

Activity 131

Protein Practices

Directions: The following are some important “Do’s and Don’ts” about protein foods. Unfortunately the writer of these tips forgot to indicate which tips were “Do’s” and which were “Don’ts.” On the line to the left of each item, write either *Do* or *Don’t* to make the tip complete and accurate.

1. _____ let milk boil when you are cooking it.
2. _____ stir while adding acidic ingredients to milk during cooking.
3. _____ use high heat when cooking cheese.
4. _____ grate or shred hard cheeses before adding them to soups or sauces.
5. _____ use dry heat methods for cooking less tender cuts of meat.
6. _____ use dry heat to cook fish.
7. _____ soften dry beans in water before cooking them.
8. _____ use eggs as a main dish.
9. _____ eat undercooked eggs.
10. _____ use beans and eggs as a protein source instead of meat, poultry, or fish.