

# VMS Inc.

Publisher / Distributor

805 Airway Drive \* Allegan MI 49010 \* 800-343-6430

**Foods**

**2012**

**#23Foods**

**DVDs, Textbooks**

**References**

## Trade Specific Workbooks on CD - Math, Writing, Vocabulary

These workbooks on CD provide students with applied math, writing, vocabulary, thinking, transition, and work readiness activities that enable them to practice using their basic skills in a workplace context. In addition to improving their skills, students will learn how to use these skills in the real world. Each disk includes over 150 worksheets.

Print from any computer with a CD drive. Nonconsumable. Cost efficient. For an interactive version of the Applied Math Digital Workbooks, see the Applied Math Courseware.

**Applied Math - Cosmetology**  
• PM-AMDCS, \$79.00

**Applied Math - Family/Consumer**  
• PM-AMDFC, \$79.00

**Applied Math - Food Service**  
• PM-AMDFS, \$79.00

**Applied Math - Health Services**  
• PM-AMDHS, \$79.00

**Applied Math - Marketing**  
• PM-AMDMK, \$79.00

**Applied Writing - Career Education**  
• PM-AWDCE, \$79.00

**Applied Writing - Family/Consumer**  
• PM-AWDFC, \$79.00

**Applied Writing - Food Service**  
• PM-AWDFS, \$79.00

**Applied Writing - Health Services**  
• PM-AWDHS, \$79.00

**Applied Writing - Job Experience**  
• PM-AWDJE, \$79.00

**Applied Vocabulary - Family/Consumer**  
• PM-AVDFC, \$79.00

**Applied Vocabulary - Food Service**  
• PM-AVDFS, \$79.00

**Applied Vocabulary - Health Services**  
• PM-AVDHS, \$79.00

**Applied Thinking - Applied Communication**  
• PM-ATDAC, \$79.00

**Applied Thinking - Applied Math**  
• PM-ATDAM, \$79.00

**Applied Thinking - Applied Science**  
• PM-ATDAS, \$79.00

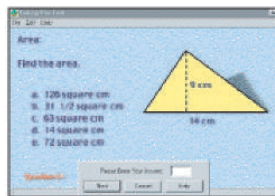
**Transition Skills - Applied Math Basics**  
• PM-PSAPMB, \$79.00

**Transition Skills - Life/Career Transitions**  
• PM-PSLCT, \$79.00

**Work Readiness - Finding a Job**  
• PM-WRDWFJ, \$79.00

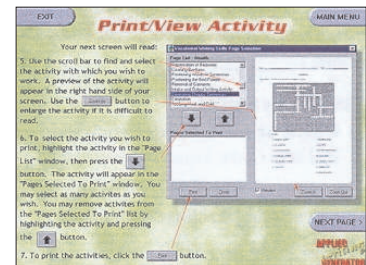
**Work Readiness - Getting a Job**  
• PM-WRDWGJ, \$79.00

**Work Readiness - Getting a Job**  
• PM-WRDWGJ, \$79.00



## SHOPTALK - Vocabulary Development

The words and definitions in SHOPTALK have been compiled to make it easy and fun to teach course-related vocabulary. Each CD contains over 100 worksheets emphasizing words and definitions necessary for students to learn the critical vocabulary skills in their occupational program. SHOPTALK prints 10 different types of worksheets: Code Word, Criss-Cross, Cross Word, Missing Letters, Multiple Choice, Scrambled Words, True/False, Word Misspellings, Word Search, and Writing. See *Trade Words* online for the interactive version.



**Child Care**  
• PM-STCC, \$59.95

**Clothing**  
• PM-STCL, \$59.95

**Foods**  
• PM-STFD, \$59.95

**Housing**  
• PM-STHS, \$59.95

**Job Words**  
• PM-STJW, \$59.95

**Life Skills**  
• PM-STLF, \$59.95

**Nutrition**  
• PM-STNU, \$59.95

**Parenting**  
• PM-STPR, \$59.95

**Sewing**  
• PM-STSW, \$59.95

**Teen Parenting**  
• PM-STTP, \$59.95

**Dental Assist**  
• PM-STDA, \$59.95

**Medical**  
• PM-STMD, \$59.95

**Nursing Assistant**  
• PM-STNA, \$59.95

**Pharmacy**  
• PM-STPT, \$59.95

**Business Law**  
• PM-STBL, \$59.95

**Keyboarding**  
• PM-STKB, \$59.95

## Applied Math Courseware

This CD-based, interactive, multimedia applied math courseware provides career-based math activities related to specific occupational training areas. Students can improve their basic math skills AND learn how these skills are used in the workplace. The multimedia presentation is packed with colorful graphics, helpful math aids, and many skill-building activities. Over 100 reproducible activities are included in the comprehensive user's guide. Covers: addition, subtraction, multiplication, division, fractions, decimals, percents, rounding numbers, ratio & proportion, scales, linear measurement, perimeter, area, volume, temperature, and angles.

Students are assessed with a pretest, followed by a math review. Word problems are covered. Applied math activities are provided. The program manager lets the teacher view & print student work and add his own math problems to the program.



**Cosmetology**  
• PM-AMCCS, \$249.00

**Family/Consumer**  
• PM-AMCFC, \$249.00

**Food Service**  
• PM-AMCFS, \$249.00

**Health Services**  
• PM-AMCHS, \$249.00

1-800-343-6430 or  
www.VMS-online.com

## New - Uniforms for Culinary Arts from VMS

High quality chef coats, pants, aprons, and hats are now available from VMS! Coats can be embroidered with your school logo and/or name to give your students a professional look. Here are some low-cost basics but other options are available. Call if you need more information.

### Baggy Pants

The Baggy Pant is made with 65 poly / 35 cotton twill. The pant features a 3-inch elastic waistband with inside drawstring. It has one back and two side pockets. Black, Houndstooth, or Chalk Stripe.

Unisex sizing XS-4X.

- VMS-AB04 (See chart below for pricing)



	Black	Stripe/Houndstooth
XS-XL	\$22.95	\$23.95
2X	\$25.95	\$26.95
3X	\$26.95	\$28.95
4X	\$28.95	\$29.95

**Call for size charts on coats and baggy pants.**

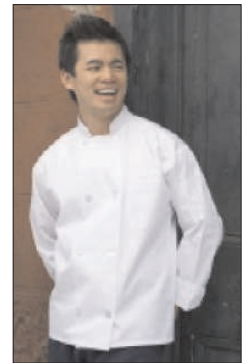
### Coat

The Chef Coat is made of 65 poly / 35 cotton permanent press white twill fabric. It has a dropped shoulder, left chest & sleeve pockets, and 8 plastic buttons.

White. Unisex sizing S-4X

- VMS-AB403WH (See chart below for unit pricing.)

	White
S-XL	\$20.95
2X	\$22.95
3X	\$23.95
4X	\$25.95



### Bib Apron

This large, no-pocket apron is practical and durable. It slips on over the head and ties in the back. Made from 65 poly / 35 cotton twill. Measures 34" long X 30" wide for ample coverage. Minimum order of 12 per color.

- Bib (white): VMS-AB3000-25, \$5.00 each
- Bib (colors): \$6.25 each (see order number below)

COLOR	ORDER #
Black	AB3000-01Black
Burgundy	AB3000-03Burgundy
Red	AB3000-19Red
Purple	AB3000-18Purple
Royal Blue	AB3000-20Royal
Navy	AB3000-16Navy
Hunter Green	AB3000-05Hunter
Kelly Green	AB3000-11Kelly



- Must order in quantities of 12

### Chef Wrap

This wrap is made from 100% cotton. It has an elastic back that is covered by the ties so one size fits all. Sold 6 per package.

Specify black, red, or black with white pinstripe.

- VMS-KNG1055(6-24), \$3.50 each
- VMS-KNG1055(30+), \$2.80 each



### Pill Box Hat

This hat is made from 100% cotton. It has a hook & loop closure in the back. Sold 6 per package. Specify black, white, hounds tooth.

- VMS-KNG1168(6-24), \$3.50 each
- VMS-KNG(30+), \$2.55 each

### Disposable Chef Hat

Non-Woven Chef Hats are so inexpensive that they can be reused until dirty, then tossed.

Non-woven, not paper, with tape closure on back. One size fits all.

- Package of 5: VMS-5Pkg1152, \$5.25
- Package of 25: VMS-25Pkg1152, \$20.75
- 4+ Packages of 25: VMS-25Pkg1152, \$16.99/pkg



### Neckerchief



The large (22Wx44L) neckerchief is a great accent. Minimum of 12 per color. Available in red, royal, black, or white.

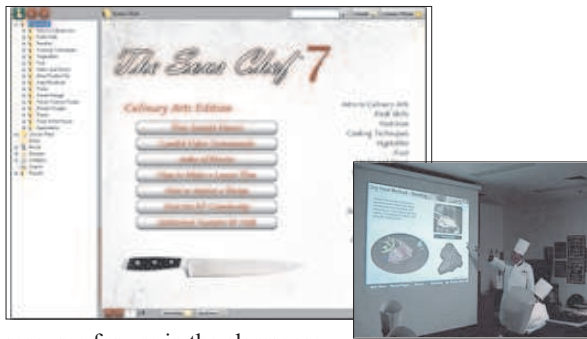
- Red: VMS-AB0175-19, \$5.40 each
- Royal: VMS-AB0175-20, \$5.40 each
- Black: VMS-AB0175-01, \$5.40 each
- White: VMS-AB0175-25, \$4.65 each

See our website and the online Foods Flier for knives, garnishing tools, & equipment or call 1-800-343-6430 for additional information.

# Multimedia Culinary Arts Training Resource

## The Sous Chef - Version 7

This new version of the popular Sous Chef software is a comprehensive, multimedia, PC-based culinary arts training



resource for use in the classroom. It has improved navigation. Teachers can now add their own materials and edit content.

The Sous Chef can be used as a supplement to or a replacement for the textbook you are currently using. It contains textual information and photos presented in a standard “book” format. These pages can be printed for classroom handouts, viewed on monitors, or used with a projector as slides.

Chapters include: Intro to Hospitality; Knife Skills and Nutrition; Stocks, Sauces and Soups; Cooking Techniques; Meat, Fish and Poultry; Dairy, Breakfast and Pasta; Vegetables, Fruits and Nuts; Garde Manger, Herbs and Spices; Breads and Doughs; Pastry and Baking; Front of the House Operations; Web Resources. Each chapter includes competencies and terminology.

In addition to the textual pages, the program contains technique videos which give step-by-step instructions. They show basic and advanced kitchen techniques for everything from butchering a chicken to techniques for final plate presentation.

The Sous Chef combines text, photos, charts, diagrams, and video to be your best teaching assistant. With the searchable database, you can find the specific information or techniques you need instantly at your fingertips.



## Foods & Nutrition - Beginner Course

Ideal for beginners who need only the basics. It is appropriate for Middle, Junior High, and beginning High School foods classes. It contains 100 instructional videos and over 400 colorful slides of information.

- **One station:** KPC-FNTW, \$1000.00
- **Additional workstations (must have KPC-FNTW):** KPC-FNTWA, \$300.00
- 5- and 10-lab packs are available. Please call 800-343-6430
- **Student Abridged CD (no videos - written/photo content only; must have KPC-FNTW):** KPC-FNCD, \$10.00
- **Add Curriculum Suite\*:** KPC-FNCS, \$800.00



## Culinary Arts - Premier Course

The pinnacle of the culinary experience, this massive program has an emphasis on skills development for the workforce or advancement into culinary school. It includes 330 instructional videos and 1200 slides. It covers basic knife cuts to advanced meat fabrication, and nearly every aspect of being a top chef is included.

