

Dear Educator,

Shopping and cooking take time and energy, and any help consumers can get is an important improvement. That's why this year's update to the **Step Up to a Healthier You** program, from the National Pork Board, provides a timely reminder that recent changes have made pork a more convenient meal choice for busy families.

Developed by the curriculum specialists at Young Minds Inspired, this 2014 lesson plan acquaints students with the new pork cut names they will be seeing in supermarkets, which align with the similar names for cuts of beef, making it easier to shop for this lean source of protein. The update also reviews the new lower cooking temperature recommendations for pork, which improve flavor and texture without compromising food safety. You will also find new "To Your Health" recipes for pork that not only meet the USDA **MyPlate** guidelines, but also showcase the possibilities of this family favorite meat choice.

We encourage you to add this update to your class plans and share these materials with your school's food service director and your fellow educators. Although the materials are copyrighted, you may make as many copies as you need for educational purposes.

Please let us know your thoughts about this program by commenting through the feedback form found at www.ymiclassroom.com/pork. We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

 is the only company developing free, creative and innovative classroom materials that is owned and directed by award-winning former teachers. View our website at www.ymiclassroom.com to send feedback and download more free programs. For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

Step Up to a Healthier You 2014 Lesson Plan

Target Audience

This supplement is designed for middle school students in Family and Consumer Sciences classes and their families. It can be tailored to suit the needs and abilities of your students.

Standards Alignment

This supplement meets the following Family and Consumer Sciences Standards:

- 14.1 Analyze factors that influence nutrition and wellness practices across the life span.
- 14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.
- 14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- 14.4 Evaluate factors that affect food safety from production through consumption.

How to Use This Program

First read the information in this guide and on the activity sheets. Then make copies of the activity sheets for each student and allocate time to complete the activities in class. Encourage students to take the activity sheets home and share them with family members.

Pork and Nutrition

Pork is lean and low in fat. Lean sources of protein, found in several cuts of pork like tenderloin, are an important part of a healthy, well-balanced diet. Pork is also rich in nutrients like thiamin, niacin, vitamin B6, and riboflavin. It not only helps meet the 2010 USDA Dietary Guidelines but also provides a tasty and important variation in the protein component that makes up the USDA's **MyPlate** guidelines.

Additional Resources

- About Pork:
www.porkbeinspired.com
- Pork and Nutrition:
www.porkandhealth.org
- Pork Cuts: www.ymiclassroom.com/lesson-plans/pork
- *Step Up to a Healthier You*:
www.ymiclassroom.com/pork

Activity 1 Nutrients You Need

Part 1. Have students review the nutrition chart at <http://goo.gl/atXQ99> for background on the top ten nutrients that pork provides — iron, magnesium, phosphorous, potassium, zinc, thiamin, riboflavin, niacin, vitamin B12, and vitamin B6. Then divide students into two teams, with each team assigned to research one group of five nutrients and complete the chart on the activity sheet by summarizing the facts for those five nutrients. Have teams then present their findings in a poster, PowerPoint presentation, or a cooking show-style oral report.

Part 2. Have students use this chart to plan five dinner menus that meet the **MyPlate** guidelines. A cut of pork must be selected for at least two of the dinners.

Activity Extension:

Ask students to report back on a pork-based menu that their family particularly liked, and consider assembling favorite menus into a class cookbook.

Activity 2 What's Cooking?

In this two-part matching activity, students first pair each new pork cut name with its previous name in Part 1, then pair each pork cooking method with the correct description in Part 2, referencing the URLs listed if necessary. Tell students that not all supermarkets have changed over to the new pork cut names, so they might see some of the previous names at their store. Remind students also that the new recommended internal cooking temperature for pork — 145° F — followed by a three-minute rest, applies only to the cuts listed; 160° F is still recommended for cooking ground pork.

Answer Keys (names of cuts): 1-D; 2-A; 3-B; 4-E; 5-C; (cooking methods): 1-C; 2-D; 3-E; 4-A; 5-F; 6-B.

Activity Extension:

Consider having students prepare various pork recipes using a variety of different cooking techniques and then compare results and preferences.

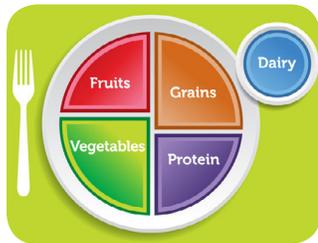
Activity 1: Nutrients You Need

Pork offers a wide array of healthy nutrients in a meat that is lean and low in calories. Learn more about how these nutrients can help you build healthy menus that meet USDA guidelines while offering tasty and delicious meal variations.

