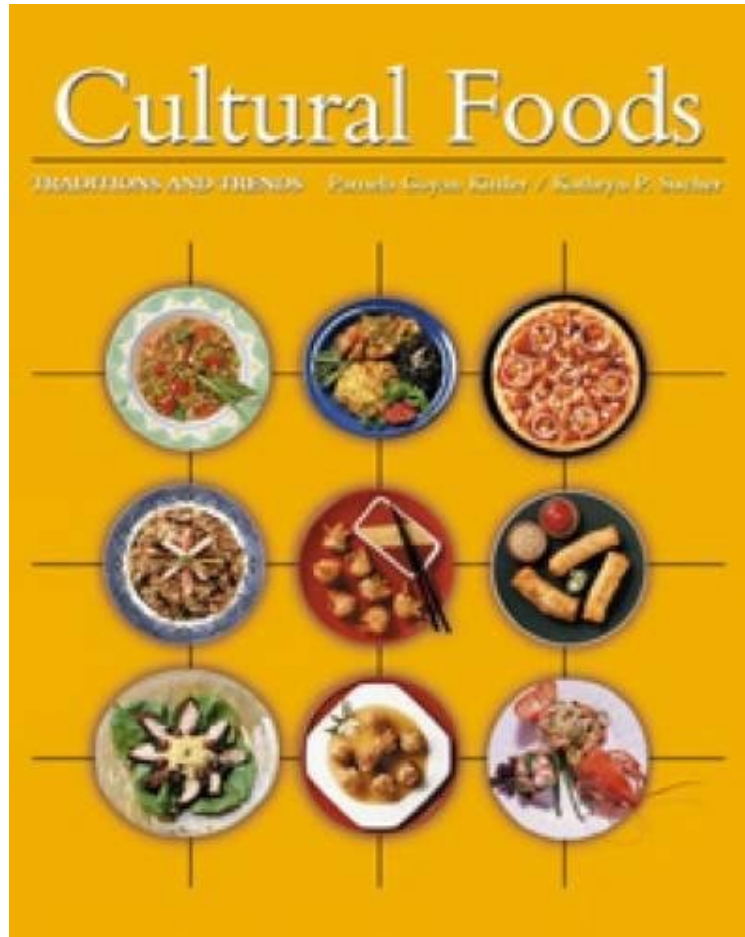


(Free) Cultural Foods: Traditions and Trends

Cultural Foods: Traditions and Trends

Pamela Goyan Kittler, Kathryn P. Sucher
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0 of 0 people found the following review helpful. Cultural FoodsBy Mikaela StonerThis book has a lot of good information in it, I have learned about the different ways cultures prepare foods and what influenced the way they eat.I wish there were more pictures and recipes in the book, but there is a lot of good reading.I would recommend this to any culinary or nutrition student and those interested in learning about different cultures.0 of 0 people found the following review helpful. Five StarsBy Jacob Azizibought as a gift they loved it great read0 of 0 people found the following review helpful. My daughter was happyBy Gerald HendrixMy daughter needed this book for her college course. I was surprised that this book costs upwards of \$90.00. There was no way I going to pay that. I was happy to find this book on the cheap. For a used book, it was in good condition when we received it.

This book provides information on the health, culture, and food and nutritional habits of most ethnic and racial groups

living in the United States. It is designed to help students, chefs and others in the food service industry, and health professionals work effectively with members of different ethnic and religious groups in a culturally sensitive manner. It may be used in a course that fulfills a multicultural requirement for a general education student.

1. Food and Culture. 2. Food and Religion. 3. Native Americans. 4. Europeans. 5. Africans. 6. Latinos. 7. Asians. 8. Southeast Asians and Pacific Islanders. 9. The People of Greece and the Middle East. 10. Asian Indians. 11. Regional Americans. 12. Intercultural Communication in the Foodservice Workplace. Glossary of Ethnic Ingredients/ Bibliography/ Appendixes/ Index. About the Author Pamela Goyan Kittler has an MS in Nutritional Science from San Jose State University with an emphasis in nutrition education and currently works as a cultural nutritionist. She is the author of three undergraduate textbooks, has published numerous articles in professional journals and newsletters, and frequently presents lectures and workshops on topics of food and culture. Dr. Sucher received her bachelor's and master's degrees from the University of California and her ScD from Boston University Medical Center in Nutritional Science. She recently retired from San Jose State University, where she taught medical nutrition therapy and was the dietetic internship director for 20 years. In addition to her research interest in nutrition therapy, she is also a recognized authority on how diet, health, and disease are affected by culture/ethnicity and religion. Dr. Sucher has published newsletters, numerous articles, and textbooks on this subject. She is also the coauthor of Nutrition Therapy and Pathophysiology, 3e (Cengage Learning 2016) and Food and Culture, 6e (Cengage Learning 2012).