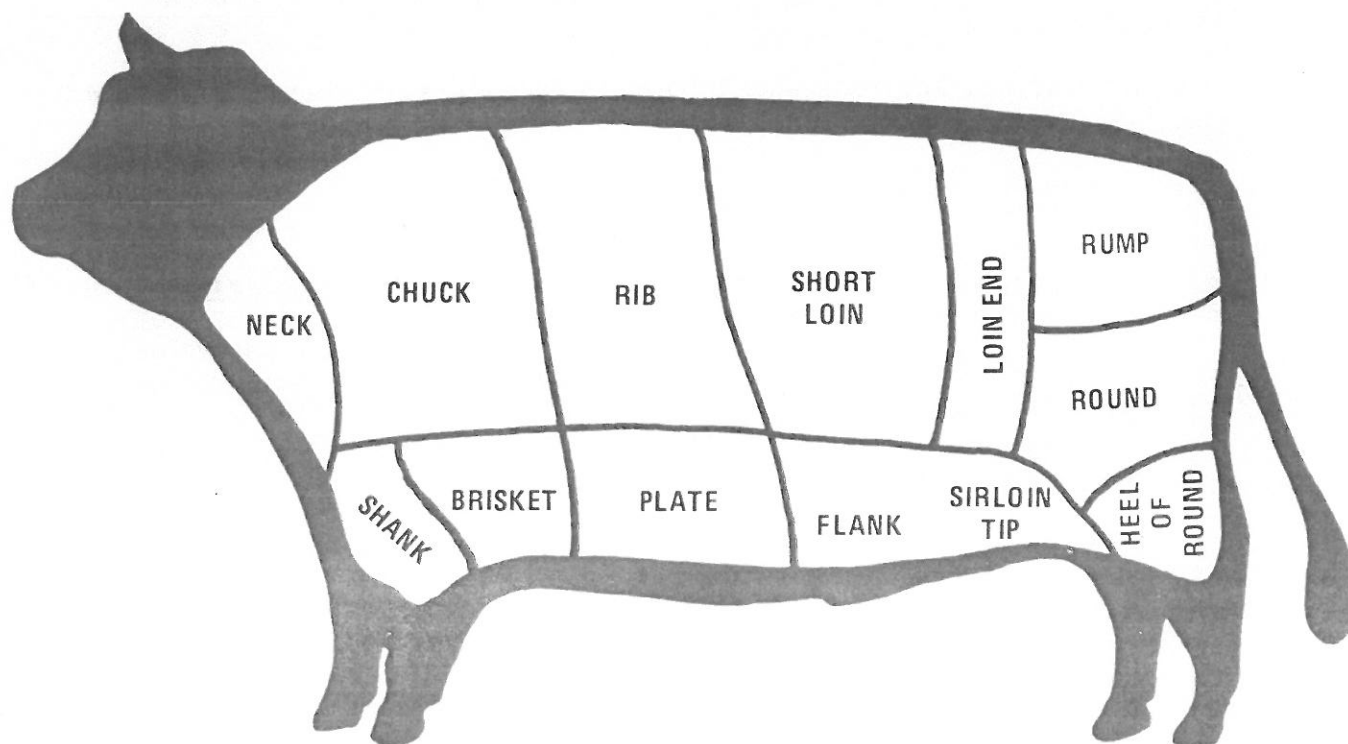


4-H MEATS PROJECT UNIT I



NAME _____ TELEPHONE NO. _____

ADDRESS _____

NAME OF 4-H CLUB _____

NAME OF 4-H LEADER _____

FLORIDA COOPERATIVE EXTENSION SERVICE
INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES
UNIVERSITY OF FLORIDA, GAINESVILLE
JOHN T. WOESTE, DEAN FOR EXTENSION

4-H Meats Project

Unit 1

Materials available to help you. (Ask your 4-H Coordinator how to obtain copies)

Cuts of Meat and How to Identify Them (Agricultural Research Bulletin #7)
Swift & Company, Chicago Ill. 60604

Meat Charts

A. Notebook Charts

National Livestock & Meat Board
444 North Michigan Ave., Chicago, Ill. 60611

B. Wall Charts (live animal and meat cuts combined)

Florida Beef Council
P.O. Box 1929 Kissimmee, Fl. 32741

Prepared by:

Dr. R. L. Reddish
Professor Extension Meat Specialist

4-H MEATS PROJECT

Unit 1 - Suggested Ages 9 - 11

Purpose of Project:

The 4-H Meats Project helps 4-H'ers to gain knowledge and skill in the selection, judging, grading, identification and/or preparation of meats. A 4-H'er enrolled in this project might:

1. Learn to identify cuts of meat
2. Learn about the value of meat in the diet and best ways to select and prepare meat.
3. Show and tell other people what they have learned in this project. (Demonstration)

4-H'ers in This Project:

Individuals enrolled in this project may be involved in any phase of the meats program. Some suggested activities you may participate in are:

1. Tours - Individual or group (meat plant, meat market etc.)
2. Meats "Workshop Participation"
3. Meat selection, judging, grading and identification activities.
4. Give a demonstration (show and tell) on your meats project.
5. Help shop for family meats.
6. Help prepare meats for family meals.

Materials Available to Help You

1. "Cuts of Meat and How to Identify Them" (Agricultural Research Bulletin #7 by Swift & Company, Chicago, Ill. 60604)
2. 101 Meat Cuts - A Guide to Meat Selection; National Livestock and Meat Board, 444 North Michigan Ave., Chicago, Ill. 60611
3. Charts of Beef, Pork, Veal and Lamb, American Meat Institute, P.O. Box 3556, Washington D.C. 20007

4-H MEATS

RECORD SHEET

Unit 1 - Suggested Ages 9-11

NAME _____ AGE _____ COUNTY _____

ADDRESS _____ NAME OF 4-H CLUB _____

1. Check the area of Meats Program you participated in:

- _____ a. Meat Selection, judging, grading and identification
- _____ b. "Know Your Beef" demonstration
- _____ c. Tours
- _____ d. Help shop for family

2. I have given demonstrations in this project:
Yes No

Name of Demonstration (show and tell) check whether given at

_____ Club County District

3. I have participated in training meetings on meats:
Yes No

Where: _____ Type of Training: _____

4. I have participated in meat selection, judging, grading and identification events: (Check) Local County District event
Yes No

Where: _____

5. Is there anything else you would like to tell us about your project?