- **One station:** KPC-CATW, \$2400.00
- **Additional workstations (must have KPC-CATW):** KPC-CATWA, \$400.00
- 5-, 10-, 20-, and 30- lab packs are available. Please call 800-343-6430.
- **Student Abridged CD (no videos - written/photo content only; must have KPC-CATW):** KPC-CACD, \$20.00
- **Add Curriculum Suite\*:** KPC-CACS, \$1200.00

### \*Curriculum Suite

This add on transforms the Sous Chef 7 from a resource into a full curriculum that is aligned to state and national standards for the Hospitality and Tourism career cluster.

Features include: Printable student handouts, forms, and PDFs; Activities; Test Bank; Quiz Generator; Lesson Plan Customization; Learning Objectives.

## Features & Additional Information

- \* The Sous Chef program is NOT student interactive.
- \* Teachers can now edit content and import their own materials, including PowerPoint presentations.
- \* The Sous Chef program is PC-compatible. It will not run on a MAC. It requires Windows XP or higher.
- \* The additional workstations contain exactly the same content as the single-station program. Teacher materials are password protected to eliminate student access are available in the Curriculum Suite.
- \* You can print unlimited quantities of text and photos/illustration/diagrams for student use.

- \* Pages on your computer screen can be projected for classroom viewing.
- \* Each workstation will require approximately 28 gigabits of free hard drive.

### Student Version

- \* The student abridged CD includes all the written and photographic content of the program except the videos and teacher materials.
- \* Each page of the student version is printable.
- \* The student version is not loaded onto the computer's hard drive. It runs from the original CD-ROM.

Partners in Education for more than 25 years



## Culinary Education Wouldn't Be Complete Without Mercer Cutlery

Mercer Cutlery's initiative is to enhance culinary education by providing schools and their students the tools they need to succeed.

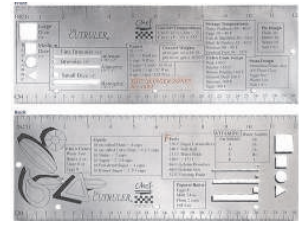


The prices below are for the basic Millennia knives. Also available are the premier Genesis and Renaissance lines of knives. All knives are available singly, too. Please call 1-800-343-6430 for pricing and questions.

Millennia Knives	M4Set1 - \$75.00	M4Set2 - \$100.00	M4Set3 - \$170.00
Knife Roll with:	X	X	X
8" Chef's Knife w/guard	X	X	X
8" Bread Knife w/guard		X	X
6" Boning Knife w/guard		X	X
3" Paring Knife w/guard	X	X	X
11" Granton-edge Slicer w/guard			X
10" Sharpening Steel	X	X	X
Swivel Peeler	X	X	X
Pocket Thermometer	X	X	X
Cut Ruler	X	X	X
7" Fork			X
8" Offset Spatula			X
7/8" & 1" Double Melon Baller			X
16" Pastry Bag			X
#2 & #6 Plain Decorating Tip			X
#2 & #6 Star Decorating Tip			X

## Culinary Tools

### Cut Ruler and Chef Tool



The ultimate kitchen tool! With all the guidelines you need to cut vegetables like a professional chef, this handy kitchen reference and measurement tool lists and gives dimensions for all the classical cuts used by the pros to create renowned cuisine. This ruler is a must-have for culinary students and beginning chefs. All stainless steel construction. Includes useful information such as food storage and cooking temperatures, dough recipes, temperature and measurement conversions, and more.

- VMS-M33241, \$14.99 (5 or more - \$12.75 each)

### Pocket Thermometer

Thermometer has a 1" dial with a 5" stem and a plastic pocket case. It features superior shock protection and stainless steel parts with unbreakable polycarbonate crystal lens and red pointer. It can be adjusted to an accuracy of +/- 2 degrees accuracy at dial midpoint, +/- 4 degrees at range extremes by carefully recalibrating. Temperature range of 0-220°F with a degree division of 2°. For effective and accurate measurement, the bimetal stem should be inserted into the foods a full two inches, up to the dimple in the stem of the thermometer.



- VMS-M33000, \$7.00 (5 or more - \$5.75)

### Kitchen Calc™

#### Hand Held 8300



#### Countertop 8305



The ideal tools for cooks, chefs, caterers, anyone working in the food industry. Easily adjust recipes - find servings and portions for any number of guests. Converts between US and Metric weights, food measurements, and temperatures. Digital timer with alarm.

#### Kitchen Calc - Hand Held

- CI-8300, \$24.95

#### Kitchen Calc - Countertop

- CI-8305, \$34.95

# Garnishing & Carving Sets

## 8-Piece Garnishing Kit

This quality set of garnishing tools comes in a durable, heavy-duty nylon storage roll with hook-and-loop tabs. Help your students create professional garnishes with these professional tools. The kit includes the following:

- 7/8" & 1" Double Melon Baller
- 1 1/8" Oval Melon Baller
- Channel Knife
- Apple Corer
- Vegetable Peeler
- Citrus Zester
- 2 1/2" Peeling Knife
- Heavy-duty nylon storage roll

• VMS-M40000, \$64.95



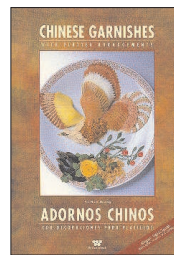
## 9-Piece Carving Tool Set

This quality set of carving tools comes in a durable, heavy-duty vinyl storage roll with snap closure. A great addition to the basic garnishing set. It includes the following:

- Carving knife
- Melon baller
- Ceramic sharpening stone
- U-shaped carver
- Shallow U-shaped carver
- M-shaped carver
- V-shaped carver
- Square-shaped carver
- Heavy-duty vinyl storage roll

• VMS-M15990, \$89.95

## Garnishing



### Chinese Garnishes with Platter Arrangements

Unlock the secrets of transforming fruits, vegetables, and meats into an array of garnishes. English/Spanish edition.

• Softcover, 173 pages, WC-6846, \$24.95

### Meal Appeal: Quick Garnishes

Learn techniques to be creative. Demonstrates innovative and delightful food designs for fruits, vegetables, breads, more. Grade 6 to adult.

• DVD: 17 minutes, LZ-3217, \$49.95



## Food Presentation

### Good Enough to Eat! Food Presentation and Service



This program explores the way food is styled and presented and how those aesthetic decisions shape the overall experience of a meal. It demonstrates how we evaluate food and addresses the sense-related characteristics that people look for in a variety of meals.

Interviews with a chef, a nutritionist, and a food stylist reveal the many ways in which food can be presented, from small parties to banquets.

• DVD: 20 minutes, MD-42224, \$129.95

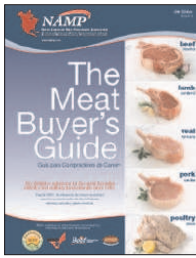
### The Art of Food Presentation Revised!!

A meal is more than food - it's a form of visual self-expression. This program demonstrates techniques to create and serve food that pleases the eye as well as the taste buds. The principles of color, shape, texture, and arrangement are explained, in addition to flavor and garnish and plate choices. Includes real-world demos from professional chefs.

• DVD: 21 minutes, MD-37022, \$79.95

1-800-343-6430 or  
www.VMS-online.com

## Meat Text, DVDs, Posters



### The Meat Buyer's Guide 2010 Ed

Provides reliable guidelines for purchasing meat at which professionals expect. From the North American Meat Processors Assn (NAMP). It provides a complete, single source reference for every meat buying need. Covers beef, lamb, veal, pork,

poultry. Over 350 illustrated cuts with nutrition data, food safety, grading standards, and NAMP/IMPS identification numbers.

- Spiralbound, 336 pages, UB-593003, \$70.00

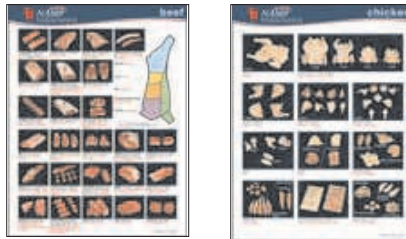
### Posters & Charts

#### Meat Buyers Posters/Charts

Set of 8 in full color -one each beef, lamb, veal, pork, chicken, turkey, duck/goose, gamebirds. Individual meat posters can be purchased online.

- Posters (24 x 36): WL-NFPS, \$89.95
- Charts (8½ x 11): WL-NNCS, \$15.95

### Meat Buyers Charts (by type)



Five copies of one meat chart - full color, 8 ½ x 11. Use for classroom handouts.

- Beef - UB-NNCB, \$9.95/set of 5
- Lamb - UB-NNCL, \$9.95/set of 5
- Pork - UB-NNCP, \$9.95/set of 5
- Veal - UB-NNCV, \$9.95/set of 5
- Chicken - UB-NNCC, \$9.95/set of 5
- Turkey - UB-NNCT, \$9.95/set of 5
- Duck/Goose - UB-NNCD, \$9.95/set of 5
- Game Birds - UB-NNCG, \$9.95/set of 5

### All About Meat

Looks at nutritional value, meat quality, adding value, safe meat handling, popular cuts. Gives a good overview of meat and the meat industry.

- DVD: 18 minutes, MD-32132, \$89.95

1-800-343-6430 or  
www.VMS-online.com

## Kitchen Safety & Sanitation Posters

### Safety & Sanitation

These 16 high-quality, affordable posters keep students aware of critical regulatory requirements and best practices. Posters include a message in both English & Spanish. Each is 11" X 17" laminated in full color. See website for additional information. Save on the set!



#### Wash Your Hands

- ATL-FSP1PS, \$8.95

#### Step-by-Step Handwashing

- ATL-FSP2PS, \$8.95

#### Wash Your Hands After

- ATL-FSP3PS, \$8.95

#### Don't Contaminate

- ATL-FSP4PS, \$8.95

#### Personal Hygiene

- ATL-FSP5PS, \$8.95

#### Calibrate Thermometers

- ATL-FSP6PS, \$8.95

#### Cooking Temperatures

- ATL-FSP7PS, \$8.95

#### Dishwashing

- ATL-FSP8PS, \$8.95

#### Wear Food Safety Equipment

- ATL-FSP9PS, \$8.95

#### First In, First Out

- ATL-FSP10PS, \$8.95

#### Clean Up Spills

- ATL-FSP11PS, \$8.95

#### Keep Doors & Windows Closed

- ATL-FSP12PS, \$8.95

#### Separate, Don't Contaminate

- ATL-FSP13PS, \$8.95

#### Keep It Clean

- ATL-FSP14PS, \$8.95

#### 7 Principles of HACCP

- ATL-FSP15PS, \$8.95

#### Proper Food Storage

- ATL-FSP16PS, \$8.95

- Save on all 16, ATL-FSPPS, \$99.95

## International Foods

Explore culture and food by visiting the food markets of these exciting countries. The DVDs show traditional and exotic produce and other ingredients that provide the rich culture of each country.

The activity packet includes creative and fun activities and worksheets to supplement the World Food Markets DVDs. Includes food vocabulary list, crossword puzzle, classroom activities, writing assignments, and more.

The 80+ PowerPoint Presentations provide additional resources for discovering international foods.



### World Food Markets - Spain

- DVD: 18 minutes, LZ-3487, \$49.95
- Activity Packet: LZ-1205, \$16.95
- PowerPoint: LZ-7183, \$34.95



### World Food Markets - Italy

- DVD: 18 minutes, LZ-3488, \$49.95
- Activity Packet: LZ-1206, \$16.95
- PowerPoint: LZ-710002, \$34.95

### World Food Markets - France

- DVD: 18 minutes, LZ-3489, \$49.95
- Activity Packet: LZ-1210, \$16.95
- PowerPoint: LZ-7180, \$34.95



### World Food Markets - China

- DVD: 24 minutes, LZ-3511, \$49.95
- Activity Packet: LZ-1209, \$16.95
- PowerPoint: LZ-7181, \$34.95

### World Food Markets - Mexico

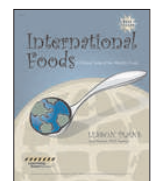
- PowerPoint: LZ-7182, \$34.95

## Lesson Plans

### International Foods

Lessons plans on The Global Picture: Foods of the World and International Cuisine.

