



TON DUC THANG UNIVERSITY
VIETNAM – FINLAND INTERNATIONAL SCHOOL

Subject bibliography: Cooking & Nutrition"

2022-2023 SCHOOL YEAR

INTRODUCTION

Welcome to the "**Cooking & Nutrition**" topic! Here, we explore the wonderful connection between cooking and nourishing your body. Get ready to embark on a journey where delicious meals meet healthy choices. Discover the secrets of selecting ingredients that not only satisfy your taste buds but also support your overall well-being. This topic provides practical tips and insights to help you create wholesome dishes with ease. From ingredient knowledge to balanced nutrition, we'll guide you in making simple yet impactful changes in your culinary routine. Join us as we explore the joy of cooking and the transformative benefits of nutritious meals. Let's start your wellness journey in the kitchen!

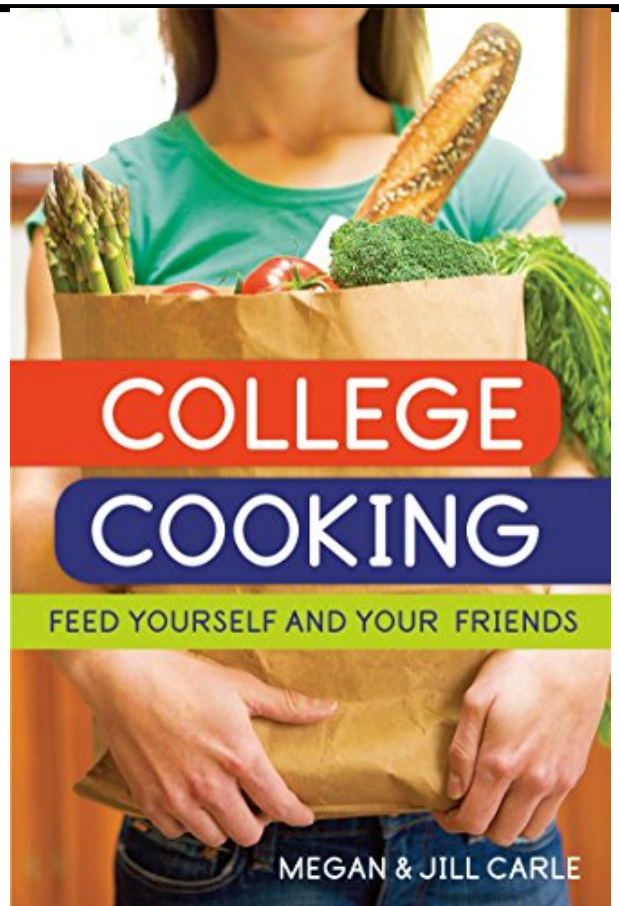
The bibliography includes 10 titles as follows:

- 1. College cooking: feed yourself and your friends**
- 2. Sugar and sweeteners**
- 3. Now You're Cooking: Junior Cycle Home Economics ; Recipe and Evaluation Handbook !**
- 4. Using math in cooking**
- 5. Zest for life : junior cycle home economics ; Skills book**
- 6. Twisted treats : desserts with unexpected ingredients**
- 7. The Healthy teen cookbook: around the world in 80 fantastic recipes**
- 8. Kids can press the jumbo vegetarian cookbook /Look good, feel great cookbook**
- 9. Bake like a pro!**

1. COLLEGE COOKING: FEED YOURSELF AND YOUR FRIENDS

College cooking: feed yourself and your friends / Megan & Jill Carle. - Berkeley, CA: Ten Speed Press, 2007. - xv, 144 p. ; 29 cm.

