



**Shoulder Butt**

Upper row (l-r):  
Bone-in Blade  
Roast, Boneless  
Blade Roast  
Lower row (l-r):  
Ground Pork,  
Sausage,  
Blade Steak



**Picnic Shoulder**

Upper row (l-r):  
Smoked Picnic,  
Arm Picnic  
Roast  
Lower row:  
Smoked Hocks



**Side**

Top:  
Spareribs  
Bottom:  
Slab Bacon,  
Sliced Bacon



**Leg**

Upper row (l-r):  
Bone-in Fresh  
Ham, Smoked  
Ham  
Lower row (l-r):  
Leg Cutlets,  
Fresh Boneless  
Ham Roast

**Loin**



**Tenderloin &  
Canadian-Style Bacon**

Left: Tenderloin  
Right: Canadian-Style Bacon



**Ribs**

Left: Country-Style Ribs  
Right: Back Ribs



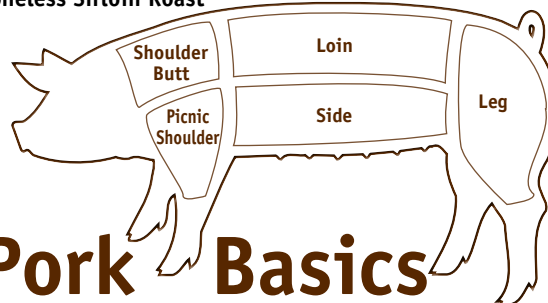
**Roasts**

Upper row (l-r):  
Center Rib Roast (Rack of Pork),  
Bone-in Sirloin Roast  
Middle:  
Boneless Center Loin Roast  
Lower row (l-r):  
Boneless Rib End Roast,  
Boneless Sirloin Roast



**Chops**

Upper row (l-r):  
Sirloin Chop, Rib Chop,  
Loin Chop  
Lower row (l-r):  
Boneless Rib End Chop,  
Boneless Center Loin Chop,  
Butterfly Chop



**Pork Basics**

MANY SHAPES OF PORK ROASTS

**Cut Loose!**

When shopping for pork, consider cutting traditional roasts into a variety of shapes



**CHOPS:** Dinner, backyard barbecue or gourmet entree



**CUBES:** Great for kabobs, stew & chili



**STRIPS:** Super stir fry, fajitas & salads



**CUTLETS:** Delicious breakfast chops & quick sandwiches



### SORTING THROUGH PROTEIN-RICH FOODS

Instructions: With your small group circle which items listed in the table are examples of pork. When you discover new terms research and record definition below. Complete all questions.

T-bone steak	Rack of lamb	Butterfly chop
Loin chop	Cornish hen	Turkey pepperoni
Venison	Veal cutlet	Bacon
Chicken breast	Ham steak	Stew meat
Spare ribs	Cordon Bleu	Goose
Tripe	Sausage	Pepperoni
Duckling	Stuffed tenderloin	Crown roast

New Term	Definition

**How many different sources of protein-rich foods does this activity include? List.**

**What do all these animals have in common?**

### Unscramble Ham Pizza Snacks

Instructions: Each kitchen group reads through list of steps and numbers in a meaningful sequence.

- \_\_\_\_\_ Bake in preheated oven for 8 - 10 minutes or until biscuits are light brown and cheese is melted.
- \_\_\_\_\_ Leave space between so edges do not touch.
- \_\_\_\_\_ Top each biscuit with one tablespoon of diced ham.
- \_\_\_\_\_ Gather needed utensils / equipment.
- \_\_\_\_\_ Spray cookie sheet with nonstick spray.
- \_\_\_\_\_ Measure / prep all ingredients.
- \_\_\_\_\_ Preheat oven to 400° F.
- \_\_\_\_\_ Separate biscuits and flatten on cookie sheet.
- \_\_\_\_\_ Wash hands, secure hair out of face
- \_\_\_\_\_ Top each biscuit with one tablespoon of shredded cheese.
- \_\_\_\_\_ Spread one teaspoon pizza sauce on each biscuit.

Instructions: Match the ingredient with correct amount to make Ham Pizza Snacks.

- |                                     |                  |
|-------------------------------------|------------------|
| _____ 1. Shredded Mozzarella cheese | A. ¼ cup         |
| _____ 2. Refrigerated biscuit dough | B. 2/3 cup       |
| _____ 3. Pizza sauce                | C. 2/3 cup       |
| _____ 4. Diced ham                  | D. (1) 7½ ounces |

When finished check accuracy of sequence and matching by referring to recipe.