- CD: LZ-1172, \$39.95



### 50+ Web-Based Lesson Plans for Ethnic Foods

- LZ-1160, \$24.95

## Sanitation

### HACCP in Action: Food Safety Case Studies

Explains and demonstrates the HACCP system. The seven principles are discussed in depth.

- DVD: 28 minutes, MD-40249, \$129.95



### Cleaning & Sanitation in the Food Industry

Shows sanitation tools and procedures in food service & manufacturing

- DVD: 24 minutes, MD-41123, \$129.95

## Culinary Arts

### In the Kitchen New DVDs!!



#### Knife Knowledge 101: Making the Cut

Describes knives from tip to tang, kinds of knives, knife handling and care. Learn basic knife techniques and cuts.

- DVD: 29 minutes, LS-133510, \$99.00

#### Kitchen Tools & Utensils: Everything but the Kitchen Sink

What is best for YOUR job? Identifies and shows how to use common kitchen tools.

- DVD: 23 minutes, LS-133210, \$99.00



#### Microwave Mysteries: Beep, Zap, Defrost

How a microwave works. How to use power levels and other microwave features.

- DVD: 26 minutes, LS-199110, \$99.00

#### Kitchen Math & Measuring

Tools for measuring liquid and dry ingredients, how and why we measure heat, equivalent measures for US and metric systems.

- DVD: 22 minutes, LS-124110, \$99.00

#### Food Preparation Techniques: Grate, Baste, Marinate!

Look at different methods of mixing food, how to prepare ingredients for a variety of cooking methods.

- DVD: 29 minutes, LS-133810, \$99.00



#### Cooking Techniques: How It All Boils Down

Demonstrates 13 common cooking techniques using moist and dry heat methods.

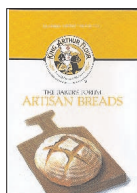
- DVD: 29 minutes, LS-133310, \$99.00

### King Arthur Flour's Bakers Forum

#### Artisan Breads

Step-by-step instructions for hand-crafted artisan breads. Features tips & techniques, master recipe.

- DVD: 50 minutes, KAF-8618, \$19.95



#### Sweet Dough

Instructions with tips & techniques for sweet doughs. Includes a master recipe.

- DVD: 45 minutes, KAF-8617, \$19.95

#### Blitz Puff Pastry

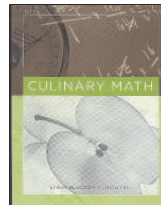
Explores tender, buttery, flaky pastry made from an EASY homemade puff pastry dough.

- DVD: 45 minutes, KAF-8466, \$19.95

#### Culinary Math, 3E

This textbook/supplement presents proven step-by-step methods for understanding and using foodservice math in context - from calculating yields to recipe costing.

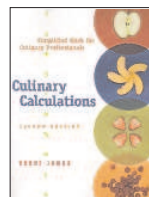
- Softcover, 272 pages, WL-068213, \$35.00
- Instructor's Manual (available only with 5 or more texts): WL-135123, \$25.00



#### Culinary Calculations, Simplified Math for the Culinary Professional, 2E

Covers the critical math concepts professionals need to increase profitability by accurately controlling food costs, portion sizes, and food waste. Includes basic math principles, costing, recipe conversion and costing, menu pricing, inventory costs.

- Softcover, 256 pages, WL-748161, \$43.95
- Instructor's Manual (available only with 5 or more texts): WL-045086, \$25.00



#### Food for Special Occasions

Examines some of the world's major social, cultural, and religious occasions and the foods that are central to them.

- DVD: 23 minutes, MD-40248, \$129.95



#### Basic Techniques of Cake Decorating

Make chocolate creations and 5 fundamental types of frosting. Shows how to cover a cake in fondant, make a piping bag, and write in icing.

- DVD: 29 minutes, MD-40243, \$129.95



#### Beyond the Basics of Cake Decorating

Advanced techniques of working with chocolate, creating roses.

- DVD: 30 minutes, MD-40244, \$129.95

#### Cake Decorating with the Airbrush

Teaches you all about airbrushing. Includes information on equipment, basic skills, stenciling and freehand drawing, creating a design.

- DVD: 60 minutes, BD-0109, \$19.95

#### Espresso Coffee Service

Presents a history of coffee, facts about coffee growing, overview of bean roasting, and how to prepare and serve espresso, caffè latte, mocha, etc.

- DVD: 30 minutes, MD-40246, \$129.95



## ServSafe® Materials

### NEW EDITION!!

#### ServSafe Coursebook, 5th Ed

This new edition offers new content updated to the current FDA Food Code, as well as industry practices that are essential to the role of foodservice professionals. Features full-color through the use of new icons, illustrations, and photographs. Prepares students for the ServSafe Food Protection Manager Certification Exam.



- Softcover with exam sheet, 496 pages, PH-107331, \$102.47
- Softcover with online exam voucher, 496 pages, PH-107317, \$99.33
- Softcover without exam sheet, 496 pages, PH-107324, \$74.93
- Exam Answer Sheet, PH-026328, \$45.47

#### ServSafe Essentials, 5th Ed

The Essentials covers the key concepts from the Coursebook. Activities make learning basic food safety concepts easier. Content has been updated to the current FDA Food Code. It covers principles necessary for food safety within a food service operation. Prepares students for the ServSafe Food Protection Manager Certification Exam. Also available in Spanish.



- Softcover with exam sheet, 304 pages, PH-107430, \$83.80
- Softcover with online exam voucher, 304 pages, PH-107119, \$80.87
- Softcover without exam sheet, 304 pages, PH-107423, \$60.07
- Exam Answer Sheet, PH-026328, \$45.47

#### ServSafe Instructor's Deluxe CD, 5th Ed

For both *ServSafe Coursebook* and *ServSafe Essentials*. Includes a customizable PowerPoint slide show to help organize and deliver key concepts in a clear, consistent way. It has lesson plans, agendas, guide to new edition changes, training tips, answer keys for both books, practice exams with keys, case studies, class activities, and more. Also included is the interactive, projectable version of the *Food Safety Showdown!* Game.

- PH-026755, \$212.80

#### ServSafe Instructor Complete Toolkit, 5th Ed

Save money with the ServSafe Instructor Toolkit. Components include the Deluxe Instructor CD and one copy each of *ServSafe Coursebook* and *ServSafe Essentials*.

- PH-049303, \$272.27

#### ServSafe Complete Food Safety DVD, Revised

Covers key concepts every food handler should know. Includes: Introduction; Personal Hygiene; Microorganisms & Allergens; Storage; Prep, Cooking, and Serving; Facilities, Cleaning & Sanitizing; Pest Management.

- DVD: PH-091296, \$683.60

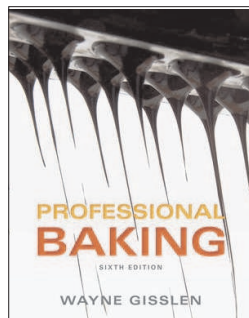
## Texts and References for Culinary Arts

### Professional Baking, 65th Edition

by Wayne Gisslen

This text provides a solid, practical foundation in quality baking practices. Stresses the importance of careful attention to the selection of ingredients, proper mixing and baking techniques, careful makeup and assembly, and decoration and presentation. Instructor's CD includes instructor's manual, test questions, PowerPoint slides, more.

- **Text: Hardcover, 767 pages, WL-083741, \$102.95**
- **Study Guide: Softcover, 160 pages, WL-158333, \$38.95**
- **Instructor's Manual (available only with 5 or more texts): WL-083741IM, \$25.00**



### The Book of Yields - Accuracy in Food Costing & Purchasing, 8E

By Francis T Lynch

A substantial collection of accurate food measurements for more than 900 raw food ingredients. Student exercises are included.

- **Spiralbound, 320 pages, WL-197493, \$39.95**
- **Instructor's Manual (available only with 5 or more texts): WL-197493IM, \$25.00**
- **CD: WL-594773, \$46.95**

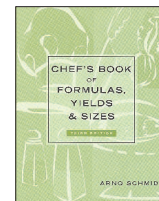


### Chef's Book of Formulas, Yields, & Sizes, 3E

by Arno Schmidt

An encyclopedic, technical reference for the food service professional who must calculate costs or determine exact measurements for portion control.

- **Hardcover, 368 pages, WL-227161, \$75.00**



### How Baking Works, Exploring the Fundamentals of Baking Science, 3E

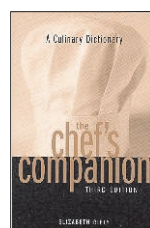
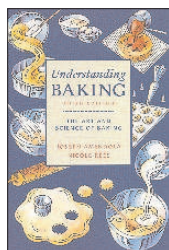
Explains how sweeteners, fats, leavening agents, and other ingredients work, as well as answering common baking questions. Each chapter includes review exercises and experiments.

- **Softcover, 528 pages, WL-392676, \$45.00**
- **Instructor's Manual (available only with 5 or more texts): WL-398142, \$25.00**

### Understanding Baking - The Art & Science of Baking, 3E

Analyzes the chemistry of flour, yeast, and other ingredients, explains how they interact in the process of mixing and baking, and demonstrates how to control the process to produce desired results. Will give bakers the tools necessary to create and manipulate recipes.

- **Softcover, 288 pages, WL-405469, \$29.95**



### The Chef's Companion - A Culinary Dictionary, 3rd Edition

By Elizabeth Riehl

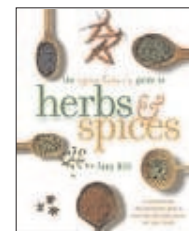
This basic reference captures more than 5000 terms that professional chefs use every day. Includes foreign words and phrases, ethnic cuisine, new terms. Contains definitions, pronunciation guide.

- **Softcover, 368 pages, WL-39842X, \$24.95**

### The Spice Lover's Guide to Herbs & Spices

Offers peerless information on herbs and spices, including seeds, roots, bark, and dried leaves of more than 300 plants. Over 100 recipes demonstrate how to use spices in unique ways and numerous photographs of selected spices accompany information on how these ingredients contribute to the flavor of foods.

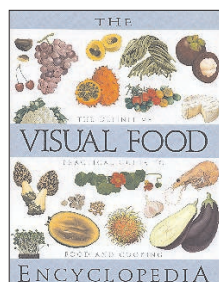
- **Softcover: 422 pages, WL-597396, \$22.95**



### The Visual Food Encyclopedia

One of the most beautifully illustrated books we have seen! The ultimate cook's companion, illustrating and explaining everything, including how to look for freshness in ingredients, how to buy them at their peak of flavor, how to store them, and the best methods of preparation and cooking. In full color, each of the 1000 ingredients is pictured and definitively described. Every professional kitchen/classroom should have at least one copy.

- **Hardcover, 685 pages, MM-0067, \$59.95**



### America's Test Kitchen, TV's Favorite Cooking Show

These DVD sets contain the complete season of 26 shows from America's Test Kitchen, the popular food program on public television. Both the DVD set and companion book include all the recipes, tasting results, equipment tests, etc from the show. The DVDs are indexed so you can watch each episode or search for specific recipes, equipment tests, or tasting results.

Previous seasons are available at: [www.VMS-online.com](http://www.VMS-online.com).

