

Revision
Food from the Sea

	Write True or False for each Statement	My Answer	Correct Answer
1	Cartilagenous fish include sharks, rays and skates.		
<i>Explanation</i>			
2	Shark meat is always cut into cutlets.		
<i>Explanation</i>			
3	Shark meat is usually sold in seafood shops as hake.		
<i>Explanation</i>			
4	Beer, tempura and crispy are all versions of seafood batters.		
<i>Explanation</i>			
5	A batter is made of mostly flour, a liquid like soda water or beer and oil.		
<i>Explanation</i>			
6	Batter needs to be cooked quickly in very hot oil.		
<i>Explanation</i>			
7	The liquid part of the batter makes it thin and runny and is often improved by gaseous liquids or whipped egg white.		
<i>Explanation</i>			
8	If the oil used in deep frying is not hot enough, the oil will penetrate the seafood making it all too oily and not crispy.		
<i>Explanation</i>			
9	Shallow frying means the battered or crumbed seafood is too big to be immersed in a deep frier		
<i>Explanation</i>			
10	Preserving seafood means to protect it from being eaten by other animals.		
<i>Explanation</i>			

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11	Examples of seafood preserving include salting, brining, freezing and marinating.		
<i>Explanation</i>			
12	A marinade is a flavoured liquid which impregnates the flesh of a fish thereby 'cooking it' slightly, often due to the acidic nature of the marinade.		
<i>Explanation</i>			
13	Smoking fish preserves it as well as giving it a smokey flavour and can be done by smoldering wood shavings or a smoke flavoured chemical.		
<i>Explanation</i>			
14	Seafood is eaten because it is high in protein, carbohydrates and fats.		
<i>Explanation</i>			
15	Seafood is low in fat but the fat that is present is often high in Omega 3 fatty acids, which helps in reducing the risk of heart disease.		
<i>Explanation</i>			
16	Fresh fish should have firm, moist flesh, hazy eyes, and grayish gills.		
<i>Explanation</i>			
17	When preparing calamari, the tentacles should be 'cut across' to produce small round rings.		
<i>Explanation</i>			
18	Octopus, squid and mussels are all mollusk seafood.		
<i>Explanation</i>			
19	Squid can be tenderized using kiwi fruit puree, lemon juice or milk.		
<i>Explanation</i>			
20	Tenderising seafood such as squid means the meaty tissue is partially broken down before cooking.		
<i>Explanation</i>			

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21	When buying mussels or pippis you should discard those that are shut.		
<i>Explanation</i>			
22	When you have cooked mussels you should discard those that have not opened.		
<i>Explanation</i>			
23	Deveining a prawn means to remove all its circulatory system.		
<i>Explanation</i>			
24	Prawn cutlets usually have been shelled and deveined but a small tail section of the shell is left on.		
<i>Explanation</i>			
25	The meat of prawns, lobsters and blue swimmer crabs are all orange when raw but go white when cooked.		
<i>Explanation</i>			
26	The most common fish used for sashimi is trout.		
<i>Explanation</i>			