



Basics About Beef

Answers to Games/Activities

Page 5: Fill in the Chart

Protein – 48%
 Riboflavin – 11%
 Niacin – 25%
 Vitamin B₁₂ – 36%
 Iron – 13%
 Zinc – 35%
 Fat – 23%
 Sat. Fatty Acids – 29%
 Cholesterol – 28%

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