



# Missouri 4-H

University of Missouri  
4-H Center for Youth Development

## Meats Project Brief

### Learning Objectives

- Cure fresh hams during December and January using curing mixture
- Learn how salt preserves and how a fresh product is drastically changed in appearance and flavor
- Identify retail cuts of beef/pork/lamb
- Select cuts of meat based on quality and freshness

### Fair Projects

- Ham
- Educational display on curing a ham
- Poster about retail and wholesale cuts of meats
- Flash cards for meat ID

### Demonstration Ideas

- How to cure a ham
- Cooking a meat dish
- How to determine if meat is done (temperature)
- Proper cooking techniques for different meats
- Meat grading

### Field Trips

- Local grocery store
- Meat and/or poultry processing plant -
- Local producer (beef, swine, poultry, lamb)
- Missouri Beef Industry Council

### Ideas for Speech Topics

- Health benefits of meat
- Promote beef, swine, lamb
- Radiation pros and cons
- Meat temperatures for cooking
- Grading

### Critical Thinking

- How does proper handling and care of animals affect meat quality?
- Describe practices that can help ensure food safety.
- Why are there different cooking methods for different cuts of meat?
- How do cuts differ from each species?
- How do maturity levels affect beef grading?
- How does PSE affect the quality of ham?
- Why shouldn't you use Borax on a ham?
- What factors affect eye appeal of a cured ham?

### Community Service

- Demonstration on how to cure a ham at nursing home
- Help pork producers or cattlemen at an event
- Work with skill-a-thons or ham check-in at state fair
- Raise money for Heifer International
- Work at a community food bank

### Science & Technology

How have you used the science and technology processes in this project area?

Examples:

- Science of muscles and reaction to stress
- Food Safety
- Food Preparation
- Understanding quality meats and desirable traits.
- Evaluation
- Collaborate

## Show Me Character

**Trustworthiness** - includes honesty, promise keeping and loyalty.

- Tell the truth, take credit for the foods you make
- Always deliver foods you've promised to someone on time
- Follow recipes and remember that it's ok to start over if you make a mistake

**Respect** - includes courtesy and proper treatment of people and things.

- Be accountable to your project group, leader and self
- Look at your recipes and change them if you are cooking for someone with food allergies
- Always try to better your skills- try new things!
- Try foods from different cultures, even if they are not something you would usually eat

**Responsibility** - includes the pursuit of excellence, accountability and perseverance.

- Learn about ways you can keep your body healthy
- Understand the importance of following recipes and measuring correctly
- Don't rush- give yourself plenty of time to make your exhibits

**Fairness** - involves consistently applying rules and standards appropriately for different age groups and ability levels.

- Allow everyone time to use materials and workspaces
- Don't judge people based on their products, only judge them on their character
- Be tolerant if something doesn't turn out the way you expected

**Caring** - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.

- Accept judges' decisions at art shows and fairs
- Share your goods with others
- Show others you are concerned with their health and nutrition

## Resources

### 115 Country Cured Hams

Y620 4-H Project Record

Y374 Country Ham Curing

LG374 County Ham Curing Leader's Guide

### 116 Meat Evaluation Project

Y620 4-H Project Record

Y1161 Meat Evaluation: Retail Cuts

Y1162 Meat Evaluation: Pork Carcasses

Y1163 Meat Evaluation: Beef Carcasses

**Citizenship** - includes making the home community and county a better place to live for themselves and others.

- Volunteer to donate your skills and products to community functions
- Plan events that showcase your talents and provide treats to others
- Learn about poverty and how you can impact others

## Show Me Standards

Missouri 4-H members will acquire the knowledge and skills to gather, analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:

- **Health/Physical Education** - consumer health issues (such as the effects of mass media and technologies on safety and health)
- **Communication Arts** - participating in formal and informal presentation and discussions of issues and ideas
- **Mathematics** - addition, subtraction, multiplication and division; other number sense, including numeration and estimation; and the application of these operations and concepts in the workplace and other situations.
- **Science** - characteristics and interactions of living organisms; impact of science, technology and human activity on resources and the environment
- **Social Studies** - economic concepts (including productivity and the market system) and principles (including the laws of supply and demand.)

Meat Cuts Identification Manual (for instructors), Meat Judging and Grading (for students) and Retail meat Cut ID Flash Card Set available from Instructional Materials Laboratory, University of Missouri, at [http://iml.missouri.edu/ProductList.aspx?cat\\_id=151](http://iml.missouri.edu/ProductList.aspx?cat_id=151) 1-800-669-2465.

Meat Judging Contest resources at <http://aggiemeat.tamu.edu/judging/id4H.html>

## To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone 1-800-292-0969

For additional resources check with your local University of Missouri Extension Center or the 4-H Source Book at <http://www.4-hmall.org/educationalresources.aspx>.