



NAME _____

HOUR _____

VIDEO WORKSHEET

1. What nutritional value does meat have? What is considered a serving size?

2. Draw a line from the meat to the animal it comes from:

beef

hogs

veal

sheep

lamb

cattle

pork

3. Name two basic parts of meat.

4. Why is it important to know about the different cuts of meat?



5. Name three things you can learn from the label of a meat package.
6. List two ways can you get the most for your money.
7. Describe the process of roasting meat. What kinds of cuts roast best?
8. What kind of meat is best for broiling or grilling?
9. What is par broiling?
10. What is marinade?
11. Describe the process of braising meat. What meat is best prepared this way?
12. Convenience meat products are increasing. List three.





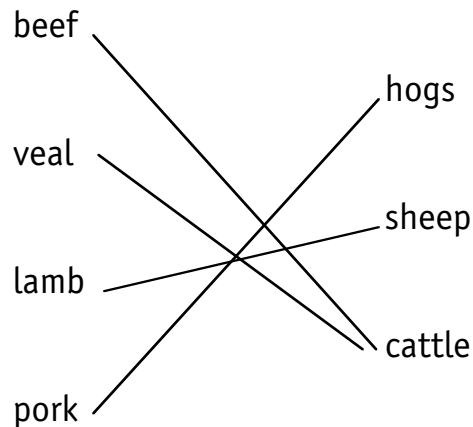
VIDEO WORKSHEET

Teacher's Key

1. What nutritional value does meat have? What is considered a serving size?

Meat is an excellent source of protein, Iron and vitamin B. Meat should be eaten in moderation. A serving size is the size of a deck of cards or a small fist (2 or 3 ounce of cooked meat).

2. Draw a line from the meat to the animal it comes from:



3. Name two basic parts of meat.

All meat has muscle, connective tissue, bone and fat.

4. Why is it important to know about the different cuts of meat?

The "cut" or part of meat affects the tenderness, cooking method, leanness, and cost of the meat



5. Name three things you can learn from the label of a meat package.

The kind of meat — beef, veal, pork or lamb. The grade-based on how much fat is in the meat. The amount by weight. The sell by date. The price. It can sometimes even tell you the best way to cook this cut of meat.

6. List two ways can you get the most for your money.

Choosing a "select grade" or "good" instead of "prime" or "choice" which are more expensive. Combine less meat with other low cost ingredients like vegetables for stir fry. Buying a less-tender cut of meat and cooking them to tenderness. Store fresh meat quickly in its original package and use within two days.

7. Describe the process of roasting meat. What kinds of "cuts" roast best?

Roasting is the perfect method for cooking large, tender cuts of meat. Meat is placed on a large shallow pan, fat side up. It is placed uncovered in a 325 degree oven until it reaches an internal temperature of 160 for medium or 170 for well.

Cuts: rib, loin & leg roasts, all cuts of pork & ground meats.

8. What kind of meat is best for broiling or grilling?

Broiling or grilling is great for tender cuts of meat that are at least 3/4 inch thick. The meat is place on a grill 3 to 4 inches from the heat source. Broil – heat source at top. Grill – heat source at bottom.

9. What is par broiling?

Browning the meat in a heavy skillet without additional fat. Fat is poured off as meat is cooked. Use this method for tender cuts.

10. What is marinade?

Marinating is a good way to add flavor to meat and also to increase the tenderness. A marinade is a mixture of an acid food like a lemon juice and seasonings.

11. Describe the process of braising meat. What meat is best prepared this way?

This is the quickest way to cook less tender pieces of meat. The meat is browned on both sides in a heavy pan. After browning, liquid is added. Cooking can be on top of the stove, in the over or in a slow cooker. Use this method for less tender cuts of meat like beef chuck, stew meat and brisket.

12. Convenience meat products are increasing. List three.

Ham, sandwich meat, bacon, sausages. These are available in the refrigerated section, canned and microwavable.





RECIPES

ROAST

- 1 roast- beef, veal, lamb or pork
- 1 tablespoon herbs
- 1/2 teaspoon freshly ground pepper
- 1 1/2 teaspoon salt
- 2 tablespoons butter

Place roast in a shallow pan on a rack, fat side up. Sprinkle both sides with herbs, salt and pepper. Roast in a 325 degree oven until temperature reaches 160° F.

CHINESE PORK TENDERLOIN

- 1 pound of pork loin or tenderloin, cut into 1 inch cubes
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1 tablespoon lemon juice

Combine the soy sauce, brown sugar and lemon juice in a ziplock plastic bag and add the cubed pork. Marinate the pork for 30 minutes. Place on a skewer. Place on a broiling pan under a 500° F. broiler for about 10 minutes or until meat is done, turning once.

BEEF STIR-FRY WITH PEPPERS AND TOMATOES

- 12 ounces beef steak, sliced into thin 2 inch strips
- 1 tablespoon peanut or vegetable oil
- 1 clove garlic, minced or 1 teaspoon garlic powder
- 1 tablespoon minced fresh ginger or 1 teaspoon ground ginger
- 2 green onions, chopped
- 2 green peppers, cored and cut into 1/4" strips
- 2 tomatoes cut into wedges
- 1/4 cup "stir fry" sauce

Heat a wok or large frying pan with the oil and add the garlic, ginger and onions. Stir-fry for a minute, then add the beef and continue to stir-fry until lightly browned, but not completely cooked. Add the peppers and cook for another minute, then add the tomatoes. Add sauce to the stir-fry. Cook until the sauce thickens and serve immediately over rice or noodles.

POT ROAST WITH VEGETABLES

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|-------------------------|---------------------------------------|
| 1 tablespoon of oil | salt and pepper |
| 2-3 pound beef roast | 3 red potatoes |
| 2 medium onions, sliced | 3 sweet potatoes |
| 1/2 teaspoon cinnamon | 4 carrots, peeled and cut into pieces |
| 1/2 teaspoon allspice | |

Heat the oil in a Dutch oven (heavy fry pan) over medium-high heat. Brown the meat on both sides. Add the onion and continue to cook over medium heat until browned. Add enough water to the pan to cover the meat and the salt, pepper, cinnamon and allspice. Bring the liquid to a boil, then cover and cook on low heat for about 1 hour. Add the vegetables to the pan and continue cooking for another hour.

FAVORITE BEEF STROGANOFF

In a slow cooker

- 2 pounds round steak
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 onion sliced
- 1/4 teaspoon garlic salt
- 1 tablespoon Worcestershire
- 1 1/2 cups beef broth
- 1 tablespoon catsup
- 1 can mushrooms, drained
- 1/2 cup water
- 1/3 cup flour
- 1 cup sour cream, fat free

Cut steak into 1/4 inch strips. Coat with salt and pepper. Drop into bottom of slow cooker with the onion. Mix the next four ingredients and pour over the meat. Cover and cook on low for 6-8 hours or until tender. Add mushrooms. Then mix flour with a small amount of water in a 2-cup measurer with a fork or whisk. Add to the meat and mix. Cook on high for about 15 minutes or until thickened. Stir in the sour cream and turn off heat. Serve over noodles or rice.