

17238 version 2

Describe the nutritional values, cooking and serving suggestions for meat products

Level: 3 Credits: 3

Entry information:

Open.

Special notes

Resource Documents

Publications on the nutritional value of meat and on cooking and serving meat are available from New Zealand Beef and Lamb Marketing Bureau (PO Box 33-648, Takapuna, Auckland), and the New Zealand Pork Industry Board (PO Box 4048, Wellington).

Judgment statement

Verifier: The trainee has shown ability to meet the standard stated within this unit in accordance with company specifications, procedures and where appropriate manufacturer's instructions.

Assessor: Based on the evidence of the verifier and demonstrated skills and knowledge the candidate has met the criteria as specified within this unit including all range statements.

Focus: Throughout this area of assessment the candidate will need to consistently apply knowledge learned relating to: Health and Safety, Personal Hygiene, Food Hygiene, company specifications and procedures and any legislative requirements.

Element 1

Describe the nutritional values, and cooking and serving suggestions for meat products.

Performance Criteria	Candidate	Assessor
1.1 Nutritional values of meat products are described in terms of meat constituents. Range the values of – fat, vitamins, iron content, cholesterol, protein, amino acids.	Describe the nutritional values of meat products in terms of meat constituents - fat, vitamins, iron content, cholesterol, protein, amino acids.	
1.2 Cooking of meat cuts is described in terms of an appropriate cooking method, temperature and time. Range cooking methods may include but are not limited to – fry, grill, roast, boil, stew, braise, stir fry, microwave, casserole, pressure cook, crock pot, rotisserie.	Describe the following cooking methods and identify a meat cut temperature and range for each: fry, grill, roast, boil, stew, braise, stir fry, microwave, casserole, pressure cook, crock pot, and rotisserie.	
1.3 Serving techniques and styles for meals are described. Range serving methods may include but are not limited to – carving, portions, presentation.	Describe serving techniques and styles including carving, portions and presentation for meals.	
1.4 Accompaniments for cooked meats are described. Range garnishes, seasonings, sauces, vegetables, wines.	Describe one meat example for each type of accompaniment in the range.	
1.5 Describe the purpose of cooking meat and certain meat products. Range sterilisation, flavours, appearance, tenderness.	Describe the purpose of cooking meat give one meat example for each of sterilisation, flavours, appearance and tenderness.	