

ACTIVITY

Muscle Food

Directions: Answer the following questions on the lines provided.

- 1. Which high-quality nutrient in meat, poultry, and fish is important for building and repairing body tissue, especially during the teen years?

- 2. What B vitamins do meat, poultry, and fish provide?

- 3. What minerals are provided by meat, poultry, and fish (including fish with edible bones)?

- 4. How many Pyramid servings of meat, fish, and poultry do you need daily?

- 5. What other protein-rich foods are grouped with meat, fish, and poultry in MyPyramid?

- 6. How many ounces of protein-rich foods do you need each day?

Directions: In the space provided, write the letter of the choice that BEST answers each question.

- _____ 7. Which is low in fat, but high in cholesterol?
A. finfish B. chicken C. lobster
- _____ 8. Which choice is lowest in fat?
A. catfish B. chicken leg C. organ meats
- _____ 9. Which choice has the least saturated fat?
A. lamb B. chicken C. beef rib steak
- _____ 10. Which finfish is lowest in fat?
A. flounder B. salmon C. mackerel

ACTIVITY

Smart Shopping

Directions: Answer the following questions in the space provided.

1. What are two ways to limit portions of high-fat meat, poultry, or fish?

2. What are two things to check for freshness and quality on a package of chicken breasts?

3. What are two ways to tell whether a cut of beef or lamb is lean?

4. What grades of beef, lamb, and veal tend to be highest in fat?

Directions: From the foods listed below, choose the one that meets the requirements of each item and write your choice on the line provided.

- | | |
|----------------------|----------------------------------|
| Ground beef chili | Boneless pork loin roast |
| Broiled haddock | Well-marbled beef sirloin |
| Stir-fry with shrimp | Braised beef pot roast (bone in) |

5. Lowest in fat and cholesterol: _____

6. Most servings per pound: _____

7. Most economical: _____

8. When cost and fat content don't matter: _____

9. Quick cooking: _____

10. Long, slow cooking to make tender: _____

ACTIVITY

Cooking Up a Feast

Directions: Read about Samantha’s shopping and dinner preparations. Select the best word from the list for each of the numbered blanks in the paragraph, and write it on the line next to the corresponding number.

- | | | | | |
|---------|---------------|-------------|--------------|-------------|
| fat | freezer paper | plastic bag | refrigerator | small bowl |
| freezer | marinade | plate | sauce | thermometer |

One morning, Samantha bought a pound of ground beef, salmon steaks, and a whole roasting chicken. The chicken was for dinner that evening, so she slipped the package into a (1), which she set on a (2) in the refrigerator. She divided the ground beef into two parts. One part, meant for spaghetti sauce several days later, went into a (3) with a cover. She wrapped the rest in (4) and put both parts in the (5). The salmon steaks were to be grilled at a cook-out the following night. In a bowl, Samantha mixed up a (6) made of a little oil, lemon juice, and herbs. Then she set the salmon in the liquid, covered the bowl tightly with plastic wrap, and placed it in the (7). In the afternoon, she started preparing the chicken. She removed visible (8) from around the cavity and rubbed herbs into the skin. She put a meat (9) into the breast of the chicken, which she set in a roasting pan and slipped into a preheated oven. When the thermometer read 165°F and the skin was brown and crispy, she removed the pan from the oven, poured off most of the fat, and made a light (10) from the pan juices.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Directions: Answer the following questions on the lines provided.

11. Why is it important to wrap refrigerated meat packages tightly?

12. What are two ways to protect the quality of meat and fish stored in the freezer?

Poultry

Shopping for Poultry

Directions: Read the situations described below. Answer each question on the lines provided.

1. Mark wanted to fry chicken for supper. Hens were on sale at the supermarket, so he bought one. What word would most likely describe the fried hen he made?

2. Jasmine is looking at chicken breasts. The boneless chicken breasts are \$3.99 a pound. The split chicken breasts contain the chicken breast bone but cost \$2.49 a pound. Which is the better buy to serve four people? Why?

3. Madison is looking at two whole chickens. One is labeled Grade A and one is Grade B. What is the difference between the two grades?

4. Justin often buys ground turkey instead of ground beef because he believes it is lower in fat. He has learned that the meat market where he shops puts turkey skin in the ground turkey. What affect does this have on the fat content of the ground turkey?

5. Hayley always buys pieces of chicken with the bones in them because they are so much less expensive than the boneless. Is she actually saving money?

Poultry

Poultry Math



Directions: Read the situations below and write your calculations in the box under each situation. Write your answers on the lines provided on the right-hand side of each box.

1. Beth is buying 3 pounds of chicken thighs for \$1.29 per pound. How much will she pay? How many servings will the thighs provide?

2. Dan is buying turkey cutlets for \$2.69 per pound. The package weighs 4 pounds, 8 ounces. How much will the cutlets cost?