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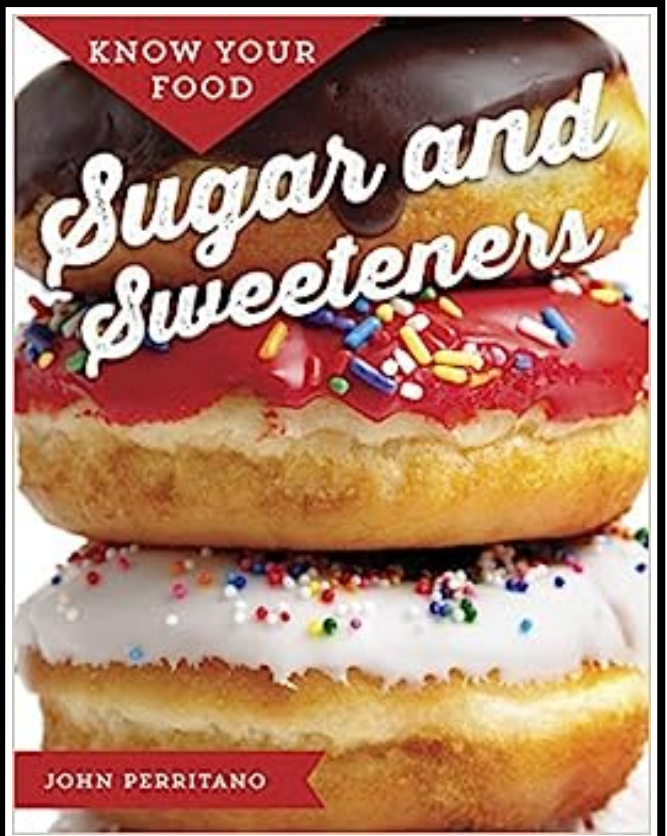
Summary:

"College Cooking: Feed Yourself and Your Friends" is a practical and comprehensive guide designed to help college students navigate the world of cooking and feeding themselves and their friends. This book recognizes the unique challenges faced by students living away from home for the first time, offering easy-to-follow recipes, essential cooking techniques, and valuable tips on meal planning, budgeting, and grocery shopping. From quick and budget-friendly meals to hosting gatherings and mastering kitchen essentials, this book equips students with the skills and confidence to prepare delicious and nutritious meals. With a focus on simplicity, affordability, and socializing, "College Cooking" is an indispensable resource for students seeking to make the most of their culinary experiences while balancing the demands of college life.

2. SUGAR AND SWEETENERS

Sugar and sweeteners /
John Perritano. - Broomall,
PA : Mason Crest, 2018. - 64
p. ; 25 cm.

641.3 S509A



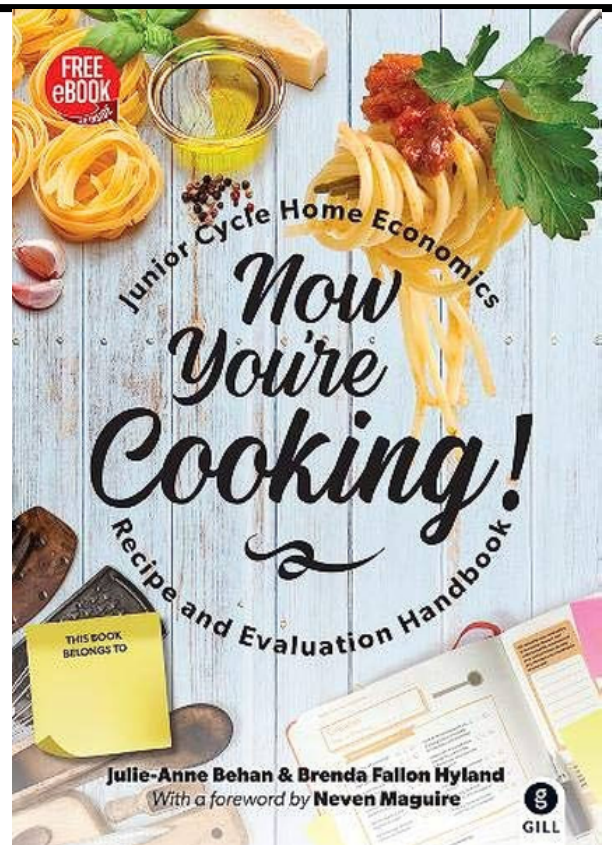
Summary:

"Sugar and Sweeteners" is a comprehensive guide that explores the world of sugars and sweeteners. From natural options like honey and maple syrup to artificial sweeteners and sugar substitutes, this book provides a detailed analysis of their production, taste profiles, and uses in various industries. It delves into the cultural, historical, and economic significance of sugar, while also addressing the impact of sweeteners on health and nutrition. With a focus on informing readers about different sweetener options and their effects on the body, this book empowers individuals to make informed choices and offers practical tips for reducing added sugars in their diet. Whether you're a health-conscious individual or simply interested in the science behind sweeteners, this book is an essential resource to satisfy your curiosity.

