

# Meat Lecture

## Summary

An introduction to meat cookery identifying the basics of cooking with meat, selection, care and storage of meats, identifying the dry heat and moist heat methods of cooking, and preparing meats using different methods.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 5](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Individual

## Materials

Handouts:

Meat Home assignment

Meat Study Sheet

Name of the Carcass

Retail Cuts of Beef

Cookery Methods

Selection, Storage and Shopping

Cookery Time Chart

Portion Size Guidelines

Reducing Fat in Cooked Ground Beef

Safe Food Handling Practices

Posters:

Beef Carcass identifying the Wholesale and Retail Cuts (available from the National Live Stock and Meat Board 1982)

Bone shapes for tender and less tender cuts of meat

A suggested Video on Beef:

Basic Beef Cookery - Beef Council

Beef Basics - Beef Council, 20 minutes

Cooking Today's Beef - Beef Council, 25 minutes

Take a Cook on the Wild Side - Beef Council, 20 minutes

(There are some excellent resources from the Utah Beef Council for lesson plans, recipes, handouts, videos, and resource material)

## Background for Teachers

The teacher needs to have a basic understanding about beef and poultry, how they are graded and inspected, the tests for doneness using a meat thermometer, proper cooking temperatures, how to select, store and care for meat, proper thawing of meat if frozen, identify the dry heat methods of cooking for tender cuts of meat and identify the moist heat methods of cooking for less tender cuts of meat and recipes for preparing meat.

### Student Prior Knowledge

The student needs to know the basics about beef and poultry, how to select, store and prepare using the appropriate method of cooking for the tender or less tender cut of meat.

### Intended Learning Outcomes

The student will have a basic understanding about beef and poultry, safe handling practices in storing and preparing the meat using the proper cooking method whether the meat is tender or less tender.

### Instructional Procedures

Hand out to the students the Meat Home Assignment to prepare a recipe using a meat as the main ingredient. The home assignment will be due the day of the test.

Hand out the resource papers on meat and the Meat Study Sheet. I usually hand them out as a packet stapled together. Identify the test date.

Lecture: I usually begin with a chart on the wall identical to the one in the resources called Retailed Cuts of Beef. I have the students refer to their beef packet to the Name of the Carcass sheet.

Students will complete their chart as we discuss the beef carcass.

I identify the area of support and the area of locomotion on the chart and identify them as tender or less tender cuts of meat. Then explain the difference between the proper method of cooking for the tender or less tender cuts.

From the chart, I identify and explain for them the difference between the wholesale and retail cuts. I go through the chart by pointing to each wholesale cut and I name and identify the examples of retail cuts. I asked them to identify whether or not it is tender or less tender and what method of cooking they would use as they complete their chart for the information.

Go through information on meat study sheet and resource handouts on what you specifically want the students to know. Explain in detail the different methods of Cooking - Dry heat, Moist heat and Cooking in Fat. Grades of Beef, Inspection, Principles of Meat Cookery, Nutrients in Meat, Use of a Meat Thermometer, Proper storage, thawing and cooking of meat, Determining number of servings for cuts of meat, Bone shapes, Ways to tenderize meat, Marbling, as ideas of importance. Go through the handouts and identify and explain specific points of interests.

Show a video on beef for review. I like Cooking Today's Beef from the Beef Council, 24 minutes.

### Bibliography

National LiveStock and Meat Board, 1982.

Meat Board Test Kitchen, 1992.

Utah Beef Council.

### Authors

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