



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 Grades
 Folding: 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 Foods I - 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...



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