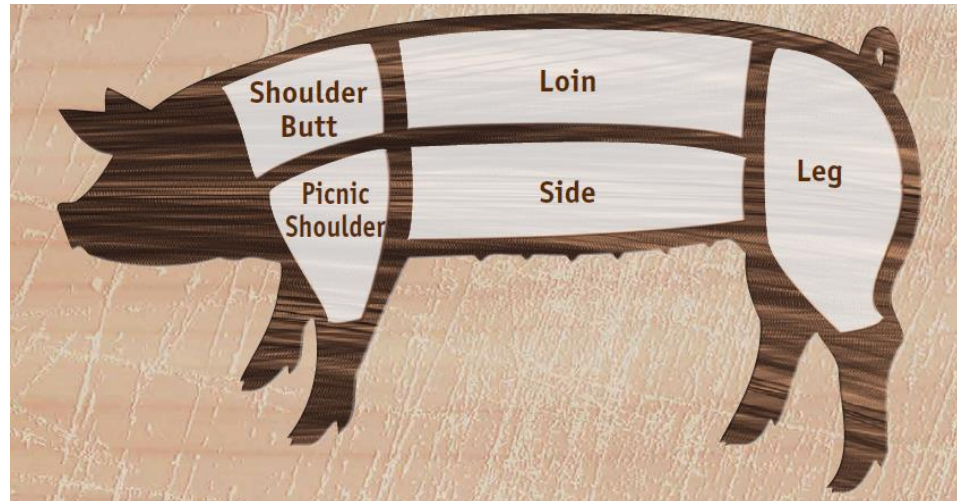
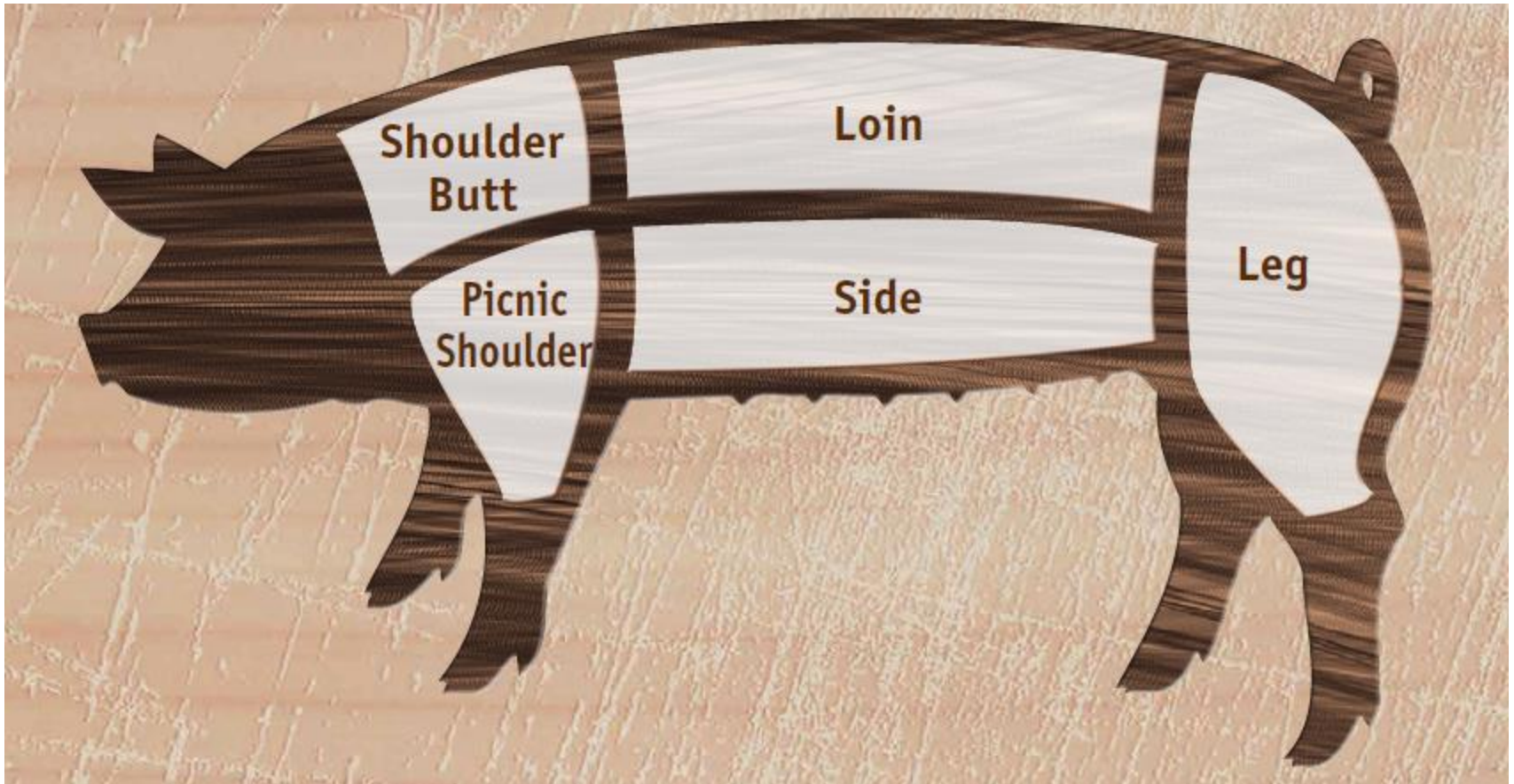


