Texas 4-H Agriculture Product Identification

texas4-h.tamu.edu
TEXAS 4-H FOODS & NUTRITION

Description
The Texas 4-H Explore series allows 4-H volunteers, educators, members, and youth who may be interested in learning more about 4-H to try some fun and hands-on learning experiences in a particular project or activity area. Each guide features information about important aspects of the 4-H program, and its goal of teaching young people life skills through hands-on experiences. Additionally, each guide contains at least six learning experiences, which can be used as a project guide, or as activities for six different 4-H meetings.

Purpose
Texas 4-H is designed to develop the youth of our state into productive adult citizens. The 4-H Program uses a non-formal educational process of engaging youth in an “learning by doing” process. This includes hands-on opportunities, participation in workshops and clinics conducted by volunteer leaders or professionals, as well as competitive experiences which allow 4-H members to demonstrate the knowledge they have gained. Through this entire process, the youth are learning key life skills such as working with others, teamwork, cooperation, and goal setting. Through all experiences, youth get to interact with adult volunteers and county Extension agents.

What is 4-H?
4-H members across the nation are responding to challenges every day in their communities and their world.

As the youth development program of the Cooperative Extension System of land-grant universities, 4-H is the nation’s largest youth development organization, empowering six million young people throughout the United States. Cooperative Extension of 1862 and 1890 land-grant universities provide leadership to engage young people in 4-H in all 3,007 counties of the United States. The impact of the Cooperative Extension partnership is profound, bringing together National Institute of Food and Agriculture of USDA, land grant universities and county government to resource learning opportunities for youth.

Texas 4-H
Texas 4-H is like a club for kids and teens ages 5-18, and it’s BIG! It’s the largest youth development program in Texas with more than 550,000 youth involved each year. No matter where you live or what you like to do, Texas 4-H has something that lets you be a better you!

You may think 4-H is only for your friends with animals, but it’s so much more! You can do activities like shooting sports, food science, healthy living, robotics, fashion, and photography.

Look for 4-H clubs at your school, an after-school program, a community center, or even on a military base or through the reserves for military families.

Texas 4-H is part of the Texas A&M AgriLife Extension Service and the Texas A&M System. Founded in 1908, 4-H is the largest youth development program in Texas, reaching more than 550,000 youth each year.

The 4-H Motto and Pledge
"To Make the Best Better!"

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

Participating in 4-H
4-H is a great program because it provides options for young people to participate. From a 4-H club located in your community, a SPIN club that focuses on one particular project area, or participating in 4-H through your classroom at school, 4-H allows youth to learn in many different environments. If you are interested in joining 4-H, contact your County Extension Office and ask for a list of the 4-H clubs in your area. If you are a school teacher/educator and would like to use 4-H curriculum or these project guides in your classroom, contact your Extension Office as well for assistance.

Through America’s 110 land-grant universities and its Cooperative Extension System, 4-H reaches every corner of our nation—from urban neighborhoods to suburban schoolyards to rural farming communities. With a network of more than 6 million youth, 600,000 volunteers, 3,500 professionals, and more than 25 million alumni, 4-H helps shape youth to move our country and the world forward in ways that no other youth organization can.
4-H “Learning by Doing” Learning Approach
The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.

EXPLORE THE CONTENT
Introduction of the topic, overview and exploration of content, and review of objectives

1. Experience the activity; perform, do it
2. Share the results, reactions, and observations publicly
3. Process by discussing, looking at the experience; analyze, reflect
4. Generalize to connect the experience to real-world examples
5. Apply what was learned to a similar or different situation; practice

Youth do with limited “how to” instructions.
Youth describe results of the experience and their reaction.
Youth relate the experience to the learning objectives (life skills and/or subject matter).
Youth use the skills learned in other parts of their lives.
Youth connect the discussion to the larger world.
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EXPLORE
Agriculture Product Identification

Texas 4-H Youth Development | texas4-h.tamu.edu
EXPLORE THE CONTENT:
Understanding which beef product to buy in a store can be challenging. There are a wide variety of options to choose from, so which is the best? To answer this question, it helps to know exactly what you are looking for in terms of characteristics, cost and cooking methods.

There are 8 basic (primal) cuts to a steer, the type of cow typically used for meat, because of the higher quality cut of meat. The cuts from a steer are chuck, rib, loin, round, flank, plate, brisket and shank. From these primal cuts, there are also sub-primal cuts. What one generally purchases from the local grocery is considered a portion cut of meat.

Understanding where the portion cuts originate is beneficial in helping to determine the portion cut that is most economical. Portion cuts which derive from the center of the steer, which include the rib and loin areas, are the most expensive cuts of meat. They are the most expensive because they are considered the most tender portion of the steer. Cuts which come from the chuck and brisket area are typically tougher meat due to the muscling in these areas, required added moisture, and longer cooking times.

DO:
Know Your Beef Cuts - Matching Game
1. Group youth in pairs and provide them with a copy of the parts of a cow and a separate set of retail cuts
2. Have the participants match the retail cut name to the location where it derives from the cow.
3. Discuss responses as a group with a focus on cost and tenderness.

