



Bits About Beef

Learn to identify wholesale and retail beef cuts and to organize and classify information..

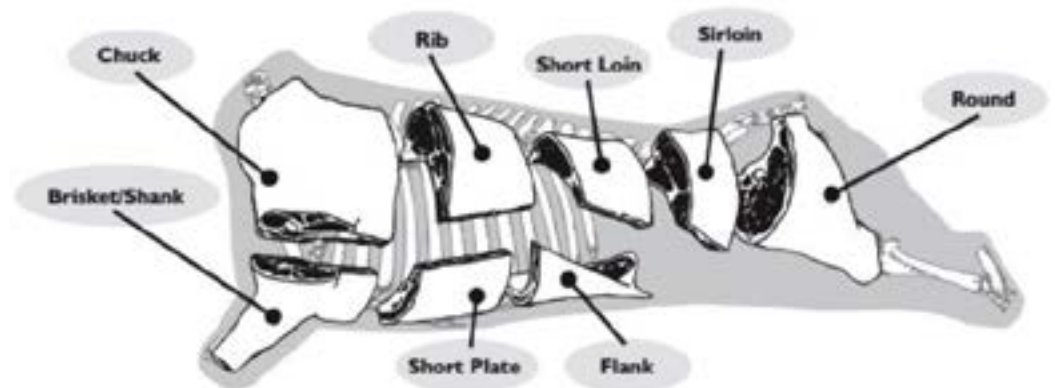


Background

Beef comes from cattle that are specially raised for meat production. Once these cattle are raised to an appropriate size they are sent to a meat processing plant where they are processed and cut into wholesale cuts. Wholesale cuts are large cuts of carcass that are sent to the supermarket. The supermarket butcher cuts the wholesale cuts into smaller retail cuts which are packaged and sold to the consumer. When purchasing a retail cut of beef, knowing its original location on the carcass (its wholesale cut) gives you an indication of how tender the meat will be and how it should be prepared.

Look at the chart below. This chart shows the wholesale cuts of beef on a complete beef carcass. Study the chart and discuss the different cuts and locations.

Beef Chart



Activity #1 Instructions (10 minutes)

1. After studying the chart, go to the beef carcass diagram on the last page and fill in the blanks with the correct wholesale cuts.
2. Keep practicing the cuts until you are successful without looking back for the answers.



Activity #1 Reflect and Apply Questions (5 minutes)

1. Why is it helpful to know the wholesale cut from which a retail cut is obtained when making meat selections?
2. Which area of the wholesale cuts do the most expensive cuts of meat come from?

Time

45 minutes

Materials

- Pencil
- Calculator
- Scratch paper
- Wholesale beef chart
- Wholesale beef chart without answers,

Space Required

- Room with table space for each youth.

Before the Meeting

Set up the classroom to your liking, make sure you have adequate color copies of the beef chart and the wholesale cuts chart that is blank.

Background for Activity 2

The young male beef animal, called a steer is ready for processing at about 18 months of age. Each steer weighs from 1,050 to 1,350 pounds and produces about one half of the live weight in the form of retail cuts for the consumer. Beef today is fabricated in the slaughter plant and sold as packaged cuts of trimmed (and often boneless) cuts to the supermarket. Some plants even produce retail cuts that are packaged and ready for sale when they leave the processing plant.

Activity 2 Instructions (15-20 minutes)

A steer is not all steak! From the data in the following table you can see below, that a 1,000 pound steer does not yield 1,000 pounds of meat. Its hide (skin and hair) alone may weigh as much as 100 lbs. In addition, the shanks, head, and intestines will reduce the original 1,000 lbs to about 615 lbs of carcass.

1. Using a calculator, determine the percentage of the wholesale cut that is used in the final retail cut (retail cut divided by the wholesale cut).
2. Which wholesale cut produces the greatest loss of useable meat (smallest % of usable meat)?
3. Which wholesale cut produces the least amount of loss (greatest % of usable meat)?

