

JONES COUNTY CAREER-TECHNICAL CENTER

REX BUCKHAULTS, DIRECTOR
AMANDA JONES, ADM. ASSISTANT
DEBRA BUSH, COUNSELOR

2409 MOOSE DRIVE
LAUREL, MS 39440
PHONE: 601.425.2378 FAX: 601.425.2349

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Dear Parents and Career Tech Students:

From the Faculty, Staff and Administration of the Jones County Career Technical Center, it is our intent to provide enrichment activities for our students and support for our parents during these difficult times.

The following enrichment activities will allow students to review the instruction that they already have received this year.

You will find questions with answers for you to study and review. There are no assignments to be returned to school.

If the JCCTC can be of any assistance to our students and parents with the enrichment activities, please feel free to call us at 601-425-2378 between the hours of 9:00 a.m. and 1:00 p.m. or contact the instructor by email. Email addresses are located under the program name on our webpage.

Sincerely,



Rex Buckhaults
Director, JCCTC

CULINARY ARTS II

ENRICHMENT ACTIVITY

Please write the correct answer in the space provided. After completing the activity, use the key to check your work.

1. Dark meat is higher in calories and fat than light meat. T/F
2. Full eyes are a sign that a fish is fresh. T/F
3. When meat is done cooking, it should be cut right away. T/F
4. Aging gives meat a light color and also makes it more expensive. T/F
5. Roasting requires a longer cooking time because this method cooks the whole bird. T/F
6. The highest quality USDA grade of beef is _____.
7. The connective tissue that breaks down during long, slow, moist-heat cooking is called _____.
8. The connective tissue that connects the meat to the bone and will not break down during cooking is called _____.
9. The more time spent butchering a piece of meat, the _____.
10. Which fabrication technique cuts a piece of meat lengthwise, nearly in half, so that it opens out and lies flat? _____
11. In order for the muscles to relax, meat must be aged _____ hours.
12. Fresh meat must be delivered at a temperature of _____ or lower.
13. Which cooking method is the best way to cook tougher cuts of meat?
14. Meat is firmest when it is cooked _____.
15. Which dry-heat cooking methods are best suited for chops and steaks? _____
16. The process of tying a bird's wings and legs to its body is called _____.
17. What is the highest quality grade of poultry? _____
18. Poultry should be cooked until it is well-done at a temperature of _____
19. When poultry is done cooking, its juices should be _____
20. When a cut of meat or poultry is barded, it is _____
21. Which grade of seafood is marked with a stamp? _____
22. Which category includes fish that are oval and flat in shape, and have both eyes on the same side of the head? _____
23. Mahi mahi and tuna are examples of _____
24. Which category of fish includes those with an outer shell but no backbone, and that live primarily in salt water? _____
25. Which category includes shellfish that have an outer skeleton and jointed appendages? _____
26. Which category of shellfish includes those with a single internal shell and tentacles? _____

27. When a fish's viscera, scales, fins, and often its head are removed, it is called _____.
28. The process of removing a shrimp's digestive tract is called _____.
29. How many days must shellstock identification tags be kept on file from the date the last shellfish was sold or served? _____
30. When fish and seafood are cooked en papillote, they are cooked in _____.
31. When meat continues to cook after being removed from the heat source, this is called _____.
32. What type of animal lives in the water and has one or two hard shells? _____
33. What type of poultry meat is light in color and is from the areas of a bird where little muscle use takes place, such as the breast? _____
34. Organ meat from large animals such as beef is known as _____.
35. What is the term for all edible fish and shellfish that live in the water? _____
36. The study of nutrients in food and how they nourish the body is called _____.
37. What are the body's main energy source? _____
38. Butter, lard, and meat are sources of which type of fat? _____
39. Which nutrient is needed to build new cells and repair injured ones? _____
40. Which type of vegetarian consumes vegetarian items plus dairy products and eggs? _____
41. What condition occurs when the body does not get enough nutrients? _____
42. What is the condition in which the body cannot regulate blood sugar properly? _____
43. What are chemicals that kill insects and other plant pests? _____
44. Energy from food is measured in units called _____.
45. What substance found in food promotes digestive health and regularity? _____
46. What is the most popular American lettuce? _____
47. Which type of lettuce is the essential ingredient in Caesar salad? _____
48. Which part of the salad is made up of a layer of greens that line the plate or bowl in which the salad is served? _____
49. Which part of the salad enhances its appearance while also complementing the overall taste? _____
50. A chef's salad is an example of what type of salad? _____

ANSWER KEY

1. T
2. T
3. F
4. F
5. T
6. prime
7. collagen
8. elastin
9. more expensive it will be
10. butterflying
11. 48 to 72
12. 41°F
13. braising
14. well-done
15. Broiling and grilling
16. Trussing
17. A
18. 165°F
19. Clear
20. Covered with slices of fat
21. A
22. Flatfish
23. Roundfish
24. Shellfish
25. Crustaceans
26. Cephalopods
27. Dressed
28. Deveining
29. 90
30. Parchment paper
31. Carryover cooking
32. Mollusks
33. White meat
34. Offal
35. Seafood
36. Nutrition
37. Carbohydrates
38. Saturated
39. Proteins
40. Lacto-ovo
41. Malnutrition

- 42. Diabetes
- 43. Pesticides
- 44. Calories
- 45. Fiber
- 46. Iceberg
- 47. Romaine
- 48. Base
- 49. Garnish
- 50. combination