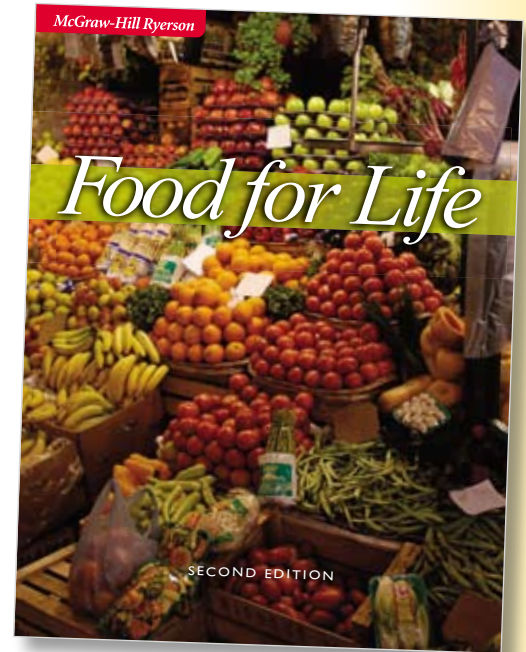


A Tour of Your Textbook

Welcome to *Food for Life, Second Edition*. This textbook will fulfill the requirements of the food and nutrition course in your province, as well as provide additional information on topics such as wellness, living with special considerations, body image, and lifestyle choices. It will also examine food and kitchen safety in the food and nutrition classroom, at home, and in commercial establishments. It will teach you what you need to know to become wise consumers, and all about meal planning and preparation. Many healthy recipes are available for you to try out throughout the text, including such things as snacks, salads, desserts, and main courses from a variety of cultures. Career profiles will introduce you to a wide range of people and professions in food and nutrition in Canada. Finally, you will discover how agriculture has changed in recent years to provide food for Canadians in an environmentally friendly and safe way that will be sustainable in the years to come.



Unit Opener

- A **photograph** suggests what the chapters in the unit will be about.
- A **Unifying Concepts** list outlines the general topics included in your province's curriculum that will be studied throughout the unit.
- A **list of chapters** provides a glimpse of what to expect in the unit.
- An **Overview** outlines the topics that will be explored in the unit.



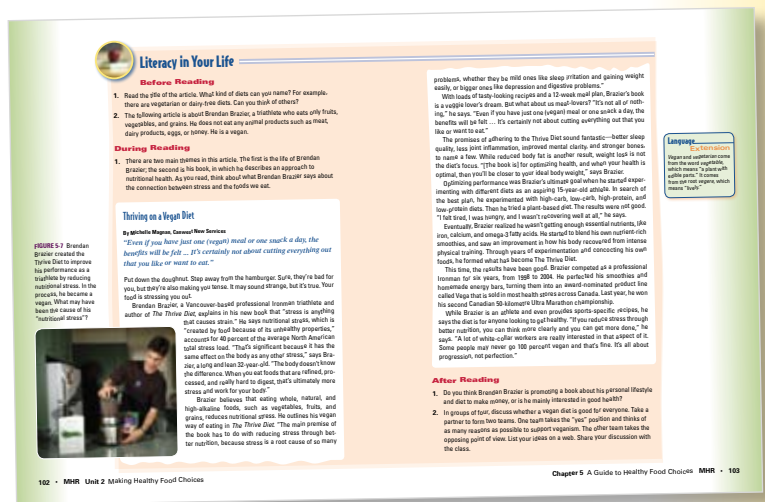
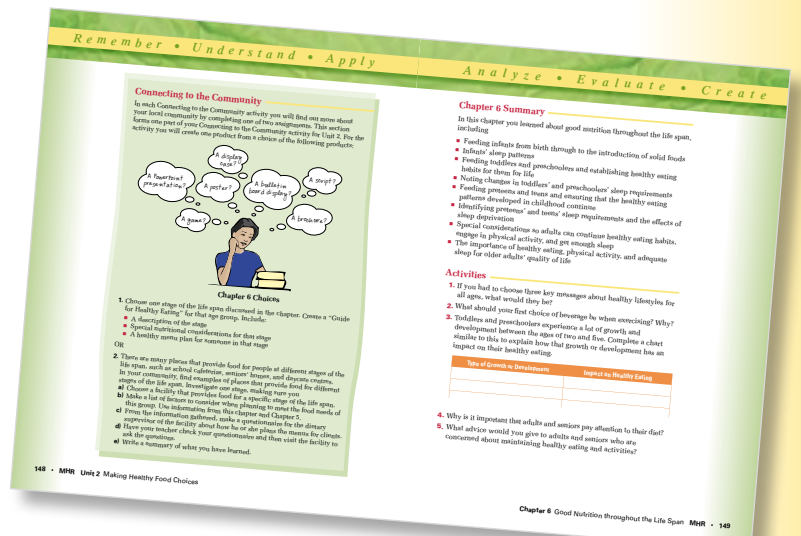
Connecting to the Community, Chapter Summary, and Activities

