**Foods and Nutrition**

**Unit 6: Basic Cooking Techniques**

**Unit 6 Standards**

Standard 24:

2.0 Define meat cooking methods.

3.0 Identify cooking methods for meat cuts.

4.0 Analyze scenarios to determine which meat cooking method should be used.

Standard 25:

2.0 Define terms associated with flavoring food.

3.0 Identify flavors based on description or smell.

4.0 Analyze food to determine what would be the best flavors to add to the food.

Standard 26:

2.0 Define terms associated with beef.

3.0 Identify cuts of beef.

4.0 Analyze cuts of beef to determine if they are tender or less tender and cooking methods necessary for the cut.

Standard 27:

2.0 Define terms associated with pork.

3.0 Identify cuts of pork

4.0 Analyze cuts of pork to determine cooking methods suggested for each cut.

Standard 28:

2.0 Complete a beef/pork lab with participation and good clean-up and reflect on experience with 70% participation/effort.

3.0 Complete a beef/pork lab with participation and good clean-up and reflect on experience with 90% participation/effort.

4.0 Complete a beef/pork lab with participation and good clean-up and reflect on experience with 100% participation/effort.