Retail Cut Identification Game
1. Create flashcards using the cut charts and have youth match with them with information about retail cuts
2. Discuss responses as a group

Purchasing Decisions
- Give youth different scenarios such as which meat cuts are most affordable, best for oven roasting, grilling or stir fry, etc. and have them identify the best options.
- Use https://www.beefitswhatsfordinner.com/cuts/collection to develop scenarios
- Demonstrate how to read a meat label and clarify that one usually purchases the product by the pound
- Discuss responses as a group
REFLECT:
• What beef cuts are most affordable to families?
• What beef cuts are the most tender?
• What items do you most eat as a family?
• What new beef cuts did you learn about?

APPLY:
• Do you feel more comfortable shopping for beef?
• What new beef cut will you encourage your family to try?

REFERENCES:
References below have poster resources that can be printed. You may want to reach out to the various organizations to inquire about ordering a set.
• https://aggiemeat.tamu.edu/4-h-ffa-retail-identification-cuts/
• https://www.beefitswhatsfordinner.com/cuts
• https://www.beefitswhatsfordinner.com/cuts/cut-charts
Know Your Beef Cuts - Matching Game

Retail Cuts

<table>
<thead>
<tr>
<th>Chuck</th>
<th>Brisket</th>
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</thead>
<tbody>
<tr>
<td>Rib</td>
<td>Plate</td>
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</tbody>
</table>

SHANK
BRISKET
PLATE
FLANK
Have the participants write the retail cut names below in the box on the retail cuts chart associated with where it originates. Or, print them and place them in the correct location on the calf printout.

- Brisket Point
- Sirloin
- Porterhouse Steak
- Round Steak
- Skirt Steak
- Chuck Roast
- Ribeye
- Ground Beef
- Flank Steak
- Cubed Steak
- Prime Rib
- Shoulder Roast
- London Broil - Bottom Round
- Stir-fry - Stew meat
- Flat Iron
- Flat Iron
- Filet Mignon
- Back Ribs
- New York Strip
- T-Bone Steak
- Rump Roast
- Denver Steak
- Short Ribs
- Beef Kabob
- London Broil - Top Round
- Top Sirloin
- Brisket Flat
Answer Key for Matching Game

1. **Chuck**
   - Flat Iron
   - Chuck roast
   - Denver Steak
   - Shoulder Roast
   - Short ribs

2. **Rib**
   - Ribeye
   - Prime Rib
   - Back ribs

3. **Loin**
   - New York Strip
   - Tenderloin
   - T-bone steak
   - Porterhouse Steak
   - Sirloin steak
   - Top Sirloin steak
   - Filet mignon

4. **Round**
   - Rump roast
   - Round steak
   - London broil – Top Round
   - London broil – Bottom Round

5. **Brisket / Shank**
   - Brisket flat
   - Brisket point

6. **Plate**
   - Skirt steak
   - Short ribs

7. **Flank**
   - Flank steak

8. **Other**
   - Ground beef
   - Cubed steak
   - Stir-fry beef
   - Kabob
Back Ribs

Brisket Flat

Top Sirloin

Bottom Round - London Broil
Round Steak

Short Ribs - Flank

Ribeye

Rump Roast
Shoulder Roast

Skirt Steak

Short Ribs - Chuck

Sirloin Steak
Tbone Steak
Top Round - London Broil
Stew meat - Stir Fry
Tenderloin
Understanding the Meat Label

• Shows you what you are buying
• Shows you how much you pay for the packaged portion of a pound
• Shows you how much you pay per pound
• May include cooking instructions
• May show the grade of the meat – is there a definition/description of grades?

The food label on packaged beef provides a variety of information designed to make shopping as easy as possible. The label provides the following information depending on the type of beef product purchased:

• Description
• Sell-By-Date
• Eating Instructions
• Nutritional Information
• Cooking and Safe Handling Instructions
Description of Beef Cut

The label on raw beef cuts contains the name of the primal cut the beef was taken from, the name of the retail or market ready cut, a short description [bone-in or boneless], the total weight, and cost per pound. If you are familiar with the different beef cuts, having the name of the cut on the label will help you determine if it is the proper leanness and/or tenderness for the type of recipe that you have planned.

The name of the cut and whether it is bone-in or boneless will help you determine the quantity to buy according to the weight contained in the packages. A boneless cut will contain more servings than the bone-in cut, so it is important to take this into consideration when determining your needs. A bone-in cut may be lower in cost per pound, but when determining your best value, you should compare cost per serving. Another important point to consider is that the bone and fat help give beef great flavor and tenderness, so it may be worth paying a little extra per serving for the bone-in cut. To determine the cost per serving, use the following equation –

\[
\text{cost per pound} / \text{number of servings per pound} = \text{cost per serving}
\]

Some packaged beef that is labeled "lean" may simply refer to the fact that the excess fat has been trimmed from the beef and may not indicate that the cut of beef is actually a lean cut. If you purchase cuts from the tenderloin or round, you can be sure that they are lean. The tenderloin will not only be lean, but it will be very tender and very expensive. Although round cuts are lean, they are not naturally tender, but they are much more affordable. Proper preparation and cooking helps to tenderize them.

