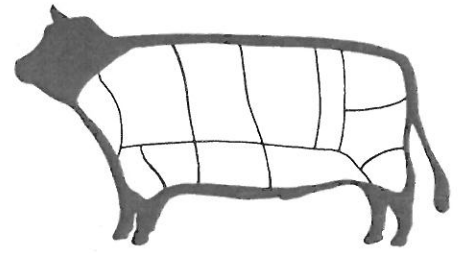


4-H MEATS PROJECT UNIT II



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)

1. Cuts of Meat and How to Identify Them (Agricultural Research Bulletin #7) Swift & Co. Chicago, Ill. 60604
2. 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
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

4-H MEATS PROJECT

UNIT II

Suggested Ages 12-13

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) - 20¢
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
4. How to Buy Beef Steaks, U.S.D.A. H&G Bulletin #145, 1973
5. How to Buy Beef Roasts, U.S.D.A. H&G Bulletin #146, Jan. 1968
6. 101 Meat Cuts - National Livestock & Meat Board, 444 N. Mich. Ave., Chicago, Ill. 60611
7. Quiz Sheets on Beef, Pork, and Lamb - American Meat Institute P.O. Box 3556, Wash., D.C. 20007
8. Cuts of Meat and How You Can Identify Them, Swift & Co. Ag. Research Dept., Chicago, Ill. 60604 (Ag. Research Bull. #7)

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

	<u>Topics</u>	<u>No. of Times Given</u>	<u>Before What Groups</u>	<u>Total Attendance</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____

b. Demonstrations

	<u>Topics</u>
1.	_____
2.	_____
3.	_____

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

c. TRAINING MEETINGS ATTENDED

Type of Training

Where

1. _____
2. _____
3. _____

d. Meat Judging, Grading and Identification Events Participated in

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:

Dr. R. L. Reddish
Professor Extension Meat Specialist

4-5M-77