



Hog Heaven

Learn to identify wholesale and retail pork cuts by gathering and analyzing data.

Time

45 minutes total

Materials

- Pencil
- Calculator
- Transportation to and from a supermarket.

Space Required

Room with table space for each youth and sink.



Before the Meeting

Set up the classroom to your liking, make sure you have adequate copies of the lesson worksheets: servings of pork per pound, and wholesale pork cuts activity. If you don't have time to take kids to the store to find prices give them a store sale ad for meat that they can get prices from for the servings of pork per pound worksheet.



Background

It is interesting how we associate different events in our lives with different foods and how many of those foods come from pork. Think about it. We often eat pork barbecue at sports events, corn dogs at the county fair, pork ribs at the family reunion, and grilled pork sausages on a beach vacation.

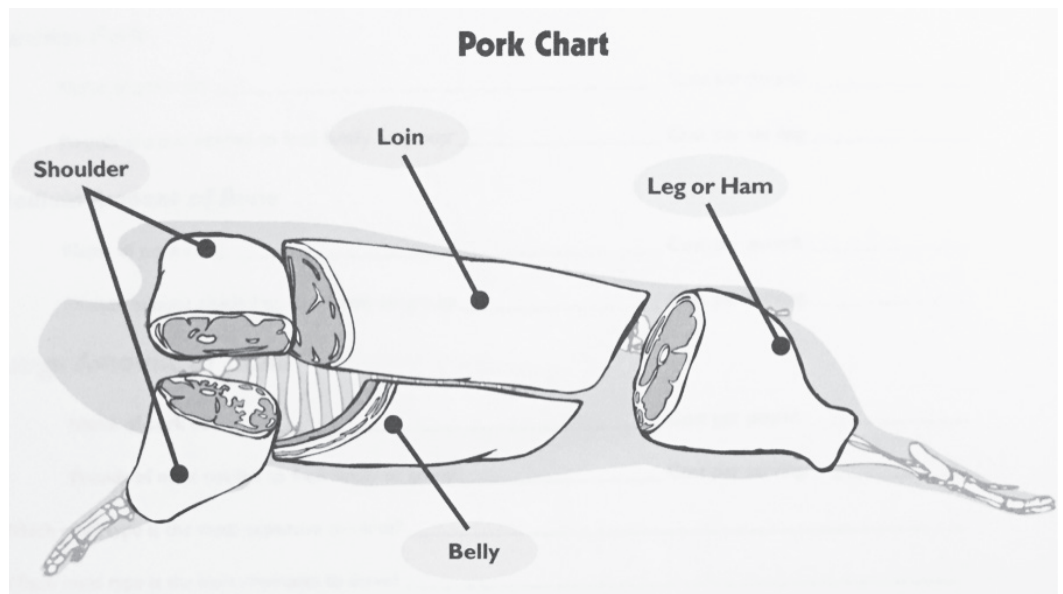
Pork is the meat from swine (pigs or hogs). Next to beef, Americans eat more pork than any other meat. The average American eats about 54 pounds of cooked pork per year. Pork products include ham, bacon, pork chops and many kinds of sausages.



Activity #1, Instructions (10-15 minutes)

In this activity you will learn more about pork cuts and pork products. Look at the Pork Chart below, showing the wholesale cuts of pork. The chart will help you learn the names of pork wholesale cuts. Study the chart and discuss the different cuts and their locations on the carcass by yourself or with your partner.

After studying this chart, go to the pork carcass diagram on page 4, and fill in the blanks with the correct wholesale cuts. Were you able to identify the wholesale cuts without referring back to this Pork Chart? Keep practicing until you can.



Reflect and Apply Questions for Activity 1.

1. What types of pork products do you enjoy the most?
2. What qualities of hogs make them such excellent meat producing animals?





Activity #2 Instructions 20 minute time frame

Use the next page to determine the servings used per product. Utilize the internet, sale flyers from the newspaper or if you have the time take students to the grocery store to do the following activity. Visit a supermarket and select a cut of pork from each type listed in the chart below. Write down the cost per pound of each meat selection. Determine how many pounds of meat from each group you would need to feed your family or your group. Using the costs per pound, determine the most economical meat cut to serve. Write your calculations below:

Servings of Pork per Pound

**Approximate
Number of Servings
Per Pound**

Types of Pork

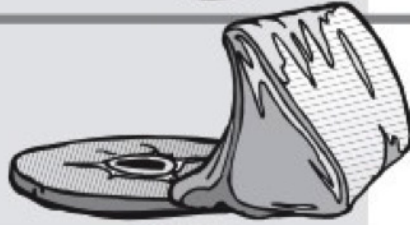
4

Boneless Meats: Canadian bacon, tenderloin, top loin roast, pork cubes, ground pork, liver, sausage, hotdogs, sliced luncheon meats, and smoked ham



