

Teacher's Guide – Meat & Beans

Objectives: To provide information on how to select, store and prepare healthful meat dishes for you and your family.

Sample ANCHOR questions for participants:

“What meat and poultry dishes does your family like to eat?”

“What kinds of things influence your choice of meat and poultry?”

“What kinds of things influence your choice of meat and poultry for your family?”

“Where do you buy most of your meat and poultry?”

“How often do you serve meat and poultry to your family?”

“Is it difficult to afford meat and poultry for your family?”

“How do you try to save money when buying meat and poultry?”

If during your discussion involving ANCHOR questions participants did not suggest topics they would like to learn about today you may want to ask:

“What kind of information would be useful to you or your family about meat and poultry?”

Background Information - Choose the appropriate information below to **ADD** to your lesson.

Choose **lean** meats and poultry.

Vary your protein choices by eating more fish/seafood, beans, peas, nuts, and seeds.



Eat 5 1/2 ounces* (2 to 3 servings) of protein foods (meat, poultry, fish/seafood, dry beans, eggs, and nuts) every day.

- Two to three ounces of cooked lean meat, poultry or fish count as one serving of a protein food.
- Counts as 1 ounce of meat:
 - One-fourth cup of cooked dry beans
 - 1 egg
 - 1 Tablespoon of peanut butter
 - 1/2 ounce of nuts and seeds

***The recommendation of 5.5 oz. of protein foods every day is based on a 2,000 calorie diet. Go to www.mypyramid.gov for personalized nutritional recommendations.**

Save money when purchasing meat, poultry, and fish/seafood.

- Buy less expensive cuts of meat and poultry.
 - Choose lean ground meats
 - Buy and cook whole chickens or turkeys and freeze the leftovers after cutting them into single servings.
 - Buy a whole ham and use in several dishes.
- Use small amounts of meat, poultry, and fish in combination dishes (mix meat with grains and/or vegetables in a casserole).

Bake, broil or grill meats, poultry and fish/seafood.

Limit your intake of saturated fats and cholesterol.

- Choose dry beans, peas, nuts, and seeds often.
- Eat less than 300 mg. of cholesterol each day. One egg yolk contains about 220 mg. of cholesterol. Use egg whites and egg substitutes because they contain no cholesterol and little or no fat.
- Trim fat from meat and take skin off poultry.
- Limit intake of high-fat processed meats such as bacon and sausages.

Portion Sizes of Meat, Poultry & Fish/Seafood

2 tablespoons peanut butter (counts as 2 ounces of meat) is a ping-pong ball
1 teaspoon peanut butter (counts as 1/3 ounce of meat) is a fingertip*
1 tablespoon peanut butter (counts as 1 ounce of meat) is a thumb tip*
3 ounces cooked meat, fish, poultry is a palm or a deck of cards
3 ounces grilled/baked fish is a checkbook
3 ounces cooked chicken is a chicken leg and thigh or breast

Purchasing Meat & Poultry

Meat prices can be compared on a cost-per-serving basis only if all individuals actually eat the same amount of meat. For example, a person may eat only 3 ounces of beef if it is in a stew, but twice that much if the beef is served as a plain roast. For this reason it is often more economical to serve meat in mixed or combination dishes (like stew or soup) than to serve it plain. Handout (**AWAY**): “Shopping for Meat, Poultry & Dry Beans”

Tenderizing Meats

Cheaper cuts of meat often need tenderizing.

Make tough meat tender by:

1. Braising
 - a. Brown meat over medium heat in a skillet or pan.
 - b. Add liquid – water, tomato juice, broth
 - c. Cover pan. Cook over low to medium heat until tender (simmer – just below a boil) or bake at 325 degrees F.
2. Grind or chop into small pieces then cook.
3. Use a slow cooker - is good for cooking tougher meat cuts. Handout (**AWAY**): “Slow Cooker Safety”

FISH/SEAFOOD

♥ Fish is a good source of omega-3 in fat that is important for a healthful diet.

