



# Fundamentals of Food Preparation: Lab Manual

*Marcy Gaston*

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## **Fundamentals of Food Preparation: Lab Manual** Marcy Gaston

Fundamentals of Food Preparation is a lab manual for students wanting to learn the basics of preparing food. The book covers the basics from knife skills and making stock to exploring cakes and pastries. Each unit covers a concept and includes evaluation exercises, experiments, recipes and unit questions. This manual is useful for students in nutrition, dietetics, and family consumer sciences. Instructors who are using this manual for a class can contact the author for the answer key to the unit questions.



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