**Directions:** Please answer the following questions from the video “Raising the Steaks.” Please answer in complete sentences when appropriate to do so for some of the following questions.

1. When they used the phrase “to quarter a cow” in the video what were they describing?
2. Define Marbling:
3. What makes up 60% of the world that cows should eat to produce better meat for our (humans) consumption?
4. What part of the cow’s body produces the best cuts of meat?
5. What are 3 things that the butcher said consumers should look for when it comes to buying quality red meat at the grocery store?
6. What does USDA stand for?
7. What does the USDA regulate?
8. How does the USDA determine if a product is going to be labeled SELECT, CHOICE, or PRIME?
9. Where in the refrigerator should you store raw meats?
10. Match the types of SALT with their description:

Sea Salt a. Flakes that stick to the outside of the food

Rock Salt b. Contains Iodine and anti-clumping agent

Table Salt c. Evaporated sea water

Kosher Salt d. Extra minerals and has to be in a grinder

1. What is the best method for determining if a steak is cooked to the proper temperature?
2. What is the most important step to remember after you cook a steak, to keep it full of flavor?
3. List 2 of the 4 Nutrients the dietician stated at the end of the video while enjoying her steak with Alton Brown.
4. What does Alton Brown tell you to do at the end of this episode?

(PS…. Your teacher would not approve of this!!!)