

S:4 Revision Exercise (Food commodities)

Meat

- What are the main types of meat eaten?
- What points should influence the choice of meat when shopping?
- Describe the effect of heat on meat during cooking.
- Explain the nutritive value of meat.
- How can it be tenderized?
- Which methods of cooking are suitable for
i) lean meat
ii) tough meat?
- How is flavour developed when cooking meat?
- What is offal? Give five examples.

Fish

- How is fish classified? Give examples.
- What points should influence your choice of fresh fish?
- Explain the importance of fish in the diet.
- How can fish be prepared and cooked?
- Why does fish take less time to cook than meat?
- Describe how fish can be preserved.