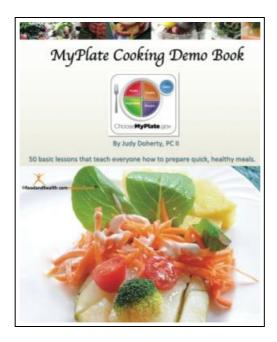
Myplate Cooking Demo Book: 50 Lessons That Teach Modern Cooking for Good Nutrition.



Filesize: 4.61 MB

Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Conor Grant)

MYPLATE COOKING DEMO BOOK: 50 LESSONS THAT TEACH MODERN COOKING FOR GOOD NUTRITION.



Createspace, United States, 2011. Paperback. Book Condition: New. 254 x 203 mm. Language: English. Brand New Book ****** Print on Demand *******. MyPlate Cooking Demo Book: Teach your clients how to prepare easy and delicious healthful meals. This program uses the food groups in MyPlate plus modern techniques and shortcuts so everyone can easily prepare a tasty and healthful meal. 50 lessons cover breakfast, lunch, dinner and snacks plus basic ingredients and basic cooking techniques. Your cooking demonstrations will be very relevant and tie cooking and nutrition skills together! When you need to look your very best now.our cooking demonstration guides have been popular sellers for the past 15 years! Learning Objectives and Benefits: This program is ready to bring you very speedy delicious meals for today s time pressed cook or cooking impaired consumer: This presentation program consists of recipes, handouts, leader guides and lesson plans for the demonstrator PLUS a bonus PowerPoint show that teaches you how to shop with MyPlate food groups. You are guaranteed to have meal choices and topics that will please any audience! Use MyPlate food groups - fruits, vegetables, whole grains, protein and fat-free/low-fat dairy products to make the perfect healthy meal in a snap. PLUS use modern cooking classes to teach today s busy cook how to prepare meals. Skillets, microwaves, rice cookers, toaster ovens make the job easy. You will look like a magician as you roll out multiple dishes that take a few minutes. This is cooking instruction and proper nutrition all rolled into one. Over 100 pages of leader guides and copy-ready handouts for 50 lessons PLUS 1 PowerPoint show with over 30 slides and speaker s notes You receive good value and you will be able to do more with less, quickly and in an engaging manner -...



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