Understanding Pork



- Pork is the world's most widely consumed meat product
- U.S. is 3rd in world production
- Texas ranks 14th in national production

5 Primal Cuts



Spareribs

- Comes from the Side
- Can be cooked by Roasting/Baking, Grilling, or Braising



Picnic Roast



- Comes from the Picnic Shoulder
- Can be cooked by Roasting/Baking or Braising

Ground Pork

- Primarily from the Shoulder Butt
- Can be cooked by Grilling or Sauteing



Chops



- Comes from the Loin
- Can be cooked by Roasting/Baking, Broiling, Sauteing, or Braising

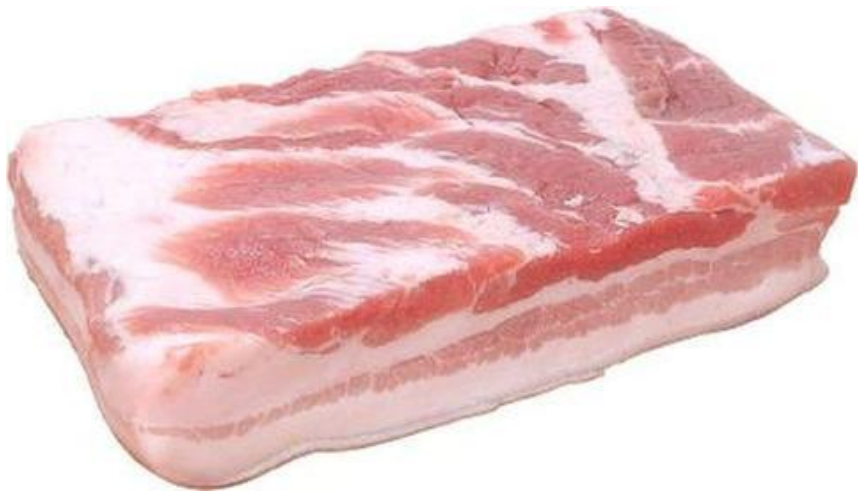


Ham



- Comes from the Leg
- Can be cooked by Roasting/Baking or Barbecuing
- Ham Steaks can be cooked by Broiling or Sauteing

