

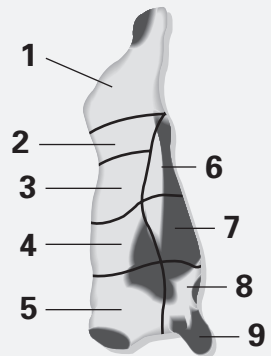
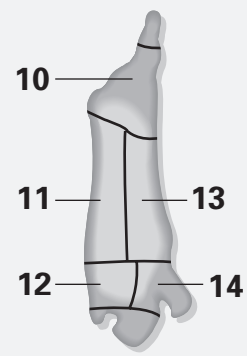
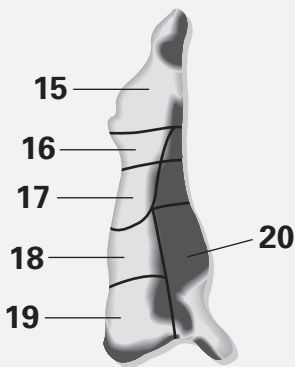
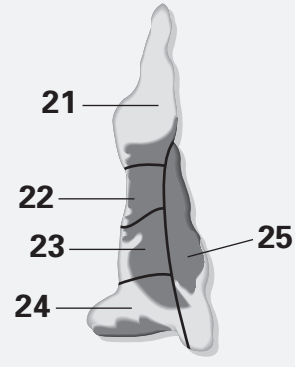
# Activity 1

## Meat

### Meat Identification

**Purpose:** Identify wholesale cuts of meat.

**Directions:** Label each wholesale cut of meat for each meat type. Write your answers in the space provided.

Beef	Pork
	
Veal	Lamb
	

- |          |           |           |
|----------|-----------|-----------|
| 1. _____ | 10. _____ | 19. _____ |
| 2. _____ | 11. _____ | 20. _____ |
| 3. _____ | 12. _____ | 21. _____ |
| 4. _____ | 13. _____ | 22. _____ |
| 5. _____ | 14. _____ | 23. _____ |
| 6. _____ | 15. _____ | 24. _____ |
| 7. _____ | 16. _____ | 25. _____ |
| 8. _____ | 17. _____ |           |
| 9. _____ | 18. _____ |           |

# Activity 2

**Meat**

## Tender or Less Tender?

**Purpose:** To identify and describe factors affecting tenderness.

**Part I. Directions:** Identify the bone shapes of meat cuts below, and list whether the bone shape indicates a tender or less tender cut of meat. Write your answers in the space provided.



1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_



5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

**Part II. Directions:** Read the items below. Write your responses in the space provided following each item.

1. List three factors that influence the tenderness of meat.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What are two ways that less tender cuts of meat can be tenderized?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Activity 3****Meat**

## Cooking Meat

**Purpose:** To explain how to cook various meat cuts by different cooking methods.

**Directions:** In the space provided, describe each cooking method below.

Cooking Method	Description
1. Cooking frozen meat	
2. Marinating	
3. Broiling	
4. Grilling	
5. Roasting	
6. Frying	
7. Pan-broiling	
8. Braising	
9. Slow cooking	
10. Microwaving	