CATMON NATIONAL HIGH SCHOOL
Catmon, Santa Maria, Bulacan

SEMI-FINALS EXAMINATION

Technology and Livelihood Education 10 *(Cookery)*

Name: _____ **Score:** _____ **Parent's Signature:** _____
Grade and Section: _____ **Date:** _____ **Student's Signature:** _____

Multiple Choice. Read the following questions carefully and choose the letter that best describes the statement. Write the letter that corresponds to your answer on your answer sheet and use CAPITAL LETTER.

_____1. What is a long – bladed hatchet or a heavy knife used by a butcher?
A.butchers knife B. cleaver knife C. chopper knife D. set of slicing knife

_____2. What is the approximate percentage of water in muscle tissue?
A. 5% B. 25% C. 50% D. 70%

_____3. What is the approximate percentage of fat in muscle tissue?
A. 2% B. 5% C. 10% D. 20%

_____4. Which knife is best suited for general-purpose chopping, slicing, and dicing?
A.Boning knife B. Utility knife C. Slicer D. French knife/Chef's knife

_____5. What cooking methods cause the Maillard reaction?
A. Boiling and steaming B. Roasting, broiling, and sautéing
C. Microwaving D. Slow cooking

_____6. Which of the following is NOT a benefit of fat in meat?
A.Juiciness B. Tenderness C. Flavor D. Increased cooking time

_____7. What is the process of adding surface fat to meat called?
A. Marinating B. Seasoning C. Barding D. Brining

_____8. How does marbling affect the tenderness of meat?
A. Makes it tougher B. Makes it more tender
C. Has no effect on tenderness D. Increases cooking time

_____9. What is the Maillard reaction?
A. chemical reaction that occurs when meat is cooked B. A process that tenderizes meat
C. method of preserving meat D. A type of fat found in meat

____10. Without carbohydrates, what would be affected in the cooking process?
A. The tenderness of the meat B. The juiciness of the meat
C. The desirable flavor and appearance of browned meat D. The water content of the meat

_____11. Which of the following market forms of meat does not undergo chilling?
A.cured meat B. frozen meat C. fresh meat D. processed meat

____12. What part of the meat helps you identify the less tender cuts?
A.bone B. flesh C. fat D. ligament

____13. What part of the meat has the greatest amount of quality protein?
A.bone B. flesh C.Fat D. Ligament

____14. Which of the following meat cuts requires long and slow cooking temperature?
A.less tender B. tender C. slightly tough D. tough

____15. Which of the cooking methods does not belong to dry heat method?
A.baking B. roasting C. broiling D. stewing

____16.What do you call the cooking method when meat is cooked in steaming liquid in which bubbles are breaking on the surface?
A.boiling B. roasting C. broiling D. stewing

____17. What is an oil-acid mixture which is used to enhance the flavor of meat?
A.brine solution B. soy sauce and vinegar C. marinade D. salt and calamansi

____18. Which of the following tools is used for carving?
A.cleaver knife B. slicer C. fork D. razor knife

____19. To which meat cut do internal organs belong?
A. less tender cuts B. tough cuts C. tender cuts D. variety cuts

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____20. Which of the following is the tenderest cut of beef?
A.chunk B. sirloin C. round cut D. tenderloin

____21. Where should meat products be stored?
A.crisper B. dry shelf C. cold shelf D. freezer

____22. When buying meat, what should you consider first?
A.brand B. quality C. price D. round cut

____23. What is your primary consideration when storing goods?
A. expiration date B. quantity C. fragility D. size

____24. Which type of meat comes from a domesticated sheep?
A. Pork B. Beef C. Lamb D. Chevon

____25. What is the name given to meat from a young calf, typically 4-5 months old?
A. Carabeef B. Chevon C.Veal D. Pork

____26. When assessing the doneness of meat by pressing it with a finger, which description indicates "medium" doneness?
A. Very soft, jelly-like texture C. Springy and resistant
B. Firm with definite resistance D. Hard and rough