Much of the beef intended for stewing is simply labeled "stew meat" without describing the cut from which the beef was obtained. In most cases, the meat is taken from tougher cuts such as the bottom round, brisket, or plate.
Sell-By Date

Packaged fresh beef will have a “sell-by date” printed on the food label, which represents the last day recommended for selling the product. Generally the store will pull any products left on the shelf the day of the “sell-by date”. If the meat is properly refrigerated, it will remain fresh up to three days after the “sell-by date” but if it is not to be used within that time, it should be frozen. Some labels may have a “use-by date” rather than a “sell-by date”, which indicates the meat should be cooked or frozen by that date.

Fully Cooked/Ready-to-Eat/Heat and Eat

Some beef products are precooked, so the food label will indicate that the product is “fully cooked” or “ready-to-eat”. A product such as beef luncheon meat is ready-to-eat, but it can be stored at room temperature. Other products, such as canned goods, are precooked, but taste much better if they are heated before they are consumed. These products are known as “heat and eat”.

Nutritional Labeling

All commercially prepared and packaged beef products are required to provide nutritional information on the food label. Raw meat cuts in a food store or butcher shop are exempt from this requirement. The nutritional information shown on the label includes calories, fat and cholesterol content, protein, fiber, sugars, sodium, and various vitamins and minerals.
Beef Bottom Round Roast

Cooking Instructions

[Suggested Roasting Method
For Medium/Medium Rare Beef]

1. If this product is frozen, make sure it is completely thawed in the refrigerator before cooking.
2. Preheat the oven to 405degreesF.
3. Remove the meat from the refrigerator and season it as desired.
4. Place the beef on a rack in a shallow roasting pan, fat side up. Do not cover the meat.
5. Cook the beef 15 to 30 minutes per pound. Check the internal temperature of the roast with a meat thermometer. When the internal temperature reaches 140degreesF, remove the roast from the oven.
6. Remove the roast from the pan and place it on a cutting board. Cover the roast loosely with aluminum foil and let it rest for 15 minutes. The internal temperature will continue to rise during the resting period and should reach 150degreesF, which indicates medium/medium rare doneness. Note: It is recommended that beef reach an internal temperature of at least 145degreesF for safe consumption. For medium well or well done, a longer roasting time is required.
7. After the appropriate resting period, the roast is ready for carving.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

- Keep refrigerated or frozen. Thaw in the refrigerator.
- Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
- Cook thoroughly.
- Keep hot foods hot. Refrigerate leftovers immediately or discard.

Safe Handling Instructions

The food label on raw beef or beef that is not fully cooked, will also contain food safety and handling instructions, which are required by the USDA.
Commodities - Wheat, Corn and Peanuts

EXPLORE THE CONTENT:
Texas Ag Stats:
- Texas leads the nation in cattle, cotton, hay, sheep, goats and mohair production.
- Texas leads the nation in number of farms and ranches, with 248,800 farms and ranches covering 130.2 million acres.
- Texas has more women and minority farm operations than any other state in the nation.
- Texas also leads the nation in value of farm real estate.
- Rural lands, including privately owned forest, total 142 million acres, 84% of the state's total land area.
- 12% of Texas' population resides in rural areas.
- 1 of every 7 working Texans (14%) is in an agriculture-related job.
- 98.6% of Texas farms and ranches are family farms, partnerships or family-held corporations.
- The average age of Texas farmers and ranchers is 58 years.
- The economic impact of the food and fiber sector totals more than $100 billion annually.
- Agricultural cash receipts, including timber, average $20 billion annually

TIME:
20 to 40 minutes

MATERIALS NEEDED:
- Pens/pencils for each participant
- Copy of chart handouts for each participant
  - Corn Use Poster
  - From Field to Table - wheat

OBJECTIVES:
The 4-H member will:
- Gain knowledge about commodities and grains grown in Texas
- Correctly identify commodities from the field to the plate
- Answer questions about the commodities production and industry
Top 10 commodities in terms of cash receipts in 2012:
1. Cattle, $10.5 billion
2. Cotton, $2.2 billion
3. Milk, $1.8 billion
4. Broilers, $1.7 billion
5. Greenhouse & nursery, $1.3 billion
6. Corn, $1.2 billion
7. Grain Sorghum, $594 million
8. Wheat, $538 million
9. Forestry, $520 million
10. Vegetables, $439 million
11. Eggs, $439 million

In this activity lesson we are going to focus on food-based grains such as wheat, corn and peanuts.

WHEAT
Texas winter wheat is planted and sprouts in the fall, becomes dormant in the winter, grows again in the spring and is harvested in early summer. About 6 million acres of wheat is planted each year.

- 40-45% of Texas wheat is grazed out as a forage (feed) for cattle.
- 55-60% of Texas wheat is harvested for grain. The grain is hauled to a silo, grain elevator or shipped by rail to sell in the grain market either domestically or overseas.

Wheat Facts
- Wheat has been a staple for over 12,000 years
- Wheat is grown in 42 states in the United States
- There are 6 classes of wheat grown in the United States
- Texas grows Hard Red Winter wheat and some Soft Red Winter wheat
- Hard Red Winter wheat is used for yeast breads, hard rolls and bagels
- Soft Red Winter Wheat is used for flat breads, cakes, pastries and crackers
- More foods are made with wheat than any other cereal grain

Wheat is produced and sold in a term called a bushel

1 Bushel of Wheat
- weighs 60 pounds
- yields about 42 pounds of flour
- makes 90 one-pound loaves of whole wheat bread
- fills 53 boxes of cereal
- makes 72 pounds of flour tortillas
- makes about 42 pounds of pasta or 210 servings of spaghetti
Other Wheat Uses
- Straw particle board (wood) - used in kitchen cabinets
- Paper
- Hair conditioners
- Adhesives on postage stamps
- Medical swabs
- Charcoal
- Biodegradable plastic cleaning utensils

CORN
Texas corn production contributes billions of dollars to the state’s economy. A recent Texas A&M AgriLife study found corn contributes more than $3.5 billion, and over 22,000 jobs to the High Plains region alone.