3. NOW YOU'RE COOKING: JUNIOR CYCLE HOME ECONOMICS; RECIPE AND EVALUATION HANDBOOK!

Now You're Cooking: Junior Cycle Home Economics; Recipe and Evaluation Handbook! / Julie-Anne Behan, Brenda Fallon Hyland; with a foreword by Neven Maguire. - Dublin, Ireland : Gill Education, 2020. - vi, 202 p. ; 30 cm.

641.5 N435Y



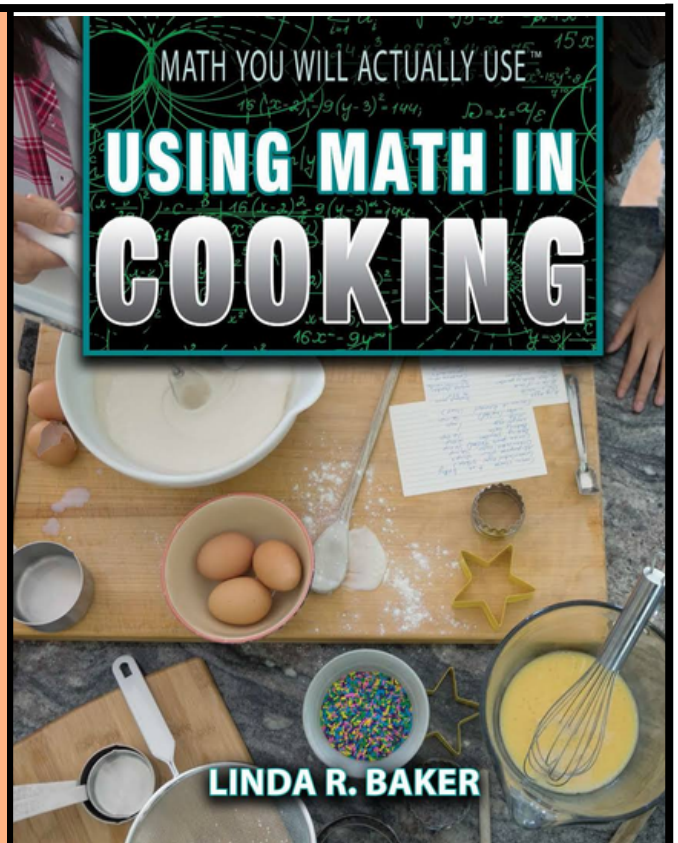
Summary:

"Now You're Cooking: Junior Cycle Home Economics; Recipe and Evaluation Handbook" is a comprehensive and practical guide designed for students studying Home Economics in the Junior Cycle. This book serves as a recipe and evaluation handbook, providing students with a wide range of delicious recipes along with detailed guidance on how to evaluate their cooking. It covers essential cooking techniques, nutritional information, and safety guidelines to ensure students develop their culinary skills in a safe and efficient manner. With a focus on promoting healthy eating habits and fostering a love for cooking, this handbook empowers students to explore their creativity in the kitchen while also developing their critical thinking and evaluation skills. Whether students are beginners or aspiring chefs, "Now You're Cooking" is an invaluable resource that will enhance their understanding and enjoyment of Home Economics.

4. USING MATH IN COOKING

Using math in cooking /
Linda R. Baker. - New
York: Rosen Publishing,
2018. - 48 p. ; 24 cm.

641.5 U521M



Summary:

"Using Math in Cooking" is a practical and engaging book that demonstrates the application of mathematics in the culinary world. From measuring ingredients to adjusting recipes, this book shows how math plays a crucial role in successful cooking. It covers various mathematical concepts such as fractions, proportions, conversions, and units of measurement, providing clear explanations and real-life examples. With step-by-step instructions and helpful tips, readers will learn how to use math to accurately scale recipes, calculate cooking times, and make ingredient substitutions. This book not only helps readers improve their cooking skills but also enhances their mathematical literacy. Whether you're a beginner cook or a seasoned chef, "Using Math in Cooking" is a valuable resource that empowers you to confidently apply math in the kitchen and create delicious culinary masterpieces.

5. ZEST FOR LIFE : JUNIOR CYCLE HOME ECONOMICS ; SKILLS BOOK

Zest for life : junior cycle home economics ; Skills book / Una Shelly ; Consultant editor: Margaret P Kinsella. - Dublin, Ireland : Gill Education, 2018. - iv, 288 p. ; 30 cm.