____27.What is the major constituent of meat after water?
A. Fat B. Carbohydrates C. Protein D. Minerals

____28. Which of the following vitamins is NOT a B vitamin found abundantly in meat?
A. Thiamin (B1) B. Riboflavin (B2) C. Vitamin C D. Niacin

____29. Which category best describes meat that has been preserved by methods such as salting, smoking, or aging?
A. Fresh meat B. Chilled meat C. Cured meat D. Processed meat

Programme for International Student Assessment (PISA) Question

____30. A chef is preparing a meal that includes both beef brisket and beef tenderloin. Which of the following cooking methods would be MOST appropriate for each cut of meat, respectively?
A. Beef Brisket: Grilling; Beef Tenderloin: Braising
B. Beef Brisket: Braising; Beef Tenderloin: Grilling
C. Beef Brisket: Grilling; Beef Tenderloin: Grilling
D. Beef Brisket: Braising; Beef Tenderloin: Braising

II. SOLO FRAMEWORK

____31-34. Roasting and baking are both dry-heat cooking methods using hot, dry air. What are the key differences, if any, between roasting and baking, considering factors like the type of food, cooking temperature, and outcome?
A. There is no difference; both terms are interchangeable.
B. Roasting generally refers to cooking larger cuts of meat or whole vegetables, while baking typically involves smaller items like bread, cakes, or pastries. Temperature differences might exist, but the core method remains the same.
C. While both use hot, dry air, roasting often involves higher temperatures and focuses on browning the exterior of the food, enhancing its flavor. Baking often involves lower temperatures and focuses on creating a specific texture inside the food, such as the airy texture of a cake.
D. The distinction between roasting and baking is fluid and context-dependent, varying based on cultural practices and regional culinary traditions. The terms are often used interchangeably, but subtle differences in technique and desired outcome can influence the choice of terminology.

____35-38. Consider the various cuts of meat and their suitability for different cooking methods. Explain how the inherent characteristics of different meat cuts, beyond just tenderness, influence the choice of cooking method, and discuss the limitations of a simple "tenderness" classification in selecting the optimal cooking technique.

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A. Tender cuts are best for dry heat; tough cuts are best for moist heat.
B. Tenderness is the primary factor; tender cuts are roasted, broiled, or grilled; tough cuts are braised.
C. Tenderness is a key factor, but other characteristics like fat content, connective tissue, and muscle fiber structure also influence the choice of cooking method to achieve optimal results.
D. The choice of cooking method is a complex interplay of various factors, including cut's tenderness, fat distribution, connective tissue content, muscle fiber structure, desired outcome (e.g., texture, flavor), and even cultural and regional culinary traditions. A simple tenderness-based classification is insufficient; a holistic understanding of the meat cut's properties is necessary for optimal cooking.

____39-42. What is the primary distinction between a "grosse pièce" and an "entrée" in classical menu structure, and how does this difference impact cooking methods?
A. There's no significant difference; the terms are used interchangeably.
B. Entrées are always served cold, while grosses pièces are always hot.
C. Grosse pièces are cooked in large, whole pieces, while entrées are typically cut before cooking.
D. Entrées always include vegetables, while grosses pièces do not.

____43-46. A diner orders a steak "medium-rare." Using the finger-press method, how would you describe the texture of the cooked steak?
A. Very soft, jelly-like texture
B. Springy and resistant
C. Firm with definite resistance
D. Hard and rough

____47-50. Collagen and elastin are two types of connective tissue in meat, significantly impacting texture. Considering their distinct properties and how they respond to cooking methods, explain why a simple approach of "moist heat for tough meat" is insufficient for achieving optimal tenderness, and propose a more comprehensive strategy for tenderizing meat rich in both collagen and elastin.
A. Moist heat softens all connective tissue.
B. Collagen softens with moist heat; elastin doesn't.
C. The cooking method should match the type of connective tissue; moist heat for collagen, mechanical tenderizing for elastin.
D. Tenderizing meat requires a multifaceted approach considering both collagen and elastin content. Moist heat effectively breaks down collagen, but elastin requires mechanical methods like pounding, slicing, or grinding.

What you achieve by cheating is temporary, but what you achieve through honesty lasts forever.

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LIVEWORKSHEETS