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Guide to Good Food: Nutrition and Food Preparation employs current nutrition information to inform students as they learn the roles nutrients play in their health throughout the life cycle. Comprehensive content on food selection, storage, preparation, and service gives students the tools needed to recognize and follow a nutritionally balanced diet, while animations bring content to life. guide good food nutrition Flashcards. a chemical substance in food that helps maintain the body. a chemical substance in food that helps maintain the body. a chemical substance in food that helps maintain the body. a chemical substance in food that helps

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A food guidance system with a set of interactive tools to help people make healthful eating choices consistent with the Dietary Guidelines. The MyPlate icon helps people visualize how the food groups fit together to build a healthy plate at mealtime.

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