PHOTO, GRAPHIC, AND ILLUSTRATION CREDITS

- Cover & Design Artwork
 - o Lynn Chang
- Cooking Demonstration 1: Fresh Fall Salad
 - o Food Photos Kelley Brian, Jessica Linnell, & Lynn Chang
- Cooking Demonstration 2: Black Bean and Veggie Tostada Olé
 - o Food Photos Kelley Brian, Jessica Linnell, & Lynn Chang
- Cooking Demonstration 3: Veg-Out Chilean Stew
 - o Food Photos Kelley Brian, Jessica Linnell, & Lynn Chang
- Cooking Demonstration 4: Delicious Dunking Dip
 - o Food Photos Kelley Brian, Jessica Linnell, & Lynn Chang
- Cooking Demonstration 5: Stir-It-Up Stir Fry
 - o Food Photo Kelley Brian & Jessica Linnell, & Lynn Chang



REFERENCES

Cooking Demos 1-5

- Brittin, H. (2011) *The Food and Culture Around the World Handbook.* Upper Saddle, New Jersey. Person Education Inc.
- Kittler, P., Sucher, K. (2000) *Cultural Foods, Traditions and Trends.* Belmont, California. Wadsworth Thomson Learning.
- United States Department of Agriculture Center for Nutrition Policy & Promotion (2011) MyPlate. Retreived from http://choosemyplate.gov