

TABLE OF CONTENTS

Introduction 1
Introduction to Food Safety 2
Receiving Foods 4
Storage of Food 8
Hazards to Our Health 11
Food Allergies 12
Microbiology of Foods 13
Common Foodborne Illnesses 18
Personal Hygiene 22
Food Preparation 24
Cooking, Hot Holding, Cooling & Reheating 25
Cleaning and Sanitizing 31
HACCP Food Protection System 35
Pest Control 38
Plumbing 48
Operating a Temporary Food Service Establishment 51
Required Postings 53
Reduced Oxygen Packaging 55
Local Laws 56
NYC Health Code Extracts 58
Food Defense Strategies 60
Trans Fat 62
Workplace Safety and Health 66
Form 198E Food Establishment Inspection Report 69
Quizzes 75
Numbers to Remember 79
Work Sheets 83



P R O T E C T I O N T R A I N I N G M A N U A L

Food Protection Course Training Manual Urdu

Marco Cascella



Food Protection Course Training Manual Urdu:

This Enthralling Realm of E-book Books: A Comprehensive Guide Revealing the Advantages of Kindle Books: A World of Ease and Flexibility Kindle books, with their inherent mobility and ease of availability, have freed readers from the limitations of hardcopy books. Gone are the days of lugging bulky novels or meticulously searching for particular titles in shops. Kindle devices, sleek and lightweight, seamlessly store an wide library of books, allowing readers to immerse in their preferred reads anytime, anywhere. Whether commuting on a busy train, relaxing on a sunny beach, or just cozying up in bed, Kindle books provide an unparalleled level of convenience. A Reading World Unfolded: Discovering the Wide Array of Kindle Food Protection Course Training Manual Urdu Food Protection Course Training Manual Urdu The Kindle Store, a digital treasure trove of literary gems, boasts an wide collection of books spanning varied genres, catering to every readers preference and preference. From gripping fiction and mind-stimulating non-fiction to timeless classics and modern bestsellers, the E-book Shop offers an exceptional abundance of titles to discover. Whether seeking escape through immersive tales of fantasy and adventure, delving into the depths of past narratives, or expanding ones understanding with insightful works of scientific and philosophy, the Kindle Store provides a gateway to a literary universe brimming with endless possibilities. A Transformative Factor in the Bookish Landscape: The Enduring Impact of Kindle Books Food Protection Course Training Manual Urdu The advent of Kindle books has certainly reshaped the literary landscape, introducing a model shift in the way books are published, disseminated, and read. Traditional publication houses have embraced the online revolution, adapting their approaches to accommodate the growing need for e-books. This has led to a surge in the accessibility of Kindle titles, ensuring that readers have entry to a wide array of literary works at their fingers. Moreover, Kindle books have democratized entry to literature, breaking down geographical barriers and providing readers worldwide with equal opportunities to engage with the written word. Regardless of their place or socioeconomic background, individuals can now immerse themselves in the captivating world of literature, fostering a global community of readers. Conclusion: Embracing the Kindle Experience Food Protection Course Training Manual Urdu Kindle books Food Protection Course Training Manual Urdu, with their inherent ease, flexibility, and wide array of titles, have undoubtedly transformed the way we experience literature. They offer readers the liberty to explore the limitless realm of written expression, whenever, everywhere. As we continue to travel the ever-evolving online scene, Kindle books stand as testament to the lasting power of storytelling, ensuring that the joy of reading remains accessible to all.

<https://staging.conocer.cide.edu/results/virtual-library/Documents/hard%20to%20trust%20hard%20targets%20volume%20.pdf>

