

#10525

COOKING BASICS: MEAT

LEARNING ZONE EXPRESS, 2001
GRADE LEVEL: 5-13+
21 MINUTES
1 INSTRUCTIONAL GRAPHIC INCLUDED



DESCRIPTION

Discusses what meat is (pork, veal, beef, and lamb), its nutritional value, and various cuts of meat. Details labeling information on meat before demonstrating ways to cook both tender and tough cuts. Covers roasting, broiling, pan and stir-frying, and braising/stewing. Offers recipes, tips, and hints for preparation, and briefly reviews.

ACADEMIC STANDARDS

Subject Area: Life Work

- Standard: Manages money effectively.
 - ♦ Benchmark: Uses sound buying principles (e.g., comparing costs and benefits, making informed choices) for purchasing goods and services.

Subject Area: Health

- Standard: Understands essential concepts about nutrition and diet.
 - ♦ Benchmark: Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition).
 - ♦ Benchmark: Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle.
 - ♦ Benchmark: Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels).
 - ♦ Benchmark: Knows local, state, federal, and private agencies that protect and/or inform the consumer (e.g., FDA, EPA, OSHA, local prosecutor's office).

INSTRUCTIONAL GOALS

1. To know that comparing costs and benefits of different types of meat is a sound buying principle.
2. To be aware of all the nutritional information found on meat labels.

C a p t i o n e d M e d i a P r o g r a m

3. To be familiar with the basic dietary needs of the human body.
4. To know where and how to write a letter to the company found on the label.
5. To comprehend the Food Guide Pyramid.

VOCABULARY

- | | |
|----------------------|--------------------|
| 1. browning | 7. prime |
| 2. choice | 8. retail cuts |
| 3. connective tissue | 9. select |
| 4. crock pot | 10. stock |
| 5. Dutch oven | 11. tenderize |
| 6. marinate | 12. wholesale cuts |

BEFORE SHOWING

Check for food allergies in your classroom before attempting any recipe.

AFTER SHOWING

Discussion Items and Questions

1. What nutritional value does meat have? What is considered a serving size?
2. What are two basic parts of meat?
3. Why is it important to know about the different cuts of meat?
4. What can you learn from the label of a meat package?
5. How can you get the most for your money?
6. What kinds of meat are best for broiling or grilling? Roasting?
7. What is *par broiling*?
8. What is *marinade*?
9. What is *braising*? What meat is best prepared this way?
10. What are three convenience-meat products?
11. Where does meat fit into the Food Guide Pyramid?

Applications and Activities

1. Hand out recipes seen in the media. (See INSTRUCTIONAL GRAPHICS.)
2. Compare the cost of lean meat to meat high in fat.
3. Have students bring in labels from meat products.
 - a. Read thoroughly all information given on packaging.
 - b. Write down complete ingredients and grams of protein, carbohydrates, and fat per serving.
4. Using books, brochures, and charts, review the six basic dietary requirements for maintaining a healthy body (i.e., carbohydrates, protein, fat, vitamins, minerals, and water) and look for these on the label.
5. Write a business letter to the company found on the label requesting more nutrition information.
6. Study the Food Guide Pyramid. Notice the daily allowance of meat suggested.

INSTRUCTIONAL GRAPHIC

- RECIPES

RELATED RESOURCES

Captioned Media Program

- [*15 Minute Noodle: Love That Pasta! Exploring the Versatility of Pasta #10657*](#)
- [*Cooking Basics: Pizza #10526*](#)
- [*The Five Food Groups #2658*](#)
- [*Video Cooking Library: Seven Simple Chicken Dishes #7894*](#)

World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- MY PYRAMID

<http://www.mypyramid.gov/>
From the USDA Web site;
gives an estimate of what
and how much you need to
eat; enter your age, gender,
and activity level.



- COOKS.COM

<http://www.cooks.com/rec/search?q=meat>
Links to meat recipes.

- **UNITED STATES DEPARTMENT OF AGRICULTURE: FOOD SAFETY**

http://www.fsis.usda.gov/Help/FAQs_Food_Safety/index.asp

Help section of the USDA Web site. Offers answers to questions regarding spoilage, cross-contamination, foodborne illnesses, how meat is inspected, and other information.



- **GLOSSARIST**

<http://www.glossarist.com/glossaries/lifestyle/cooking.asp>

Provides a list of specialty-food glossary links.

BEEF STIR-FRY WITH PEPPERS AND TOMATOES

INGREDIENTS:

12 ounces beef steak, sliced into thin 2-inch strips
1 tablespoon vegetable oil
1 clove garlic, minced or 1 teaspoon garlic powder
1 tablespoon minced fresh ginger or 1 teaspoon ground ginger
2 green onions, chopped
2 green peppers, cored and cut into ¼-inch strips
2 tomatoes cut into wedges
¼ cup "stir fry" sauce

Heat a wok or large frying pan with the oil and add the garlic, ginger, and onions. Stir-fry for a minute, then add the beef and continue to stir-fry until lightly browned, but not completely cooked. Add the peppers and cook for another minute, then add the tomatoes. Add sauce to the stir-fry. Cool until the sauce thickens and serve immediately over rice or noodles.

POT ROAST WITH VEGETABLES

INGREDIENTS:

1 tablespoon of oil
2-3 pound beef roast
2 medium onions, sliced
½ teaspoon cinnamon
½ teaspoon allspice
Salt and pepper
3 red potatoes
3 sweet potatoes
4 carrots, peeled and cut into pieces

Heat the oil in a Dutch oven (heavy fry pan) over medium-high heat. Brown the meat on both sides. Add the onion and continue to cook over medium heat until browned. Add enough water to the pan to cover the meat and the salt, pepper, cinnamon, and allspice. Bring the liquid to a boil, then cover and cook on low heat for about 1 hour. Add the vegetables to the pan and continue cooking for another hour.

FAVORITE BEEF STROGANOFF

IN A SLOW COOKER

INGREDIENTS:

2 pounds round steak
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 onion, sliced
 $\frac{1}{4}$ teaspoon garlic salt
1 tablespoon Worcestershire sauce
1 $\frac{1}{2}$ cups beef broth
1 tablespoon catsup
1 can mushrooms, drained
 $\frac{1}{2}$ cup water
 $\frac{1}{3}$ cup flour
1 cup sour cream

Cut steak into $\frac{1}{4}$ -inch strips. Coat with salt and pepper. Drop into the bottom of a slow cooker with the onion. Mix the next four ingredients, and pour over the meat. Cover and cook on low for 6-8 hours or until tender. Add mushrooms. Then mix flour with a small amount of water in a 2-cup measurer with a fork or whisk. Add to the meat and mix. Cook on high for about 15 minutes or until thickened. Stir in the sour cream and turn off the heat. Serve over noodles or rice.