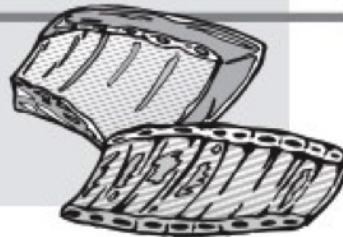
2-3

Meats with Medium Amount of Bone: ham slices, sirloin roast, center loin roasts, chops, rump roasts, loin roasts, blade steak



1-2

Meats with Large Amounts of Bone: shoulder cuts, back ribs, country style ribs, spareribs



Visit a supermarket and select a cut of pork from each type listed in the chart above. Write down the cost per pound of each meat selection. Determine how many pounds of meat from each group you would need to feed your family or your group. Using the costs per pound, determine the most economical meat cut to serve. Write your calculations below:

Boneless Pork

Name of pork cut: _____ Cost per pound: _____

Pounds of meat needed to feed family or group: _____ Cost per serving: _____

Medium Amount of Bone

Name of pork cut: _____ Cost per pound: _____

Pounds of meat needed to feed family or group: _____ Cost per serving: _____

Large Amount of Bone

Name of pork cut: _____ Cost per pound: _____

Pounds of meat needed to feed family or group: _____ Cost per serving: _____

Which meat type is the most expensive to serve? _____

Which meat type is the least expensive to serve? _____



Reflect and Apply Questions: Activity 2 (5 minutes)

