

with particular focus on wineries, is detailed. The final section is concerned with the assessment of the environmental impact of food production and consumption. This involves life cycle assessments, and food system sustainability, culminating with some concluding remarks and discussion of future prospects by the volume editors.

In summary, this informative, and highly recommended, volume highlights current research as well as future opportunities for the reprocessing and reuse of food wastes, providing important guidance on the implementation of bioprocessing techniques to individuals in both academia and industry with interests in areas of waste reduction and utilisation.

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J.B. Marcus, Culinary Nutrition – The Science and Practice of Healthy Cooking Academic Press/Elsevier, San Diego, CA, USA, 2013. xii + 648 pp., £54–99, ISBN: 978-0-12-391882-6

In the relatively opulent west, foods and beverages must first taste good to be consumed for health and well-being, unlike in the relatively impoverished third world where having sufficient food for survival is far too often the primary concern. Thus modern cooking must deliver far more than simply sustenance. The application of basic cookery skills must therefore ultimately result in dishes that appeal to all the senses, providing an integrated approach in terms of desirable appearance, aroma, taste and texture. This unique volume is the first textbook that from the outset aims to provide a complete teaching experience by integrating the usually segregated areas of nutrition, food science and the culinary arts. A blend of real-life applications, recipes and photographs of real dishes is successfully utilised to emphasise the increasing importance of delivering sustainable, healthy and tasty foods and beverages.

The volume begins with an overview, which presents the connection and integration of nutrition, food science and the culinary arts, information on how to use the book and its layout. Each of the twelve chapters begins with a 'chapter menu' that functions as a mini table of contents, providing a taste of each topic. The first three chapters cover the basics of nutrition, food science, and the culinary arts, respectively. These chapters cover food composition and function, and guidelines regarding healthy nutrition and healthy cooking. The next four chapters deal with the basics about carbohydrates, proteins, lipids, and vitamins and minerals, with respect to food and health. Phytonutrients and functional foods are also covered in the latter chapter. The next three chapters focus upon fluids, diet and disease, and weight management, respectively. The final chapters discuss life cycle nutrition, and global food, health and the environment, respectively.

This volume explores foods and beverages with optimal nutritional values for dietary needs, including information on food production, alternative production methods and the impact of preparation on nutritional value and consumer acceptability. Specific dietary requirements for general and specialised needs throughout the life cycle, and the rapidly changing effects of global food and nutrition developments are covered. Such topics are of particular importance as the west aims to tackle the dramatic rise in health problems associated with poor diet and nutrition and the rising levels of obesity.

In conclusion, this informative textbook is highly recommended to both undergraduate and postgraduate students in all areas of food science, nutrition, and the culinary arts. It will also be of use to professionals, both in academia and the food services industries, such as those involved in new product development and menu design.

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