

BEEF Lesson Plan

Designed for Family and Consumer Science and Culinary Arts Teachers

Step 1: Basics about beef-Powerpoint

- A video illustrating how the majority of beef is raised in the United States from Pasture to Plate, <https://www.youtube.com/watch?v=hCNHHCpC-w>
- A presentation to discuss meat composition, general knowledge of the carcass, cookery methods and safety information

Step 2: Beef Basics (Booklet provided by Alabama Cattlemen's Association)

- Use this booklet to reinforce information provided in the "Basics About Beef" powerpoint presentation.

Step 3: Worksheets

- Beef Carcass Cutout: Students can practice identifying the primal cuts in the beef carcass
- Beef Cookery Methods: Students define the basic cooking methods for beef

Step 4: Cutting Videos (Optional and may be more appropriate for culinary arts classes)

<http://beefretail.org/consumereducationvideos.aspx>

<http://www.beeffoodservice.com/cuttingvideos.aspx>

Beef Lab Ideas

- Marinated vs. non-marinated beef
 - o Using top round steaks, marinate one steak in tenderizing marinade, another in flavor marinade and use the third round steak as a control. Cook each steak to medium rare and allow students to taste the difference and evaluate the effectiveness of marinades.
- Locomotive vs. support muscles
 - o Using a chuck roast and a middle meat steak (ribeye, strip, or sirloin), cook product using dry-heat and moist-heat techniques to show how different types of beef cuts require proper cookery to achieve a desirable eating experience.
- Ground Beef (utilize the Ground Beef Taste Test sheet)