

SANGAM SKM COLLEGE NADI
DEPARTMENT OF HOME ECONOMICS
YEAR 13-WEEK 3 WORKSHEET
MODEL ANSWERS

Meat

1. Explain the difference between wet aging and dry aging. Also state which process is better and why?
 - **Meat is shipped from packing plants to butchers in vacuum packaging. Butchers can set this packed meat aside in their refrigerators and allow them to age. Since the meat is packed in its own juices the enzymes will breakdown the connective tissues and make it tenderer whereas dry aging is done by hanging meat in a controlled, closely watched, refrigerated environment. The temperature needs to stay between 36⁰F and freezing. Too warm and the meat will spoil, too cold and it will freeze, stopping the aging process. It needs to be hanging in a well ventilated space to allow a constant flow of air all around the meat to help control bacteria**
 - **Wet-aging is popular because it takes less time (typically only a few days) and none of the weight is lost in the process.**

2. How can you prevent cross contamination of meat?
 - **Avoid using same chopping board for raw and cooked meat**

3. State the effect of marbling on meat
 - **Marbling in meat indicates high quality, expensive meat. Fat is found throughout the meat. The fat is inside the meat, so when cooked, it will melt back into meat increasing the juiciness and tenderness.**

4. Name the pigment which gives meat bright red colour
 - **Myoglobin**

5. State the effect of moist heat on proteins.
 - **Collagen is hydrolyzed into gelatin tenderizing meat**

6. List two ways of tenderizing meat.
 - **Scoring**
 - **Pounding**
 - **Carving**
 - **Mincing**

7. Explain Non – enzymatic browning in meat.

- **This happens with Protein foods like Mea are exposed to heat. When meat is exposed to dry heat (baking or grilling) the reducing sugars and the amino acids on the surface of the meat will undergo a chemical reaction causing brown polymers on the surface of the meat, making the outside of the meat brow**

8. Discuss one reason for adding nitrate to processed meat.

- **Prevent the growth of harmful bacteria and improves meats appearance by giving its bright colour**

Fruits and Vegetables

9. a) Fleshy fruits have three classifications. Identify the two classifications of fruits given below



Citrus



Berries

b) Cut fruits and vegetables undergo discolouration during food preparation.

i) Explain **one** reason for the discolouration. **(2 marks)**

- **Enzymatic browning**

ii) Mention one way of preventing this discolouration. **(1 mark)**

- **Prepare just before serving**
- **Soak in sugar syrup or lemon juice to prevent browning**

c) Explain the function of pectin in juice processing. **(2 marks)**

- **Helps in the gelling properties of the fruit**