Bacon



- Comes from the side
- Can be cooked by Roasting/Baking or Braising

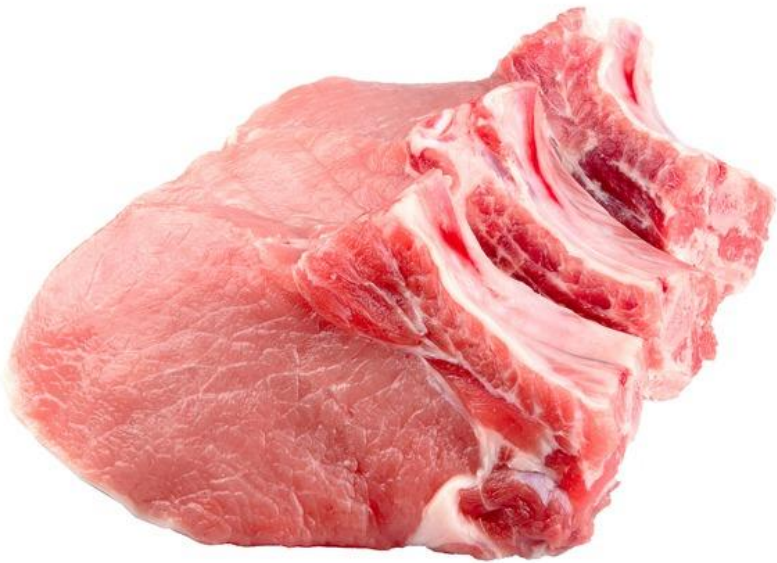
Back Ribs



- Comes from the Loin
- Can be cooked by Roasting/Baking, Barbecuing, or Braising

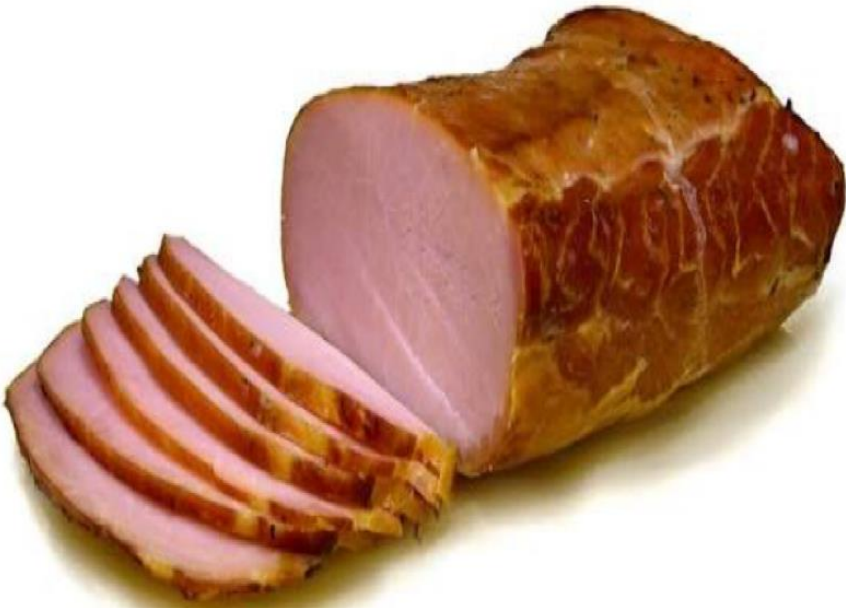
Center Rib Roast

- Comes from the Loin
- Can be cooked by Roasting/Baking or Barbecuing



Canadian Bacon

- Comes from the Loin
- Usually cured and used with other foods (pizza, snack foods)



Smoked Hocks



- Comes from the Picnic Shoulder
- Usually already cured meat

Blade Roast



- Comes from the Shoulder Butt
- Can be cooked by Roasting/Baking or Barbecuing

Tenderloin



- Comes from the Loin
- Can be cooked by Roasting/Baking, Broiling, Sauteing, or Braising

Pork Nutrition

- Also known as a “white meat”
- Compares favorably with other meats in poultry in regards to fats, calories, and cholesterol
- Six cuts are considered lean or extra lean
 - Less than 10 grams total fat; 4.5 grams saturated fat, 95 milligrams cholesterol per serving
 - Look for term “loin” or “chop” when looking for lean cut of pork

Pork Nutrition

- Nine Key Nutrients
 1. Protein
 2. Selenium
 3. Niacin
 4. Phosphorus
 5. Thiamine
 6. Vitamin B6
 7. Riboflavin
 8. Zinc
 9. Potassium

