

Dear Educator,

There's something new in the meat case in your local grocery store. You'll find the same delicious pork products you've always enjoyed, but now they are labeled with some new names that parallel familiar names for cuts of beef to make it easier to compare options for planning nutritious meals. For example, the Loin Chop is now the Porterhouse Chop, the Rib Chop is now the Ribeye Chop, and the Top Loin Chop is now the New York Chop.

To introduce these new names and to reinforce the U.S. Department of Agriculture's **MyPlate** food guidelines, the National Pork Board and the award-winning curriculum specialists at Young Minds Inspired (YMI) have teamed up to create this 2013 lesson plan for the **Step Up to a Healthier You** program (available online at www.ymiclassroom.com/pork.html).

We encourage you to share this supplement with your school's food service director and your fellow educators. Although it is copyrighted, you may make as many copies as you need for your students.

Please let us know your thoughts about this program by commenting online at www.ymiclassroom.com/pork.html. 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



YMI 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 2013 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:

- Demonstrate nutrition and wellness practices that enhance individual and family well-being.
- Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families.
- Evaluate food plans, preparation techniques, and specialized dietary plans.

How to Use This Program

Review the information in this guide and on the activity masters. Make copies of the masters for each student and schedule time to complete the activities in class. Have the students take the activity sheets home and review them with their parents.

What Research Says About the Benefits of Pork

The 2010 USDA Dietary Guidelines encourage Americans to choose foods that are high in nutrient density and low in energy density. Protein from lean meats such as pork fits both criteria: Pork provides the necessary nutrients with relatively fewer calories.

A recent study conducted at the University of Missouri further validates the importance of high-protein lean pork in a balanced diet. Findings suggest that, for teenagers, eating a protein-rich breakfast that includes lean ham or pork sausage reduces daily hunger, increases daily fullness, improves morning blood sugar control, and leads to less late-day snacking, thus reducing calories from fat and sugar.

Activity 1 Learn from the Label

Review the cuts of meat and the preparation methods on the activity sheet with your students. After students have finished listing the preparation methods they think would work for each cut, lead

a class discussion so they can share their choices and their reasons for them. Then, discuss the preparation information on the *How to Cook Pork* fact sheet (www.ymiclassroom.com/pork.html) and have students correct their lists, if necessary. Send the activity sheet home with students so they can share the information with their families.

Answer Key:

Part 1: Blade Steak (shoulder), Sirloin Chop (loin), New York Roast (loin), Spareribs (side)

Part 2: roasting (New York Roast, Spareribs); broiling (Blade Steak); grilling (Blade Steak); barbecuing (New York Roast, Spareribs); sautéing (none of the cuts is prepared using this method); braising (Blade Steak, Sirloin Chop, Spareribs)

Activity Extension:

Have students make a list of all the cuts of pork they find in their local store and choose one they would like to prepare using a recipe they find at www.porkbeinspired.com. Plan class time for students to share their experiences preparing the recipe they chose.

Activity 2 Choosing Pork for MyPlate

To introduce this activity, review the USDA **MyPlate** guidelines with students. (You can find them in Activity 1 of the 2011 lesson plan at www.ymiclassroom.com/pork.html.) After your students have finished planning their meal, provide time for sharing in a class discussion.

Activity Extension:

Have students prepare the meal they have planned at home for their family, using the recipe on the activity sheet or another one from www.porkbeinspired.com. Provide time for students to share their experience with the class.

Additional Resources

- Pork and Nutrition: www.porkandhealth.org
- Kid-friendly Recipes: www.porkbeinspired.com
- Young Minds Inspired: www.ymiclassroom.com/pork.html



Activity 1: Learn from the Label

When you shop for pork, you'll find some new names in your grocery store meat case, but the packages still contain that delicious pork you've always enjoyed. The new names, which mirror the names for popular cuts of beef, make it easier for you and your family to choose exactly the cut of pork you need for the meal you want to prepare. Plus, the label for each cut now includes cooking tips to make preparation even easier. Next time you're at the supermarket, look for the cuts below. All should be grilled for best results.



Porterhouse Chop
(formerly the Loin Chop)



Ribeye Chop
(formerly the Rib Chop)



New York Chop
(formerly the Top Loin Chop)

Part 1 Do you know where on the pig each cut of meat comes from? Write the number of each cut in the correct section of the picture.



1. Blade Steak



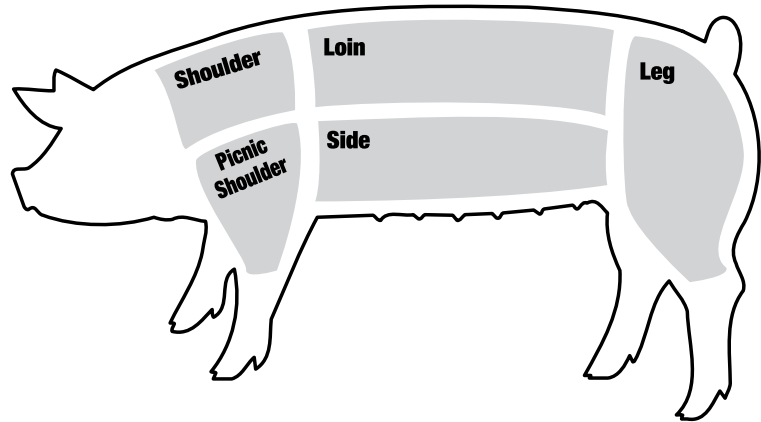
2. Sirloin Chop



3. New York Roast



4. Spareribs



Part 2 There are lots of ways that you can prepare these four cuts of pork. Look at the list of preparation methods below. For each one, write down which of these four cuts you could prepare using that method.