### Ham Pizza Snacks

Recipe from PorkBeInspired.com • Prep Time: 10 minutes • Cook Time: 10 minutes • Yield: Serves 10

#### Ingredients:

1 7½-oz package refrigerated biscuit dough

Nonstick spray coating

¼ cup pizza sauce

$\frac{2}{3}$  cup ham, diced

$\frac{2}{3}$  cup mozzarella cheese, shredded

#### Cooking Directions:

1. Spray cookie sheet with nonstick spray.
2. Separate biscuits and flatten on cookie sheet, leaving space between so edges do not touch.
3. Spread 1 teaspoon pizza sauce on each biscuit.
4. Top each biscuit with 1 tablespoon of diced ham and 1 tablespoon shredded cheese.
5. Bake in a 400° F. oven for 8-10 minutes or until biscuits are light brown and cheese is melted.

**Serving Suggestions:** Serve individually as a snack or appetizer. For a complete meal, serve two pizzas with a salad and fresh fruit.



**Time Matters**

Instructions: Glue the steps to Ham Pizza Snacks recipe in the order you will be following. Label each step with student's name that is responsible for it. Check utensil list – what do you need to add? Who will get out the utensils?

Liquid 1 cup measure	Cookie sheet	<u>If dicing ham add:</u>
Measuring spoons	Pot holders	Cutting board
Rubber scraper	Wire cooling rack	Utility knife, serrated blade
Can opener	Turner / spatula	<u>If shredding cheese add:</u>
	Timer (optional)	Grater
		Wax paper



### Debriefing Pizza Lab

Each kitchen group responds to these questions / directions:

- Sketch what diced ham looks like.
- How is pizza sauce different than tomato sauce?
- Sketch what shredded cheese looks like.
- Explain how to use grater and clean it.
- How do you know refrigerated biscuit dough is fresh?
- Describe your pizza snacks.
- What did we do very well? Be specific.
- What could have been improved if we made this recipe again in class?

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### Make Your Plate Great–Part 1

The USDA introduced a new eating food guide entitled MyPlate the spring of 2011. It illustrates for us the formula for creating a “great plate” which is ½ fruits and vegetables, ¼ whole grains, and ¼ lean protein, plus 1 serving of dairy. By following this model at each meal it is hoped that obesity in the U.S. will be reduced. Go to [MyPlate.gov](http://MyPlate.gov) for more information.

First, calculate calories in pizza snacks recipe by using [webMD.com](http://webMD.com) Food-O-Meter. Complete this table.

Ingredient	Amount of Ingredient	Number of Calories

TOTAL CALORIES IN RECIPE = \_\_\_\_\_

TOTAL CALORIES PER SERVING = \_\_\_\_\_

Second, plan a healthy lunch using Ham Pizza Snack recipe. Currently school lunch requirements allow up to 700 calories for students in grades 6–8. Working with a partner, use resources available in classroom.

- Illustrate your lunch on paper plate by sketching foods, cutting out pictures and gluing on plate, using food models and taking picture of “great plate”, etc.
- Keep the lunch calories between 500 and 700.
- Consider additional toppings for Ham Pizza Snacks recipe to increase nutritional value.
- Use online Food-O-Meter to find calorie contents and record these numbers on plate or card attached to plate.
- Remember the MyPlate model includes 1 serving of dairy at each meal.
- Students will display their “great plates” in class and share their work.
- Total numbers of calories for planned lunch must be included.

### Make Your Plate Great—Part 2

For students that finish early they may use *webMD.com* to determine what a portion size looks like for foods listed.

Food	What does amount look like? (tennis ball, pinky finger, etc.)
3 ounces of lean meat	
2 tablespoons of peanut butter	
1 ounce lunch meat	
3 ounces chicken	
3 ounces fish	
¼ cup almonds	





FCS Lesson Plans: STUDENT GUIDE  
Ham Pizza Snacks

TAKE YOUR RECIPE HOME

**Instructions:** How about surprising your family by preparing them a delicious snack or awesome surprise? Prepare recipe from class at home and record your results below. Staple the recipe you used to this form. Reminder – get an adult’s comments and signature.

<b>Recipe:</b>	<b>Date Prepared:</b>
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Use 3 words to describe the food you made.

What did you do a good job at?

What could have used some improvement?

Adult’s comments and Signature:

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