



Learning About Lamb

Learn how to organize and classify wholesale cuts of lamb and identify some retail cuts of lamb that derive from each of the wholesale cuts of lamb.



Background

Imagine you have decided to dine at the fanciest restaurant in town. You are seated at a nice table and handed a menu. After ordering some ice tea, you glance down at the menu and find that all of the entrees are selections from lamb and sheep! Would you order any of these selections? Americans are not known for their consumption of meat from sheep so finding only lamb and mutton on the menu would probably be a big surprise!

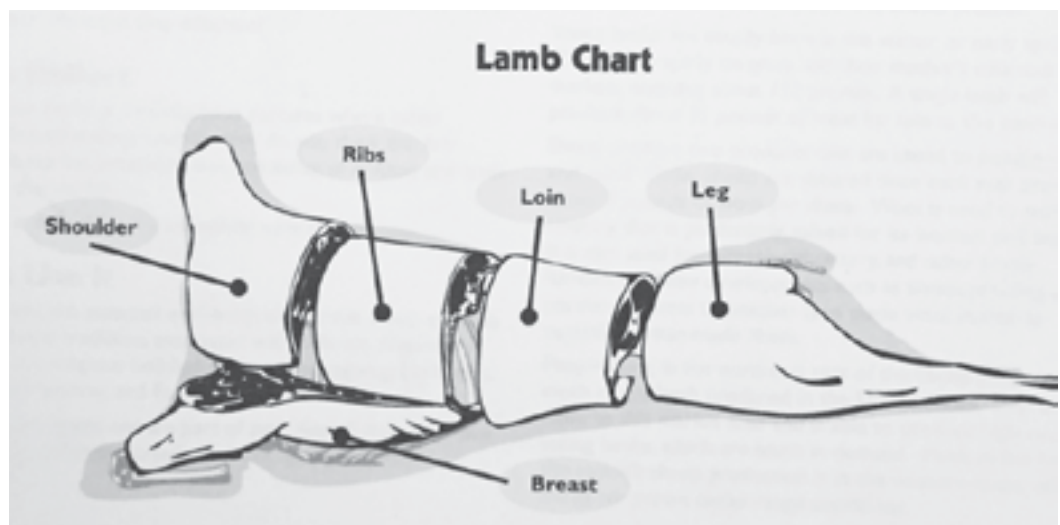
You may not know it, but lamb is the meat from a sheep less than one year of age. Mutton is the name given to meat from older sheep and most mutton is consumed as some form of cooked or processed meat. Americans do not eat a large amount of lamb or mutton. In fact, the average amount of lamb eaten per person in the United States is less than one pound of cooked lamb per year. Compare that to the 69 pounds of beef or the 54 pounds of pork each American eats each year!

Despite the fact that Americans eat little lamb or mutton, it is still a meat product that is produced in large quantities in the United States. In 2001, 4 million pounds of lamb were produced in the United States, but another 135 million pounds of lamb were imported, with Australia and New Zealand being the source of more than 98 percent of that product.



Activity #1, Instructions (5-10 minutes)

Study the Wholesale lamb chart and discuss the different wholesale cuts and their locations with a partner. After studying the cuts for 5 minutes use the diagram of the wholesale lamb carcass without the answers and place your answers of the cuts on the lines provided on the chart.



Time

35 minutes total

Materials

- Pencil
- Paper
- Cookbooks with lamb recommendations

Space Required

Room with table space for each youth.








Before the Meeting

Set up the classroom to your liking. Make sure you have adequate copies of the wholesale lamb chart, and the wholesale lamb cuts activity for each group or each student. Make sure you have cookbooks available for each group of students that have lamb cooking recommendations.



Activity #2 Instructions (15 minutes)

After studying the lamb chart, determine 2 retail cuts for each wholesale cut and write them where it says retail cuts, when you have done this refer to your cookbook and complete this table by giving the recommended cooking instructions for each of the cuts you have written down.

Wholesale Cut	Retail Cut	Cooking Method
Shoulder		
Rib		
Loin		
Leg		
Breast		

Reflect and Apply Questions: (10 minutes)

1. Fresh lamb is primarily available in the spring and early summer months of the year. How do you think this affects the amount of fresh lamb that is eaten by Americans every year?
2. How did knowing the different wholesale cuts of beef and pork help you learn the different cuts of lamb? How are they the same? How are they different?
3. How might the seasonal availability of different meats coincide with cultural traditions associated with different American secular and religious holidays such as Thanksgiving, Christmas, Kwanzaa, Passover and Easter?

Related Resources:

American Sheep Industry Association, <http://www.sheepusa.org>
Sheep Production in Virginia, VCE publication 410-025
Stretch your Dollar with Lamb; VCE publication 458-005



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REFLECT AND APPLY
ANSWER SHEET



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