

Year 10 – Meat, Poultry, Fish & Eggs

What are we learning about?

You will learn about meat, poultry, fish and eggs. Types, nutritional value, how they're reared, how they're cooked and preserved.

Why are we learning about it?

Protein should be around a 6th of our diet. They provide us with amino acids that are essential for growth and repair of our body. To enable you to add variety to your diet and dishes, you need to be able to choose the correct ingredients for their purpose and know how to cook it.

What new KNOWLEDGE will I gain?

- The different types and cuts of meat and the animals they come from.
- The nutritional value of meat, poultry, fish and eggs.
- The benefits of using different cuts of meat for different purposes.
- Why and how meat, poultry, fish and eggs are cooked.
- Different appropriate cooking methods for meat, poultry, fish and eggs.
- Issues relating to animal farming, welfare and the symbols relating to this.
- How meat, poultry, fish and eggs should be stored.



Meatballs
KFC Chicken
Scotch Egg
Fish Fingers

How does this build on the KNOWLEDGE I already have?

You will be able to link all of the nutrients to a new commodity and see their value in our diet from a different perspective. We have looked at farming methods for other commodities, you will see how these differ for animal farming.

What new SKILLS will I develop?

- Frying and baking savoury foods.
- Filleting a fish
- Portioning
- Shaping meat
- Moulding
- Testing with a probe

How does this build on the SKILLS I already have?

- Presentation skills
- Shaping dough
- Sauce making
- Construction of dishes