Meat, Poultry, Fish, Eggs: Constructing and Maintaining the Body

Summary

Meat as a food source to provide necessary complete protein, iron, and other nutrients in the diet.

Background for Teachers

There are many facets of meats that need to be learned in order for a person to be able to buy, prepare and use meat to its best performance.
NOTE TO TEACHER: For clarity of this unit meat refers to the muscles and fleshy parts of animals, poultry and fish.
Meat contributes necessary nutrients to our diet. Meat is an important source of complete protein, minerals (especially iron), and the B vitamins.
Protein, found in meat, is used by the body for growth and maintenance. Without it, growth stops and muscles weaken. It is needed for every cell. Protein is made of small building blocks called amino acids. Each amino acid has its own name and a particular job in building different tissues in your body. All amino acids don't need to be in your food. Your body can make some. The ones it can't make are essential amino acids. They are in animal sources of foods. We need meat to get them. They are complete proteins which promote growth and maintain the body. Foods missing some essential amino acids are incomplete proteins. It is necessary to eat a variety of foods to get complete proteins to balance out the incomplete proteins.
Meats also contain many minerals. Iron is needed to make hemoglobin in the blood which carries oxygen from the lungs to all cells. With too little iron, red blood cells are low, and anemia occurs. Anemia causes fatigue and lowered resistance to infection. Teenage girls and women are more inclined to be anemic. Liver, lean meats, egg yolk, green leafy vegetables or iron supplements are sources for iron.
Thiamin, niacin and riboflavin are B vitamins. They are water soluble and dissolve when cooked. If the cooking liquid is thrown out the vitamins go out. Meat juices can be used to make gravies and soups to retain the vitamins.
Because meat is costly, as a consumer it is important to make sure to get the most for money spent. Smart shoppers and good cooks know the sources, parts and cuts of meat. Meat can be purchased pre-cooked, canned, fresh, frozen, dried (jerkey), etc.

Instructional Procedures

LEARNING ACTIVITIES AND TEACHING STRATEGIES

OPTION #1
After a discussion of meats, students will identify the different types of meats and their sources. Have students complete TYPES OF MEATS.
OPTION #2
As a homework assignment have students do a market survey on MEAT PRICING and answer questions on worksheet. Discuss results in class.
OPTION #3
Demonstrate the effects of heat on protein. Have the students perform an experiment using the FRIED EGG EXPERIMENT WORKSHEET. Assign each unit to do one method of egg cookery and share with the rest of the class the results. If necessary, two groups could perform the same method of cooking the eggs. Discuss how the results apply to all protein cooking.
OPTION #4
Have the students plan and prepare TURKEY KABOBS or another meat dish of teacher's choice.

OPTION #5
The teacher sill demonstrate broiling a fish fillet and show students how to test for flakiness as a sign of "doneness".
OPTION #6
Choose recipes from PROTEIN RECIPES or other sources and have students prepare them as a lab experience.
OPTION #7
Have the students prepare a recipe using a canned meat (Tuna or Salmon), and/or a dried meat (Chipped Beef) in a favorite recipe. Such recipes could be for a Salmon Loaf, Tuna Fritters, Creamed Tuna or Chipped Beef on Toast.
OPTION #8
Evaluate students' knowledge by completing a MEAT TEST.

Authors

Utah LessonPlans
Cindy Tegge