

Protein and Dairy Terms

Directions: Match each definition in the left-hand column with the correct term from the right-hand column. Write the letter of the term in the space provided. Not all terms will be used. Then follow the directions in *Including Legumes*.

Descriptions

- _____ 1. Likely to spoil easily
- _____ 2. Thicken into lumps
- _____ 3. Thaw
- _____ 4. Tiny veins of fat throughout the muscle of meat
- _____ 5. Bacteria that can cause foodborne illness
- _____ 6. A person who eats no animal products
- _____ 7. Dry beans and peas
- _____ 8. Complete protein made from soybeans
- _____ 9. Burn
- _____ 10. Ripened cheese

Terms

- A. soy
- B. salmonella
- C. legumes
- D. curdle
- E. scorch
- F. perishable
- G. aged
- H. prime
- I. vegan
- J. defrost
- K. protein
- L. marbling

Including Legumes

How can legumes be a good diet component, particularly for someone who does not eat meat or dairy products? On separate paper, explain what legumes have to offer. Then write some suggestions for adding more legumes to your diet.

Preparing and Storing Protein and Dairy Foods

Directions: Fill in the chart below about how to prepare, cook, and store protein and dairy foods. Include two important tips in each category.

Protein and Dairy Foods		Preparation and Cooking Tips	Storage Tips
1	Meat		
2	Poultry		
3	Fish		
4	Eggs		
5	Legumes		
6	Milk, cheese, yogurt, and dairy desserts		

Problems and Solutions in Food Handling

Directions: For each situation presented below, describe the potential problem with how the person is handling or preparing food. In the last column tell what the individual should do to ensure safe food practices.

	Situation	Potential Problem	Safe Practice
1	James often buys fish at a market. Sometimes the fish has a strong smell, but James figures that's normal for fish.		
2	When buying eggs, Sara selects a carton from deep inside the refrigerated case to get cold eggs. She does not open the carton before buying.		
3	When Carter fries or bakes meat, he usually does so at a high temperature to make sure it is cooked thoroughly.		
4	Amanda usually thaws meat on the kitchen counter before cooking it.		
5	Enrico cooks chicken until it looks done.		
6	When Bethany makes cookies, she likes to eat some of the cookie dough.		
7	Jeremy feels it is too much work to presoak beans before cooking them, so he usually skips that step.		
8	When heating milk for hot cocoa, Robin puts the burner on high heat to hurry things up.		