**Foods and Nutrition**

**Unit 6 Objectives: Basic Cooking Techniques**

**Objective 24:** Define and identify cooking methods for meat cuts and analyze scenarios to determine which meat cooking method should be used.

**Objective 25:** Identify herbs/spices based on descriptions and smell and analyze food to determine what would be the best herbs/spices to add to the food.

**Objective 26:** Define terms associated with beef and analyze cuts of beef to determine if they are tender or less tender and cooking methods necessary for the cut.

**Objective 27:** Define terms associated with pork and analyze cuts of pork to determine cooking methods suggested for each cut.

**Objective 28:** Complete a beef/pork lab with participation and good clean-up and reflect on experience with 100% participation/effort.

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