

Study Guide

Directions: Answer each question with the information you learned in Chapter 23. Write your answers in complete sentences on the lines provided

1. What nutrients are contained in meat?

2. What nutrients are in poultry?

3. What nutrients are in fish and shellfish?

4. What nutrients are in legumes?

5. What nutrients are in dairy products?

6. What foods are common allergy triggers?

7. How does heat affect meat texture?

8. Why are meat, poultry, and fish considered to be perishable?

9. How long does it take to defrost protein foods in the refrigerator?

10. What affects cooking time for meats?

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Chapter 23 Preparing Protein Foods *Continued*

11. What is the cooking time for poultry?

12. What is the general rule of thumb for cooking fish?

13. What is salmonella, and where can it be found?

14. What are guidelines for safe handling of eggs?

15. What are the benefits of eating legumes?

16. How should dry beans be prepared?

17. What are substitutes for milk?

18. List tips for preparing dairy products.

19. How should you store cheese? What should you do if cheese has mold on it?

20. Name five kinds of ripened cheeses that you can find in stores.

Preparing Protein Foods

Protein Selection

Part I. Directions: Protein foods are great sources of nutrients. To make good choices when selecting protein foods, there are many factors you should consider. List the nutrients, ways of identification, and tips for selecting the protein foods in the chart below. Write your answers in the space provided.

Type of Protein	Nutrients	Identification	Tips for Selection
Meat			
Poultry			
Fish			
Eggs			
Legumes			
Dairy foods			

Part II. Directions: Use the information you have learned about making good choices when buying protein to answer the following questions.

1. Assume your grandfather plans to join you for dinner. You want to prepare his favorite chicken and rice soup. What factors will you consider as you select the protein for the soup?

2. Your mother asked you to select the steaks for the special dinner she is preparing. She wants high quality meat, and plans to cook the steaks on the grill. What factors will you consider as you select the meat?

Cooking Protein Foods

Directions: You need to take extra care to handle and prepare protein foods safely. Read each scenario below. Then explain the safe handling and preparation methods required to complete each step. Write your answers in the space provided.

Scenario 1: A Family Celebration

At Natalie's home, it wasn't a celebration without Grandma's famous roast duck and 5-pound brown-sugar baked ham. This year, Natalie is going to help her Grandma prepare both protein dishes. They have listed the steps they need to follow.

1. **Defrost the duck and ham.** _____

2. **Cook the duck.** _____

3. **Cook the ham.** _____

Scenario 2: Breakfast with Friends

At Matt's house, a hearty breakfast includes Matt's mom's famous breakfast quiche. Full of eggs, sausage, and cheese, it is always a hit with Matt and his friends. Matt's mom follows these steps to prepare this dish.

1. **Cook the sausage.** _____

2. **Prepare the quiche.** _____
