

Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
-
-
-
-

Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
-
-
-
-

beef

The meat from cattle that is over a year old.

- FOLD -

01 of 17 E-Flash Cards



carryover cooking

Occurs when meat is removed from the heat and the temperature inside the meat continues to rise.

- FOLD -

02 of 17 E-Flash Cards



casing

A thin skin shaped like a tube; holds ground meats such as sausage.

- FOLD -

03 of 17 E-Flash Cards



connective tissue

Long, thin tissue that holds muscles together.

- FOLD -

04 of 17 E-Flash Cards

cuts

Animal carcasses cut into smaller portions.

- FOLD -

05 of 17 E-Flash Cards



freezer burn

Pale, dry, tough patches appearing on food that has been in the freezer too long.

- FOLD -

06 of 17 E-Flash Cards



lamb

The meat from a sheep that is less than one year old.

- FOLD -

07 of 17 E-Flash Cards



marbling

Streaks of fat running through lean meat.

- FOLD -

08 of 17 E-Flash Cards

mutton

Meat from an older sheep.

- FOLD -

09 of 17 E-Flash Cards



Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry

pork

The meat from pigs.

- FOLD -

10 of 17 E-Flash Cards



Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry

poultry

Any bird raised for meat.

- FOLD -

11 of 17 E-Flash Cards



Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry

prime

The top grade of beef and veal.

- FOLD -

12 of 17 E-Flash Cards

processed meat

Any meats that have been prepared in some way other than cutting or grinding.

- FOLD -

13 of 17 E-Flash Cards



quality grade

An evaluation system for beef based on the age of the animal, amount of marbling, and the color and texture of the muscle.

- FOLD -

14 of 17 E-Flash Cards



sodium nitrite

An ingredient added to cured meats. It gives them a pink color and helps to preserve them.

- FOLD -

15 of 17 E-Flash Cards



variety meats

The organs of an animal.

- FOLD -

16 of 17 E-Flash Cards

veal

The meat from cattle that is a few weeks old.

- FOLD -

17 of 17 E-Flash Cards



Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry

- FOLD -



Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry

- FOLD -



Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry

- FOLD -