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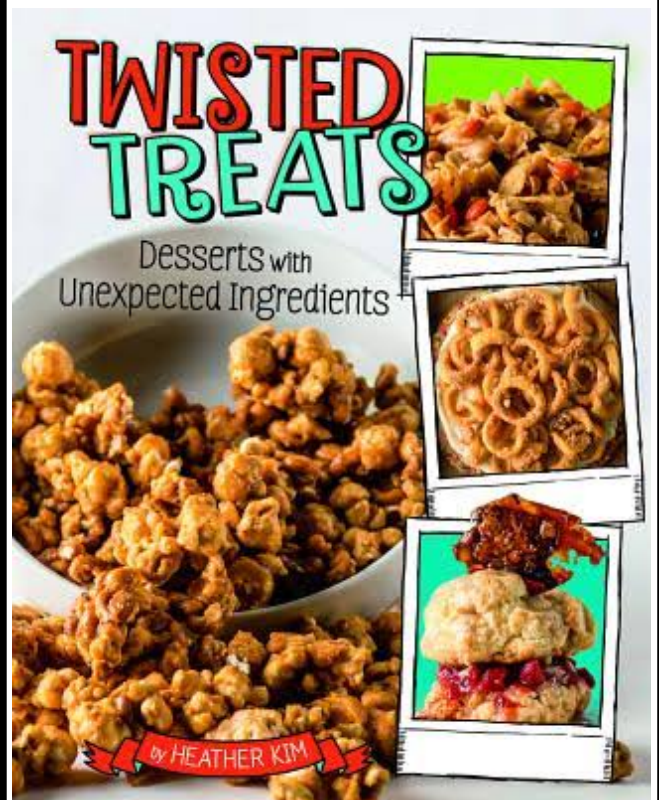
Summary:

"Zest for Life: Junior Cycle Home Economics; Skills Book" is an engaging and comprehensive resource designed for students studying Home Economics in the Junior Cycle. This skills book focuses on developing practical skills and knowledge necessary for a fulfilling and healthy life. It covers a wide range of topics, including nutrition, food safety, meal planning, budgeting, and consumer awareness. Through interactive exercises, hands-on activities, and practical tips, students will acquire essential life skills, such as cooking, meal preparation, and effective communication. The book emphasizes the importance of balanced and nutritious eating, promoting overall well-being. With its user-friendly format and engaging content, "Zest for Life" empowers students to become confident and competent individuals capable of making informed decisions for a successful and fulfilling life.

6. TWISTED TREATS: DESSERTS WITH UNEXPECTED INGREDIENTS

Twisted treats: desserts with unexpected ingredients / Heather Kim. - [North Mankato, Minnesota] : Compass Point Books, a capstone imprint, 2019. - 48 p. ; 26 cm.

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Summary:

"Twisted Treats: Desserts with Unexpected Ingredients" is a creative and delightful cookbook that explores the world of desserts with a twist. This book takes traditional dessert recipes and infuses them with unexpected and unique ingredients to create extraordinary flavor combinations. From savory-sweet desserts to desserts with surprising textures, each recipe offers a delightful surprise for the taste buds. With clear instructions and beautiful visuals, readers can easily recreate these innovative treats in their own kitchens. Whether it's a bacon-infused chocolate cake or a lavender-infused ice cream, "Twisted Treats" pushes the boundaries of dessert-making and invites readers to embrace culinary adventure. Perfect for adventurous home bakers and food enthusiasts, this book opens up a world of unexpected and tantalizing dessert possibilities.

7. THE HEALTHY TEEN COOKBOOK: AROUND THE WORLD IN 80 FANTASTIC RECIPES

The Healthy teen cookbook:
around the World in 80
fantastic recipes / Remmi
Smith. - Coral Gables, FL :
Mango, 2018. - 204 p. ; 26 cm.

