

Getting to Know Meat

1. Compare different meats as to color, appearance, amount of bone, cooked or uncooked. Suggest how meats might be prepared (hamburger patties, steaks, fajitas, chili, meatballs, jerky etc.

2. Talk about importance of meat in the diet

- **Protein - to grow and build muscles**
- **B Vitamins – promotes good appetite and digestion, helps cells use energy, keeps nerves and skin healthy.**
- **Iron – helps blood carry oxygen to the cells**

3. Talk about non meat foods in the meat group – they contain incomplete protein (some amino acids missing) if from vegetable sources.

- **Dry beans**
- **Dry peas**
- **Peanuts and peanut butter**
- **Other nuts**
- **Eggs – contains complete protein**

4. Grow a bean plant

- **Have youth decorate small cups**
- **Boil dries beans in a pan**
- **Place a damp paper towel in the bottom of each cup**
- **Place 2-3 beans in each cup.**
- **Place in sunlight and check everyday for sprouting.**