

Objective 7

1. Any three of the following: roasting, broiling, pan-broiling, frying, grilling.
2. Braising, stewing/simmering, microwaving.

Objective 8

Any three of the following: eggs; cheese; cottage cheese; dried beans, peas, or lentils; certain grains; meat analogs; peanut butter; shelled peanuts; tofu; non-dairy milk.

Objective 9

1. Tenderize them (by marinating, pounding or using a commercial tenderizer) and cook them slowly and/or in liquid.
2. Cooking at a low temperature produces meat that is juicy, tender, flavorful, with less shrinkage and fewer nutrients lost, and clean-up is easier.

Unit Review

1. Packaging that is not damaged or dented
2. AA
3. Prime
4. Expiration date or sell by date
5. Air cell
6. Chalaza
7. Yolk
8. In the shell, simmer 12-15 minutes in water
9. Cook in a skillet until the white is fully cooked and yolk is tender and runny.
10. Large
11. Beef is from mature cattle, 6 months of age or more; veal is from immature cattle, 6 months or less in age
12. Mutton is meat of sheep over 1 year in age; lamb is meat of sheep that is less than 1 year in age
13. Variety meats are organs from meat animals; exotic meats are meats of less common animals such as emu, bison, ostrich, etc.
14. Protein, fats, iron, phosphorus, thiamin (b1), riboflavin (b2), niacin (b3) zinc
15. In the refrigerator, in cold water, or by defrosting in the microwave
16. In a cool, dry place
17. Broiling is cooking food by direct heat over coals or under an open flame or electric unit; pan-broiling is cooking food uncovered in a fry pan and pouring fat off as it accumulates.

18. Frying is cooking food in fat in an uncovered skillet, includes pan frying and deep-fat frying; grilling is cooking on a grill over a flame or on a grill plate.
19. Roasting is cooking food uncovered by dry heat, usually in an oven; braising is browning food in a small amount of fat and then cooking slowly, often with added liquid, in a covered pan or pot.
20. When stewing, the food is covered with liquid; braised food is not covered.
21. Dried beans, peas, or lentils; certain grains; meat analogs; peanut butter; shelled peanuts; tofu; non-dairy milk.
22. Low temperatures as they produce meat that is juicy, tender and flavorful, less shrinkage, less nutrient loss, easier clean-up.
23. Marinate, pound with a mallet or cleaver, use a commercial tenderizing powder.
24. Only until they reach desired doneness.

amino acid — organic acids that work together to make the essential parts of the protein molecule

complete protein — a protein that contains all nine essential amino acids your body needs

cut — specific portion of meat

incomplete protein — a protein that contains some, but not all, of the nine essential amino acids your body needs

legume — seed podded plants that open along both sides when they have ripened

less tender cut — most-exercised portion of the animal, also depends upon animal's age and condition

nutrient — substance in food that furnishes the body fuel, provides materials for the building and/or maintenance of body tissue, and acts to regulate body processes

organic — food that is grown and/or processed without chemicals

serving of meat — 2 to 3 ounces of cooked, boneless, edible lean meat

tender cut — least-exercised portion of the animal, usually located along the backbone and upper ribs

Student Supplements

Student Supplement 1

Responses will vary.

Student Supplement 2

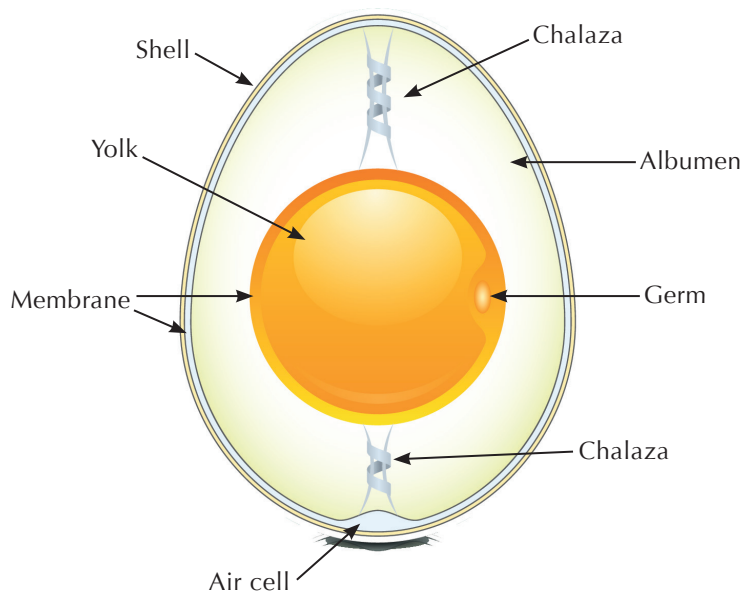
1. 32 servings
2. 44 cents (rounded) per serving
3. \$14.08
4. \$16.00
5. 16 burgers
6. \$1.00
7. \$28.62

8. 48 servings
9. 60 cents (rounded up) per serving
10. 8 servings
11. \$21.32
12. \$2.67 (rounded up) per serving

Student Supplement 3

1. Cracked eggs can be contaminated
2. Buy uncracked eggs that have been kept refrigerated
3. In refrigerator, in the original carton
4. reject
5. accept
6. reject
7. reject
8. reject
9. accept
10. accept
11. accept
12. accept
13. accept

Student Supplement 4



Written Test

- | | | | |
|------|-------|-------|-------|
| 1. B | 8. D | 15. D | 22. B |
| 2. C | 9. C | 16. D | 23. C |
| 3. A | 10. D | 17. B | 24. A |
| 4. D | 11. B | 18. B | 25. C |
| 5. B | 12. D | 19. C | 26. D |
| 6. B | 13. D | 20. B | 27. D |
| 7. C | 14. B | 21. A | 28. C |