Irrigated corn accounts for approximately 65-70 percent of the state's corn production, while just 40 percent of total corn acres in Texas are irrigated.

In 2017, Texas corn growers:
- Planted almost 2.24 million acres
- Yielded an average of 140 bushels per acre
- Produced more than 314 million bushels of corn

Other Corn Uses
Corn is used for over 4,200 purposes with new uses being developed
- 96% of corn grown is fed to livestock
- Nearly 4,000 food items in a grocery store contain corn ingredients
- Biofuel such as ethanol is produced from corn
- Corn Oil
- Starch
- Sweeteners
- Crayons

PEANUTS
Texas is the second largest peanut-producing state in the nation. Texas farmers produce hundreds of millions of peanuts every year and ship them around the state, country and world. The Texas Peanut Producers Board was founded in 1969 and has worked tirelessly since then to support research programs, provide education, develop markets and promote what they believe are the best peanuts in the world.
- Peanuts are not nuts. They are legumes, like beans, peas and lentils.
- The peanut plant originated in South America.
- Peanuts account for two-thirds of all snack nuts consumed in the U.S.
- One acre of peanuts will make 30,000 peanut butter sandwiches.
- Peanut butter is the leading use of peanuts in the U.S.
- It takes almost 850 peanuts to make an 18oz jar of peanut butter!
DO:
• Provide the participants with pictures from Seed, Plant and Harvest Identification. Have them match them as to wheat, corn, and peanut
• Provide the participant with the list of products. Have them list what product they are made from, wheat, corn or peanut

REFLECT:
• What did you learn about grains and commodities grown within the region where you live?
• What product did you learn about that is made from a commodity grown in Texas that you use everyday?

APPLY:
• How can you use this information to help educate others on grain and commodity production?
• What external factors could affect product and sales of Ag products?
• How will you apply this information when participating in the Ag Product ID contest?

REFERENCES:
• Texas Wheat http://texaswheat.org/
• Texas Corn http://texascorn.org/
• Texas Peanut Board http://texaspeanutboard.com/
• Texas Department of Agriculture http://www.texasagriculture.gov/About/TexasAgStats.aspx
KNOW YOUR COMMODITIES

Cut out each of the photos of the various stages of the commodity. Shuffle them up and have the kids identify the seed, plant and harvest technique used for each of the commodities.
ANSWER KEY

Seed Identification – Answer Key

WHEAT

PEANUT
CORN
WHEAT

PEANUT
CORN
CORN
NAME THAT COMMODITY

Next to the item below, list what primary commodity the item is derived. Some items could be of multiple commodities.

Wheat, Corn, or Peanut

Bread ___________________________________________
Pasta _____________________________________________
Peanut butter ________________________________
Cereal ___________________________________________
Tortilla __________________________________________
Chewing gum _________________________________
Cooking oil ______________________________________
Flour ____________________________________________
Shaving cream _________________________________
Soap ____________________________________________
Seat cushion ____________________________________
Glue ____________________________________________
Cosmetics _______________________________________
Diapers _________________________________________
Candy __________________________________________
Livestock feed __________________________________
Detergent _______________________________________
Face creams _____________________________________
Shampoo _________________________________________
Paint ____________________________________________
Tooth Paste _____________________________________
NAME THAT COMMODITY ANSWER KEY:

Wheat, Corn, or Peanut

Bread: **Corn & Wheat**

Pasta: **Wheat (typically)**

Peanut butter: **Peanuts**

Cereal: **Corn & Wheat**

Tortilla: **Corn & Wheat**

Chewing gum: **Corn and Wheat (oils)**

Cooking oil: **Peanut & Corn**

Flour: **Wheat**

Shaving cream: **Peanut**

Soap: **Corn & Peanut**

Seat cushion: **Peanut (shells mainly)**

Glue: **Corn, Wheat**

Cosmetics: **Corn, Peanuts**

Diapers: **Corn**

Candy: **Corn & Peanuts**

Livestock feed: **Corn, Wheat**

Detergent: **Peanuts**

Face creams: **Corn & Peanut**

Shampoo & Conditioners: **Peanuts**

Paint: **Peanuts**

Toothpaste: **Corn**
Fruit and Nuts

EXPLORE THE CONTENT:
Fruits are produced in varying regions around Texas. Fruits are often difficult to grow in Texas because of climate control, soil, and disease.
- Lower Rio Grande Valley has the most intense horticultural production. – citrus fruits
- Winter Garden (Hill Country) – Blackberries, peaches,
- Plains Region – Apples,
- Far West Texas – Blackberries,
- East Texas – Mayhaw, Blackberries,

Fruits provide a significant source of our major nutrients needed for daily consumption to maintain a healthy diet. Fruits are high in fiber, and various vitamins needed to support healthy function. A pH varies amongst fruits and vegetables. A pH of 7 is considered neutral. A pH lower than 7 is considered acidic, while a pH higher than 7 is considered alkaline.

