UNIT III

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

1. Cuts of Meat and How to Identify Them, Swift & Company, Chicago, Ill. 60604


5. Meat Carving Made Easy, Fact Sheet- R.L. Reddish, Room 411 Rolfs Hall, University of Florida, Gainesville

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


8. Baby Beef Fact Sheets
   a. Baby Beef...What You Neet To Know
   b. Baby Beef...Economy Plus
4-H MEAT PROJECT

UNIT III

Suggested Ages 14 - 19

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. Learn to identify meat cuts.
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, preparation, purchasing, and utilization of meats.
5. Make public presentations(demonstrations)on any phase of meat judging, identification, and/or preparation.

Suggestions for Members:

(Each member is to participate in three of the following suggestions each year in the project)
Learn to identify meat cuts.
Participate in a foods project using red meat or red meat products.
Participate in "Know Your Beef" activity.
Be on a meats judging team.
Purchase meat for your family.
Prepare meats in a variety of ways.
Can or freeze meats.
Give talks and demonstrations relating to meats.
Make a display or booth relating to meats.
Plan and give radio or TV presentations on the subject.
Cook meats outdoors.
Assist other members in meat cookery at project meetings.

Materials Available to Help You:

Ask your county 4-H Coordinator where you can secure each "Cuts of Meat and How to Identify Them" (Agriculture Research Bulletin # 7, Swift & Co. Chicago, Ill. 60604

Prepared By:

Dr. R. L. Reddish
Professor Extension Meat Specialist
Which three suggestions have you worked on in your meat project this year?

1. ____________________  2. ____________________  3. ____________________

1. By what methods did you prepare meat? (Circle Answer)
   Broiling  Braising  Roasting  Sautéing  Stewing

2. List the cuts cooked by dry heat methods ____________________

3. List the cuts cooked by moist heat methods ____________________


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

6. How did you pass on to others the information you learned? ____________________

7. a. Have you served as a junior or teen leader in the 4-H meats program? __________
    b. What leadership work did you do in relation to this program? ____________________

8. Sentence Summary of Work Accomplished:
   Meat Judging, Grading, or Identification, Cookery, or Preparation ____________________
   Meat Selection - Example, Bought meat for family for one week ____________________
   Meat Cookery - Example, Learned to broil steaks ____________________
   Meat Carving - Example, Learned to carve rib roast ____________________
   Meat Preservation - Example, Cut and wrap the meat for locker ____________________

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9. Public Presentations

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Demonstrations

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10. Describe any meats utilization publicity, such as booths, window displays, posters, news articles, radio and TV programs in which you participated:

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