641.59 H200T



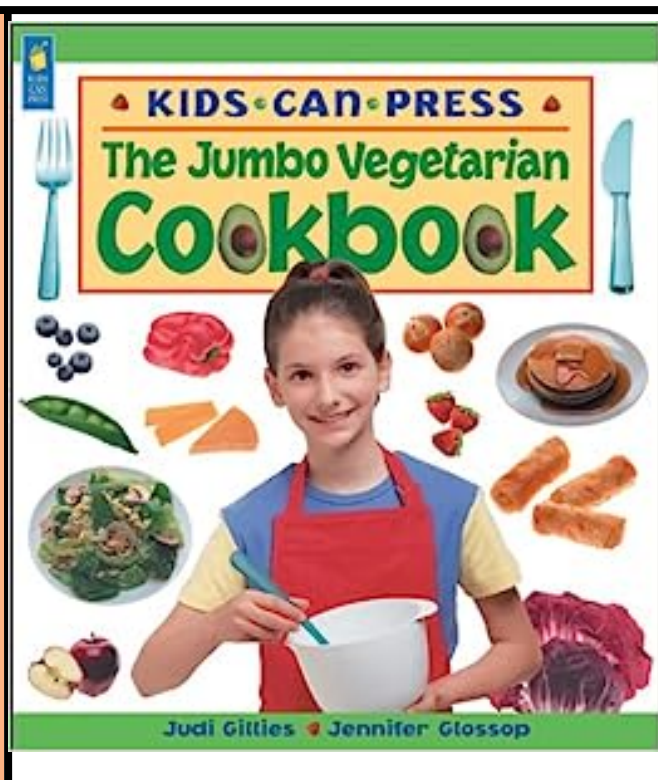
Summary:

"The Healthy Teen Cookbook: Around the World in 80 Fantastic Recipes" is an exciting and educational culinary journey designed specifically for teenagers. This cookbook introduces young readers to a variety of flavors and cultures from around the world while promoting healthy eating habits. With 80 delicious and nutritious recipes, teens can explore cuisines from different countries, expanding their culinary horizons and developing their cooking skills. Each recipe focuses on using fresh, wholesome ingredients and incorporates balanced nutritional elements. From Asian stir-fries to Mediterranean salads, this book offers a diverse range of dishes that are both flavorful and nourishing. With step-by-step instructions and helpful tips, "The Healthy Teen Cookbook" empowers teenagers to take charge of their own nutrition and create tasty meals that are good for their bodies. It's the perfect companion for aspiring young chefs who want to explore the world of healthy cooking.

8. KIDS CAN PRESS THE JUMBO VEGETARIAN COOKBOOK

Kids can press the jumbo vegetarian cookbook / Judi Gillies, Jennifer Glossop ; Louise Phillips ill. - Toronto ; Tonawanda, NY : Kids Can Press, 2002. - 256 p. ; 24 cm.

641.5 K302C



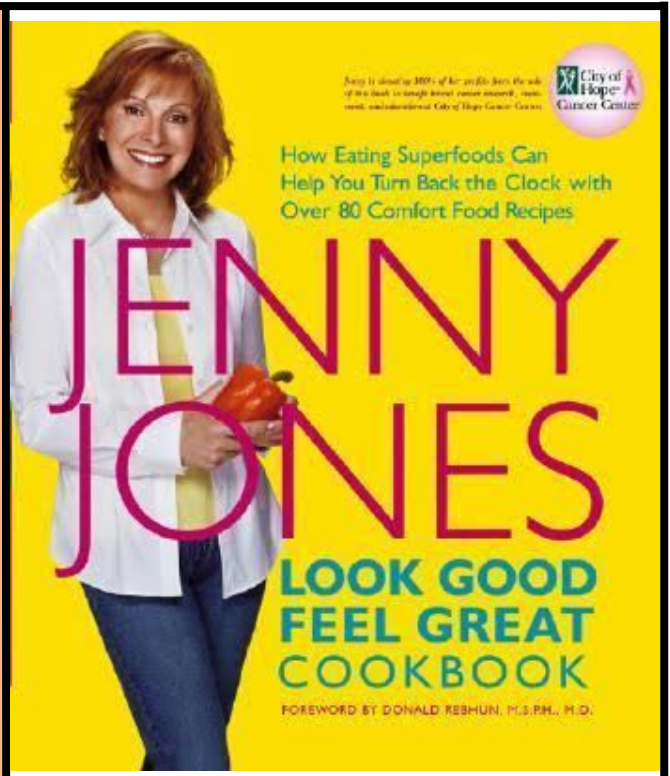
Summary:

"Kids Can Press Jumbo Vegetarian Cookbook" by Judi Gillies and Jennifer Glossop, featuring illustrations by Louise Phillips, is a fantastic cookbook designed specifically for children. This comprehensive guide offers a wide variety of vegetarian recipes, spanning breakfast, snacks, main courses, and desserts. The book presents clear and accessible instructions, accompanied by engaging illustrations that make it easy for young chefs to follow along. In addition to inspiring culinary creativity, the cookbook emphasizes the importance of healthy eating habits, kitchen safety, and understanding the environmental and ethical benefits of vegetarianism. With its delicious recipes and helpful guidance, this cookbook is a wonderful resource for children eager to explore the world of vegetarian cooking.