Nuts are also an important product for Texas Agriculture. Three nuts are primarily produced in Texas. Pecans, peanuts, and walnuts all produce a nut that we use in everyday life. Nuts provide an important source of healthy fats or unsaturated fats, protein, fiber, and other important vitamins and minerals.

Citrus Fruits
- Citrus fruits are grown primarily in the Valley area of Texas. This area provides the ideal climate because of the few freezes during the winter.
- Citrus requires deep soil with good drainage, both on the surface and internally. Surface drainage refers to the runoff and prevents standing water. Internal drainage refers to the deep soil and its ability to drain from the root systems.
- High quality soil is also a requirement for citrus fruits. A pH of 6-8 is needed for adequate grown. Soils that are excessively salty should be avoided.
- Before planting, research which varieties will thrive in the varying Texas climates. Varieties have been tested based on soil needs, climate, and growing seasons. Picking the right variety of fruit will provide optimal growth.

Blackberries
- Blackberries can be grown anywhere in U.S. Department of Agriculture Hardiness Zones 7, 8, and 9.
- The best soils are well drained and have a pH of 4.5-7.5.
- Three types of varieties can be grown in Texas: Thorny varieties, Thornless varieties, or Primocane-bearing varieties.
- The most important nutrient need for fertilization of...
blackberries is nitrogen. Other nutrients are often sufficient for growth.
• Weeds and pests must be monitored for optimum fruit growth.

Blueberries
• A single blueberry plant can provide 15 pounds of blueberries per year
• The best blueberry in Texas is called the Rabbiteye Blueberry. It has a high concentration of antioxidants and other vitamins.
• The best soils are well drained and have a pH of 4.0-5.5.
• Mulch is vital for blueberry growth, especially during the first two years. Adequate mulch (4-6 inches deep) is needed to acidify the soil, for weed control, and to conserve moisture.

Peaches
• Soil must be a pH of between 6 and 7 for ideal growth.
• Peaches need soil with excellent drainage to prevent disease and to promote optimum growth.
• Most varieties need 650 – 800 hours of chilling temperatures for ideal growth.
• A part time business needs 3-5 acres for profitability. Fulltime requires 20-25 acres for a profitable enterprise.

Pecans
• There are two types of pecans in Texas that produce close to 70,000 commercial acres of pecans. Improved pecans, are referred to as paper shell pecans because of their thinner shells. Improved pecans are also known for disease and pest resistance.
• Improved species generally need to be planted earlier because of the early freezes in the Texas Panhandle.
• Native pecans produce about 40,000 acres in Texas annually. Native pecans often produce a high yielding crop followed by a low producing crop the following year.
• Pecan trees grow best in deep soils and along rivers because of their access to a static water table.

Walnuts
• A Texas specific variety of walnut has been successful in producing nuts. The variety is called the Texas Black Walnut and best grows in soils with a high pH.
• Other varieties often have difficulty because of a disease called “Walnut Blight”. Walnut Blight is spread through high winds and rains and often affects the flowers on the tree.
DO:

Activity 1:
- Gather a variety of fruits shown on the Agriculture Product ID guide.
- Have each participant complete the fruit activity handout. Let each participant examine the characteristics using his/her senses (sight, touch, smell, taste) and record the observations.

Activity 2:
- Locate an orchard, or grocer with varying types of different fruits/nuts and take a tour.
- During the tour, ask youth questions about the types. You can ask them to take notes and create their own flash cards for them to learn different products.

REFLECT:
- What did you learn about the various types of fruits and their properties?
- Which nutrients are the easiest to remember in the foods that you eat?
- What tips make this information easy to remember?

APPLY:
- How can you use this information to help educate others on fruit production?
- How would you use this information to inform a decision regarding fruit/nut production as an agricultural enterprise?
- How will you apply this information when participating in the Ag Product ID contest?

REFERENCES:
- https://aggie-horticulture.tamu.edu/fruit-nut/
<table>
<thead>
<tr>
<th>FRUIT</th>
<th>Example: Apple</th>
<th>Apricot</th>
<th>Grapefruit</th>
<th>Fig</th>
<th>Lemon</th>
<th>Coconut</th>
<th>Honeydew</th>
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</thead>
<tbody>
<tr>
<td>What NUTRIENT(S) does it provide?</td>
<td>Vitamin A, B1, B2, B6, C, Folate</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>What does it LOOK like?</td>
<td>Red shiny exterior, pale, grainy interior</td>
<td></td>
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<td></td>
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<td></td>
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<tr>
<td>What does it FEEL like?</td>
<td>Hard, round</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>What does it SMELL like?</td>
<td>Sweet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What does it TASTE like?</td>
<td>Crisp, crunchy, sweet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Mandarin</td>
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<table>
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<th>Pecan</th>
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<tbody>
<tr>
<td>Walnut</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Changes to the identifications can be done as needed**
Understanding Pork

EXPLORE THE CONTENT:

Pork Basics
While pork is world’s most widely consumed meat product, the U.S. is 3rd in production with Texas ranking 14th. The slogan for the pork industry is “Be Inspired”.