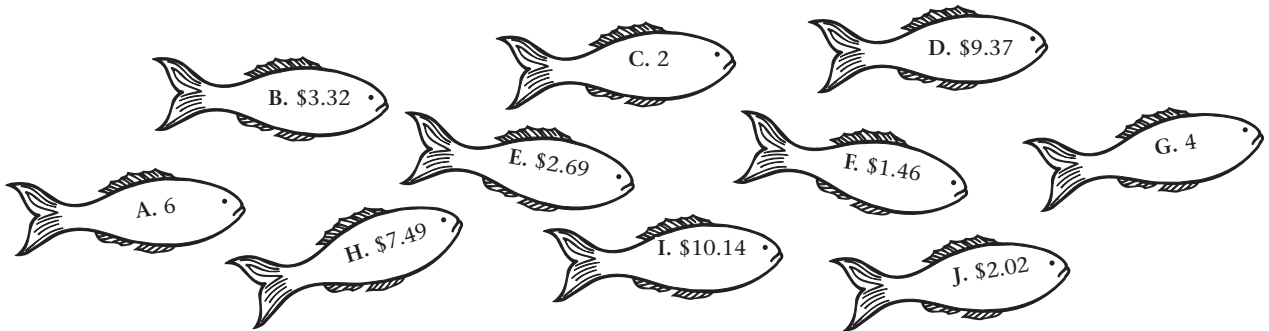
3. Kyle bought a 2 pound (1000 g) fryer for \$1.19 a pound. How many servings will the fryer make? What will his cost per serving be?

4. Michael is having 12 people at his house for a family dinner. He wants to roast a turkey. How large a turkey would he need to serve everyone? He'd also like to buy 4 pounds extra for turkey sandwiches. If turkey costs \$1.19 per pound, how much would a turkey big enough for dinner and sandwiches cost?

Fish and Shellfish

Fishy Calculations

Directions: Read the problems below and calculate the answers to each question. In the blank to the left of the question, write the letter of the fish that contains the answer to the problem.



- _____ 1. Jason bought cod fillets for dinner. The cod cost \$4.99 per pound and had a net weight of 1 lb. 8 oz. How much did Jason pay for the fish?
- _____ 2. The fresh red snapper fillets Lauren was looking at cost \$4.39 per pound. If she bought 3 pounds, how much would the fillets cost per serving?
- _____ 3. Andy needs 24 oz. of tuna for a casserole. The 6 oz. cans cost \$0.83 and the 12 oz. cans cost \$2.09. What would he pay if he buys the most economical size?
- _____ 4. Michelle caught a 4 lb. trout on a fishing trip. How many servings will the fish provide?
- _____ 5. Tim bought 2 pounds of pollock at \$2.99 per pound and a can of red salmon for \$3.39. How much was his total bill?
- _____ 6. Luis bought 2 pounds of salmon steaks at \$6.99 per pound. How many servings will the steaks make?
- _____ 7. Alyssa bought a package of frozen perch for \$3.49, and 1 lb. of orange roughy for \$4.49. She gave the grocery clerk \$10.00. How much change did she get back?

Fish and Shellfish

What Would You Do?

Directions: Read each situation described below. Answer the questions on the lines provided.

1. You've decided to try to increase your intake of calcium. What fish could you eat to accomplish this goal?

2. You have bought a fresh fish to serve next week. How will you store it until then?

3. You like shellfish, but have never prepared it before. Your store has fresh crab and crab-flavored surimi. If they cost about the same per pound, which would you buy? Why?

4. The fish you prepared is dry and mealy. It fell apart when you tried to eat it with your fork. What would you do next time to avoid this problem?

5. You want to try broiling fish for the first time. What steps would you take to do this?

Meat

How Much Does a Serving Cost?

Directions: Listed below are several cuts of meat and their cost per pound. Also given are the number of servings the meat provides per pound. Figure the cost per serving for each meat and answer the question below on the lines provided.

Cut of Meat	Cost Per Pound	Servings per Pound	Cost per Serving
Beef			
Ground Beef (lean)	\$2.19	4	1. _____
Ground Beef (regular)	\$1.79	4	2. _____
Sirloin Steak	\$4.19	4	3. _____
Bottom Round Roast	\$2.59	3	4. _____
Lamb			
Loin Chop	\$6.29	3	5. _____
Shoulder Roast	\$2.99	3	6. _____
Leg of Lamb Steak	\$3.79	3	7. _____
Pork			
Bacon	\$2.99	4	8. _____
Ham (boneless)	\$4.29	4	9. _____
Loin Chop	\$2.49	3	10. _____

11. What was the most expensive meat per pound? _____

12. Why do you think this cut was most expensive? _____

13. What was the least expensive meat per pound? _____

14. Why do you think this cut was least expensive? _____

15. What conclusions can you draw from this activity? _____

Meat

LOOK at the Label

Directions: Shown below is a label from a package of meat. Read the label and answer the questions on the lines provided.



1. What kind of meat is in this package? _____
2. How much does this meat cost per pound? _____
3. How much does the meat in this package weigh? _____
4. What is the price of this package of meat? _____
5. What does the date on the label mean? _____

6. What is the retail cut of this meat? _____
7. What grade is this meat? _____
8. Is this a tender or a less-tender cut of meat? _____
9. What are two ways you could cook this piece of meat?

10. How many servings could you get from this package of meat? _____
