Study Guide

Meat

Directions: Read chapter 34, and answer the following questions. Later, you can use this study guide to review.

1. List the nutrients found in meat.

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   _____

2. Meat is composed of what three things? Describe each of them.

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   _____

   _____

   _____

3. Define marbling.

   _____

4. Define a cut.

   _____

5. What three pieces of information about meat are found on the price label?

   _____

   _____

6. Explain the difference between inspection and grading.

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   _____

   _____

   _____

7. List four ways to tenderize less tender cuts of meat.

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   _____

   _____

8. Name two regulations regarding ground beef.

   _____

   _____

Chapter 34 Study Guide (continued)

9. Name four popular variety meats.

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_____

10. What are the three most popular processed meats?

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_____

11. How long will most fresh meats keep in the refrigerator?

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_____
_____

12. Describe what happens to meat when it is overcooked.

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_____

13. When cooking meat, at what point should you begin testing for doneness?

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14. Explain what kind of meat can be successfully broiled.

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_____

15. List the steps for roasting large, tender cuts of meat.

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16. Explain the difference between frying and pan-broiling.

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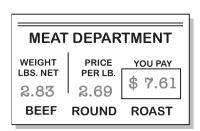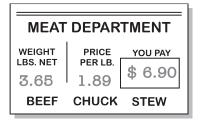17. List three ways to cook less tender cuts of meat.

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_____

Activity 1

Label Savvy

Directions: Below are several meat labels. Use these, plus the information in the textbook, to answer the questions that follow.

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
1.16	5.79	$ 6.72
LAMB	LOIN	CHOPS

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
3.65	1.89	$ 6.90
BEEF	CHUCK	STEW

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
2.83	2.69	$ 7.61
BEEF	ROUND	ROAST

MEAT DEPARTMENT		
WEIGHT LBS. NET	PRICE PER LB.	YOU PAY
2.07	9.25	$19.15
VEAL	LEG	CUTLETS

1. Which of these meats is likely to be most tender and why?

   _____

   _____

2. Where on each label does the wholesale cut appear? Where does the retail cut appear?

   _____

3. Which of these packages of meat would you plan to cook by moist heat? How would you prepare the cuts in the remaining packages? Explain your answers.

   _____

   _____

4. Which of the cuts would you look for to have little or no fat?

   _____

5. Which of the cuts shown would most likely have a T-shaped bone? Which of the cuts would you expect to have no bone at all? Explain your answers.

   _____

   _____

   _____

Activity 2

Smart Shop

Directions: You are going to prepare dinner for six people. Because this will be a lot of work, you want to have some leftovers. Look through the grocery store ads to find the best meat buys in terms of quality and cost for your party. You will want enough for 10 servings. Choose two types of meat and figure out how much you would have to buy and the cost per serving. On the lines below, write the information from the ad, the type of meat, the wholesale cut and retail cut, and the price per pound. Also, write how you would cook each cut and explain why. In addition, explain why you selected this particular meat from the ads.

Meat #1:

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Meat #2:

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