Cuts of Pork
There are five primal cuts to a hog: loin, side, leg, shoulder butt and the picnic shoulder. Each primal cut has sub primal cuts that comprise many of the most popular cuts for consumers. The “Pork Basics” is a great visual to learn the cuts of meat.

Nutrition
Pork has been known as a “white meat” and in comparison to other meats and poultry, pork compares favorably in fat, calories and cholesterol. Nine key nutrients are provided by pork: protein, selenium, niacin, phosphorus, thiamine, vitamin B6, riboflavin, zinc and potassium. Six cuts of pork are considered lean or extra lean in according to the USDA’ standards. Lean cuts have less than 10 grams total fat, 4.5 grams of saturated fat and 95 milligrams cholesterol per serving. When looking for the lean cut of pork – look for the term “loin” or “chop”.

Grilling / Cooking
Pork can be safely cooked to an internal temperature of 145 degrees F. as measured by a food thermometer. Ground pork should still be cooked to 160 degrees F. There are two basic methods for cooking meats: dry heat and moist heat. Generally, dry-heat methods are best applied to naturally tender cuts of meat such as loin chops, strips, roasts, ham and bacon. The dry-heat cooking methods are grilling (small and large cuts of meat), broiling (chops, kabob and pork patties), sautéing (chops, cutlets and strips), pan-broiling (chops, tenderloin, medallions, ham slices, bacon, ground pork patties) and roasting (roasts and ham). Moist-heat methods of stewing and braising tenderize less-tender cuts such as shoulder cubes.

DO:
- Review with all the participants, the “Pork Basics” Handout
- Provide each participant a copy of the Activity 1 sheet and have them label the 5 primal cuts and then match the sub primal cuts to the primal cut
- Provide each participant a copy of the Activity 2 sheet and have them identify the cuts and answer the questions.

TIME:
20-40 minutes

MATERIALS NEEDED:
- Copies of Pork Basics Handout
- Pens/pencils for each participant
- Copies of Activity page for each participant

OBJECTIVES:
The 4-H member will:
- Gain knowledge about pork.
- Be able to identify the primal and sub primal meat cuts of a hog
- Learn nutritional value of pork
REFLECT:
• What nutrients does pork provide?
• Can you name the primary cuts of pork as well as at least one sub primal cut from each of the primary cuts?

APPLY:
• How has this information helped you to learn more about pork products?
• In learning about the cuts or pork, did you learn about a cut that you had not heard about or seen before?
• How can you use this information to educate others about pork?

REFERENCES:
• https://texaspork.org/
• http://nppc.org/programs/
• https://www.pork.org/cooking/nutrition/compare/
• Additional resources available at https://www.porkcdn.com/sites/porkorg/library/2016/08/purchasing_pork.pdf
Pork Cuts - Activity 1

Label the 5 primal cuts of meat on a hog.

1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________
5. ________________________________

Listed below are sub-primal pork cuts. Beside each cut, write the number of the corresponding primal cut from the picture above.

Spareribs _____ Back Ribs _____
Picnic Roast _____ Center Rib Roast _____
Ground Pork _____ Canadian Bacon _____
Chops _____ Smoked Hocks _____
Ham _____ Blade Roast _____
Bacon _____ Tenderloin _____
Pork Cuts - Activity 1 Answers

Label the 5 primal cuts of meat on a hog.

1. _______
   Shoulder Butt____________________

2. _______
   Picnic Shoulder__________________

3. _______
   Loin____________________________

4. _______
   Side____________________________

5. _______
   Leg____________________________

Listed below are sub-primal pork cuts. Beside each cut, write the number of the corresponding primal cut from the picture above.

- Spareribs ________4________
- Back Ribs ________3________
- Picnic Roast ________2________
- Center Rib Roast ________3________
- Ground Pork ________1________
- Canadian Bacon ________3________
- Chops ________3________
- Smoked Hocks ________2________
- Ham ________5________
- Blade Roast ________1________
- Bacon ________4________
- Tenderloin ________3________
Pork Identification - Activity 2

Practice Pork Classes for AG Product ID - Identify the product first and then answer the product industry Question.

Product 1

Identification
1. Flank Steak
2. Rib Chop
3. T-Bone Steak
4. Roast

Question
What is the optimal internal cooking temperature for the product in the photo?

A. 180 F
B. 172 F
C. 140 F
D. 145 F

Identification
1. Rack of Pork
2. Ground Sausage
3. Spareribs
4. Bacon

Question
This product comes from which part of the hog?

A. Loin
B. Side
C. Leg
D. Shoulder Butt
Pork Identification - Activity 2

Practice Pork Classes for AG Product ID - Identify the product first and then answer the product industry Question.

Product 1

Identification
1. Flank Steak
2. Rib Chop
3. T-Bone Steak
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Question
What is the optimal internal cooking temperature for the product in the photo?

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B. 172 F
C. 140 F
D. 145 F

Identification
1. Rack of Pork
2. Ground Sausage
3. Spareribs
4. Bacon

Question
This product comes from which part of the hog?

