

MEAT TEST

Name _____ Period _____ Assign # _____

1. T F Amino acids are found in meat.
2. T F Too much protein gives us cholesterol.
3. T F We need iron to build blood.
4. T F By law, meat must be inspected.

5. What is an "extender" in terms of meat cookery?

6. List 2 ways to "extend" meat.
 - a.
 - b.

7. List two advantages of canned or dried meat.
 - a.
 - b.

8. Which is the most expensive type of ground beef?

Which type of ground beef contains the least amount of fat?

9. Who suffers most from anemia or low iron intake?

10. List the 2 most abundant nutrients found in meats, and tell why our bodies need each nutrient.
 - a.
 - b.

11. What is the difference between essential and non-essential amino acids?
Essential -

Non-essential -

12. What are incomplete proteins?

13. How do you know when fish is cooked?

14. What effect does high heat have on protein?

15. How does the answer to the previous question apply to the cooking of meat?