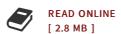




Toledo Public Schools: Home Economics Cook Book for Elementary Grades (Classic Reprint)

By Toledo Public Schools

Forgotten Books. Paperback. Condition: New. This item is printed on demand. 142 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Excerpt from Toledo Public Schools: Home Economics Cook Book for Elementary GradesFolding: Bring the material from below gently over the ingredient added. Continue to cut and fold until thoroughly mixed but do not beat or stir. Stir mixtures to make them smooth. Beat mixtures to make them light. Cut the stiff white of eggs into mixtures. Classification of FoodsI - Carbohydrates: Produce fuel and energy. (a) Starch is found in large amounts in cereals and flour, rice, macaroni, etc. In vegetables such as corn, potatoes, dry peas and dry beans, etc. (b) Cellulose is the fibrous material holding the food elements of grain products, vegetables, and fruit in shape. (c) Sugar is found in cane sugar, maple sugar, honey, milk, fruits, especially dates, raisins and prunes and some of the vegetables. II - Fats: Produce fuel and energy. Fat is found in cream, butter, vegetable oil, nuts, fat of meat, etc. III - Proteins: Build and repair tissue. Proteins are found in milk, cheese, eggs, meat, fish, dried peas and dried beans, nuts, etc. IV - Mineral Matter: Builds tissue, bone and...



Reviews

I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.

-- Prof. Barney Harris

It in just one of the most popular ebook. It really is full of wisdom and knowledge You are going to like just how the blogger create this pdf.

-- Roosevelt O'Keefe

Other eBooks



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book
***** Print on Demand ******. Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday,
Schools and in...



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.



Genuine] Whiterun youth selection set: You do not know who I am Raoxue(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012-08-01 Pages: 254 Publisher: rolls of publishing companies basic information title: Snow Man youthful selection set: I do...



Edge] do not do bad kids series: the story of the little liar (color phonetic version) [genuine special(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2010 Publisher: Shanghai Popular Science Shop Books all book Genuine special part of the stock if the stock...



Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English. Brand New Book *****
Print on Demand *****. Have you evertold a little white lie? Or maybe a bigger one that wasn teven white?...



How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book

McGraw Hill. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New In Softcover Format, How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book. 1-1-3.