### The Complete America's Test Kitchen TV Show Cookbook (include all the recipes from all 10 seasons including 2010)

- **Hardcover, 336 pages, ATK-615714, \$34.95**

### America's Test Kitchen - 2010 Season DVD

- **4 DVD Set, WG-ATKC601, \$39.95**

### America's Test Kitchen - 2009 Season DVD

- **4 DVD Set, WG-43059, \$39.95**

### America's Test Kitchen - 2008 Season DVD

- **4 DVD Set, WG-42639,**



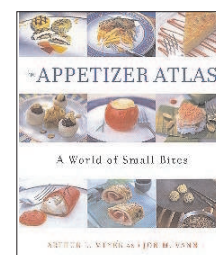
\$39.95



### The Appetizer Atlas, A World of Small Bites

Brings together an enticing range of starters from around the world that will help lead off any dining experience in style. Offers 400 authentic, savory recipes for appetizers from 28 distinctive regional cuisines. Recipes are in both high- & low-yield versions.

- **Hardcover, 640 pages, WL-411027, \$45.00**



1-800-343-6430 or [www.VMS-online.com](http://www.VMS-online.com)

## Texts, DVDs, Calculators for Culinary Arts

### The Culinary Professional

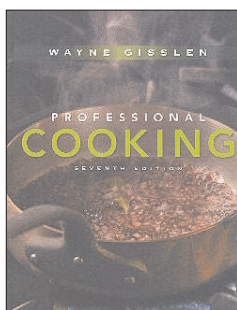
Provides students with a comprehensive explanation of culinary techniques, identification of the vast array of equipment and foods used in a professional kitchen, and an introduction to the knowledge and skills needed to manage a foodservice operation. This new text gives students the basics for working in a foodservice operation as well as an excellent foundation for the study of classical cuisine. Careers in the culinary arts and a brief overview of the industry are also covered. Features: Step-by-step techniques for essential culinary skills; over 1000 illustrations; chapter activities on workplace math, problem-solving, and critical thinking; standardized recipes.



- **Text: Hardcover, 831 pages, GW-1189, \$78.00 (5 or more - \$58.00)**
- **Lab Manual: GW-1196, \$22.64 (5 or more - \$16.98)**
- **Study Guide: 296 pages, GW-1202, \$18.64 (5 or more - \$13.98)**
- **Instructor's Annotated Study Guide: GW-1219, \$44.00**
- **Instructor's CD: GW-1226, \$200.00**
- **ExamView Test Creation Software: GW-1233, \$244.00**
- **PowerPoint Presentations: GW-1240, \$200.00**

### Professional Cooking, 7E by Wayne Gisslen

The classic culinary arts text! The book that has trained over 200,000 cooks & chefs in the art & science of cooking. Combines practical skills with creative understanding. Features systematic coverage of every aspect of professional cooking: equipment, stocks/sauces, soups, meats, poultry, fish, vegetables, salads, sandwiches, desserts, and food presentation. Full of professional tips, techniques, and trade secrets. Recipe CD access code included with textbook. Online instructor's resources include test bank, PowerPoint slides, more.



- **Text: Hardcover, 1120 pages, WL-197523, \$114.95**
- **Text only (no Recipe CD): WL-197530, \$70.00**
- **Study Guide: Softcover, 275 pages, WL-197516, \$46.95**
- **Instructor's Manual (available only with 5 or more texts): WL-253946, \$25.00**
- **Instructor's Tools - Available free online with purchase of 5 or more copies of the text (at least one must be WL-197523).**

### The Professional Chef, 9th Edition



The classic from the Culinary Institute of America, thoroughly revised. This classic is packed with information for today's professional. Provides complete information on food identification, preparation, and presentation. Thorough coverage of ingredients, tools, and techniques. How to identify, purchase, and store foods. Glossary, Charts.

- **Text: Hardcover, 1232 pages, WL-421352, \$75.00**
- **Study Guide: Softcover, 202 pages, WL-139882, \$30.00**
- **Instructor's Manual (available only with 5 or more texts): WL-138588, \$25.00**



## DVDs on Professional Bread Baking

These DVD's offer the professional baker/pastry chef basic and advanced techniques of bread baking. DVDs include projects and clear step-by-step instructions. Presented by Chef Ciril Hitz, department chair of the International Baking and Pastry Institute at Johnson & Wales University. More information and complete descriptions at [www.VMS-online.com](http://www.VMS-online.com).

### Better Bread Series - Simplified Bread Baking

#### Baguette to Pretzel

- **DVD: 113 minutes, BH-7755, \$40.00**

#### Laminated and Sweet Doughs

- **DVD: 80 minutes, BH-7762, \$40.00**

#### Enriched Doughs

- **DVD: 66 minutes, BH-7770, \$40.00**

#### Quick Breads

- **DVD: 33 minutes, BH-7789, \$40.00**



#### Shaping Bread: Creating Variety through Form

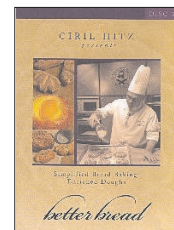
- **DVD: 54 minutes, BH-9339, \$40.00**

#### Sourdough Breads I

- **DVD: 71 minutes, BH-9312, \$40.00**

#### Sourdough Breads II

- **DVD: 69 minutes, BH-9320, \$40.00**



### Wood-Fired Baking and Cuisine

- **DVD: 92 minutes, BH-9347, \$40.00**
- **Save on any four of the Better Bread DVDs (Be sure to specify which DVDs you want included in your set.): BH-BB4Set, \$140.00**

### Bread Art - Decorative Breads for the Professional

Provide clear instruction on decorative bread formulas and techniques. Go to [www.VMS-online.com](http://www.VMS-online.com) for information on individual DVDs in the series.

- **3 DVDs: 280 minutes, BH-7746, \$155.00**

## Kitchen Calc™

### HandHeld 8300

The ideal tools for cooks, chefs, caterers, anyone working in the food industry. Easily adjust recipes - find servings and portions for any number of guests. Converts between US and Metric weights, food measurements, and temperatures. Digital timer with alarm.



### Kitchen Calc - Hand Held

- **CI-8300, \$24.95**

### Countertop 8305

### Kitchen Calc - Countertop

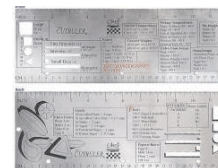
- **CI-8305, \$34.95**



### Cut Ruler and Chef Tool

The ultimate kitchen tool! With all the guidelines you need to cut vegetables like a professional chef, this handy kitchen reference and measurement tool lists and gives dimensions for all the classical cuts used by the pros to create renowned cuisine. All stainless steel construction.

- **VMS-M33241, \$14.99 (5 or more - \$12.75 each)**



### Pocket Thermometer

Thermometer has a 1" dial with a 5" stem and a plastic pocket case. It features superior shock protection and stainless steel parts with unbreakable polycarbonate crystal lens. It can be recalibrated. Temperature range of 0-220°F with a degree division of 2 degrees.

- **VMS-M33000, \$7.00**

## Culinary Arts

These excellent DVDs are from The Culinary Institute of America's Food and Beverage Institute. Great for professional culinary arts training.

### Management

#### Recipe Costing . . . The Bottom Line

Uncover the secrets of controlling food costs as you learn how to: Price menu items and perform yield testing to determine total recipe cost; establish standard recipes and portion sizes; assess weight vs. volume, cost per unit, and edible portion quantity.



- DVD: 32 minutes, FBI-3314, \$49.95

#### Restaurant Economics - Understanding "The Business of Restaurants"

Focuses on the interplay among marketing, operations, and finance and the people who support them - management, guests, and owners. You will: examine the fundamentals of restaurant economics; learn how to read, interpret, and prepare financial statements; understand how to measure and communicate the financial condition of a restaurant; discover how to drive a well-executed business plan.

- DVD: 120 minutes, FBI-3276, \$99.95

### Basic Kitchen Preparation

Learn 30 fundamental culinary techniques guaranteed to help you improve skills and production. This DVD shows both traditional and contemporary methods straight from the classrooms and kitchens of the CIA, including: **Vegetable Preparation** - dicing and chopping, garlic and shallot roasting, and techniques using tomatoes, mushrooms, peppers, chilies, herbs, artichokes, and asparagus.



**Flavor Enhancers** - mirepoix and mignon, bouquet garni and sachet d'epices, brines, barbecue, marinades, dry rubs, and clarifying butter.

**Ingredient Preparation and Handling** - whipping cream and egg whites, rehydrating beans and fruits, folding, tempering, and pan-toasting.

- DVD: 79 minutes, FBI-3292, \$99.95

#### Basic Kitchen Prep Learning Solutions

Includes a CD-ROM with pre- and post-tests, learning objectives, overview of each module, and a glossary of terms PLUS the complete Basic Kitchen Prep DVD.

- CD/DVD Package: FBI-3381, \$150.00

### The Healthy Palate

How to prepare food that is both healthy and flavorful. This DVD discusses nutritional facts, food category basics, the health effects of certain foods, and methods for employing healthy foods and cooking techniques in everyday production.

- DVD: 150 minutes, FBI-3284, \$99.95

### Knife Skills Series

#### Knife Care

The ability to select, handle, and care for a knife is one of the hallmarks of a professional, and the knives selected will become as important as fingers. Learn the essential knowledge for proper knife handling and care, including: specialty knives - edge types, cutting surfaces, overview of related tools; safe knife handling & storage; sharpening/honing; sanitation.

- DVD: 103 minutes, FBI-3144, \$99.95

#### Knife Skills

Discover the fundamental techniques & money-saving procedures, including: different holding styles; Vegetable cuts - long, diced, shaped, and decorating; Meat fabrication; Fish fabrication; Poultry fabrication. Knife care review.

- DVD: 146 minutes, FBI-3152, \$99.95

- Both DVDs: FBI-3160, \$180.00

#### Culinary Knife Learning Solutions

Includes a CD-ROM with pre- and post-tests, learning objectives, overview of each module, and a glossary of terms PLUS the both Knife Care and Knife Skills DVDs.

- CD/DVD Package: FBI-3225, \$250.00

### Cooking Methods DVD Series

#### Dry Heat Methods - Volume 1

Some cooking methods rely on dry heat without fats or oils. The food is cooked either by a direct application of radiant heat (grilling & broiling) or by indirect heat in the oven (roasting & baking). The result of these cooking methods is a highly flavored exterior and moist interior.

- DVD: 120+ minutes, FBI-2989, \$99.95

#### Dry Heat Methods - Volume 2

These methods (sautéing, pan-frying, deep-frying) rely on a fat or oil as the cooking medium. Since dry heat does not have a tenderizing effect, any food prepared using these cooking methods must be naturally tender or should be prepared in a way that will introduce additional moisture. Once you have developed these skills, you can begin the process of refining and creating virtually endless variations employing dry-heat cooking methods.

- DVD: 120+ minutes, FBI-2997, \$99.95

#### Moist Heat Methods

Moist-heat techniques (steaming, poaching, simmering, en papillote) rely on liquid and/or water vapor as the cooking medium. Braising and stewing are often thought of as peasant dishes because they frequently call for less tender main ingredients than do other techniques. Monitoring cooking temperature and times vigilantly and determining doneness accurately are key to a mastery of moist-heat methods.

- DVD: 120+ minutes, FBI-3004, \$99.95

- All three DVDs: FBI-3013, \$275.00

#### Cooking Methods Series Learning Solutions

Includes a CD-ROM with pre- and post-tests, learning objectives, overview of each module, and a glossary of terms PLUS the complete Cooking Methods DVD series.

- FBI-3217, \$350.00

### Posters

#### Creative Cuts - Poster

Illustrates different knife cuts with detailed photography and descriptions. 18" X 24" color, laminated.

