

Activity 130

Protein Foods

Directions: Complete the concept map on protein foods. Use terms and phrases from your textbook.

Milk Products ...

1. To cook milk you need to _____ it.
2. When milk _____, it separates into curds.
3. You can use _____ instead of sour cream or mayonnaise.
4. _____ cheese will make it rubbery.
5. _____ cheese will blend with other ingredients more evenly.

Meat and Poultry ...

1. _____ involves cooking food slowly in liquid.
2. Moist heat is good with _____ cuts of meat.
3. Use _____ to cook tender cuts of meat.
4. Hamburger must be cooked _____.
5. The levels of doneness are rare, _____, and well done.

Eggs ...

1. A(n) _____ is a well-beaten egg cooked in a frying pan and filled with other ingredients.
2. Eggs are high in protein _____, and minerals and are low in cost.
3. A(n) _____ is a main dish pie made from eggs and other ingredients.