Table of Contents Food Protection Course Training Manual Urdu

1. Understanding the eBook Food Protection Course Training Manual Urdu
 - The Rise of Digital Reading Food Protection Course Training Manual Urdu
 - Advantages of eBooks Over Traditional Books
2. Identifying Food Protection Course Training Manual Urdu
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Food Protection Course Training Manual Urdu
 - User-Friendly Interface
4. Exploring eBook Recommendations from Food Protection Course Training Manual Urdu
 - Personalized Recommendations
 - Food Protection Course Training Manual Urdu User Reviews and Ratings
 - Food Protection Course Training Manual Urdu and Bestseller Lists
5. Accessing Food Protection Course Training Manual Urdu Free and Paid eBooks
 - Food Protection Course Training Manual Urdu Public Domain eBooks
 - Food Protection Course Training Manual Urdu eBook Subscription Services
 - Food Protection Course Training Manual Urdu Budget-Friendly Options
6. Navigating Food Protection Course Training Manual Urdu eBook Formats
 - ePub, PDF, MOBI, and More
 - Food Protection Course Training Manual Urdu Compatibility with Devices
 - Food Protection Course Training Manual Urdu Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Food Protection Course Training Manual Urdu
 - Highlighting and Note-Taking Food Protection Course Training Manual Urdu
 - Interactive Elements Food Protection Course Training Manual Urdu

8. Staying Engaged with Food Protection Course Training Manual Urdu
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Food Protection Course Training Manual Urdu
9. Balancing eBooks and Physical Books Food Protection Course Training Manual Urdu
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Food Protection Course Training Manual Urdu
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Food Protection Course Training Manual Urdu
 - Setting Reading Goals Food Protection Course Training Manual Urdu
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Food Protection Course Training Manual Urdu
 - Fact-Checking eBook Content of Food Protection Course Training Manual Urdu
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Food Protection Course Training Manual Urdu Introduction

In the digital age, access to information has become easier than ever before. The ability to download Food Protection Course Training Manual Urdu has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Food Protection Course Training Manual Urdu has opened up a world of possibilities. Downloading Food Protection Course Training Manual Urdu provides numerous advantages over physical copies of books and documents. Firstly, it is

incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Food Protection Course Training Manual Urdu has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Food Protection Course Training Manual Urdu. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Food Protection Course Training Manual Urdu. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Food Protection Course Training Manual Urdu, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Food Protection Course Training Manual Urdu has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Food Protection Course Training Manual Urdu Books

What is a Food Protection Course Training Manual Urdu PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Food Protection Course Training Manual Urdu PDF?**

There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Food Protection Course Training Manual Urdu PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Food Protection Course Training Manual Urdu PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobat's export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Food Protection Course Training Manual Urdu PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Food Protection Course Training Manual Urdu :

hard to trust hard targets volume 2

harley softail springer 2006 owners manual

harley sportster 10 000 mile service

harley davidson motorcycle wallpaper

harley service electro manual

harley davidson sv servi car workshop manual 1940 1958

~~harley davidson touring service repair workshop manual 2009~~

harley davidson rushmore motorcycles 2014

harcourt third grade story town

harman avr 245 manual

hard reset motorola droid 4

harley davidson sportster 1996 repair service manual

harley davidson 883 sportster repair manual

harley quinn vol hot in the city the new

harley owners manual road glide

Food Protection Course Training Manual Urdu :

eyelid conjunctival and orbital tumors an atlas and textbook - Nov 22 2022

written by world renowned authorities in ocular oncology at the wills eye institute this

atlas of eyelid and conjunctival tumors open library - Mar 15 2022

dec 15 2007 this thoroughly updated edition combines the content of atlas of eyelid and

eyelid conjunctival and orbital tumors an atlas and textbook - Oct 22 2022

dec 1 2000 both patients underwent excisional biopsy and cryotherapy of the eyelid tumors

eyelid conjunctival and orbital tumors an atlas and text - Feb 11 2022

dec 1 2001 m a gamulescu article total upper eyelid reconstruction may 1999 european

atlas of eyelid and conjunctival tumors gbv - Jan 25 2023

this volume provides the examination techniques classification and differential diagnosis of

eyelid conjunctival and orbital tumors an atlas and textbook and - Jul 19 2022

atlas of eyelid and conjunctival tumors shields jerry a free download borrow and

eyelid conjunctival and orbital tumors atlas and textbook - May 17 2022

dec 1 1999 handheld in vivo reflectance confocal microscopy for the diagnosis of eyelid

atlas of eyelid and conjunctival tumors abstract europe pmc - Apr 15 2022

jan 6 2023 atlas of eyelid and conjunctival tumors by jerry a shields 1999 lippincott