Live Weight	Wholesale Cuts	Wholesale Weight	Retail Weight	% Useable Meat
1000 pounds	Chuck	164.8 lbs.	134.3 lbs.	_____
	Rib	59.0 lbs.	47.5 lbs.	_____
	Loin	105.8 lbs.	77.7 lbs.	_____
	Round	137.8 lbs.	83.8 lbs.	_____
	Flank	32.0 lbs.	15.8 lbs.	_____
	Plate	51.0 lbs.	40.8 lbs.	_____
	Brisket	23.4 lbs.	9.4 lbs.	_____
	Ground Beef	19.1 lbs.	19.1 lbs.	_____

Using a calculator, determine the percentage of the wholesale cut that is used in the final retail cut (retail cut divided by wholesale cut). Which wholesale cut produces the greatest loss of useable meat (smallest % of useable

Total Retail Weight 432.0 lbs.
Total Fat and Bone 183.0 lbs.
Total Carcas Weight 615.0 lbs.

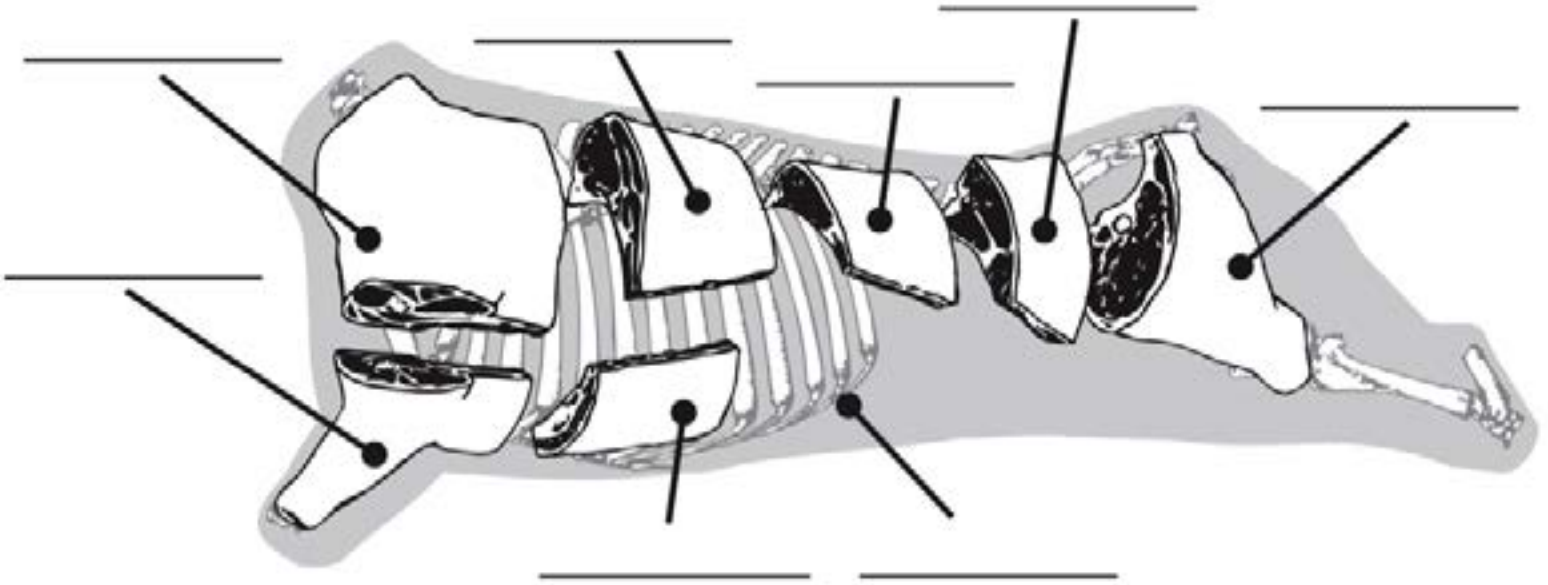
Reflect and Apply Questions (5-10 minutes)

1. How does knowing a cut of meat's region make you a better meat consumer?
2. Why is it important to obtain information on a product before purchasing it?
3. What questions do you ask before you make a selection? Do you consider quality, size, end use, and cost?
4. How does finding the answers to these questions help you become a better consumer?