Part 1 Check out the nutrients in pork at <http://goo.gl/atXQ99>, then research the five nutrients found in pork that have been assigned to your team. Use this chart to organize your research, then work with your team to present your findings in class.



Nutrient Information			
Nutrient	Function and Importance	Body System That Uses This Nutrient	% Recommended Daily Value in 3 Oz. of Pork



Part 2 Now plan a week's worth of dinners for your family, including two pork options, using the **MyPlate** guidelines. There are hundreds of great pork recipes available at www.porkbeinspired.com/recipes.aspx to get you started!

	Monday	Tuesday	Wednesday	Thursday	Friday
 Fruits					
 Vegetables					
 Grains					
 Dairy					
 Protein					

STEP UP TO A HEALTHIER YOU

Activity 2: What's Cooking?

Pork is always a good choice as a nutritional source of protein. It is now easier than ever to purchase and prepare, with new names for pork cuts and new pork cooking guidelines. Try these matchups to make sure you're up-to-date on the possibilities of pork!

Part 1 Do you know the new names for "old" cuts of pork? Match 'em up — then look for the new names the next time you or your family shops.

Part 2 Get ready to put pork on your menu by matching these favorite pork cooking methods with their descriptions. Remember, *the U.S. Department of Agriculture (USDA) recommends cooking pork chops, roasts, and tenderloin to an internal temperature of 145°F, followed by a 3-minute rest.*

	New Name	Old Name
PART 1	1. ___ Porterhouse Pork Chop	A. Center Rib Roast
	2. ___ Pork Ribeye Roast	B. Top Loin Roast
	3. ___ New York Pork Roast	C. Shoulder Blade Boston Roast
	4. ___ New York Pork Chop	D. Loin Chop, Bone In
	5. ___ Blade Pork Roast	E. Top Loin Chop
For pork cuts, see www.porkbeinspired.com/resources/images/193172.pdf .		

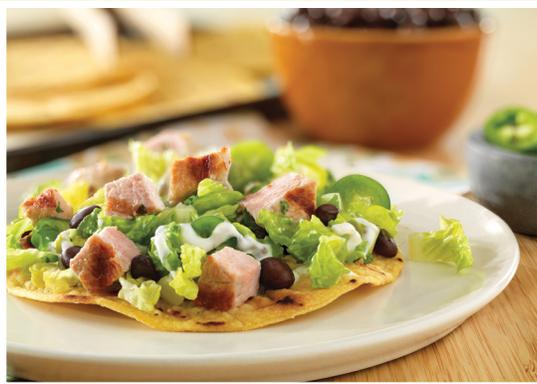


	Cooking Method	Description
PART 2	1. ___ Grilling	A. Cooking over indirect medium heat
	2. ___ Roasting	B. Using cooking oil in a pan over medium-high heat
	3. ___ Broiling	C. Cooking over direct medium heat
	4. ___ Barbecuing	D. Cooking uncovered in a shallow pan
	5. ___ Braising	E. Cooking 4-5 inches from heat
	6. ___ Sautéing	F. Simmering with a liquid in a covered pot
For cooking methods, see www.porkbeinspired.com/resources/images/2924.pdf .		



Try this delicious *To Your Health* pork recipe at home!

Knife and Fork Pork Stackers



Serves: 4

Ingredients for Stackers

1 spray of cooking spray
 4 3-oz boneless New York (top loin) pork chops
 1/4 tsp black pepper
 1/8 tsp salt
 4 6-inch soft corn tortillas
 4 cups shredded romaine lettuce
 1/4 cup chopped cilantro
 Half of a 15-oz can no-salt-added black beans, rinsed and drained, optional
 1 medium jalapeño, minced

Ingredients for Sauce

1/3 cup light sour cream
 2 Tbsp water
 1 1/2 Tbsp coarse grain Dijon mustard
 1 medium garlic clove, minced
 1/8 tsp salt

- Stir together in a small bowl the sauce ingredients and set aside. Heat a grill pan (or grill) over medium-high heat. Coat both sides of the pork chops with cooking spray and sprinkle with black pepper and salt.
- Cook the pork chops for 4 minutes on each side or until internal temperature on a meat thermometer reads 145° F, followed by a 3-minute rest time. Cut into 1/2-inch cubes.
- Coat both sides of the tortillas with cooking spray and fry or heat 30 seconds on each side or until just beginning to show grill marks.
- To assemble, place a tortilla on each of 4 dinner plates. Top each with equal amounts of the following ingredients in the order listed: lettuce, cilantro, sauce, beans, pork, and jalapeño.

For more new healthy pork recipes, visit www.ymiclassroom.com/pork and check out the *To Your Health* recipe brochure.