Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_

Meat & Poultry PPT Note Taking Guide

**Functions of Protein in the Body:**

| **Growth and Maintenance** | Hair, eyes, teeth, skin, muscles, bones, every cell in your body! |
| --- | --- |
| **Enzymes** (most are proteins) | needed for chemical \_\_\_\_\_\_\_\_\_\_\_ in your body |
| **Hormones** (some are proteins) | regulate chemical conditions in the body |
| **Antibodies** (are proteins) | fight foreign \_\_\_\_\_\_\_\_\_\_\_ |
| **Fluid Balance** | Attracts and \_\_\_\_\_\_\_\_\_\_\_water and aids in other chemical fluid levels. |
| **Energy** | Can provide energy if you do not get enough carbohydrates and fats in your diet.  This means that the \_\_\_\_\_\_\_\_\_\_\_ you eat is used for energy (to keep you alive) instead of for the other main functions of growth and maintenance. ☹ |

* Meat comes from the muscle of the animal.
* There are two types of \_\_\_\_\_\_\_\_\_\_\_:
  1. Muscles used to **support** the animal
  2. Muscles used to **move** the \_\_\_\_\_\_\_\_\_\_\_

Muscles used to **support** the animal are:

* **tender**, so needs to be \_\_\_\_\_\_\_\_\_\_\_ for a **short** \_\_\_\_\_\_\_\_\_\_\_ of time
* **flavorful** because has marbled fat
* **expensive**

Muscles used to **move** the animal are:

* **tough**, so needs to be \_\_\_\_\_\_\_\_\_\_\_ for a **long** period of time
* **less flavorful** \_\_\_\_\_\_\_\_\_\_\_ has little fat
* **inexpensive**

You can produce tenderness in less tender cuts of meat by

* \_\_\_\_\_\_\_\_\_\_\_ with acid
* Pounding
* Moist heat \_\_\_\_\_\_\_\_\_\_\_
* Commercial tenderizers
* Grinding

The **label** tells three main \_\_\_\_\_\_\_\_\_\_\_ about the meat:

1. Kind of meat
2. Wholesale cut
3. Retail cut

**Wholesale Cuts**

* **the part of the animal the meat came from**… such as rib, sirloin, \_\_\_\_\_\_\_\_\_\_\_
* larger \_\_\_\_\_\_\_\_\_\_\_
* Listed 2nd on label

**Pork:** Meat from a pig. \_\_\_\_\_\_\_\_\_\_\_ flavor.

**Beef:** Cattle more than one year old.

* Some cuts of meat are more-tender than others. The two main reasons for this are muscle \_\_\_\_\_\_\_\_\_\_\_ and age.
* Marbling is small white flecks of fat that melt during \_\_\_\_\_\_\_\_\_\_\_ making the meat more flavorful. Cuts with marbling are also more-tender.
* Ground beef is available with \_\_\_\_\_\_\_\_\_\_\_ amounts of fat.

**Veal:** Calves (young cattle), usually one to three months old.

* Mild flavor
* Firm \_\_\_\_\_\_\_\_\_\_\_
* Light, gray-pink color
* Very little \_\_\_\_\_\_\_\_\_\_\_.

**Lamb:** Sheep less than a year old.

* Unique
* Mild \_\_\_\_\_\_\_\_\_\_\_
* Bright, pink-red color
* Brittle \_\_\_\_\_\_\_\_\_\_\_ fat.

**Poultry:** any bird raised for food.

* Most of the fat in poultry is \_\_\_\_\_\_\_\_\_\_\_ to the skin.
* Within poultry, there are two types of meats—white and dark. The different colors are based on the different \_\_\_\_\_\_\_\_\_\_\_ and uses of the muscles.
  + Dark meats occur in the legs. Dark meat generally has more flavor and fat than the \_\_\_\_\_\_\_\_\_\_\_ meat.
  + White meat is generally large \_\_\_\_\_\_\_\_\_\_\_ and a mild flavor.

**Inspection & grading of meat & poultry**

* All meat and poultry sold in the United States must be \_\_\_\_\_\_\_\_\_\_\_ for safety and wholesomeness.
* The USDA also grades \_\_\_\_\_\_\_\_\_\_\_and poultry. Grading is \_\_\_\_\_\_\_\_\_\_\_ products according to quality.
* Grading of meats is based on marbling, maturity, and \_\_\_\_\_\_\_\_\_\_\_ conformation.
  + Common Beef \_\_\_\_\_\_\_\_\_\_\_ are: Prime, Choice, and Select
  + Grading of poultry is based on size and \_\_\_\_\_\_\_\_\_\_\_.
* Grading is voluntary and \_\_\_\_\_\_\_\_\_\_\_ meatpackers market their products.

**Preparation Techniques**

Cooking \_\_\_\_\_\_\_\_\_\_\_ for **less-tender** cuts

* Braising
* Stewing

Cooking \_\_\_\_\_\_\_\_\_\_\_ for **tender** cuts

* Broil
* Grill
* Roast
* Sauté
* Fry

**Internal Cooking Temperatures**

Whole \_\_\_\_\_\_\_\_\_\_\_ - **145°F**

* Seafood
* Pork
* Beef
* Veal
* Lamb

Ground \_\_\_\_\_\_\_\_\_\_\_ (pork, beef, veal, lamb) – **155°F**

* When ground meats are processed the surface bacteria can be ground and mixed throughout product. This is why it is important to cook ground products to a higher internal temperature than other cuts

Poultry - \_\_\_\_\_\_\_\_\_\_\_ or ground - **165°F**