



Handbook of Recipes for the Course in Home Economics in Columbus Public Schools (Classic Reprint) (Paperback)

By Faith Robinson Lanman

Forgotten Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Handbook of Recipes for the Course in Home Economics in Columbus Public Schools Food is anything taken into the body which builds or repairs tissue or produces heat and other forms of energy. Food stuffs are classified as proteins, carbohydrates, fats, mineral matter, and water. Proteins Examples of animal food containing a large amount of protein are eggs, milk, cheese, meat and fish. Examples of vegetable foods providing protein are nuts, peas and beans. Carbohydrates This group includes sugar, starch, and cellulose, and is derived almost exclusively from vegetable life. Starch is obtained from grains, potatoes, beans, and other vegetables. The sugar of commerce is generally manufactured from the sugar cane and beet, and is found also in the juices of other plants. Fats These are derived from both animal and vegetable foods. Examples are butter, olive oil, and fats of meat. Mineral Matter Mineral matter has important functions in the body. It is derived from meat, fruits, vegetables, milk and eggs. Water Water composes a large proportion of the body weight. It is also a necessary agent in...



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