HEALTH CONNECTION

NUTRITION FACTS LABEL



Serving Size: 3 ounces Pork Tenderloin	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

A 3 ounce serving of pork is considered an excellent source of:

- *Protein* - the building block for bone, muscles, skin, and blood
- *Thiamin* - a B vitamin which helps convert food to energy
- *Niacin* - also a B vitamin which is essential for healthy skin, blood cells, brain and nervous system
- *Phosphorus* - a mineral which helps build strong bones and teeth
- *Riboflavin* - another B vitamin which is important for maintaining normal vision
- *Zinc* - found in all body cells
- *Potassium* - a mineral which balances body fluids and is needed for muscle contractions

Grilling/Cooking

- Safely cooked to an internal temperature of 145° F.
- Ground pork should be cooked to 160° F.
- Two Basic Methods for Cooking:
 - Dry heat
 - Moist heat

Dry Heat Methods

- Best applied to naturally tender cuts of meat
 - Loin chops, strips, roasts, ham and bacon
- Includes
 - Grilling (small and large cuts of meat)
 - Broiling (chops, kabob and pork patties)
 - Sauteing (chops, cutlets and strips)
 - Pan-broiling (chops, tenderloin, medallions, ham slices, bacon, ground pork patties)
 - Roasting (roasts and ham)

Moist Heat Methods

- Best applied to less tender cuts of meat
 - Shoulder cubes
- Includes
 - Stewing
 - Braising

Let's Practice

Question #1

What is this product?

1. Apricot
2. Peach
3. Nectarine
4. Plum

Varieties adapted to Texas include Blenheim, Chinese, Moorpark, and _____.

- A. Cavendish
- B. Red Globe
- C. Bryan
- D. Silver Queen



Question #2

What is this product?

1. Tomato
2. Pomegranate
3. Persimmon
4. Tomatillo



The acidity in unripe fruit is caused by _____.

- A. Oxygen
- B. Roots
- C. Rain
- D. Tannins

Question #3

What is this product?

1. Leg cutlet
2. Butterfly chop
3. Shoulder roast
4. Ribeye



On average, a market hog weighing 265 pounds will produce _____ servings of pork.

- A. 452
- B. 206
- C. 150
- D. 371

Question #4

What is this product?

1. Beet
2. Turnip
3. Radish
4. Carrot



Store this at a humidity level of 90-98%. Quality grades include:

- A. Colossal and Jumbo
- B. US Fancy and US No. 1
- C. Texas Choice and Texas Fancy
- D. US No. 1 and US No. 2

Question #5

What is this product?

1. Parsley
2. Rosemary
3. Dill
4. Basil



This grows best in well-drained soil with a pH of:

- A. 5.8-6.5
- B. 7.0-8.5
- C. 2.5-3.7
- D. 8.0-9.5

Question #6

What is this product?

1. Garlic
2. Celery
3. Turnip
4. Leek



This will wilt if stored in low humidity. This product is available from:

- A. February-May
- B. August-October
- C. December-May
- D. July-September

Question #7

What is this product?

1. Summer Squash
2. Watermelon
3. Winter Squash
4. Mango



For short term storage of 7 days or less, store this product in an area with _____ humidity.

- A. 85-95%
- B. 60-65%
- C. 40-50%
- D. 70-80%

Question #8

What is this product?

1. Prime Rib
2. Short Rib
3. Brisket
4. Skirt Steak



This cut of meat has a tremendous amount of _____ throughout.

- A. Tendons
- B. Marbling
- C. Connective tissue
- D. Bones

Question #9

What is this product?

1. Mango
2. Guava
3. Papaya
4. Mandarin



Well-tended plants should produce fruit within a year of planting, with mature plants capable of producing ___ pounds per year.

- A. 50 to 60
- B. 275 to 425
- C. 100 to 200
- D. 30 to 40

Question #10

What is this product?

1. Raspberry
2. Blueberry
3. Blackberry
4. Strawberry



The most serious fungal disease that causes large misshapen blooms with wrinkled petals is called:

- A. Orange Rust
- B. Witches Broom
- C. White Drupelet
- D. Iron Deficiency

How Did You Do?

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