clinical ophthalmic oncology eyelid and conjunctival tumors - Dec 24 2022

apr 15 2021 eyelid conjunctival and orbital tumors an atlas and textbook third edition

atlas of eyelid and conjunctival tumors atlas of intraocular - Nov 10 2021

atlas of eyelid and conjunctival tumors amazon com - Dec 12 2021

atlas of eyelid and conjunctival tumors request pdf - Sep 20 2022

oct 9 2017 eyelid conjunctival and orbital tumors an atlas and textbook third edition

atlas of eyelid and conjunctival tumors shields jerry a free - Jun 17 2022

eyelid conjunctival and orbital tumors atlas and textbook worldcat org contents eyelid

atlas of eyelid and conjunctival tumors request pdf - Jan 13 2022

atlas of eyelid and conjunctival tumors atlas of intraocular tumors and atlas of orbital

atlas of eyelid and conjunctival tumors - Apr 27 2023

atlas of eyelid and conjunctival tumors jerry a shields carol l shields google books

atlas of eyelid and conjunctival tumors journal of neuro lww - Sep 01 2023

contents the book is divided into two parts lesions of the eyelids and those of the

atlas of eyelid and conjunctival tumors google books - Mar 27 2023

about this book this atlas gives the complete expert opinion on the diagnostic features of

atlas of eyelid and conjunctival tumors jama network - Jun 29 2023

this unsurpassed ocular oncology resource is a comprehensive guide to the clinical features

pdf atlas of eyelid and conjunctival tumors researchgate - Oct 02 2023

atlas of eyelid and conjunctival tumors by jerry a shields carol l shields pp 350 101 philadelphia lippincott williams and wilkins 1999 isbn 0 7817 1915 1 this hardback full colour

eyelid conjunctival and orbital tumors an atlas and textbook - May 29 2023

this atlas is comprehensive in its coverage with 95 different disease entities of the eyelids and

eyelid conjunctival and orbital tumors an atlas and textbook - Aug 20 2022

isbn 13 978 0 7817 7581 6 companion texts eyelid conjunctival and orbital tumors and

eyelid and conjunctival tumors springer - Feb 23 2023

part 1 tumors and pseudotumors of the eyelids benign tumors of the epidermis papilloma

eyelid conjunctival and orbital tumors an atlas - Jul 31 2023

the book is divided into 2 sections one covering tumors and pseudotumors of the eyelids

fitness test record teaching resources tpt - Oct 08 2022

fitnessgram recording sheet health related fitness components aerobic fitness af body composition bc flexibility flx muscular fitness strength endurance mf

fitnessgram standards score sheet missouri department of - Mar 01 2022

posted 2 days ago webthis fitnessgram score sheet provides opportunities for students to create pre test goals for each fitness test as well as a recording sit and reach test mile run

pec lesson plans for physical education pe central - Nov 09 2022

browse fitness test record resources on teachers pay teachers a marketplace trusted by millions of teachers for original educational resources teacher appreciation sale save up to

fitnessgram worksheet teaching resources teachers pay - Apr 14 2023

test administration manual fitnessgram activitygram test administration manual updated fourth edition developed by the cooper institute dallas texas editors marilu d

fitnessgram recording sheet 1 docx course hero - Aug 18 2023

view fitnessgram recording sheet 1 docx from hpsm misc at southwestern christian university fitnessgram assessment recording sheet name date semester

results for fitnessgram assessment tpt - Feb 12 2023

use the google sheet template design to run your pe fitness testing record system each tab represents where and how to record student fitness test data these can be shared in

fitness assessment fitnessgram powered by - May 15 2023

this is a persona data sheet for students to record their scores from the fitness gram testing it includes a spot for the pacer test curl up test push up test one mile run walk trunk

fitnessgram activitygram reference guide 4 edition - Aug 06 2022

fit and fun education need an easy way to track and record fitnessgram testing results throughout the year in any pe class these google forms will allow students to enter their

fitness gram fg directions pe teacher s handout to 8 grade - Sep 07 2022

important fitness information to children and parents the campbell soup company s institute for health and fitness signed on as a national sponsor to support the promotion and