- LZ-4226, \$9.95



#### Get to Know: Food Service Equipment & Tools



Go behind the scenes for a look at the tools of the trade in a professional foodservice kitchen - from knives to steamtables and walk-in freezers.

- DVD: 18 minutes, LZ-3498, \$49.95

#### Cooking & Baking Tools

- Laminated 18" x 24", LZ-410022, \$14.95

#### Small Appliances

- Laminated 18" x 24", LZ-410021, \$14.95

#### Kitchen Utensils

- Laminated 18" x 24", LZ-410023, \$14.95
- Set of all three posters: LZ-410041, \$29.95



### Basics of Sauce Making Learning Solutions

This CD/DVD set features a CD with pre- and post-tests, learning objectives, and module overview PLUS the complete Sauce Making DVD. One of the most basic of cooking fundamentals is the creation of sauces. It will give you the solid foundation knowledge and skills in this critical segment of culinary arts. Covers brown, white, emulsion, and tomato sauces.



- CD/DVD package: FBI-2601, \$250.00

- DVD only: 75 minutes, FBI-3403, \$99.95

### Bread Baking

#### The Basic Steps of Baking Bread & Laminating Dough

You too can produce your own high-quality pizza dough, baguettes, hard rolls, and focaccia. In Part 1, you will: Examine ingredients and equipment needed for lean dough. Learn the straight-dough mixing method for lean dough. Discover shaping and scoring techniques to produce the breads and rolls.



In Part 2, you will: Learn the essentials of making laminated dough used in puff pastry, Danish, and croissants, including key ingredients and formulas. Discover mixing, rolling, and shaping methods. Find out how to evaluate quality in finished baked goods.

- DVD: 60 minutes, FBI-3357, \$49.95

## Sugar Decoration Techniques

The most stunning showpieces and creations start with basic sugar technique. In this first segment of this two-part DVD, Chef Ewald Notter teaches you the proper way to: Boil sugar to prepare it for handling; cast, pull, and pour sugar into a Valentine heart, an Easter display, and a variety of flower displays. In part two, you will: Learn how to blow sugar and add color and embellishments to your sugar pieces; store and transport finished works; design and create centerpieces.



- DVD: 80 minutes, FBI-3349, \$49.95

## Chocolate Decoration Techniques

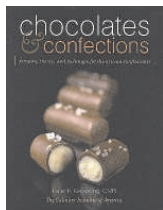
In part one, Chef Ewald Notter teaches you the fundamentals of chocolate work, bringing all the information and techniques together as he: Explains how chocolate is manufactured and tempered; demonstrates the basics of spraying, cutting out shapes, and using plastic molds and transfer sheets; creates bunnies and chicks, a swan, and Valentine and Christmas displays. Then, stretch your creativity and build on the techniques you explored in part one. In part two, Chef Notter teaches you how to: Make chocolate shavings, curls, and cigarettes; pipe chocolate to make decorative filigrees and ornaments; create several fanciful chocolate pieces – an owl, a rooster, and a hat.



- DVD: 60 minutes, FBI-3330, \$49.95

## Chocolates & Confections: Formulas, Theory, & Technique for the Artisan Confectioner

This comprehensive book combines confectionery techniques with accessible explanations of the theory and science as well as the formulas for use in production. A must-have for pastry chefs. Includes: ingredient function and use; chocolate processing; 140 formulas and variations.



- Hardcover, 400 pages, WL-588440, \$65.00

## Gluten-Free Baking

Offers clear and easy-to-follow directions for preparing gluten-free foods. Features in-depth explanations of flour blends and tips on flour handling and storage. You will learn to make delicious baked goods using alternatives to gluten. Also learn to prepare several recipes and the secret to thickening soups and sauces.



- DVD: 105 minutes, FBI-3438, \$24.95

## 1000 Gluten-Free Recipes

Contains recipes for breakfast dishes, breads, sandwiches, salads, soups, pasta and vegetable dishes, cookies, cakes, pies, and more.

- Hardcover, 720 pages, WL-067802, \$35.00

## Pastry Techniques

### Meringues, Vanilla Sauce & Pastry Cream

Create common, Swiss-, and Italian-style meringue; Learn classic uses of meringue; Gain helpful tips on producing, storing, and evaluating this basic component of the baker's art. Explore technique, basic recipes, and quality standards for vanilla sauce and pastry cream.

- DVD: 40 minutes, FBI-3365, \$49.95

### Cake Art

Offers clear directions for preparing specialty cakes. Techniques for preparing buttercream, creating single and multicolored designs, and making fondant decorations.



- DVD: 60 minutes, FBI-342X, \$24.95

## Garde Manger

### Garde Manger

Includes Composed Salads; Condiments; and Presenting Appetizers & Hors d'Oeuvre. Each topic is covered in depth and includes basic techniques, presentation, tips, more.



- DVD only: 90 minutes, FBI-339X, \$99.95

### Garde Manger Learning Solutions

The learning solutions CD contains pre- & post-tests; learning objectives; and module introductions for each session.

- CD/DVD Package: FBI-2695, \$150.00

## Captivating Confections Series

### Filled Chocolates

Discover the proper way to melt, temper, handle, mold, and decorate chocolates.



- DVD: 45 minutes, FBI-261X, \$75.00

### Hand-Formed Chocolates

Learn the art of preparing cream and butter ganache, the finer points of working with chocolate, & steps in making truffles, rochers, etc.

- DVD: 45 minutes, FBI-2660, \$75.00

### Brittles and More

Create a variety of liquid, soft, firm candies such as caramels, nut brittles, dragees, and fondant.

- DVD: 45 minutes, FBI-2679, \$75.00
- All three DVDs: FBI-2652, \$200.00

### Captivating Confections Learning Solutions

Includes a CD-ROM with pre- and post-tests, learning objectives, overview of each module, and a glossary of terms PLUS all 3 DVDs.

- CD/DVD Package: FBI-2636, \$250.00

## The Best of Culinary Boot Camp

Take your cooking skills to a whole new level with this new DVD from the CIA. It offers step-by-step chef demonstrations of fundamental techniques - including roasting, braising, carving, stock preparation, cutting techniques, knife safety, tying chicken, preparing stock, toasting nuts, much more.

- DVD: 180+ minutes, FBI-3373, \$19.95

## American Lamb Makes the Plate

This CD/DVD set teaches how to present lamb recipes as an entree or an appetizer; shows lamb's versatility as an appealing and cost-effective offering; and shows how to pair American lamb with side dishes. The training CD includes: The classes of lamb, with quality and yield grades; Portion control and traditional cuts; and recipes.



- CD/DVD: 22 minutes, FBI-3063, \$50.00

## Pork: Beyond the Chop

The Pork Learning Solutions Package will help educate students about this versatile protein. Discover the versatility of the "other white meat"; Uncover the myths of pork; Learn how to use underutilized cuts of pork to lower your food costs. The CD includes: what to look for when buying pork; Understanding the underutilized cuts of pork; A variety of recipes.



- CD: 20 minutes, FBI-308X, \$50.00

## Safety in the Commercial Kitchen

This program presents basic health and safety rules for the commercial kitchen as it covers the three main causes of accidents, the four main types of heat, how toxic bacteria are transferred, the three types of contamination, dealing with spills, knife use and storage, and proper clothing.



- DVD: 25 minutes, MD-40252, \$129.95

## Bringing It to a Boil: Moist Cook Methods & Food Storage

Highlights eight essential cooking methods using moist heat: blanching, parboiling, simmering, poaching, braising, stewing, steaming, and microwaving. Looks at preserving nutritional value, along with flavor and tenderness.



- DVD: 27 minutes, MD-34220, \$69.95

## Turning Up the Heat: Basic Dry Cooking Methods

Covers baking, barbecuing, toasting, roasting, sautéing, grilling, deep frying with awareness of preserving nutritional value, along with flavor and tenderness.

- DVD: 29 minutes, MD-34221, \$69.95

1-800-343-6430 or  
www.VMS-online.com

## What's Cooking with Burt Wolf

The popular television series is now available on DVD for use in your classroom. Accompany Burt Wolf to discover the history, culture, folklore, and foods of fascinating locations and famous chefs around the world. Visit [www.VMS-online.com](http://www.VMS-online.com) for more information and additional DVDs.

DVD: 30 minutes, \$25.00 each

### Eating Well Series

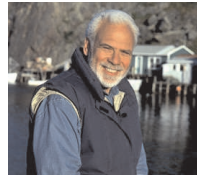
Vancouver Island, BWF-EW101  
 Washington DC, BWF-EW102  
 Oregon, BWF-EW103  
 San Francisco, BWF-EW104  
 Montreal & Quebec City, BWF-EW105  
 New York, BWF-EW106  
 The Caribbean, BWF-EW109  
 Paris, BWF-EW110  
 Salzburg Austria, BWF-EW111  
 Vienna, BWF-EW112  
 Mexico, BWF-EW114  
 Vancouver, BWF-EW115  
 New Orleans, BWF-EW116  
 Norway, BWF-EW118  
 Greece, BWF-EW120  
 Denmark, BWF-EW121  
 Cincinnati, BWF-EW123  
 Puerto Rico, BWF-EW126

### Local Flavors

Napa Valley CA, BWF-LF101  
 Miami, BWF-LF102  
 San Francisco, BWF-LF103  
 Springfield IL, BWF-LF104  
 Ottawa Canada, BWF-LF105  
 Philadelphia, BWF-LF106  
 San Sebastian Spain, BWF-LF107  
 Beaver Creek CO, BWF-LF108  
 Wooster OH, BWF-LF109  
 Chicago, BWF-LF110  
 Sweet Chicago, BWF-LF111  
 Maine, BWF-LF112  
 St Augustine FL, BWF-LF113

### Burt Wolf's Table

Taipei Food Show, BWF-TA201  
 Hawaii, BWF-TA202  
 Amsterdam, BWF-TA203  
 Toronto, BWF-TA204  
 Ellis Island, BWF-TA205  
 Sydney Australia, BWF-TA206  
 San Juan, BWF-TA207  
 France, BWF-TA208



Jamaica, BWF-TA209  
 Seattle, BWF-TA210  
 Italian Food in America, BWF-TA211  
 St Thomas/St John, BWF-TA212  
 Miami, BWF-TA213  
 Across Canada, BWF-TA214  
 Food of China, BWF-TA216  
 Ponce Puerto Rico, BWF-TA217

Holland, BWF-TA218  
 Down Under Australia, BWF-TA219  
 Washington State, BWF-TA220  
 St Croix, BWF-TA221  
 Halifax, BWF-TA222  
 Bermuda, BWF-TA223  
 Formosa, BWF-TA224  
 Cultural Southland of Taiwan, BWF-TA225  
 Hamilton Bermuda, BWF-TA226

### Burt Wolf's Menu

Siena Italy, BWF-ME101  
 Calgary, BWF-ME102  
 Patagonia Chile, BWF-ME103  
 Northern California, BWF-ME104  
 Banff, BWF-ME105  
 Pucon Chile, BWF-ME106  
 Indian Community - Singapore, BWF-ME107  
 Piedmont Italy, BWF-ME108  
 Campania Italy, BWF-ME110  
 Chinese Community - Singapore BWF-ME112  
 Chile, BWF-ME113  
 Sonoma CA, BWF-ME114  
 Malay Community - Singapore, BWF-ME115  
 Santiago, BWF-ME117  
 Aruba, BWF-ME119  
 Boyes Springs & Carmel, BWF-ME120

### Taste of Freedom

Thanksgiving, BWF-TF101  
 Hanukkah, BWF-TF102  
 Christmas, BWF-TF103  
 Kwanzaa, BWF-TF104  
 New Year's, BWF-TF105  
 Chinese New Year, BWF-TF106  
 Valentine's Day, BWF-TF107  
 Carnival, BWF-TF108  
 Passover, BWF-TF109  
 Easter, BWF-TF110  
 Independence Day, BWF-TF111  
 Ramadan, BWF-TF112



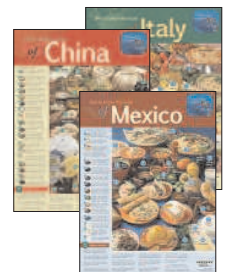
## World Food Posters

Each poster depicts common foods with a glossary on each. Color, 18" x 24", laminated

Argentina  
 LZ-4351, \$14.95  
 Japan  
 LZ-4353, \$14.95  
 India  
 LZ-4346, \$14.95  
 Spain  
 LZ-4352, \$14.95  
 Save on all 4 posters:  
 LZ-4354, \$39.95  
 Germany  
 LZ-4348, \$14.95  
 Scandinavia  
 LZ-4349, \$14.95  
 France  
 LZ-4347, \$14.95  
 Save on all 3 posters:  
 LZ-4350, \$29.95  
 Italy  
 LZ-4535, \$14.95



China  
 LZ-4536, \$14.95  
 Mexico  
 LZ-4534, \$14.95  
 Save on all 3 posters:  
 LZ-4544, \$29.95



## Ethnic Cookbooks

These cookbooks are a great treasury of information. From appetizers to desserts, these books feature recipes unique to a particular culture or style of food.



