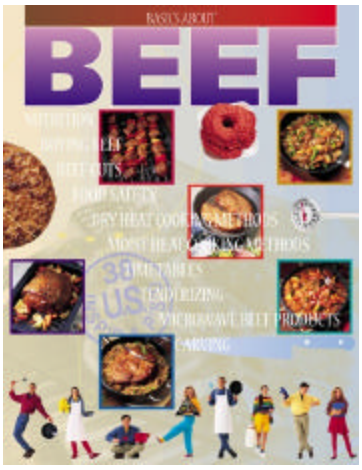

Basics About Beef

Answers to Games/Activities

Page 5: *Fill in the Chart*
Protein – 42%
Niacin– 25%
Vitamin B6 – 16%
Vitamin B_{12} – 40%
Iron – 13%
Zinc – 35%
Fat – 18%
Sat. Fatty Acids – 23%
Cholesterol – 24%

Page 7: *Find the Answers*
1. quality
2. inspection
3. choice

Symbol: Grade Mark Solid

Page 9: *Unscramble the Statements*
1. Always plan to make beef the last purchase before returning home.
2. Steaks and roasts can be stored in the refrigerator from three to four days.
3. Freezer wrap must seal out air and lock in moisture.
4. Defrosting meat at room temperature is not recommended.

Page 10 – *Fill in the Squares*
Less Lean/Tender – Rib
Lean/Tender – Loin
Lean/Less Tender – Round
Less Lean/Less Tender – Chuck, Shank, Brisket, Plate, or Flank

Page 20 – *Discover the Reason*
True Numbers – 1,3,4,6,7,8
False Numbers – 2,5,9,10

Page 21 – *Complete The Diagram*
Chuck, Rib, Loin, Round, Brisket, Shank, Plate, Flank

Page 24 – *Crossword Puzzle*
ACROSS- 1 microwave, 5 niacin, 8 proteins, 13 lb, 15 brisket, 17 primal, 18 too, 19 tail, 20 eat, 21 bone groups, 23 heat, 25 heel, 27 team, 30 sag, 32 labeling, 34 calorie, 36 rare, 37 to, 38 pair, 39 react, 42 kin, 44 DB, 45 flavor, 48 browning, 50 in, 51 si, 52 moist, 53 sirloin, 54 etc, 55 ark, 56 pressure cooking, 61 ten, 63 peas, 64 dairy, 65 USDA Select, 70 yes, 72 meat, 73 steak, 74 view, 76 term, 78 am, 79 info, 80 carving, 83 corn, 84 tin, 85 bean, 86 grading, 87 fry, 88 golden

DOWN- 1 meat thermometer, 2 Choice, 3 oil, 4 au, 6 ice, 7 nap, 8 prime, 9 tell, 10 into, 11 smoked, 12 liar, 14 broiling, 15 beef barbecue, 16 test, 22 omit, 24 air, 26 leek, 28 acid, 29 marbling, 30 serving, 31 gear, 33 noon, 35 off, 38 pan, 40 eon, 41 thick, 43 cow, 46 loose, 47 limp, 49 in so, 51 stress, 54 ea, 57 roasting, 58 sort, 59 chuck, 60 inspect, 62 feast, 66 devour, 67 cubing, 68 lemon, 69 seven, 71 amino, 72 mac, 73 sold, 75 wait, 77 even, 81 RN, 82 gel, 85 be