

## MEAT PRE-TEST

**TEACHER INSTRUCTIONS:** These questions are to be asked orally. Student response will indicate their knowledge of the material in this section. Add any other questions you feel you would need for a pre-test. If students know this material sufficiently move onto other activities. Suggested answers are highlighted.

### QUESTIONS:

1. What is meat?

| fleshy or muscles of animals, poultry and fish

2. What does meat contain that is good for you?

| protein— amino acids, iron, niacin, riboflavin, thiamine

3. What does protein do for your body?

| growth— builds tissue, maintains

4. What are amino acids?

| proteins

5. What are essential amino acids?

| 9 amino acids the body must have

6. What are incomplete proteins?

| lack some of the essential amino acids

7. Why do we eat a variety of foods?

| to insure getting the required nutrients

8. Why do we need iron?

| builds hemoglobin - red blood cells

9. What happens when a person is low in iron?

| iron deficiency or anemia

10. What are some sources of iron?

| liver, lean meats, egg yolk, green leafy vegetables or iron supplements