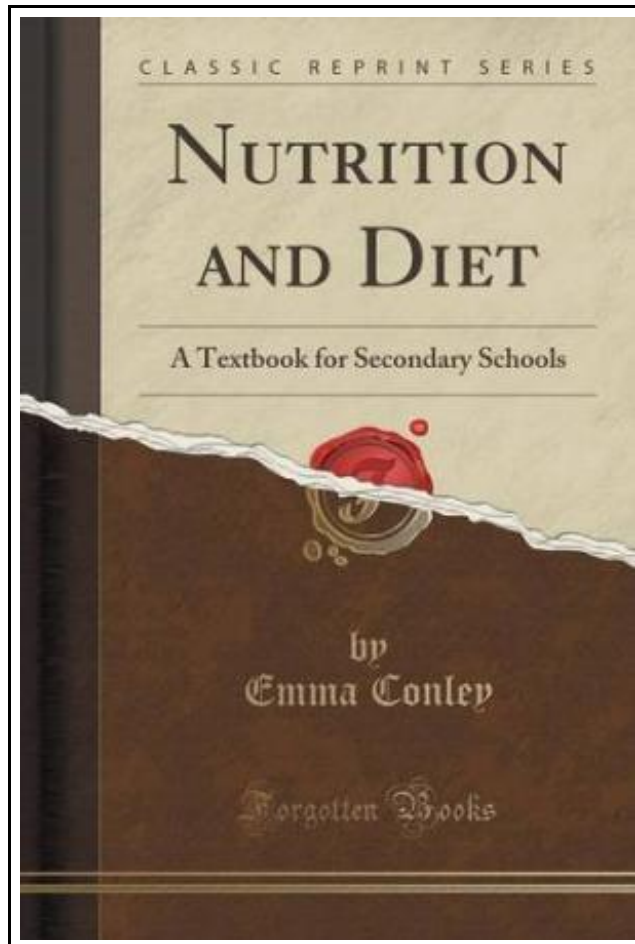


## Nutrition and Diet: A Textbook for Secondary Schools (Classic Reprint)



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*Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.*

*(Lorena White)*

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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from *Nutrition and Diet: A Textbook for Secondary Schools Domestic Science* as taught in the schools of this country has three distinct phases: practical work in foods, commonly called cooking, and taught in the school kitchen; experimental work in foods, taught in the chemical laboratory; and the acquisition of knowledge concerning foods, nutrition, and diet, and its correlation with the knowledge gained in the kitchen and laboratory. The first phase of the work is usually formulated in some type of cook book, the second in a laboratory manual, and the third phase, because of the lack of suitable textbooks for secondary schools, has been presented by the lecture method. While several good college texts are published, there has been no book suited to the needs of high school pupils, and the result has been that the teacher has been obliged to dictate her college notes, adapted in some form, to her pupils. These notes, in subject matter and language, have been hard for the immature mind to grasp, and so much time had to be given to dictation that no time was left for recitation or for practical work in carrying out the plans formulated by the teacher. The lecture method has no place in the secondary school. Time spent in copying notes in class, and then recopying in ink into a notebook is worse than wasted, and it leaves no time for supplementary reading matter to which the teacher could refer the pupil. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology...



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