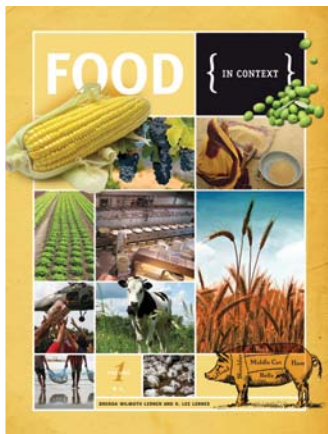


NEW TITLE



Food: In Context

1st Ed.
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Food: In Context

We are all subject to the demands of our stomachs. How these demands are met – by whom and with what – reveals a great deal about a society and its values.

From enduring topics like obesity and food safety to targeted investigations like the food impact of the Gulf of Mexico oil spill, *Food: In Context* delivers in-depth articles that go beyond scientific explanation to examine the complicated relationship of food and society.

Scholarly enough for university students, accessible enough for high-schoolers and general readers, *Food: In Context* serves as starting point for studies of daily life, trade and commerce, ethics, public policy and much more.

SUPPORT FOR THE CURRICULUM

- With its cross-curricular focus, *Food: In Context* supports basic and advanced AP curricula in chemistry and biology, as well as earth science, environment and social sciences, history, government and other core subjects
- The two-volume set is aligned to state and national science standards, particularly those related to personal and community health, natural and human-induced hazards and global interdependence
- Primary sources, combined with expert-written overviews, add context to content and provide researchers with a fuller picture of the chosen subject

FULL COLOR

Human Gastrointestinal System

The diagram shows the esophagus, stomach, small intestine, large intestine, and associated organs like the liver and pancreas. It includes detailed text explaining the function of each part, such as the role of the stomach in breaking down food and the function of the small intestine in nutrient absorption.

The Human Gastrointestinal System - Cengage Learning

IN CONTEXT: THE HEIMLICH MANEUVER

Every year thousands of people die because they accidentally choke on their own food. The food blocks their windpipe (trachea), making breathing impossible. Death follows rapidly unless the food or other foreign material can be dislodged from the airway in children under the age of five years, choking is the leading cause of unintentional injury-related deaths, and children under the age of five years are especially vulnerable to choking. Accordingly, many people in food service industries receive basic training to deal with choking emergencies. The Heimlich maneuver is a common emergency procedure for removing food or a foreign object lodged in the airway that is causing airway obstruction. American physician and inventor Dr. Henry Heimlich (1925-) is credited with the Heimlich maneuver. Heimlich developed the Heimlich maneuver in the mid-1970s as a means of saving the lives of choking victims. Since then his maneuver has garnered wide acceptance by most medical professionals in helping victims of choking accidents.

The Heimlich maneuver is a series of abdominal thrusts that is simple enough that it can be performed immediately by almost anyone trained in the maneuver. By compressing the abdomen, air is forced out of the lungs, dislodging the obstruction and bringing the foreign material up into the mouth. The maneuver is used mainly when solid material, often a block of food, lodges in the tracheal airway. The Heimlich maneuver can be performed on all people, but modifications are necessary if the choking victim is obese, pregnant, a child, or an infant.

Indications that a person's airway is blocked include:

- The person can not speak or cry out.
- The face turns blue from lack of oxygen.
- The person desperately grabs at his or her throat.
- The person has a weak cough, and labored breathing produces a high-pitched noise, and
- The person does all of the above, then becomes unconscious.

About 80 percent of deaths from choking could be prevented by using the simple technique of the Heimlich maneuver. Information on how to sign up for classes that teach the proper way to administer the Heimlich maneuver and other emergency techniques can be obtained at many local clinics and hospitals. Additional information is also available at the Heimlich Institute Web site, located at <http://www.heimlichinstitute.org/page.php?ip=34>.

The Heimlich maneuver - Cengage Learning

Full-color photos and illustrations complement authoritative, accessible text.

WORDS TO KNOW

MONOUNSATURATED OIL: Oil with a fatty acid carbon chain containing one double or triple bond per molecule. Peanut oil, canola oil, and olive oil are examples of monounsaturated oils, which are thought to help lower LDL cholesterol levels in the blood.

OIL: A fat that is liquid at room temperature. Oils generally come from vegetable sources, and a wide range of oils are available for cooking.

POLYUNSATURATED OIL: Oil with a fatty acid carbon chain that contains multiple double or triple bonds in each molecule. Corn oil, safflower oil, soybean oil, and sesame oil are examples of polyunsaturated oils. Polyunsaturated oils are thought to help reduce LDL cholesterol levels in the blood.

SATURATED FAT: Fat in which the fatty acid chain contains only single bonds between carbon atoms in each molecule. Saturated fats are usually obtained from animal products, including lard and butter; but are also derived from plants, such as coconut oil and palm oil. Saturated fats are thought to increase LDL cholesterol levels in the blood.

SMOKE POINT: The temperature at which a cooking fat breaks down into visible gaseous products.



The chef and owner of Sylvia's restaurant in southern fried chicken using a soy bean oil trans fats. The New York City Board of Health, 2006, to make New York the nation's first trans fats at restaurants. AP Images

fat, than with butter or margarine, which are around 80 percent fat. Low-fat spreads, which contain a lot of water, are not suitable for baking. Moreover, solid fats hold air bubbles in a baking mixture and help aerate a cake, giving it a light texture. Fat also transports flavor molecules, many of which are fat soluble, to taste receptors in the mouth, so helps enhance the experience of consuming baked goods.

shelf life. Manufacturers began to fats in an attempt to make them more partially hydrogenated fats that contain which are not found in nature.

Clinical studies showed that the tion of trans fatty acids into the hunt to increased cholesterol and incre risk. Any product containing parti vegetable oils will have trans fatty products with trans fatty acids inc

Impacts and Issues

There are two main categories of cooking fats. Saturated fats, such as butter and lard, generally come from animal sources, whereas unsaturated fats, such as corn, olive, and other vegetable oils, are derived from plant sources. Healthy eating advice recommends minimiz-

Helpful sidebars bring more context to content.

ABOUT IN CONTEXT

The *In Context* series provides comprehensive information on issues like climate change, the environment, scientific thought and more. Written by international experts in the field, these cross-curricular sets are designed to aid students in high school and beyond, as well as appeal to general readers and researchers. Each full-color set includes hundreds of detailed entries, tables, photos and illustrations, sidebars highlighting related issues and more.

ENTRIES IN FOOD: IN CONTEXT INCLUDE:

- Advertising Food
- Agribusiness
- Bisphenol A
- Cooking, Carbon Emissions and Climate Change
- Food Irradiation
- Genetically Modified Organisms (GMO)
- Gulf Oil Spill: Food Impacts
- Head-to-Tail Eating
- Irradiation
- Lactose Intolerance
- Locavores
- Mad Cow Disease and vCJD
- Mediterranean Diet
- Slow Food Movement
- Social Media and Food
- Sustainable Agriculture
- And hundreds more

FEATURES OF FOOD: IN CONTEXT:

- 245 articles written by subject experts in nutrition, medicine, culinary arts, agriculture, aquaculture, environmental science and more
- 47 primary source documents, including articles from the Food and Agriculture Organization of the United Nations, journalist Upton Sinclair, UN Secretary-General Ban Ki Moon and First Lady Michelle Obama
- More than 300 full-color photos to complement and enhance the text
- Glossary
- Chronology

eBOOK FEATURES

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