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Amy Christine Brown received her PhD from Virginia Polytechnic Institute and State University in 1986 in the field of Human Nutrition and Foods. She has been a college professor and a registered dietitian with the Academy of Nutrition and Dietetics since 1986. Dr. Brown currently teaches at the University of Hawaii's John A. Burns School of

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Amy Christine Brown. UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is your introductory guide to learning about foods, food preparation, food service, and food science. Integrating these key topics with relevant information about nutrition and the food industry, the fourth edition gives you a thorough overview of the different dimensions of food principles--and insight into the variety of career options available in the food industry.

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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.

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