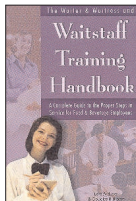
1000 Italian Recipes  
 Hardcover, 656 pages, WL-566768, \$35.00  
 1000 Mexican Recipes  
 Hardcover, 656 pages, WL-564870, \$35.00  
 1000 Indian Recipes  
 Hardcover, 704 pages, WL-519727, \$35.00  
 1000 Jewish Recipes  
 Hardcover, 656 pages, WL-623371, \$35.00  
 1000 Vegetarian Recipes  
 Hardcover, 608 pages, WL-429655, \$35.00  
 1000 Gluten-Free Recipes  
 Hardcover, 656 pages, WL-067802, \$35.00  
 Save on any five: WL-564870SET, \$157.50

## Wait Staff & Bartender Training

### The Waiter & Waitress and Waitstaff Training Handbook, A Complete Guide to the Proper Steps in Service for Food & Beverage Employees

Designed for use by all food service serving staff members. Covers every aspect of restaurant customer service for the positions of host, waitperson, captain, and bus person. Step-by-step instructions for all service jobs.

- **Softcover, 284 pages, ATL-627479, \$29.95**



### The Complete Waitstaff Training Course

In this waitstaff training program, your staff will learn how to consistently deliver top quality service & dining. For experienced staff or novices. Study guide and tests included. Specify DVD or VHS.

- **DVD: 53 minutes, ATL-CWSEN, \$149.95**
- **Spanish: 53 minutes, ATL-CWSSP, \$149.95**



### Teamwork in Hospitality



Helps students in the hospitality industry understand why teamwork is vital to the success of an establishment. It examines team structure, including both front-of-house and back-of-

house; basic teamwork concepts; the importance of staff meetings and "handover" discussions; verbal, visual, and written communication techniques; and ways to solicit feedback from customers and staff.

- **DVD: 25 minutes, MD-41138, \$129.95**

## Bar Essentials

### The Perfect Match: Wine & Food



Using three different settings - fine dining, bistro, and patio - to emphasize the important role wine plays in the dining experience, this DVD gives you the opportunity to: Study contrasting or complementary flavors, textures, and intensity; discover the basics for

guiding customers in making the perfect match of food with wine; receive clear instruction on wine service; learn the techniques for opening still and sparkling wines, the art of decanting wines, proper serving temperatures, and selection of appropriate glassware for wine service.

- **DVD: 25 minutes, FBI-3322, \$49.95**

### Wine Service for Wait Staff

Wine staff learn how to open, present, and serve all kinds of wine. Decant wine, remove broken corks, learn the basics of food & wine pairing.

- **DVD: 25 minutes, FBI-3411, \$49.95**



### Table Setting: Banquets to Barbecues

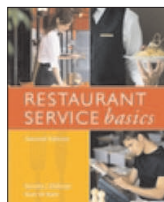
Reviews the techniques of various table settings including family-style, buffet, formal and informal.

- **DVD: 10 minutes, MD-26483, \$79.95**

### Restaurant Service Basics, 2nd Ed

Includes wait staff roles, types of table service, greet and seat, serving, present check, more. Straightforward coverage of how to: manage a crisis; prevent accidents; follow food sanitation regulations.

- **Softcover, 208 pages, WL-107850, \$30.00**



### Exceeding Expectations: Service Tips and Techniques

Industry surveys consistently show that service is the number one reason customers return to a restaurant. That means

foodservice professionals must go beyond culinary excellence to ensure success. They must offer exceptional service – the type of service that ensures that guests feel comfortable, makes dining enjoyable, and creates customer loyalty. This CIA front-of-the-house training DVD, provides a comprehensive lesson in the principles, standards, and practices that define outstanding service. Lessons include: Details of the dining room and the table; Beverage service; Reservations; Pre-meal meeting, seating, order taking; First course service and clearing; Entrée service and de-crumbing; Dessert orders and check handling; Dining room safety; Sanitation and personal hygiene. Bonus features include napkin folds and printable checklist.

- **DVD: 79 minutes, FBI-3306, \$99.95**



## Alcohol Posters



All posters are laminated, color, 11" x 17". Full descriptions are at [www.VMS-online.com](http://www.VMS-online.com).

### Alcohol Service

- **Posters (Set of 7): ATL-ASPPS, \$59.95**

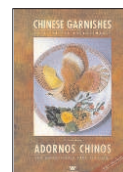
### Wine Service Basics

- **Posters (Set of 5): ATL-WPSPS, \$39.95**

### Alcohol Awareness

- **Posters (set of 10): ATL-AAPPS, \$89.95**

## Garnishing



### Chinese Garnishes with Platter Arrangements

Unlock the secrets of transforming fruits, vegetables, and meats into an array of garnishes.

- **Softcover, 173 pages, WC-6846, \$24.95**

### Meal Appeal: Quick Garnishes

Learn techniques to be creative. Demonstrates innovative and delightful food designs for fruits, vegetables, breads, more. Grade 6 to adult.

- **DVD: 17 minutes, LZ-3217, \$49.95**



## Food Presentation

### Good Enough to Eat! Food Presentation and Service

Explore the way food is styled and presented and how decisions shape the overall experience of a meal. How we evaluate food and the sense-related characteristics that people look for in a variety of meals. Includes interviews with a chef, a nutritionist, and a food stylist.

- **DVD: 20 minutes, MD-42224, \$129.95**

### The Art of Food Presentation Revised!!

This program demonstrates techniques to create and serve food that pleases the eye as well as the taste buds. The principles of color, shape, texture, and arrangement are explained, in addition to flavor and garnish and plate choices. Includes real-world demos from professional chefs.



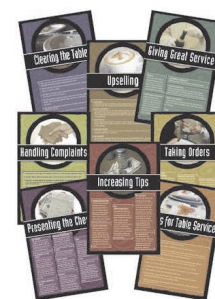
- **DVD: 21 minutes, MD-37022, \$79.95**

## Posters

### Waitstaff

Decorative and instructional, these posters will help increase employee performance as well as teach and reinforce good service. Each poster focuses on a specific waitstaff function. Laminated, 11" x 17".

- **Posters (set of 8): ATL-WSPPS, \$69.95**



### Food Service Employee Translation

The bilingual food service key words poster is the perfect solution for getting your message across to non-English-speaking employees. They show a color picture of the food service item, such as a knife, thermometer, loaf of bread, etc., and provide the English, Spanish and Chinese translation. Laminated, 17" x 25".

- **Poster: ATL-KWFPS, \$29.95**



1-800-343-6430 or  
[www.VMS-online.com](http://www.VMS-online.com)

**Brave New Foods: The Biotech Revolution**

How food has been changed through genetic manipulation and engineering.

- DVD: 24 minutes, LS-125802, \$99.00

**The History of American Cuisine Revised!**

500 years of food history by region in the USA.

- DVD: 22 minutes, LZ-3023, \$79.95

**A Tour of Ethnic Food Stores**

Enjoy a journey to a Mexican, Italian, & Chinese grocery. Shows basic and unique ingredients and the Food Guide Pyramid in each culture.

- DVD: 45 minutes, LZ-3127, \$49.95

**Real Food**

Illustrates how much we pay - in dollars and nutrition - when we buy processed foods. Learn how buying local products, fresh ingredients, and raw foods will impact health as well as the wallet.



- DVD: 24 minutes, LS-131808, \$99.00

**Bugs for Breakfast: Food and Culture**

A multicultural look at how we eat. Explores: Why do people eat? Do people really eat bugs for breakfast? Why do people eat meat? Food taboos. Why don't guys eat soup & salad?

- DVD: 19 minutes, LS-24901, \$99.00

**Global Eating: Learning from Other Cultures**

What can we learn from other cultures about food and nutrition? Some countries share our love for food yet manage to avoid our epidemic of obesity.

- DVD: 22 minutes, LS-26903, \$99.00

**Food: A Multi-Cultural Feast**

Examines the multi-cultural origins of many foods we take for granted. Help students recognize that other cultures may find some American eating habits, like eating corn on the cob, repulsive.

- DVD: 20 minutes, LS-0218, \$99.00

**Old Foes, A New Threat**

Highlights campylobacter, salmonella, E. Coli, Listeria monocytogenes, calicivirus, and Hepatitis A and explores the many opportunities for food contamination that occur from farm to the table.

- DVD: 20 minutes, MD-32139, \$99.95

**Emerging Diseases**

Explores mad cow disease, other types of spongiform encephalopathies, chronic wasting disease, Norwalk virus, and bovine TB and the precautions the USDA is taking to reduce the likelihood and spread of these food-borne diseases.

- DVD: 20 minutes, MD-32140, \$99.95

**Irradiation - Promise or Threat?**

A balanced look at this method of food purification as it explains how x-rays, electron beams, and gamma radiation are used to sterilize food

- DVD: 20 minutes, MD-32141, \$99.95

**Sparkling Clean: Sanitation in Hotels & Restaurants**

From selecting and setting up the right equipment to implementing regular cleaning schedules, this program covers the complete range of actions that lead to spotless kitchens, restrooms, & bedrooms.

- DVD: 31 minutes, MD-34222, \$69.95

**Beauty and the Feast: Eating with Your Eyes**

Explore the psychology of eating, color as a guide to nutrition, the role of color additives in food merchandising, and the art of presenting a meal that is a feast for the eyes as well as the stomach.



- DVD: 18 minutes, LS-27404, \$99.00

**Eater Beware! From Chemical Stews to Organic Gardens**

What dangers lurk in our food supply. Is there a risk to fruits and vegetables doused in pesticides? What are organic foods; are they healthier? Learn common misconceptions about chemicals in food.

- DVD: 22 minutes, LS-27103, \$99.00

**Food Safety**

How to handle food safely to prevent illness - safeguards, cross-contamination, temperatures.

- DVD: 24 minutes, LS-118007, \$99.00

**Food Additives**

Presents examples of the many additives that are used to flavor, color, and preserve much of what we eat - both good and bad.

