaceuticals, this new edition maintains its multidisciplinary framework and bridges the gap between health policy and the sociology of health. It builds upon the success of the first by encompassing a range of issues, studies, and disciplines. The broad coverage of topics in addition to new chapters present an engagement with contemporary issues, resulting in a valuable teaching aid. This second edition brings together a diverse range of leading international scholars with contributors from Australia, Puerto-Rico, USA, Guatemala, Germany, Sri Lanka, Botswana, UK, South Sudan, Mexico, South Korea, Canada and more. The second edition of this Handbook remains a key resource for undergraduates, post-graduates, and researchers across multidisciplinary backgrounds including: medicine, health and social care, sociology, and anthropology. PART ONE: Culture, Society and Health PART TWO: Lived Experiences PART THREE: Health Care Systems, Access and Use PART FOUR: Health in Environmental and Planetary Context

East African, notably, Ethiopian, cuisine is perhaps the most well-known in the States. This volume illuminates West, southern, and Central African cuisine as well to give students and other readers a solid understanding of how the diverse African peoples grow, cook, and eat food and how they celebrate special occasions and ceremonies with special foods. Readers will also learn about African history, religions, and ways of life plus how African and American foodways are related. For example, cooking techniques such as deep frying and ingredients such as peanuts, chili peppers, okra, watermelon, and even cola were introduced to the United States by sub-Saharan Africans who were brought as slaves. Africa is often presented as a monolith, but this volume treats each region in turn with representative groups and foodways presented in manageable fashion, with a truer picture able to emerge. It is noted that the boundaries of many countries are imposed, so that food culture is more fluid in a region. Commonalities are also presented in the basic format of a meal, with a starch with a sauce or stew and vegetables and perhaps some protein, typically cooked over a fire in a pot supported by three stones. Representative recipes, a timeline, glossary, and evocative photos complete the narrative.

Become an expert chef with this textbook which covers all the advanced preparation, cooking and finishing techniques you need to succeed in the professional kitchen. Part of the bestselling Practical Cookery series and matched to the NVQ and VRQ Diplomas, this new edition has been fully updated to include recipes that incorporate modern culinary trends and up-to-date techniques. It contains all of the underpinning knowledge you need for whichever Level 3 course you are completing. In addition, catering colleges from across the UK have contributed regional recipes which will be of interest to Level 3 and master chefs alike - Put your knowledge into practice with 400 specially selected, easy-to-follow recipes complete with colourful photographs - Master important skills with dozens of step-by-step sequences which guide you through advanced techniques - Get hints, information and valuable advice on working in a professional kitchen from real chefs - Test yourself with questions at the end of each chapter and refine your reflection technique with special sections on identifying results and conducting independent research - Access industry-standard videos on your smartphone, tablet or computer with QR codes embedded in the text