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

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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"
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


3. Charts of Beef, Pork, Veal and Lamb, American Meat Institute, P.O. Box 3556, Washington D.C. 20007

This public document was promulgated at an annual cost of $102.43 or 2 per copy to inform and teach 4-H club members, 4-H leaders, and Extension agents meat identification, selection and preparation.
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
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________

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:
   Yes ______ No ______
   (Check) Local County District event
   Where: __________________________
   __________________________
   __________________________
   __________________________

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

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