

What is this?



Ginger



Understanding the Meat Label



Importance of a Meat Label

- Shows what you are buying
- Shows how much you pay for the packaged portion
- Shows how much you pay per pound
- May include cooking instructions
- May show the grade of meat

1. Name of Cut
2. Short Description
3. Sell-By-Date
4. Net Weight of Product
5. Price Per Pound
6. Total Price



Cooking Instructions

- If a product is not fully cooked or ready-to-eat, the label may provide information on proper cooking.

Beef Bottom Round Roast Cooking Instructions [Suggested Roasting Method For Medium/Medium Rare Beef]

1. If this product is frozen, make sure it is completely thawed in the refrigerator before cooking.
2. Preheat the oven to 405degreesF.
3. Remove the meat from the refrigerator and season it as desired.
4. Place the beef on a rack in a shallow roasting pan, fat side up. Do not cover the meat.
5. Cook the beef 15 to 30 minutes per pound. Check the internal temperature of the roast with a meat thermometer. When the internal temperature reaches 140degreesF, remove the roast from the oven.
6. Remove the roast from the pan and place it on a cutting board. Cover the roast loosely with aluminum foil and let it rest for 15 minutes. The internal temperature will continue to rise during the resting period and should reach 150degreesF, which indicates medium/medium rare doneness. *Note: It is recommended that beef reach an internal temperature of at least 145degreesF for safe consumption. For medium well or well done, a longer roasting time is required.*
7. After the appropriate resting period, the roast is ready for carving.

Proper Internal Cooking Temperatures

	STEAK	REST TIME: AND ALLOW TO REST FOR AT LEAST 3 MINUTES	145 °F
	POULTRY	(BREASTS, WHOLE BIRD, LEGS, THIGHS, AND WINGS, GROUND POULTRY, AND STUFFING)	165 °F
	PORK		145 °F
	GROUND MEAT		160 °F
	FISH AND SHELLFISH		145 °F
	FULLY COOKED HAM		165 °F
	LEFTOVERS		165 °F
	CASSEROLES		165 °F

Safe Handling Instructions

- The food label on raw beef or beef that is not fully cooked will also contain food safety and handling instructions, which are required by the USDA.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in the refrigerator.



Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

Fully Cooked/Ready-To-Eat/Heat and Eat

- Some beef products are precooked, so the food label will indicate that the product is “fully cooked” or “ready to eat”
 - Lunchmeat, Beef Jerky
- Other products, such as canned goods, are precooked, but taste much better if they are heated before they are consumed (heat and eat).
 - Canned meat

Nutrition Labeling

- All commercially prepared and packaged products are required to provide nutritional information on the food label
- Raw meat cuts in a food store or butcher shop are exempt from this requirement
- The nutritional information shown on the label should include calories, fat and cholesterol content, protein, fiber, sugars, sodium, and various vitamins and minerals

Beef Nutrition Facts

Serving Size:	
3 ounces lean beef	
<hr/>	
Amount per serving	
Calories	170
<hr/>	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 3mg	15%
Potassium 288mg	6%
<hr/>	
<small>*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.</small>	
<hr/>	
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

How large is a 3 ounce serving?



A 3 ounce serving of beef...

- Can provide half the daily value of protein (25 grams)
- Provides 10 essential nutrients:
 - Zinc
 - Iron
 - Protein
 - Vitamin B6
 - Vitamin B12
 - Choline
 - Selenium
 - Niacin
 - Riboflavin
 - Phosphorus

A Practice Contest

Question #1

What is this product?

1. Shrimp
2. Crayfish
3. Catfish
4. Crab



Which of the following is not a Texas native species of this product?

- A. Brown
- B. Red
- C. White
- D. Pink

Question #2

What is this product?

1. Pecan
2. Kiwi
3. Pistachio
4. Persimmon



What region of Texas is this product grown?

- A. West Texas
- B. Rio Grande Valley
- C. Central Texas
- D. East Texas

Question #3

What is this product?

1. Porterhouse Steak
2. Top Sirloin Steak
3. T-bone Steak
4. Ribeye Steak



How many calories does a 3 ounce portion of this product contain?

