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| **1. identify the composition and structure of domestic meat products, and select appropriate cooking methods** |
| The Goal | What I did | Teacher approval |
| 1.1 compare cuts of beef, lamb, veal and pork, considering tenderness of the cuts and the factors that influence tenderness of meats  |  |  |
| 1.2 describe tenderness of various variety meats and select appropriate cooking methods for them  |  |  |
| **1.3 identify various processed meats according to:** |
| 1.3.1 processing methods  |  |  |
| 1.3.2 additives/preservatives  |  |  |
| 1.3.3 nutrition  |  |  |
| 1.3.4 possible health concerns  |  |  |
| **2. identify and describe moist heat and dry heat cooking methods** |
| **2.1 describe roasting, emphasizing:** |
|  2.1.1 criteria for evaluating quality and determining suitability of meats for roasting  |  |  |
| 2.1.2 methods for enhancing flavour and palatability  |  |  |
| 2.1.3 oven and temperature choice  |  |  |
| 2.1.4 carry-over cooking and how to determine doneness and satisfy a variety of tastes  |  |  |
|  |  |  |
| **2.2 describe broiling and pan-broiling, focusing on:** |
| 2.2.1 suitability of meats for broiling and/or pan-broiling |  |  |
| 2.2.2 achieving and determining correct doneness in varied thicknesses of meats  |  |  |
| 2.2.3 seasoning  |  |  |
| **2.3 describe frying, griddling and sautéing, considering:** |  |
| 2.3.2 various methods of meat preparation  |  |  |
| 2.3.3 correct temperature and cooking procedures  |  |  |
| 2.3.4 various finishing techniques  |  |  |
| **2.4 describe suitability of meats for moist heat cooking methods and demonstrate knowledge of techniques for enhancing palatability of meats cooked by:** |
| 2.4.1 braising and pot-roasting  |  |  |
| 2.4.2 stewing  |  |  |
| 2.4.3 simmering, fricasseeing and poaching  |  |  |
| **3. demonstrate knowledge and skills in the planning, preparing and evaluating of meat and meat products representative of a cross section of meat species** |
| **3.1 prepare, present and evaluate roasted, broiled and/or pan-broiled meats, including:** |
| **3.1.1 preparing pan gravy and/or jus** |
| 3.1.2 achieving correct doneness  |  |  |
| 3.1.3 broiler-marking steaks  |  |  |
| 3.2 prepare, present and evaluate fried, griddled and/or sautéed meats, demonstrating various finishing techniques  |  |  |
| **3.3 prepare, present and evaluate meats using moist heat cooking methods, including:** |
| 3.3.1 braising or pot-roasting  |  |  |
| 3.3.2 stewing  |  |  |
| 3.3.3 fricasseeing and/or poaching  |  |  |
| 3.4 prepare, through recipe choices and cooking methods, meat dishes from culturally diverse origins  |  |  |
| **4. identify and demonstrate safe and sanitary practices** |
| 4.1 maintain a clean, sanitary, safe work area  |  |  |
| 4.2 apply universal precautions related to:  |  |  |
| 4.2.1 personal protective equipment (PPE); e.g., hair coverings, aprons, gloves |  |  |
| 4.2.2 hand-washing techniques  |  |  |
| 4.2.3 infectious diseases  |  |  |
| 4.2.4 blood-borne pathogens  |  |  |
| 4.2.5 bacteria, viruses, molds  |  |  |
| 4.2.6 safety and first-aid applications; e.g., back safety, cuts, slip and trip hazards  |  |  |
| 4.3 use all materials, products and implements appropriately  |  |  |
| 4.4 clean, sanitize and store materials, products and implements correctly  |  |  |
| 4.5 dispose of waste materials in an environmentally safe manner  |  |  |
| **5. demonstrate basic competencies** |
| 5.1 demonstrate fundamental skills to: |  |  |
| 5.1.2 manage information  |  |  |
| 5.1.3 use numbers  |  |  |
| 5.1.4 think and solve problems  |  |  |
| **5.2 demonstrate personal management skills to:** |
| 5.2.1 demonstrate positive attitudes and behaviours |  |  |
| 5.2.2 be responsible  |  |  |
| 5.2.3 be adaptable  |  |  |
| 5.2.4 learn continuously  |  |  |
| **6. create a transitional strategy to accommodate personal changes and build personal values** |
| 6.1 identify short-term and long-term goals  |  |  |
| 6.2 identify steps to achieve goals  |  |  |