- At the end of each chapter, the **Connecting to the Community activities for the chapter** are outlined. Ways that you can present the information you will gather about the community are presented.
- The **chapter summary** provides a list of topics that were looked at in the chapter.
- A choice of **activities** enables you to analyze, evaluate, remember, understand, and apply the information you have learned in the chapter as well as create something new from this information.

This textbook was designed and written to make **food and nutrition** understandable, interesting, and appealing to today's students.

Literacy in Your Life

Magazine and news articles related to food and literacy are included in this two-page feature. Instructions on how to read the articles will guide you through them, and questions following the articles will explore what you have understood about them.



Healthy Living

Current informational items related to food, nutrition, health, safety, and other topics are explored in most chapters.

Recipes

Relevant, healthy recipes from many cultures appear in most chapters. These recipes have been tested and you can prepare them during your food and nutrition classes to learn food preparation and cooking techniques first-hand.



Easy Tomato Basil Bruschetta

Ingredients

6 slices light rye bread
2 tbsp (25 mL) extra-virgin olive oil, divided
18 cherry or grape tomatoes, coarsely chopped
5 leaves fresh basil, chopped
2 large roasted red bell peppers (from a jar), drained and coarsely chopped
1 clove garlic, minced
2 tbsp (25 mL) freshly grated parmesan cheese
1 tsp (5 mL) hot pepper sauce (optional)
½ tsp (2 mL) black ground pepper
½ tsp (2 mL) salt
¼ cup (50 mL) feta cheese, crumbled (optional)

Preparation

- Arrange bread on baking sheet. Brush lightly with 1 tbsp (15 mL) of the olive oil. Toast under preheated broiler for 3 minutes or until light brown.
- In a medium bowl, toss cherry tomatoes, basil, red peppers, garlic, parmesan, the remaining olive oil, hot pepper sauce (if using), pepper, and salt. Distribute evenly on top of bread. Sprinkle with feta cheese (if using).
- Broil until heated through, about 5 minutes. Cut each slice of bread in half diagonally.

Servings: 6



Reading Labels for Fat Content

Reading labels to find out the type and percentage of fat in a food is important to your overall health. Understanding fat type and content helps you make wise choices. Nutrition Facts tables in Canada must now list amounts and percentages of fat, saturated fats, and trans fats. Both saturated fats and trans fats increase the risk of heart disease, so look for lower numbers. Remember to look at serving sizes as well and compare them to the actual amount that you would normally eat.

◀ Safety Check

This brief margin feature provides safety tips relevant to the chapter content.

Food for Thought ▶

Interesting tidbits of information about topics that arise in the chapter appear periodically in the margins of the text.



There are an estimated 650 000 hazardous chemical products in existence and as many as 1000 new ones are produced every year. Only 2 to 3 percent of them have been tested for the threat they may pose to humans and animals. There is mounting evidence that many of these chemicals can alter sexual and neurological development, impair reproduction, cause cancer, and harm the immune system.

Web connection

To find out more about chemical hazards, go to this Web site and follow the links.

www.mhrfoodforlife.ca

◀ Web connection

One or more Web sites related to the content are provided in each chapter. You can use these Web sites to find out more about a topic or to do further research on various topics.