



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

By Judy Doherty

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...



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