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| **Foods 3090: Butcher Shop** | | |
| **1. identify the processing and handling practices in the transformation of the carcass into cuts** | | |
| The Goal | What I did | Teacher approval |
| 1.1 describe the breakdown of various carcasses into wholesale, primal and retail cuts; e.g., beef, pork, lamb, veal, game |  |  |
| 1.2 identify the retail cuts of various carcasses |  |  |
| 1.3 describe criteria for assessing meat quality in order to satisfy consumer demands, including: | | |
| 1.3.1 inspection and grading  process |  |  |
| 1.3.2 methods to enhance tenderness and palatability of meats prior to cooking |  |  |
| 1.4 demonstrate proficiency in meat cutting skills and techniques in the breakdown of primal cuts into retail cuts by: | | |
| 1.4.1 identifying bones, meat/muscle seams and seam structure |  |  |
| 1.4.2 knife-cutting through muscle seams and bone structure joints |  |  |
| 1.4.3 producing saleable retail cuts from block-ready wholesale cuts |  |  |
| 1.4.4 employing current meat nomenclature |  |  |
| **2. demonstrate proficient and safe operation of power and hand tools used by the butcher** | | |
| 2.1 explain the need to protect the health of the consumer and maintain the merchandising appeal of meats through: | | |
| 2.1.1 prevention of food-borne illnesses |  |  |
| 2.1.2 observing and practising safe and hygienic handling skills |  |  |
| 2.1.3 employing appropriate storage methods and times for varying cuts |  |  |
| 2.2 practise appropriate safety while cleaning and sanitizing | | |
| **3. demonstrate skills in the preparation of meats for cooking** | | |
| 3.1 identify quality factors and purchasing standards for meats and/or variety meats |  |  |
| 3.2 demonstrate proficiency in meat cutting skills and techniques, including: | | |
| 3.2.1 boning and trimming for retail cuts |  |  |
| 3.2.2 tying roasts |  |  |
| 3.2.3 cubing, slicing, grinding, tenderizing |  |  |
| 3.3 demonstrate safe handling and storage procedures for meats and/or variety meat | | |
| **4. apply skills and techniques for professionalism in the industry** | | |
| 4.1 prepare a minimum of three recipes |  |  |
| 4.2 participate in all kitchen brigade activities |  |  |
| 4.3 use appropriate resources to: | | |
| 4.3.1 adhere to a detailed time line |  |  |
| 4.3.2 plan effectively |  |  |
| 4.3.3 prioritize tasks |  |  |
| 4.3.4 manage facilities, equipment and supplies |  |  |
| 4.4 demonstrate the use of food preparation techniques, including: 4.4.1 safety and sanitation | | |
| 4.4.2 measurement |  |  |
| 4.4.3 recipe terminology/modification |  |  |
| 4.4.4 use of available kitchen equipment |  |  |
| 4.5 explain and demonstrate the ability to use the: 4.5.1 metric system | | |
| 4.5.2 imperial system |  |  |
| **5. demonstrate basic competencies** | | |
| 5.1 demonstrate fundamental skills to: |  |  |
| 5.1.1 communicate |  |  |
| 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 |  |  |
| 5.2.5 work safely |  |  |
| 5.3 demonstrate teamwork skills to: | | |
| 5.3.1 work with others |  |  |
| 5.3.2 participate in projects and tasks |  |  |
| **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 |  |  |