- DVD: 22 minutes, LS-120608, \$99.00

**In the Kitchen: Utensils, Tools, and Equipment**

A professional chef takes viewers inside the heart of a restaurant, presenting a lively and comprehensive look at all sorts of equipment. Topics include general kitchen safety and a range of specific safety concerns; measuring and weighing; cutting, peeling, grating, and crushing; mixing, whisking, and processing; ergonomics; and new technology.

- DVD: 21 minutes, MD-42225, \$129.95

**Kitchen & Food Safety Series**

Revised to include the newest information to educate and protect your students from eating-related injuries and illnesses. Includes easy-to-remember guidelines, great graphics, and explanations by authorities in the field of safe food handling.

**Food Safety**

- DVD: 20 minutes, MD-35138, \$79.95

**Food-Borne Illness**

- DVD: 20 minutes, MD-35139, \$79.95

**Kitchen Safety Essentials**

- DVD: 20 minutes, MD-35140, \$79.95

**Herbs & Spices**

Explains how to cook with herbs and spices as you watch the preparation of several easy recipes. Video worksheet included. Grade 6 & up.



- DVD: 19 minutes, LZ-3502, \$49.95

**From Farm to Table**

Take a look at modern agriculture. See the whole process of food production and distribution.

- DVD: 21 minutes, LS-130707, \$99.00

**Food Processing: A Video Field Trip**

How do they put real strawberries in cereal, mill wheat into flour, make cheese. See a research lab create fat-free cookies and an assembly line make frozen pizzas. Go behind closed doors to show what happens to food.

- DVD: 22 minutes, LS-26703, \$99.00

**Preparing & Processing Foods**

Looks at methods for preserving and processing foods in different cultures and health considerations of food suppliers and vendors.



- DVD: 23 minutes, MD-40250, \$129.95



**PowerPoint CDs**

Present on screen or print to overheads. Each includes Leader's Guide, quiz, and related websites. 25-30 slides.

**Nutrient Basics**

- LZ-7122, \$49.95

**Mechanics of Organic Food**

- LZ-7167, \$49.95

**Kitchen Math**

- LZ-7124, \$49.95

**Food Safety**

- LZ-7125, \$49.95

**Kitchen Safety**

- LZ-7126, \$49.95

**Kitchen Basics**

- LZ-7132, \$49.95

**Meal Planning**

- LZ-7134, \$49.95

**Nutrition Labels**

- LZ-7127, \$49.95

**Eating Disorders**

- LZ-7128, \$49.95

**Obesity in a Bottle**

- LZ-7163, \$49.95

**Caffeine & Energy Drinks**

- LZ-7170, \$49.95

**Competitive Edge**

- LZ-7136, \$49.95

**Fats: Healthy or Harmful**

- LZ-7165, \$49.95

**Diet Myths**

- LZ-7135, \$49.95

**The Carb Craze**

- LZ-7153, \$49.95

**International Foods**

- LZ-7137, \$49.95

**International Foods 2: Africa**

- LZ-7148, \$49.95

**International Foods 3: Asia**

- LZ-7158, \$49.95

**Food Trends**

- LZ-7152, \$49.95

**Building Better Salads**

- LZ-7176, \$49.95

**Super Foods (Nutrient Packed)**

- LZ-7168, \$49.95

**Dining Etiquette**

- LZ-7155, \$49.95

**Case for Breakfast**

- LZ-7173, \$49.95

**Super Snacking**

- LZ-7177, \$49.95

## Jobs in Food & Nutrition NEW!!

See how farmers, chefs, scientists & health care workers all play a role in the food chain. Discover other related jobs and the education and experiences needed to build a career in foods.

- DVD: 29 minutes, LS-133610, \$99.00

## Working Front of the House

Highlighted occupations include receptionist, bellhop, duty manager, and food-and-beverage staff. Looks at skills needed and tasks performed.

- DVD: 22 minutes, MD-40253, \$129.95

## Careers to Consider: The Hospitality Industry

Includes hotel management, culinary arts, and tourism with detailed explanations of important jobs in each.

- DVD: 23 minutes, MD-37431, \$99.95

## Food Catering & Private Chefs, Careers in Food

Interviews of industry professionals in the areas of catering and private chefs. Get students thinking about new and exciting career options.

- DVD: 20 minutes, LZ-3323, \$79.95



### Culinary

Profiles three women in food service: a butcher, commercial baker, and chef.

- DVD: 30 minutes, MD-37655, \$99.95

## Nutrition Careers for the 21st Century

Learn about a variety of careers from a nutrition consultant, sports nutritionist, public relations specialist, registered dietitian, food scientist, food stylist, and other food-related professionals.

- DVD: 20 minutes, LZ-3317, \$79.95

## Recipe for Success: Culinary Arts in H S

This ABC News report profiles the Careers in the Culinary Arts Program, a groundbreaking curriculum that teaches the craft of fine cuisine. Shows a wide variety of academic and vocational possibilities open to students.

- DVD: 22 minutes, MD-35196, \$69.95

## Behind the Scenes - Hospitality/Hotels

What happens at a major hotel, from the time you go through the front door until check out. Get a close look at a variety of tasks and the people it takes to make someone's stay pleasant.

- DVD: 20 minutes, MD-17683, \$79.95

## Catering: An Insider's Guide to the Business

Provides a look at both the food preparation and business sides of catering with an overview of sanitation regulations and proper cooking and food transportation techniques.

- DVD: 20 minutes, MD-30709, \$99.95

## Catering Skills: Setting the Scene

Plan a variety of dishes, determine dietary requirements, calculate portions, price menus. Also features table setting, folding napkins, clearing tables.

- DVD: 28 minutes, MD-35735, \$69.95

## Catering Skills: Behind the Scenes

Plate composition and food presentation, garnishes, fundamentals of knife skills.

- DVD: 25 minutes, MD-35736, \$69.95

## Daily Cafe Operations

Behind the scenes look at a well-run, successful cafe. See early kitchen and table setup, prep for the breakfast & lunch crowd, supply deliveries, closing and cash tally.

- DVD: 27 minutes, MD-35738, \$79.95

## Restaurant Orientation

What it's like to work in a restaurant! Hear comments from busboys to chefs to owners on pay, hours, skills, careers - both good and bad.

- DVD: 14 minutes, MD-36504, \$49.95

## Preparing Sandwiches, Appetizers, & Salads

Shows how to create and serve sandwiches, appetizers, & salads in a commercial kitchen or catering operation. Includes preparation tips, garnishes, kinds of bread, storage, FIFO system.

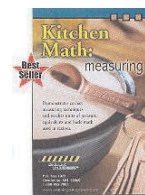
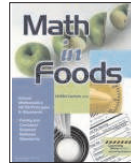
- DVD: 25 minutes, MD-41124, \$129.95



## Math in Foods - Curriculum

Combines basic math and food concepts in 13 worksheets with practical applications.

- CD: LZ-6300, \$49.95



### Kitchen Math: Measuring

Understanding how to measure ingredients, time, & temperature takes the guesswork out of cooking. Includes history of measuring, tools, techniques and servings.

- DVD: 35 minutes, LZ-3026, \$49.95

- Kitchen Math Workbook (10/package): LZ-1182, \$19.95

## Kitchen Math Posters

Set of six 11" X 17". Topics: Measure Liquids, Measure Dry, Measure Solids, Use Measuring Spoons, Equivalents, & Units of Measure.

- Posters: LZ-4104, \$24.95



## Nutrition Labels: Reading between the Lines

Learn the meaning of each item on a label, how to use daily values, and how to interpret claims.

- DVD: 20 minutes, LS-116812, \$89.00
- CD PowerCourse: LS-131412, \$99.00



## Read Food Labels Poster

18" x 24", laminated.

- Poster: LZ-4111, \$9.95



### Kitchen Fundamentals

Fundamentals of preparation, including handwashing and knife cuts. Reviews cooking basics. Grade 6 - adult.

- DVD: 40 minutes, LZ-3521, \$49.95

## Skills in Food Service: Fast Food Techniques

Techniques: grilling, broiling, and frying. Includes safety, tools, procedures.

- DVD: 14 minutes, MD-2271, \$89.95

## Skills in Food Service: The Pantry Station

Responsibility for foods served cold, including salads and sandwiches. How to prepare and store, safety.

- DVD: 13 minutes, MD-2273, \$89.95

## Skills in Food Service: The Bake Station

Preparation of breads, cakes, and pastries. Covers equipment, tools, ingredients and techniques.

- DVD: 14 minutes, MD-2274, \$89.95

## Skills in Food Service: The Hot Station

Preparation of main dishes and entrees. Includes meat, poultry and seafood. Covers storing meat, cooking methods, rice and pasta.

- DVD: 15 minutes, MD-2272, \$89.95

## Fast Food Survival Guide

What role can fast food play in a sensible eating plan? This program examines the role of fast food in society and shows that even though you might not want to become its best friend, you can learn to live with it.

- DVD: 20 minutes, LS-28305, \$99.00

## What Is a Calorie?

Which has more calories - a head of lettuce or a newspaper. Learn the basics: a calorie is a measurement of energy; how much energy is in a calorie; how can we count calories.

- DVD: 16 minutes, LS-28405, \$99.00

## All About Nutrients

Explores function and importance of nutrients, explaining why we need them and illustrating health problems related to improper eating.

- DVD: 24 minutes, MD-41120, \$129.95

## Elements of Human Nutrition

These six new and fully revised programs explore the science and nutritional elements of food, their role in the human body, and their impact on our health. Complete descriptions at [www.VMS-online.com](http://www.VMS-online.com)

### Carbs

- DVD: 21 minutes, LS-128509, \$99.00

### Fats

- DVD: 21 minutes, LS-115609, \$99.00

### Protein

- DVD: 21 minutes, LS-124009, \$99.00

### Minerals

- DVD: 28 minutes, LS-120709, \$99.00

### Vitamins

- DVD: 21 minutes, LS-118209, \$99.00

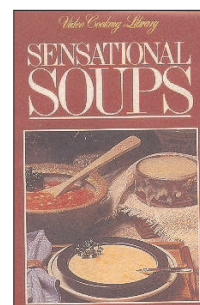
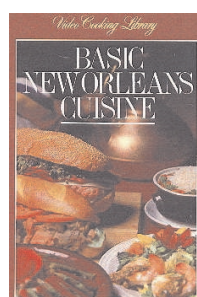
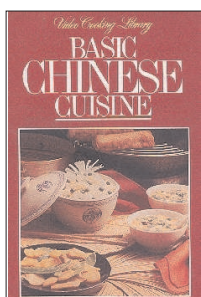
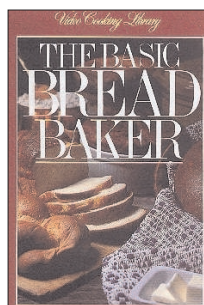
### Water

- DVD: 21 minutes, LS-132109, \$99.00

## Foods

### Cooking Library

Introductory foods for beginners. Learn the tricks and techniques of experts through easy-to-follow, step-by-step demonstrations. The videos/DVDs feature recipes that are easy to prepare.



