

Section 23.1 - Meat Basics

Use a chart like the one below to list and describe the three components of meat found in this section.

Meat Component	Description

Section 23.2 - Meat Cuts

As you read, use a matrix like this one to list the primal cuts for each type of meat.

Primal Cuts

Pork	Lamb	Veal	Beef

Section 23.3 - Principles of Cooking Meat

As you read, use a web diagram like this one to list the seven different methods used to cook meat.