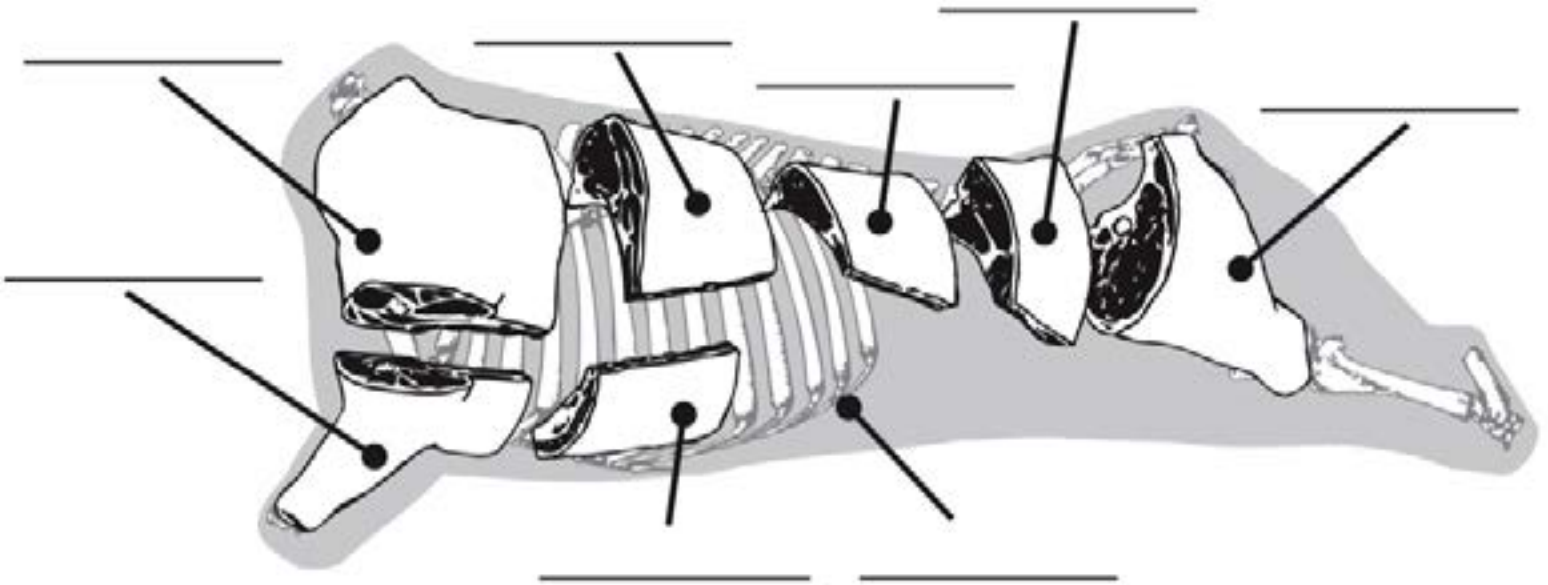
References

National Cattlemen's Beef Association, <http://www.beef.org>
Virginia Beef Industry Council, <http://www.vabeef.org/>
Beef Promotion and Research Board, <http://www.beefboard.org/>
How to Beef Up Your Dollar, VCE publication 458-003

Activiy I Wholesale Beef Cuts



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Activity 1 Reflect and Apply Questions

1. **Why is it helpful to know the wholesale cut from which a retail cut is obtained when making meat selections?**
need to answer
2. **Which area of the wholesale cuts do the most expensive cuts of meat come from?**
need to answer



Activity 2 Reflect and Apply Questions

1. **How does knowing a cut of meat's region make you a better meat consumer?**
need to answer
2. **Why is it important to obtain information on a product before purchasing it?**
need to answer
3. **What questions do you ask before you make a selection? Do you consider quality, size, end use, and cost?**
need to answer
4. **How does finding the answers to these questions help you become a better consumer?**
need to answer

REFLECT AND APPLY
ANSWER SHEET