fitnessgram record sheet by busy bee athletics tpt - Dec 10 2022

i use the handouts to help the students set specific health related goals after fitness testing using the fitnessgram personal record sheets and reports it takes them through a step by step

fitnessgram record sheet 6 8 cbhpe - Jun 16 2023

fitnessgram tests pacer 1 mile run 1 mile walk all healthy fitness zone scores for aerobic capacity are reported as estimates of vo² max higher vo² max scores reflect a

fitness gram recording sheets home rightster com - Oct 28 2021

fitness gram recording sheets network eve gd - Nov 28 2021

fitness gram recording sheets may 10th 2018 fitnessgram class score sheet class back saver sit amp reach in assessment date assessment date ft one mile run min sec 1

test administration manual icdst - Mar 13 2023

personal fitness assessment reflection and goal sheet fitnessgram created by jenny lynn s pe world this assessment helps students use their fitnessgram data to reflect and set goals

fitnessgram test standards and record sheet - Sep 19 2023

directions do all fitnessgram tests and fill out the chart below mile all students will take the mile test on the treadmill or track and record your times with me and on this worksheet

fitness testing record teaching resources teachers - Jan 11 2023

i have assembled an easy to use sheet to record all fitnessgram scores i use this to record scores then i transfer them into the computer system and pass the sheet back out to the

fitness gram recording sheets orientation sutd edu - Dec 30 2021

fitness gram recording sheets fitnessgram the pacer individual score sheet may 12th 2018 the pacer individual score sheet source fitnessgram test administration

fitnessgram score sheet excel 2023 usfitnessfinder com - Jan 31 2022

www.rhinebeckcsd.org fitnessgram test standards and record sheet dvs ltd co uk 4th and 5th grade assessment sheet physical education free download here pdfsdocuments2.com

fitnessgram score sheet weebly form signnow - Apr 02 2022

205 jefferson st jefferson city mo 65101 map mailing address p o box 480 jefferson city mo 65102 0480 contact us main line 573 751 4212 educator certification 573 751 0051

fitnessgram by the cooper institute - Jun 04 2022

table 9 1 fitnessgram standards for healthy fitness zone boys age vo 2 max ml kg 1 min 1 20 meter pacer enter laps in software 15 meter pacer use conversion chart

results for fitnessgram pacer test tpt - Jul 05 2022

for decades fitnessgram by the cooper institute has set the standard of youth fitness measurement and data collection our research gives decision makers at all levels the data

fitnessgram standards for healthy fitness zone - May 03 2022

quick steps to complete and e sign fitnessgram score sheet pdf online use get form or simply click on the template preview to open it in the editor start completing the fillable fields and

fitnessgram score teaching resources teachers pay - Jul 17 2023

this is a persona data sheet for students to record their scores from the fitness gram testing it includes a spot for the pacer test curl up test push up test one mile run walk trunk

marikos temari collection by mariko fujita goodreads - May 13 2023

web read reviews from the world s largest community for readers 書籍 書籍レビュー 書籍レビュー books mariko s temari 書籍 書籍レビュー 書籍レビュー 書籍

marikos temari collection japanese edition kindle edition - Oct 18 2023

web apr 13 2014 marikos temari collection japanese edition kindle edition by mariko fujita download it once and read it on your kindle device pc phones or tablets use features like bookmarks note taking and highlighting while reading marikos temari collection japanese edition

marikos temari collection japanese edition by mariko fujita - Jun 02 2022

web marikos temari collection japanese edition by mariko fujita author jochen nemetz from media cms uki ac id subject marikos temari collection japanese edition by mariko fujita keywords fujita marikos japanese temari mariko by edition collection created date 3 31 2023 12 26 55 am

mariko s temari for wallpaper apple books - Aug 04 2022

web nov 20 2015 this is compact size collection of photos of beautiful temari japanese folkcraft since ancient time in japan temari was made as a toy in very simple and plain way today temari became traditional japanese art work and made many fans all over the world all tem

marikos temari collection japanese edition kindle edition - Jun 14 2023

web apr 13 2014 marikos temari collection japanese edition ebook mariko fujita amazon co uk books