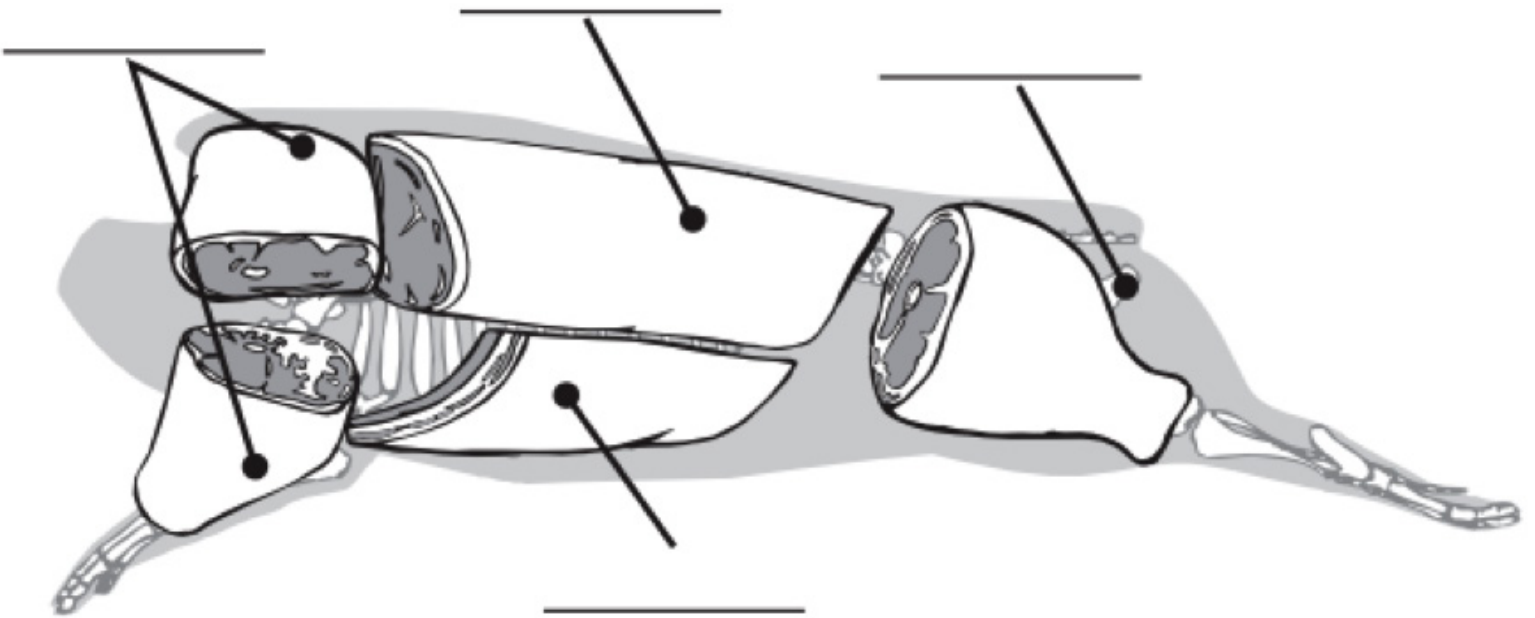
1. What wholesale cuts of the hog provided the most expensive retail cuts? What wholesale cuts provided the least expensive retail cuts?
 2. Why is it important in meal planning to know the number of servings per pound of meat?
 3. How does knowing the relationship between the wholesale cut and the retail cut of pork help you in making better pork selections for an occasion?
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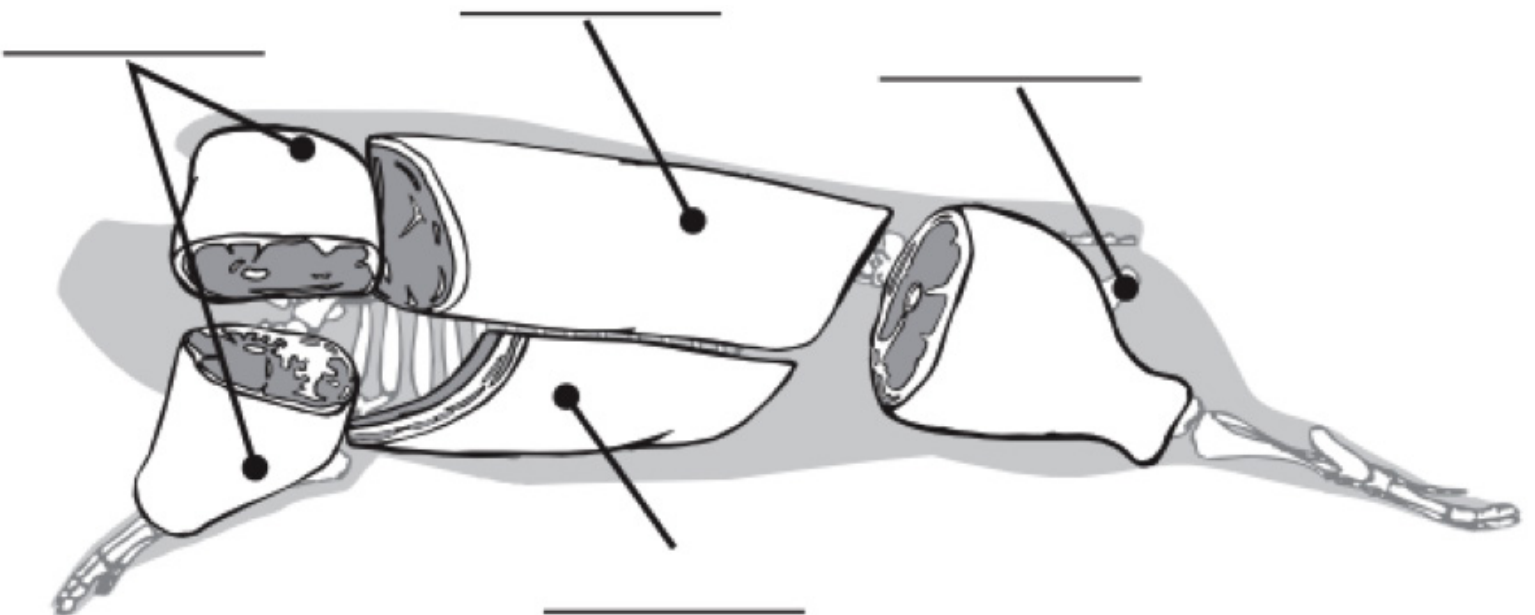
References

National Pork Board, <http://www.porkboard.org/>
National Pork Producers Council, <http://www.nppc.org/>
Stretch Your Pork Dollar; VCE publication 458-921

Activiy I Wholesale Pork Cuts



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Learn to identify wholesale and retail pork cuts by gathering and analyzing data.

REFLECT AND APPLY
ANSWER SHEET

Activity 1 Reflect and Apply Questions

1. What types of pork products do you enjoy the most?

need to answer

2. What qualities of hogs make them such excellent meat producing animals?

need to answer



Activity 2 Reflect and Apply Questions

1. What wholesale cuts of the hog provided the most expensive retail cuts? What wholesale cuts provided the least expensive retail cuts?

need to answer

2. Why is it important in meal planning to know the number of servings per pound of meat?

need to answer

3. How does knowing the relationship between the wholesale cut and the retail cut of pork help you in making better pork selections for an occasion?

need to answer