A. Loin
B. Side
C. Leg
D. Shoulder Butt
TIME:
20-40 minutes

MATERIALS NEEDED:
Any of the following:
• Pens/pencils for each participant
• Copy of chart handout for each participant

OBJECTIVES:
The 4-H member will:
• Gain knowledge about the Texas produced vegetables
• Be able to correctly identify vegetables
• Be able to answer questions about vegetables regarding production and industry

EXPLORE THE CONTENT:
Vegetables are produced in various areas of Texas based on climate, soil, temperate and other indicators. Below is a breakdown of various Texas vegetables and the region in which they are produced. The Lower Rio Grande Valley has the most intense horticultural production of onions, and carrots. The Winter Garden and South/Central area of the state produces spinach, cabbage, potatoes, onions and cucumbers. The Plains region is in big in production for peas, beans, potatoes and onions. The Far West side of the state has onions and peppers. East Texas has sweet potatoes, peas, sweet corn and potatoes.

Cultural practices of crop selection and management play a major role in the success of production when growing vegetables. With over 40 different kinds of vegetables that are grown in Texas annually, the decision on crop selection can be difficult as many vegetables are widely adaptable, but not always successful. A sufficient supply of quality water is important in vegetable farming. Vegetable crops require more water and frequent irrigation than most agronomic crops. Vegetables are classified as warm or cool season and the growing season temperature will influence crop selection. Warm season crops such as tomatoes and peppers produce higher yields under high temperatures. Cool season crops such as carrots and cabbage produce high yields under cool temperatures. The intensity, quality and day length of light will affect the growth of vegetables. There are some ways to manage the amount of light a crop gets, but proper selection for a region is important. Nutrient availability poses the least problem to vegetable production. Nutrient adjustments can be made by proper fertilization. To determine fertilization requirements, soil testing is done through a reliable laboratory. There are several other cultural practices that play a role and those include; market profitability, variety selection and site selection. Successful vegetable production takes a lot of planning and preparation.
Health Benefits of Vegetables:

Most vegetables are naturally low in fat and calories and none have cholesterol. However, sauces or seasonings may add fat, calories, and/or cholesterol. Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.

Diets rich in potassium may help to maintain a healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products and paste. Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower the risk of heart disease. Fiber is also important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories. Folate (folic acid) aids the body to form red blood cells. Vitamin A aid in keeping eyes and skin healthy and helps to protect against infections. Vitamin C assists in healing cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

DO:
• Provide the participants the vegetable chart handout. Instruct youth to identify each vegetable and research the nutrient(s) provided by the vegetable, indicate region(s) grown and grown season(s).

REFLECT:
• What did you learn about vegetables grown within the region where you live?
• Which nutrients are the easiest to remember in the foods that you eat and how is it easy to remember?

APPLY:
• How can you use this information to help educate others on vegetable production?
• How will you apply this information when participating in the Ag Product ID contest?

REFERENCES:
• http://aggie-horticulture.tamu.edu/vegetable/
• http://aggie-horticulture.tamu.edu/archives/parsons/earthkind/ekgarden14.html
• Fall Growing Season: http://aggie-horticulture.tamu.edu/archives/parsons/fallgarden/falldirect.html
<table>
<thead>
<tr>
<th>Vegetable (Include photo)</th>
<th>Nutrient (s) Provided</th>
<th>Region Grown</th>
<th>Growing Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Vitamin A and C, minerals</td>
<td>Cooler areas of North and West Texas, can also be grown in Dallas and Houston</td>
<td>Early Spring</td>
</tr>
<tr>
<td>Beans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*** Additional vegetables can be added by the project leader to enhance the learning experience.
Putting it All Together

EXPLORE THE CONTENT:

- By now you have completed the previous lessons on the following commodities that could be included in an AG Product ID Contest: Beef, Pork, Fruits, Vegetables and Nuts. One way to better equip yourself and/or your team is to prepare study materials. This can be done individually or as a group. Making study materials can be fun and interactive. A couple of ways to make learning more exciting can be done by creating flash cards, PowerPoint Presentations, Photobooks or having a scavenger hunt. Create your own classes by selecting products to study form photos found in magazines or online, take photos on your own, develop questions about the products and include the answers or host a contest at the county level, at a county show or other large event.

- It is also important to understand the logistics of the contest as you prepare and study. A contest consists of 20 Texas agriculture products (could be less based on learning experience adaptations). Each product has an identification component as well as a production/ industry question pertaining to the product. Participants have 30 seconds to review and respond to the questions for each product. Check the rules for each contest as some might allow 30 or 40 seconds per station. Participants will first ID the product, selecting one of the four options listed – 5 points earned if ID’ed correctly. Participants will then answer the question and select one of the four options listed – 5 points earned if answered correctly. Note – if the product was not ID’ed correctly, then the participant will not receive the 5 points on the question, regardless of answering correctly. There is a possible 200 points earned if all products were ID’ed correctly and questions answers correctly. Participants record answers on a Scantron (Form #API2). Some local contests may use other ways to record answers due to not having access to a scantron reader. Youth can enter as an individual or as a team of 3-4

- Ag Product ID Contest Opportunities – Put your knowledge to the test, enter a contest.
  - State Fair of Texas
  - Heart of Texas Fair and Rodeo
  - Houston Livestock Show and Rodeo
  - District Contests - *Check with your County Extension Agent to see if your district conducts a contest
  - Texas 4-H Roundup – Invitational Contest (Intermediate and Senior divisions only)
    - *some counties may host a contest that is open statewide
    - *some districts host a contest at a district event – check with your CEA
DO:
• Activity 1 – Ag Product ID Scavenger Hunt – Provide youth a list of Texas Agriculture products to locate and have them take a picture. The photos can be used to create study materials. Participants will then research the products and share the information with the group.
• Activity 2 – Assign participants an agriculture product. Ask each participant to prepare a snack using the product and bring it to a practice/meeting for everyone to taste. Along with the snack, the member should come prepared with some key facts about that product to share with the others.
• Activity 3 – Create your own classes to conduct a contest at your 4-H club meeting, county council meeting or any other event with a group of people. See example of classes.

