



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA



Food preparation 4	DATES	ACTIVITY
Meat, poultry game offal	6 July 2020	Read page 5-10
	7 July 2020	Read page 11-20
	8 July 2020	Read page 21-30
	9 July 2020	Read page 31-65
	10 July 2020	Do activity one

ACTIVITY ONE

- 1.1 Give the traditional name for stuffing. (1)
- 1.2 Explain why it is necessary to cook stuffing separately. (2)
- 1.3 Give TWO benefits of roasting meat. (2)
- 1.4 Poultry is considered to be high risk food. What quality points will you look for when buying fresh poultry at the supermarket? (7)
- 1.5 Describe how frozen chicken should be thawed correctly before use. (3)
- 1.6 How will you deal with the following unexpected situation? Insufficient or damage stock. (7)
- 1.7 Discuss the following preparation methods when cooking the meat and poultry dishes:
 - Trussing
 - Boning
 - coating(12)
- 1.8 The meat has a purple A “roller marked on it. Why is the meat marked in this manner? (2)
- 1.9 Explain the cooking method you would use to prepare a beef stew. (2)

