4-H MEATS PROJECT
UNIT II

NAME_________________________________ TELEPHONE NO.__________________________

ADDRESS______________________________________________________________

NAME OF 4-H CLUB__________________________________________________________

NAME OF 4-H LEADER________________________________________________________

Materials available to help you: (Ask your 4-H Coordinator how to obtain copies)


2. Meat Charts
   a. Notebook Charts
      National Livestock & Meat Board
      444 North Michigan Ave., Chicago, Ill. 60611
   b. Wall Charts (live animal and meat cuts combined)
      Florida Beef Council
      P.O. Box 1929 Kissimmee, Fl. 32741

3. How to Buy Meat For Your Freezer
   U.S.D.A. Homes & Garden Bulletin #166, July 1974

4. Freezing Meat and Fish in the Home
   U.S.D.A. Homes & Gardens Bulletin 93

5. 101 Meat Cuts
   National Livestock & Meat Board
   444 North Michigan Ave., Chicago, Ill. 60611

6. Quiz Sheets on Beef, Pork and Lamb
   American Meat Institute
   P.O. Box 3556, Washington, D.C. 20007

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

SARASOTA COUNTY
COOPERATIVE EXTENSION SERVICE
2900 RINGLING BLVD.
SARASOTA, FLORIDA 33577
955-6239 or 955-2966

FLORIDA COOPERATIVE EXTENSION SERVICE
INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES
UNIVERSITY OF FLORIDA, GAINESVILLE
JOHN T. WOESTE, DEAN FOR EXTENSION
4-H MEATS PROJECT

UNIT II
Suggested Ages 12-13

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. Improve his ability to identify cuts of meat.
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, purchasing, and preparation of meats.
5. Make public presentations (demonstrations) on any phase of meat selection, judging, identification and/or preparation.
6. Set up a Meat Science Project in school.
7. Write research papers and laboratory exercises on meat.

Suggestions for members:
(each member is to participate in 3 of the following for each project)

Participate in a foods program using red meat or red meat products.
Participate in "Know Your Beef" program.
Be on a meats judging team.
Purchase meat for the family.
Prepare meats in a variety of ways.
Learn to identify cuts of meat.
Prepare meats for freezing.
Give talks or demonstrations relating to meats.
Make a display or booth relating to meats.
Plan or give Radio or TV presentations on meat.
Learn to cook meat outdoors.
Assist other members in meat cookery at project meetings.

Materials Available to Help You:

1. Freezing of Meats and Fish in the Home - HG 93 (Superintendent of Documents) - 20¢
2. How to Buy Meat for Your Freezer - HG 166 (Ask your Agent to secure from mailing room, University of Florida)
3. Outdoor Cookery - A Hamburger Fry, Contact the Florida Beef Council, P.O. Box 1929 Kissimmee, FL 32741
7. Quiz Sheets on Beef, Pork, and Lamb - American Meat Institute P.O. Box 3556, Wash., D.C. 20007
Area of Meat Project Carried

1. Explain the basic methods of meat cookery

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

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

4. How did you pass on to others the information that you learned?

5. In what judging or meat identification events did you participate?

6. Public Presentations:
   a. Talks
      Topics | No. of Times Given | Before What Groups | Attendance
      1.      |                   |                   |
      2.      |                   |                   |
      3.      |                   |                   |
   b. Demonstrations
      Topics
      1.      |                   |
      2.      |                   |
      3.      |                   |

This public document was promulgated at a cost of $102.43 or 2 cents per copy to inform and teach 4-H club members, 4-H leaders, and Extension agents about meat identification, selection, and preparation.
c. TRAINING MEETINGS ATTENDED

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<th>Type of Training</th>
<th>Where</th>
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<td>2.</td>
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d. Meat Judging, Grading and Identification Events Participated in

<table>
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<tr>
<th>Where</th>
<th>Local?</th>
<th>County?</th>
<th>or District Event?</th>
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7. Describe any 4-H Meats Project publicity, such as booths, window displays, posters, news articles, radio and/or TV programs, in which you participated.

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

9. Is there anything else you would like to tell us about your project?

Prepared by:

Dr. R. L. Reddish
Professor Extension Meat Specialist

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Cooperative Extension Service, IFAS, University of Florida
and United States Department of Agriculture, Cooperating
K. R. Tefertiller, Director