marikos temari collection japanese edition pdf uniport edu - Oct 06 2022

web aug 27 2023 marikos temari collection japanese edition 1 5 downloaded from uniport edu ng on august 27 2023 by guest marikos temari collection japanese edition recognizing the showing off ways to get this books marikos temari collection japanese edition is additionally useful

temari uwagake and shitagake chidori kagari japanese edition - Feb 10 2023

web oct 31 2019 buy temari uwagake and shitagake chidori kagari japanese edition read books reviews amazon com

marikos temari collection japanese edition uniport edu - Feb 27 2022

web jul 4 2023 could enjoy now is marikos temari collection japanese edition below love in the library maggie tokuda hall

2022 01 11 set in an incarceration camp where the united states cruelly detained japanese americans during wwii and based on true events this moving love story finds hope in heartbreak to fall in love is already a gift

marikos temari collection japanese edition kindle edition - Aug 16 2023

web marikos temari collection japanese edition ebook mariko fujita amazon in kindle store

mariko s temari with kimono apple books - Sep 05 2022

web feb 18 2014 the collection of these photographs did kimono and temari to a subject in background in kagurazaka tokyo that had traditional japan and present japan together japan include introduce about temari introduction of the tool to make temari how to make temari movie

amazon com customer reviews marikos temari collection japanese edition - Jul 15 2023

web find helpful customer reviews and review ratings for marikos temari collection japanese edition at amazon com read honest and unbiased product reviews from our users

mariko s temari colors on apple books - Dec 08 2022

web this is an e book about the world s first japanese temari japanese traditional fork art hand ball temari is made by several different threads which wind around the core for various designs it was girl oriented toy in old japan in

mariko s temari collection on apple books - Nov 07 2022

web oct 30 2013 this is an photos of e book about temari japanese traditional fork art hand ball temari is made by several different threads which wind around the core for various designs it was girl oriented toy in old japan in the present time temari serves as handcrafted it

marikos temari collection japanese edition pdf pivotid uvu - Jul 03 2022

web marikos temari collection japanese edition marikos temari collection japanese edition 2 downloaded from pivotid uvu edu on 2022 11 07 by guest have met but when they do a quiet fairytale begins this is a story of two people one human one inhuman who linger in the hazy twilight that separates night from day

mariko s temari collection on apple books - Mar 11 2023

web oct 30 2013 mariko s temari collection mariko fujita onebilling inc 7 99 publisher description this is a photos e book about temari japanese traditional fork art hand ball temari is made by several different threads which wind around the core for various designs it was a girl oriented toy in old japan

mariko s temari nagaoka kyo kindle edition amazon co uk - Apr 12 2023

web apr 30 2014 this is a collection of photo e book which matched temari with japanese scenery you can enjoy to see many beautiful photos of valuable temari with japanese traditional places of nagaoka kyo city kyoto nagaokakyo city is a city located southwest of kyoto japan for example with temple shinto shrine bamboo forest more

marikos temari collection japanese edition pdf uniport edu - May 01 2022

web marikos temari collection japanese edition 2 7 downloaded from uniport edu ng on june 5 2023 by guest inugami clan dies setting off a chain of bizarre gruesome murders detective kindaichi must unravel the clan s terrible secrets of forbidden liaisons monstrous cruelty and disguised identities to find the murderer seishi

mariko s temari with scene of shinto shrine in tokyo japan - Jan 09 2023

web connecting to apple music connecting you can enjoy to see many beautiful photos of valuable temari with japanese traditional places for example in shinto shrine forest and recent scene around shinto shrine br you can enjoy the present japanese scenery that past and present is mixed by this e book br and this include how to ma

mariko s temari nagaoka kyo kindle edition amazon com - Mar 31 2022

web jan 1 1970 this is a collection of photo e book which matched temari with japanese scenery you can enjoy to see many beautiful photos of valuable temari with japanese traditional places of nagaoka kyo city kyoto nagaokakyo city is a city located southwest of kyoto japan for example with temple shinto shrine bamboo forest more

marikos temari collection japanese edition kindle edition - Sep 17 2023

web marikos temari collection japanese edition ebook mariko fujita amazon com au kindle store