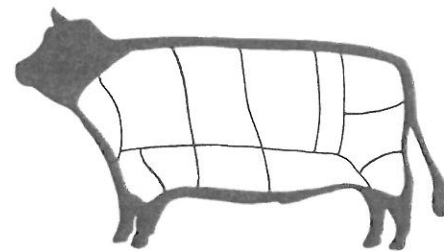


# 4-H MEATS PROJECT

## UNIT III



NAME \_\_\_\_\_ TELEPHONE NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_

NAME OF 4-H CLUB \_\_\_\_\_

NAME OF 4-H LEADER \_\_\_\_\_

### 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
2. Meat Charts, Nation Livestock & Meat Board, 444 North Michigan Ave., Chicago, Ill. 60611
3. Freezing Meat and Fish in the Home, U.S.D.A. H.G. Bulletin #93
4. Home Canning of Meat and Poultry, U.S.D.A. H.G. Bulletin #106
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
7. Meat and Poultry Clean for You, U.S.D.A. G-173
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

4-H Meats Record Sheet Unit III Suggested Ages 14-19

NAME \_\_\_\_\_ AGE \_\_\_\_\_ COUNTY \_\_\_\_\_

ADDRESS \_\_\_\_\_ NAME OF CLUB \_\_\_\_\_

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 Sauteing Stewing

2. List the cuts cooked by dry heat methods \_\_\_\_\_

3. List the cuts cooked by moist heat methods \_\_\_\_\_

4. What is your favorite meat cut? What method do you prefer for cooking it?  
Why? \_\_\_\_\_

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 \_\_\_\_\_

9. Public Presentations

Talks

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

Demonstrations

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

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?

This public document was promulgated at an annual cost \$102.43 or \$.02 per copy to inform and teach 4-H club members, 4-H leaders, and extension agents meat identification, selection and preparation.