

## MODULE FOD2100: BASIC MEAT COOKERY

**Level:** Intermediate

**Theme:** Preparation and Presentation

**Prerequisite:** FOD1010 Food Basics

**Module Description:** Students learn to differentiate between cuts of meat, and apply this to tenderizing and cooking methods.

**Module Parameters:** Personal or commercial food preparation facility.

### Curriculum and Assessment Standards

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> <li>describe the importance of inspecting and grading of meat</li> <li>identify and describe the factors that affect the tenderness of meat, both before and as a result of cooking</li> <li>identify and describe appropriate cooking methods for a wide variety of cuts of meat</li> </ul>	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> <li><b>concept test</b> consisting of questions on: <ul style="list-style-type: none"> <li>safe handling procedures</li> <li>processing of animal into saleable carcass</li> <li>grading system</li> <li>criteria for evaluating meat quality</li> <li>nutritional value and health concerns with meat</li> <li>wholesale and retail cuts</li> <li>factors affecting tenderness of meats</li> <li>moist and dry heat cooking methods appropriate for a variety of cuts</li> <li>effect of heat, chemical and mechanical tenderizing on meat.</li> </ul> </li> </ul> <p><i>Assessment Tool</i>  Food for Today Testing Program (<i>Teacher Resource Binder or Testmaker</i>)  Professional Cooking <i>Instructor's Manual</i>  Food Production Principles <i>Instructor's Guide</i></p> <p><i>Standard</i>  Correctly answer a minimum of 50% of questions</p>	20
<ul style="list-style-type: none"> <li>prepare and evaluate various cuts of meat, employing moist and dry heat cooking methods</li> <li>demonstrate safe practices in the handling and preparing of meats</li> </ul>	<ul style="list-style-type: none"> <li><b>practical lab experiences</b> in which the student will use the following methods in the preparation of meats, each of which meets or exceeds the standard indicated: <ul style="list-style-type: none"> <li>two different moist heat methods</li> <li>two different dry heat methods</li> <li>one example of chemical tenderizing</li> <li>one example of mechanical tenderizing.</li> </ul> </li> </ul> <p><i>Assessment Tool</i>  <i>Lab Assessment: Intermediate Level, FODLAB-2</i>  <i>Product Standard Scorecard: Basic Meat Cookery, FOD2100-1</i></p> <p><i>Standard</i>  Achieve a minimum performance rating of 2 in applicable areas of assessment</p>	60

**MODULE FOD2100: BASIC MEAT COOKERY** (continued)

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> <li>• describe the personal or career relevance of the competencies developed within the module</li> <li>• demonstrate basic competencies.</li> </ul>	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> <li>• <b>analysis:</b> For at least one of the products prepared, the student will complete an analysis of the product. <i>Assessment Tool</i> <i>Product Analysis, FODPAN</i> <i>Standard</i> <i>All sections have been completed accurately</i></li> <li>• <b>module reflection</b> in which the student will complete one of the following:               <ul style="list-style-type: none"> <li>– <i>Reflection Log: Intermediate Level, FODREF–2</i></li> <li>– <i>Field Trip Assessment, FODFTA</i></li> <li>– <i>Article or Audio-visual Review, FODAVR</i></li> <li>– <i>Career Research: Intermediate Level, FODCAR–2.</i></li> </ul> <i>Standard</i> <i>All sections have been completed accurately</i> </li> <li>• <b>observations</b> of individual effort and interpersonal interaction during the learning process. <i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></li> </ul>	<p>10</p> <p>10</p> <p>Integrated throughout</p>

Concept	Specific Learner Expectations	Notes
<p>Consumerism and Food Selection</p>	<p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>• examine the scope and importance of Alberta’s meat industry</li> <li>• identify the key steps in transforming the live animal into wholesale and retail cuts</li> <li>• discuss criteria for evaluating meat quality</li> <li>• interpret the grading system for beef.</li> </ul>	<p>Including inspection and grading.</p>

**MODULE FOD2100: BASIC MEAT COOKERY (continued)**

Concept	Specific Learner Expectations	Notes
Nutrition	<p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>• describe the nutritional importance of meat including:               <ul style="list-style-type: none"> <li>– complete protein</li> <li>– varying levels and types of fat</li> <li>– iron</li> </ul> </li> <li>• describe current health concerns about meat including:               <ul style="list-style-type: none"> <li>– myths about consumption of red meats</li> <li>– cholesterol.</li> </ul> </li> </ul>	
Nature of Food	<ul style="list-style-type: none"> <li>• describe the factors that contribute to the tenderness of meat</li> <li>• describe the key divisions (wholesale cuts) and the retail cuts of the carcass, identifying the degree of tenderness of each cut</li> <li>• describe the effect of heat on liquids, proteins and fats in meat</li> <li>• compare moist and dry heat cooking methods, examining their effect on meat</li> <li>• categorize and describe the various types of dry and moist heat cooking used with meat</li> <li>• explain chemical and mechanical methods of tenderizing meat prior to cooking including:               <ul style="list-style-type: none"> <li>– marinating in acid</li> <li>– enzymative tenderizers</li> <li>– pounding, scoring and grinding.</li> </ul> </li> </ul>	
Preparation	<ul style="list-style-type: none"> <li>• prepare various cuts of meat, employing a cross-section of moist and dry heat cooking methods, focusing on:               <ul style="list-style-type: none"> <li>– preserving tenderness in tender cuts</li> <li>– developing tenderness in less tender cuts</li> <li>– maximizing yields</li> <li>– determining portion sizes</li> <li>– achieving optimum flavour and palatability</li> <li>– identifying and achieving correct doneness according to internal temperature</li> </ul> </li> </ul>	<p>Moist heat methods:</p> <ul style="list-style-type: none"> <li>• braise, poach, steam, boil, stew.</li> </ul> <p>Dry heat methods:</p> <ul style="list-style-type: none"> <li>• sauté, panfry, deep fry, bake, roast, grill, broil, barbecue</li> </ul> <p>Doneness:</p> <ul style="list-style-type: none"> <li>• blue rare</li> <li>• rare</li> <li>• medium rare</li> <li>• medium</li> <li>• medium well</li> <li>• well</li> </ul>

**MODULE FOD2100: BASIC MEAT COOKERY (continued)**

Concept	Specific Learner Expectations	Notes
Preparation (continued)	<p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>• use a variety of chemical and mechanical methods to tenderize meats prior to cooking.</li> </ul>	
Safety, Sanitation and Equipment	<ul style="list-style-type: none"> <li>• demonstrate safe hygienic work habits and the correct use of tools and equipment</li> <li>• identify and resolve safety concerns, both food and equipment, significant to Basic Meat Cookery.</li> </ul>	Commercial: Oven, boiler, grill, deep fryer, delicator (electric meat tenderizer), portion scale.
Career Exploration/ Portfolio	<ul style="list-style-type: none"> <li>• describe career options where skills developed in Basic Meat Cookery are particularly important.</li> </ul>	<p>What coping skills, attitudes, knowledge have developed?</p> <p>How does this relate to the student's beliefs, interests and values?</p> <p>What competencies have been developed (technical skills, knowledge, attitudes).</p> <p>How are these important now?</p> <p>How will they be important in the future?</p>