REFLECT:
• How has creating your own study materials better prepared you to compete in the AG Product ID contest?
• Has participating in the AG ID Project opened your eyes to trying foods you have never tried before? If so, which ones?

APPLY:
• How will you use this information at home?
• How will you utilize this information to help others learn more about agriculture and the AG ID contest?

REFERENCES:
• https://bigtex.com/livestock/livestockshow/
• https://www.hotfair.com/events/2017/livestock-show
• http://www.rodeohouston.com/Get-Involved/Exhibitors-Participants/Livestock-Show
• https://texas4-h.tamu.edu/events/roundup/
Agriculture Identification Sample Classes

Product 1

What is this product?
A. Pinto Bean
B. Popcorn
C. Corn
D. Carrot

What is another popular name for this product?
A. Cob
B. Maize
C. Stalk seed
D. Cereal
What is this product?
1. Raspberries
2. Strawberries
3. Huckleberries
4. Bayberries

Which of the following is a common variety found in Texas?
A. Jewel
B. Lateglow
C. Hood
D. Allstar
What is this product?
1. Strip Steak
2. Porterhouse Steak
3. T-Bone Steak
4. Ribeye Steak

What cut is this steak found in?
A. Chuck
B. Loin
C. Round
D. Flank
What nut is this?
1. Pecan
2. Peanut
3. Cashew
4. Almond

What vitamin is this nut rich in?
A. Vitamin A
B. Vitamin B2
C. Vitamin E
D. Vitamin B6
What is this product?
A. Pinto Bean  
B. Popcorn  
C. **Corn**  
D. Carrot

What is another popular name for this product?
A. Cob  
B. **Maize**  
C. Stalk seed  
D. Cereal
What is this product?
1. Raspberries
2. **Strawberries**
3. Huckleberries
4. Bayberries

Which of the following is a common variety found in Texas?
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C. Hood
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What cut is this steak found in?
A. Chuck
B. **Loin**
C. Round
D. Flank
What nut is this?
1. Pecan
2. Peanut
3. Cashew
4. Almond

What vitamin is this nut rich in?
A. Vitamin A
B. Vitamin B2
C. Vitamin E
D. Vitamin B6
# 4-H Explore Project Book Evaluation
## - Agriculture Product Identification

**LEVEL OF UNDERSTANDING:** 1 = Poor, 2 = Average, 3 = Good, 4 = Excellent

<table>
<thead>
<tr>
<th>Level of Understanding:</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>As a result of participating in the Ag Product ID lessons and activities...</td>
<td>1 2 3 4</td>
<td>1 2 3 4</td>
</tr>
<tr>
<td>I understand the different topics covered in Ag Product ID.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I understand the importance of knowing where my products come from.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I understand the process my food goes through to reach my plate.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I understand that healthy choices lead to better nutrition.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I understand the importance and impact of Texas Agriculture.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MARKING INSTRUCTIONS**

**Correct:** **Incorrect:**

**LEVEL OF UNDERSTANDING:** 1 = Poor, 2 = Average, 3 = Good, 4 = Excellent

2. **INTENTIONS TO ADOPT:**

<table>
<thead>
<tr>
<th>Intention to Adopt:</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>As a result of participating in the Ag Product ID lessons and activities...</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can recognize beef and pork meat cuts to purchase when making a meal.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will eat more Texas grown fruits and nuts daily.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can identify food and by-products made from various Texas Commodities.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will try to eat more Texas grown vegetables daily.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I plan to organize an Ag Product ID team to compete at various contests.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. **BEHAVIOR CHANGES:**

<table>
<thead>
<tr>
<th>Behavior Changes:</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>As a result of participating in the Ag Product ID lessons and activities...</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more comfortable working in a team.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more willing to listen to others.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more comfortable speaking with others.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more confident in my abilities as a leader.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Please continue on the back.**
3. What is the most significant thing you learned in the Agriculture Product Identification lessons?

Please tell us about yourself.

**Gender:**
- [ ] Female
- [ ] Male

**I consider myself to be:**
- [ ] African American
- [ ] Asian American
- [ ] Native American
- [ ] White
- [ ] Other

**I consider myself to be:**
- [ ] Hispanic
- [ ] Non-Hispanic

**Grade:**
- [ ] 3rd
- [ ] 4th
- [ ] 5th
- [ ] 6th
- [ ] 7th
- [ ] 8th
- [ ] 9th
- [ ] 10th
- [ ] 11th
- [ ] 12th

**Most of the time, you live . . .**
- [ ] Farm or ranch
- [ ] Town less than 10,000
- [ ] City between 10,000 - 50,000
- [ ] Suburb of city between 50,000
- [ ] Central city/urban center with more than 50,000

Please provide any additional comments below.

**Thank you!**