



Beef It Up!

South Dakota FCCLA WebQuest



STUDENT'S JOURNEY

Beef been a staple protein in American's diets for a long time. It taste great, is full of nutrients, is versatile to cook with and many cuts are very affordable for families. Through this webquest you will be taking a deeper look at the nutrition, versatility and affordability of beef.

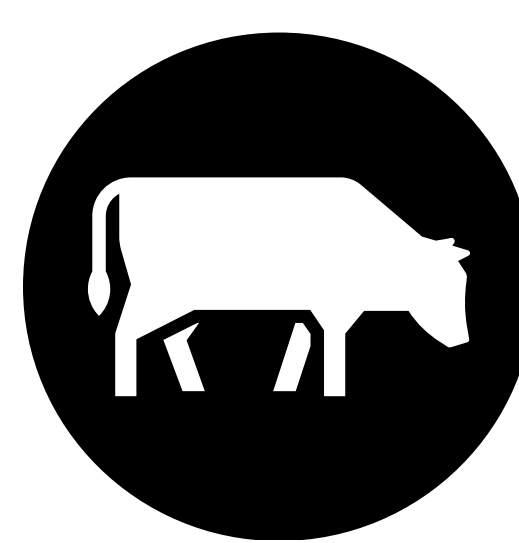
Resources

www.sdbeef.org

www.beefinfo.org

www.beefitswhatsfordinner.com

Confident Cooking with Beef- Pamphlet



Inspection and Grading

There are a variety of choices when it come to they type and grade of beef available. Options include certified organic, grass-finished, grain-finished, aging options and several different grading options. When beef is processed inspection and grading is a vital step before the beef products can get to the supermarkets and your home.

1)What is the difference between the grades of beef?

Prime:

Choice:

Select:

2) There are four different classifications beef can fall under when it comes to how the beef is raised. These four classifications are:

3) What is the differences between Wet Aged and Dry Aged?

4) What is the name of the fat that is distributed throughout the lean meat called?

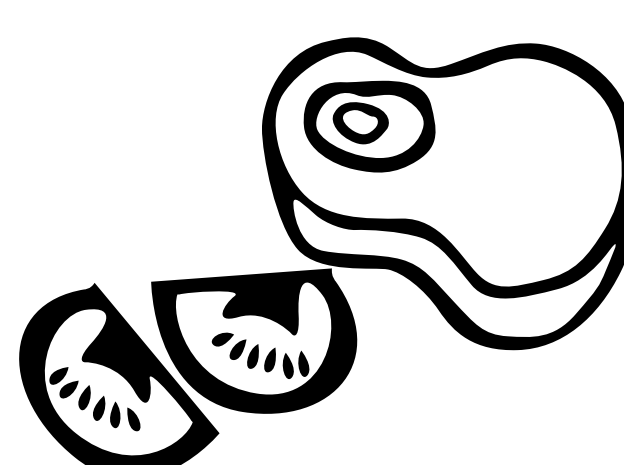
5) The grading of the meat is based on what three criteria?

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Nutritional Lean Beef

Beef gives your body the nutrients your body needs to maintain a healthy lifestyle. A 3 oz serving of beef can provide a wide number of vital nutrients. What percent of the following nutrients can you get yfrom one 3 oz serving of lean beef?

Protein	%DV
Iron	%DV
B12	%DV
Zinc	%DV
Phosphorus	%DV
B6	%DV



Cut of Meat

According to research a heart-healthy diet that includes lean beef can improve cholesterol levels and help reduce the risk of heart disease. The following are some lean cuts of beef. Fill in the missing information for a 3 oz serving.



Strip Steak

● Total Fat: _____g

● Cholesterol: _____g



Top Sirloin

● Total Fat: _____g

● Cholesterol: _____g



Top Round Steak

● Total Fat: _____g

● Cholesterol: _____g



93% Lean Ground Beef

● Total Fat: _____g

● Cholesterol: _____g



Bottom Round Roast

● Total Fat: _____g

● Cholesterol: _____g



Flank Steak

● Total Fat: _____g

● Cholesterol: _____g

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Purchasing, Storing and Cooking Beef

When buying beef there are a few thing you need to look for in the product.

- 1) Select beef with a _____ - _____ color.
- 2) Choose Beef that is _____ to the tough.
- 3) Packaging should be void of any _____ or _____.
- 4) Choose packages with excessive _____.
- 5) Purchase beef on or before the _____ - _____.

Proper Storage

- 1) Store all beef products in the _____ or _____ as soon as possible after purchasing.
- 2) You can freeze beef in its original packaging up to _____ weeks. For longer storage, wrap in heavy-duty aluminum foil or place in plastic freezer bags and remove as much air as possible.
- 3) Place beef packages on the _____ shelf in your refrigerator on a place or tray.
- 4) Refrigerate leftovers promptly after serving (within _____ hours after cooking).
- 5) _____ is more perishable than _____ or _____, Plan to use within 1 to 2 days of purchase of refrigerated product.

Cooking Tips

- 1) Always marinate in the _____, never at room temperature.
- 2) True/False The marinade that is to be used for basting or a sauce , you can use the leftover marinade after the meat is removed.
- 3) _____ consists of herbs, spices and other dry seasonings that can be applied just before cooking or up to 2 hours in advance and refrigerated until cooking time.
- 4) Degrees of Doneness. What internatl cooking temperature matches each degree of doneness?
 _____ Medium Rare
 _____ Medium
 _____ Well Done

FCCLA Beef It Up!

Create a quick and easy main dish that can be made in 60 minutes. The menu item should showcase beef as the main focus of a meal.

Each submission must include the following:

- Recipe
- Photo
- Nutritional Analysis
- Cost Analysis
- Beef Promotional Materials (choose one)
 - Flyer
 - Poster
 - Brochure

The following criteria must be taken into consideration when creating the dish. Menu item:

- Must be prepared within 60 minutes. (Beef can be pre marinated)
- Must contain beef as the main focus of the dish.
- Must not cost more than \$2.00 per serving.
- Beef cuts that may be used are...(suggested but not limited to)
 - Ground Beef
 - Chuck Eye Steak
 - Ranch Steak
 - Sirloin Steak
- Must utilize stovetop or oven cooking methods.
- Menu recipe must contain a starch and/or vegetable.
- All materials will be submitted to the judges in a digital folder.

One winner per region will be selected to advance to the FCCLA State Leadership Conference in Sioux Falls.