



# WORKSHEET

# MEAL PREP + MEAT SCIENCE

	EZYMATIC	PHYSICAL	CONTROL
START COLOR			
END COLOR			

	EZYMATIC	PHYSICAL	CONTROL
START WEIGHT			
END WEIGHT			

	EZYMATIC	PHYSICAL	CONTROL
RAW TEXTURE			
COOKED TEXTURE			

	EZYMATIC	PHYSICAL	CONTROL
OBSERVED VISUAL CHANGE			
COOKED TENDERNESS LEVEL (1-10)			
COOK TIME			

**OTHER NOTES AND OBSERVATIONS:**

**OTHER QUESTIONS:**

What do you think caused the changes between the meats? Why?