#### **Appetizers & Hors d'Oeuvres**

- DVD: 23 minutes, KV-0213D, \$16.95

#### **Basic Bread Baker**

- DVD: 21 minutes, KV-0214D, \$16.95

#### **Basic Chinese Cuisine**

- DVD: 30 minutes, KV-0215D, \$16.95

#### **Basic Italian Cuisine**

- DVD: 27 minutes, KV-0216D, \$16.95

#### **Basic Mexican Cuisine**

- DVD: 28 minutes, KV-0217D, \$16.95

#### **Basic Middle Eastern Cuisine**

- DVD: KV-0218D, \$16.95

#### **Basic New Orleans Cuisine**

- DVD: KV-0228D, \$16.95

#### **Candles/Champagne/Romance**

- DVD: 22 minutes, KV-0219D, \$16.95

#### **Delicious Dishes to Go**

- DVD: 23 minutes, KV-0220D, \$16.95

#### **Fun Meals for Kids**

- DVD: 29 minutes, KV-0225D, \$16.95

#### **Hearty New England Dinners**

- DVD: 26 minutes, KV-0222D, \$16.95

#### **Holiday Cookies and Treats**

- DVD: 22 minutes, KV-0223D, \$16.95

#### **Holiday Gifts from your Kitchen**

- DVD: 27 minutes, KV-0224D, \$16.95

#### **Magnificent Recipes for Brunch**

- DVD: 20 minutes, KV-0231D, \$16.95

#### **Meals for Two in Just 15 Minutes**

- DVD: 26 minutes, KV-0221D, \$16.95

#### **Microwave Miracles**

- DVD: 25 minutes, KV-0226D, \$16.95

#### **Mouthwatering Meatless Meals**

- DVD: 24 minutes, KV-0227D, \$16.95

#### **One Dish Meals**

- DVD: 28 minutes, KV-0229D, \$16.95

#### **Pasta, Pasta, Pasta**

- DVD: 18 minutes, KV-0230D, \$16.95

#### **Salads Supreme**

- DVD: 25 minutes, KV-0232D, \$16.95

#### **Sensational Soups**

- DVD: 24 minutes, KV-0233D, \$16.95

#### **Seven Simple Chicken Dishes**

- DVD: 24 minutes, KV-0234D, \$16.95

#### **Southern Desserts and Delights**

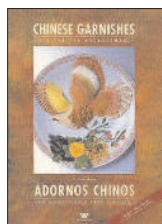
- DVD: 24 minutes, KV-0235D, \$16.95

#### **Thanksgiving Dinners**

- DVD: 30 minutes, KV-0236D, \$16.95

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## Chinese Garnishes & International Cooking



#### **Chinese Garnishes with Platter Arrangements**

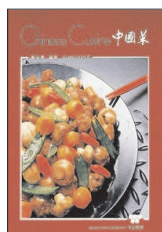
Unlock the secrets of transforming fruits, vegetables, and meats into an array of garnishes. English/Spanish edition.

- Softcover, 173 pages, WC-6846, \$24.95

#### **Chinese Cuisine**

Taiwanese consider this THE cookbook to have. Master Su-Huei Huang's popular cookbook includes recipes, methods, seasonings, more.

- Softcover, 204 pages, WC-6080, \$24.95



#### **... MADE EASY**

Recipes are easy to follow and include the most popular ethnic dishes.

#### **Chinese Cooking Made Easy**

- Softcover, 96 pages, WC-6269, \$15.95

#### **Mexican Cooking Made Easy**

- Softcover, 96 pages, WC-6293, \$15.95



#### **World Foods: Mexican Cooking**

Explains traditional ingredients and prepares several recipes to make a festive meal.

- DVD: 19 minutes, LZ-3503, \$49.95
- Activity Packet: LZ-1214, \$16.95

#### **World Foods: Chinese Cooking**

Explains ingredients, equipment & techniques and prepares several recipes.

- DVD: 20 minutes, LZ-3504, \$49.95
- Activity Packet: LZ-1215, \$16.95

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Explains typical ingredients and techniques.

- DVD: 20 minutes, LZ-3505, \$49.95
- Activity Packet: LZ-1216, \$16.95



**See [www.VMS-online.com](http://www.VMS-online.com) for garnishing & carving tool sets**

## Great Chefs from the Discovery Channel

*Great Chefs* programs are unique, taking viewers directly into the kitchens of great chefs to reveal the secrets behind the finest cuisine. The chefs are chosen through a careful process of peer nomination.

### Great Chef Specials

These specials are drawn from the various *Great Chefs* series (see below). Want more information? Call 1-800-343-6430.

#### Great Chefs Appetizers

- DVD: 60 minutes, GC-075, \$16.95

#### Great Chefs Desserts

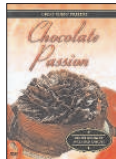
- DVD: 60 minutes, GC-083, \$16.95

#### Seafood Sampler

- DVD: 60 minutes, GC-084, \$16.95

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- DVD: 60 minutes, GC-865, \$16.95



#### Chocolate Edition

- DVD: 60 minutes, GC-085, \$16.95

#### Chocolate Passion

- DVD: 60 minutes, GC-DV334, \$16.95

#### Great Chefs, Great BBQ

- DVD: 60 minutes, GC-088, \$16.95

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#### Down Home Cookin', Southwest Style

- DVD: 60 minutes, GC-090, \$16.95



#### Mexican Madness

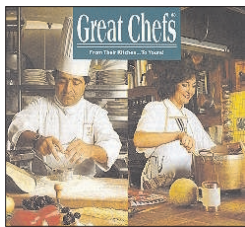
- DVD: 60 minutes, GC-093, \$16.95

#### A Southwest Thanksgiving Feast

- DVD: 60 minutes, GC-092, \$16.95

#### International Holiday Table

- DVD: 60 minutes, GC-091, \$16.95



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- DVD (90 programs): GC-DVMM, \$480.00

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- DVD (160 programs): GC-DVNN, \$670.00

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- DVD (26 programs): GC-545DVD, \$120.00

#### Great Chefs of New Orleans

- DVD (26 programs): GC-250DVD, \$120.00

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- DVD (26 programs): GC-615DVD, \$120.00

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- DVD (14 programs): GC-776, \$65.00

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- DVD (30 programs): GC-170DVD, \$135.00

#### Great Chefs of Austria

- DVD (30 programs): GC-DVJJ, \$135.00

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- DVD (20 programs): GC-DVKK, \$93.00

## Careers

### FACS Careers

Nine people with fascinating jobs present career opportunities for both men and women. Interviews with people in: dietetics; food and nutrition; interior design & fashion; child development! Educational and professional requirements are discussed.



- DVD: 21 minutes, LZ-3115, \$79.95

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- DVD: 20 minutes, MD-33363, \$99.95

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Posters for each of the 16 broad career categories established by the US Department of Education. Feature images of people working at jobs represented by each cluster. 17" x 22" laminated posters.



- Posters (Set of 16): MD-30796, \$159.20

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Look inside these professions. Includes interviews with well-known professionals in each field. Go online for full descriptions.

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### Colameco's Kitchen Survival Guide

From the PBS cooking show, Mike Colameco explains how to shop for groceries (#1); store food, prepare ingredients, keep the kitchen clean and safe (#2); and develop basic kitchen skills and techniques (#3). Includes recipes with demonstrations.



#### #1 - Lost in the Supermarket

- DVD: 20 minutes, MD-35467, \$79.95

#### #2 - Welcome to the Kitchen

- DVD: 20 minutes, MD-35468, \$79.95

#### #3 - Cooking 101

- DVD: 20 minutes, MD-35469, \$79.95

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## USDA MyPlate Dietary Guidelines

### Eat Smart: MyPlate & 2010 Dietary Guidelines

Presents an overview of the basic concepts of healthy eating.



- DVD: 27 minutes, LS-129012, \$109.00
- CD: LS-136712, \$99.00

### Eat Less: The Upside of Downsizing

Learn how to consume fewer, yet more nourishing and satisfying calories.

- DVD: 27 minutes, LS-131012, \$109.00

### Personalizing MyPlate

Features young adults who want to improve their eating habits and find healthier alternatives for meals and snacks.

- DVD: 25 minutes, LS-125712, \$109.00
- Save on all 3 DVDs: LS-9047Set, \$279.00

### Create a Great Plate, Dietary Guidelines

Shows teens what healthy eating looks like.

- DVD: 20 minutes, LZ-300033, \$79.95

### MyPlate Dietary Guidelines for Elementary Students

How to make your favorite meals more nutritious. Grades 1-6.

- DVD: 23 minutes, LZ-300020, \$49.95

## MyPlate Posters

### Make MyPlate Your Plate

- Poster: Color, laminated, 36" x 24", LS-1364, \$19.00
- Tablet (50 copies): 11" x 8.5", 2-sided, LS-1360, \$9.99



### USDA MyPlate

- Poster: Color, laminated, 18" x 24", LZ-410106, \$14.95
- Tablet (50 copies): 11" x 8.5", 2-sided, LZ-470106, \$9.95

### Principles of Food Science

Incorporate science concepts into a lab-oriented foods class. Covers Science of Food, Basic Chemistry, Organic Chemistry: Micro-components and Macronutrients, Microbiology, Working with Complex Food Systems, Preservation.



- Text: Hardcover, 624 pages, GW-6534, \$72.00 (5 or more - \$54.00)
- Study Guide/Lab Manual: GW-6541, \$18.64 (5 or more - \$13.98)
- Teacher's Resource Guide: GW-6558, \$98.00
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### 5-Minute Food Science Activities

Topics include: food production, careers, and food chemistry.

- Spiralbound: LZ-1212, \$29.95

### Handy Portions

A "handy" way to measure portions using the hand as the measuring tool.



- Poster: Two (the same) full color, cardstock, 11" x 17", LZ-4274, \$9.95

### Portion Distortion

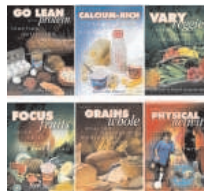
Clearly illustrates the difference between recommended serving sizes and what usually appears on plates. Shows easy ways to measure portions, and more!



- Poster: Full color, laminated, 18" x 24", LZ-4234, \$14.95
- LZ-4488, \$39.95

### MyPlate Posters

Posters feature the food groups and physical activity guideline. 18" x 24" color, laminated.



- Six posters: LZ-4273, \$59.95

## PowerPoint Presentations

### MyPlate Dietary Guidelines

Presents the USDA's MyPlate guidelines. 30 slides. Includes educator's guide with explanations.

- CD: LZ-710014, \$49.95

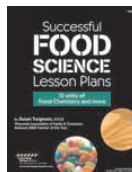
### Avoid Portion Distortion - PowerPoint

Presents healthy choices and portion sizing.

- CD: LZ-7159, \$49.95

### Successful Food Science Lesson Plans

Introduce students to the science behind cooking with these 12 units. Illustrate the practical application of food science in the real world.



- LZ-1196, \$59.95

### Checking out Food Science PowerPoint

Answers the questions: What is food science and why do we need it? It looks at examples from farm to fork and explores career opportunities.

- CD: 30+ slides, LZ-7178, \$49.95



### Food Science Experiments

Demonstrates six fun and easy food science experiments and explains the science behind them.

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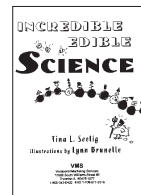
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### The Cooking Process: How Food Changes

Illustrates concepts in the cooking process and the basic biochemistry of food - what happens to fats, proteins, and carbs during cooking; why foods taste salty, sweet, bitter, or sour; how to interpret and use the glycemic index; and how the addition or substitution of an ingredient can make a dish unique, and typical of a certain country or region.

- DVD: 24 minutes, MD-42226, \$129.95



### Incredible Edible Science

Marvelous, hands-on introduction to the science behind the art of cooking. Full of experiments, fun facts, safety tips. For ages 9-14.

- Softcover, 80 pages, VMS-7200, \$13.95

### Food Science: Kitchen Mysteries Revealed

Why do we whip cream and beat eggs? Why does bread rise? These are just a few of the questions to illustrate that science lives in the kitchen and on the dinner table.



- DVD: 20 minutes, LS-24200, \$99.00

### Food & Fire: The Science (and Magic) of Cooking

Knowing some of the science of foods can make a cook into a better artist. Learn about convection, conduction, radiation, and what they have to do with baking, roasting, frying, boiling.



- DVD: 22 minutes, LS-27504, \$99.00



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