- ♥ Do not overcook fish. Cook to an internal temperature of 145° F. Best to cook fish at a high temperature for a short period of time.
- ♥ **“Ten Minute Rule”** – When baking (400-450° F), grilling, broiling, poaching, steaming or sautéing fish allow 10 minutes cooking time per inch of thickness of fresh fish and 20 minutes per inch of thickness for frozen fish. (Measure fish at thickest point).
- ♥ Season fish. Try herbs (parsley, dill, rosemary or chives), lemon juice or soy sauce for low-fat cooking.

***NOTE** - Women who may become pregnant, pregnant women, nursing mothers, and young children should not eat shark, swordfish, king mackerel and tilefish. Choose fish low in mercury. They should follow these recommendations:

- Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury
 - Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
 - Albacore ("white") tuna has more mercury than canned light tuna. You may eat up to 6 ounces of albacore tuna per week.
- Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advice is available, eat up to 6 ounces per week of fish you catch from local waters, but don't consume any other fish during that week.

Keep It Safe

1. Always wash hands, cutting boards, dishes and utensils with hot, soapy water after they come into contact with raw meat, poultry and fish/seafood.
2. Separate raw meat, poultry and fish/seafood from other foods in your grocery cart and in your refrigerator.
3. Use one cutting board for raw meat, poultry and fish/seafood and another for foods that are ready-to-eat.
4. Never place cooked food on a plate which previously held raw meat, poultry and fish/seafood.
5. Never buy raw meat, poultry and fish/seafood in packaging that is torn or leaking.
6. Buy raw meat, poultry and fish/seafood before the “Use or freeze by” date.
7. Thaw frozen meat, poultry and fish/seafood in the refrigerator or microwave.

8. Cook meat, poultry and fish/seafood to the proper internal temperatures. (See cooking temperatures below.)
9. Keep hot meat, poultry and fish/seafood at 140 degrees or warmer.
10. Store leftover meat, poultry and fish/seafood in shallow containers in the refrigerator. (See storage times below.)
11. Discard leftovers of meat, poultry and fish/seafood if left out of the refrigerator longer than 2 hours (1 hour if temperature is above 90 degrees).
12. Use cooked meat, poultry and fish/seafood leftovers within 4 days. Leftover gravies and meats in gravies use in 1 to 2 days.

Storage times in the refrigerator:

- Uncooked ground meats, bulk or patties (1-2 days)
- Fresh meat chops, steaks and roasts (3-5 days)
- Fresh poultry (1-2 days)
- Fresh fish/seafood (1-2 days)
- Leftover cooked meat, poultry and fish/seafood (3-4 days)

Minimum Internal Temperatures for Safe Cooking:

Fish	145 degrees F.
Fresh ground beef, veal, lamb, pork	160 degrees F.
Ground chicken or ground turkey	165 degrees F.
Beef, veal, lamb – roasts, chops, steak	160 degrees F.
Fresh pork – roasts, chops, steak	160 degrees F.
Ham; cook before eating	160 degrees F.
Ham; fully cooked, to reheat	140 degrees F.
Whole chicken, turkey	165 degrees F.
Poultry - breasts and roasts	165 degrees F.
Poultry - thighs and wings	165 degrees F.
All cooked leftovers, reheated	165 degrees F.

For more information about safe food handling and preparation:

USDA's Meat and Poultry Hotline	1-888-674-6854
Partnership for Food Safety Education Web Site	www.fightbac.org
USDA – FSIS (Food Safety & Inspection Service) Web Site	www.fsis.usda.gov

Activities - (APPLY)

Ask participants to share ways they stretch their meat and poultry dollars when planning meals. For example, mix meat with grains and/or vegetables in a casserole.

Handouts (**AWAY**): “9 Ways to Serve Chili”, “Skillet Meal Master Recipe” and “Go Further Burger”

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