- A. 150 calories
- B. 170 calories
- C. 200 calories
- D. 230 calories

Question #4

What is this product?

1. Apricot
2. Orange
3. Tangerine
4. Nectarine



What is a nickname for this product?

- A. Hairless orange
- B. Fuzzless peach
- C. Fuzeless orange
- D. Hairless orange

Question #5

What is this product?

1. Fig Grape
2. Grape
3. Fig
4. Persimmon



What part of this product is edible?

- A. Stem tissue
- B. Skin
- C. Pit
- D. Root

Question #6

What is this product?

1. Cranberries
2. Persimmons
3. Mayhaws
4. Jujubes

What tree family is this product produced from?

- A. Hawthorne family
- B. Kumquat family
- C. Oak family
- D. Cork family



Question #7

What is this product?

1. Drumette
2. Drumstick
3. Leg Quarter
4. Whole Leg

To what internal temperature should this product be cooked to?

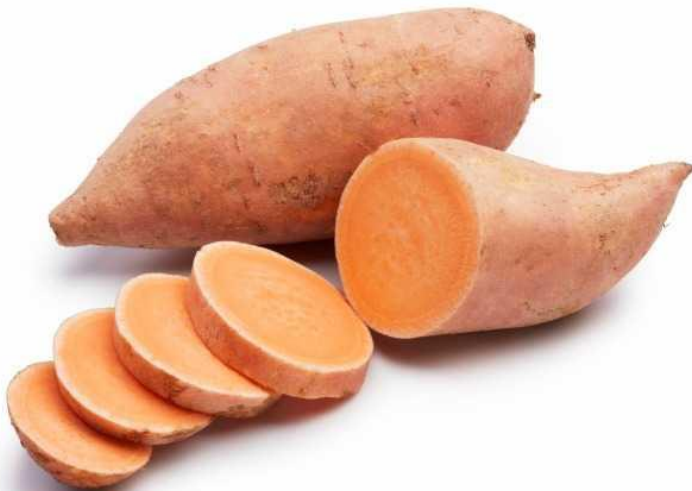
- A. 145 degrees
- B. 150 degrees
- C. 160 degrees
- D. 165 degrees



Question #8

What is this product?

1. Potato
2. Sweet Potato
3. Parsnips
4. Golden Turnip



Where does Texas rank nationally in terms of production of this product?

- A. 2nd
- B. 3rd
- C. 4th
- D. 5th

Question #9

What is this product?

1. Skirt Steak
2. Beef for Stew
3. Filet Mignon
4. Prime Rib



Which of the following is true about this product?

- A. Thick Cut
- B. Best Boiled
- C. Best to Marinate First
- D. Bland Flavor

Question #10

What is this product?

1. Breast Quarter
2. Breast Quarter without Wing
3. Split Breast
4. Half Chicken



Which part of the production cycle for this product is responsible for the incubation and hatching of fertile eggs?

- A. Broiler Breeder
- B. Hatchery
- C. Grow-Out Farms
- D. Processing

How Did You Do?

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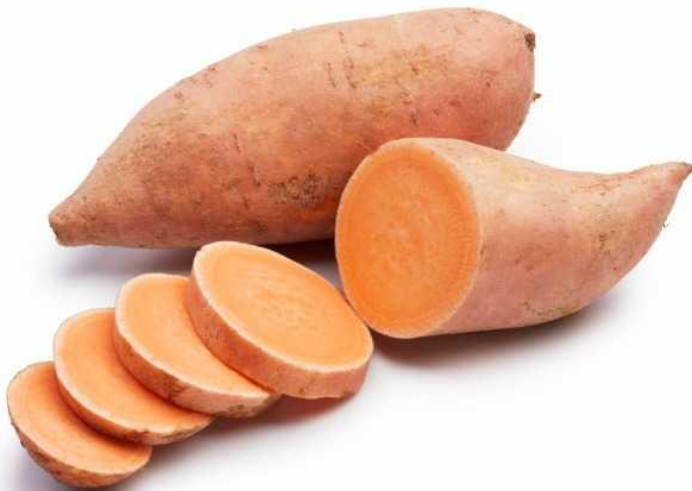
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