4-H MEATS PROJECT
UNIT II

NAME ___________________________________________ TELEPHONE NO. _____________________

ADDRESS __________________________________________

NAME OF 4-H CLUB __________________________________________

NAME OF 4-H LEADER _______________________________________

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


2. Meat Charts
   a. Noteook 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

3. How to Buy Meat For Your Freezer
   U.S.D.A. Homes & Garden Bulletin #166, July 1974

4. Freezing Meat and Fish in the Home
   U.S.D.A. Homes & Gardens Bulletin 93

5. 101 Meat Cuts
   National Livestock & Meat Board
   444 North Michigan Ave., Chicago, Ill. 60611

6. Quiz Sheets on Beef, Pork and Lamb
   American Meat Institute
   P.O. Box 3556, Washington, D.C. 20007

7. The Beef Fact Finder
   National Livestock & Meat Board
   444 North Michigan Ave., Chicago, Ill. 60611

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

The 4-H Meat Project helps members gain greater knowledge and skill in the selection, judging, grading, identification, and/or preparation of meats. A member enrolled in the meats project might:

1. Be on a meats judging team.
2. Improve his ability to identify cuts of meat.
3. Study the value of meat in the diet and study approved methods of selection and preparation of meat.
4. Take an active part at home in the selection, purchasing, and preparation of meats.
5. Make public presentations (demonstrations) on any phase of meat selection, judging, identification and/or preparation.
6. Set up a Meat Science Project in school.
7. Write research papers and laboratory exercises on meat.

Suggestions for members:
(each member is to participate in 3 of the following for each project)

- Participate in a foods program using red meat or red meat products.
- Participate in "Know Your Beef" program.
- Be on a meats judging team.
- Purchase meat for the family.
- Prepare meats in a variety of ways.
- Learn to identify cuts of meat.
- Prepare meats for freezing.
- Give talks or demonstrations relating to meats.
- Make a display or booth relating to meats.
- Plan or give Radio or TV presentations on meat.
- Learn to cook meat outdoors.
- Assist other members in meat cookery at project meetings.

Materials Available to Help You:

1. Freezing of Meats and Fish in the Home - HG 93 (Superintendent of Documents) - 20c
2. How to Buy Meat for Your Freezer - HG 166 (Ask your Agent to secure from mailing room, University of Florida)
3. Outdoor Cookery - A Hamburger Fry, Contact the Florida Beef Council, P.O. Box 1929 Kissimmee, FL 32741
7. Quiz Sheets on Beef, Pork, and Lamb - American Meat Institute P.O. Box 3556, Wash., D.C. 20007
RECORD SHEET

UNIT II

Suggested Ages 12-13

NAME __________________________ AGE ______ COUNTY ______
ADDRESS __________________________ NAME OF CLUB ______

Area of Meat Project Carried _____________________________________________________________________

1. Explain the basic methods of meat cookery ______________________________________________________

2. What is your favorite meat cut? What method do you prefer for cooking it? Why? ____________________

3. What are the things you learned in this program that your family appreciated most? ________________

4. How did you pass on to others the information that you learned? ________________________________

5. In what judging or meat identification events did you participate? ________________________________

6. Public Presentations:
   a. Talks
   Topics
   No. of Times Given  Before What Groups  Total Attendance
   1. __________________________________________
   2. __________________________________________
   3. __________________________________________
   b. Demonstrations
   Topics
   1. __________________________________________
   2. __________________________________________
   3. __________________________________________
c. TRAINING MEETINGS ATTENDED

Type of Training

Where

1. 
2. 
3. 

Where

Local? County? or District Event?

1. 
2. 
3. 

7. Describe any 4-H Meats Project publicity, such as booths, window displays, posters, news articles, radio and/or TV programs, in which you participated.

8. What do you think was your most outstanding accomplishment in this program?

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

Prepared by:

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