Roasting

Broiling

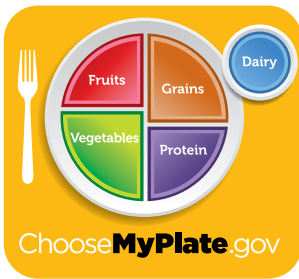
Grilling

Barbecuing

Sautéing

Braising

Activity 2: Choosing Pork for MyPlate



It's always a good idea to follow the U.S. Department of Agriculture **MyPlate** model when you're planning your meals. When it comes to your protein choices, pork is always a smart choice. That's because lean cuts of pork are rich in nutrients and low in calories, cholesterol, and fat.

Choose one of the options provided in each of the following five steps—or write in your own choice—to plan a meal you can prepare for your family.

Step 1:

Pick Your Pork (Protein)

- New York pork chop
- Pork tenderloin
- Pork spareribs
- Pork shoulder roast
- _____

Step 2:

Pick Your Vegetable

- Green beans
- Potatoes
- Broccoli
- Carrots
- _____

Step 3:

Pick Your Fruit

- Strawberries
- Apple
- Banana
- Orange
- _____

Step 4:

Pick Your Grain

- Brown rice
- Whole wheat rolls
- Pasta
- Quinoa
- _____

Step 5:

Pick Your Dairy

- Fat-free milk
- Frozen yogurt
- Swiss cheese
- Cottage cheese
- _____

What recipe will you use to prepare the cut of pork you selected? Check out some options at www.porkbeinspired.com.

Print out a copy of the recipe or write down the instructions so you can share it with your family! Add notes about how you will prepare the other items on your menu.

Here's one nutritious and delicious pork recipe that you can try at home!

Grilled Ribeye Pork Chops with Easy Barbeque Sauce



Serves: 4

Ingredients

4 ribeye pork chops, about 1" thick
salt and pepper, to taste
olive oil

Spicy BBQ Sauce

1 tsp. olive oil
½ yellow onion, chopped
¼ cup ketchup
1T brown sugar
1T Worcestershire sauce
1T apple cider vinegar
¼ tsp. cayenne pepper

Preheat the grill over medium high heat and brush with olive oil. Season the chops with salt and pepper on both sides.

Place pork on the grill for 8-9 minutes, turning once halfway through, until cooked to an internal temperature of 145°F. Remove pork from grill, tent it with foil, and let rest for 3 minutes.

To make the Spicy BBQ Sauce:

Heat olive oil in pot over medium heat. Sauté the onion until soft. Add ketchup, brown sugar, Worcestershire, vinegar, and cayenne. Simmer for 15 minutes, allowing sauce to thicken. Remove from heat and cool. Puree in a blender. Serve chops with a spoonful of the BBQ sauce.

How to Cook Pork

Method	Cut	Thickness/ Weight	Average Recommended Cooking Time (minutes per lb. OR total minutes)
Roasting Roast at 350°F, unless otherwise noted. Roast in a shallow pan, uncovered.	New York Roast; bone-in and boneless	2 - 5 lbs.	2 lbs. roast = 20 minutes (per lb.) 3½ - 5 lbs. roast = 15 minutes (per lb.)
	Tenderloin (Roast at 425°F)	½ - 1½ lbs.	20 - 27 minutes (total)
	Loin Back Ribs	---	1½ - 2 hours (total)
	Spareribs/St. Louis-Style Ribs	---	1½ - 2 hours (total)
Broiling 4-5 inches from heat OR	Tenderloin	½ - 1½ lbs.	20 minutes (total)
	Porterhouse, New York and Ribeye Pork Chops; thin	¾ inch 1½ inch	8 - 9 minutes (total) 12 - 16 minutes (total)
Grilling Over direct, medium heat; turn once halfway through grilling.	Blade Steak	½ - ¾ inch	20 minutes (total)
	Shoulder Country-Style Ribs	1½ inch	12 - 16 minutes (total)
	Loin Country-Style Ribs; bone-in and boneless	1½ inch	12 - 16 minutes (total)
Barbecuing Over indirect medium heat (285°F).	New York Roast; bone-in and boneless	2 - 5 lbs.	2 lbs. roast = 20 minutes (per lb.) 3½ - 5 lbs. roast = 15 minutes (per lb.)
	Shoulder Roast; bone-in	3-6 lbs.	45 minutes (per lb.)
	Loin Back Ribs	--	1½ - 2 hours (total)
	Spareribs	--	1½ - 2 hours (total)
Sautéing Add a little cooking oil to a pan; sauté over medium-high heat and turn once halfway through cooking time.	New York Pork Chop; thin	¾ inch	8 minutes (total)
	Ribeye Pork Chop; thin	¾ inch	8 minutes (total)
	Sirloin Pork Chop; bone-in and boneless	½ - ¾ inch	6 - 8 minutes (total)
Braising Cook, covered, with a liquid at a simmer; turn once halfway through cooking time.	Shoulder Roast; bone-in	3-6 lbs.	2 - 2½ hours (total)
	Loin Back Ribs	--	1½ - 2 hours (total)
	Spareribs/St. Louis-Style Ribs	--	1½ - 2 hours (total)
	Blade Steak	½ - ¾ inch	20 minutes (total)

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145°F (medium rare) and 160°F (medium), followed by a 3-minute rest.