9. LOOK GOOD, FEEL GREAT COOKBOOK

Look Good, feel great cookbook / Jenny Jones ; Photography by Jenny Jones; Foreword by Donald Redhun, M.S.P.H., M.D. - Hoboken, N.J.: Wiley, 2006. - 212 p. ; [24] cm.

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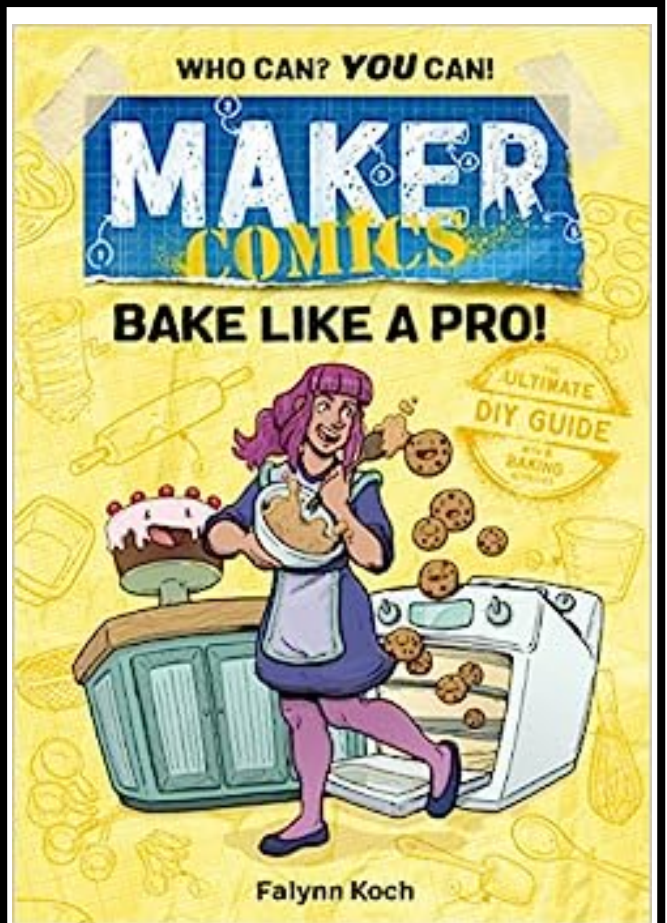
Summary:

"Look Good, Feel Great Cookbook" is a transformative and inspiring culinary guide that focuses on nourishing the body and promoting overall well-being. This cookbook offers a collection of delicious and nutritious recipes designed to make you both look and feel great. With a focus on wholesome ingredients, balanced nutrition, and flavorful combinations, these recipes are tailored to support a healthy lifestyle. From energizing breakfasts to satisfying lunches and dinners, as well as guilt-free desserts and snacks, this book offers a diverse range of options for every meal. Alongside the recipes, you'll find valuable tips on meal planning, ingredient substitutions, and incorporating mindful eating practices. Whether you're looking to improve your energy levels, support weight management, or enhance your overall health, the "Look Good, Feel Great Cookbook" is a fantastic resource to guide you on your journey to a healthier and happier you.

10. BAKE LIKE A PRO!

Bake like a pro! / Falynn Koch. - New York : First Second, 2019. - 123 p. : ill ; 22 cm.

641.81 B103L



Summary:

"Bake Like a Pro!" by Falynn Koch is an incredible baking guide that helps home bakers achieve professional-level results in their own kitchens. With its beautiful illustrations and expert tips, this book is a treasure trove of baking knowledge, techniques, and recipes. From classic cakes and cookies to artisan breads and delicate pastries, it covers a wide range of delectable treats. Falynn Koch's expertise shines through as she provides clear instructions and helpful insights for each recipe. Whether you're a beginner or an experienced baker, "Bake Like a Pro!" will inspire you to hone your skills and create impressive baked goods that will impress everyone. Get ready to unleash your inner baking pro and embark on a delightful culinary adventure!