**DIRECTIONS:**

On your computer open your web browser and go to:

[www.porkfoodservice.org](http://www.porkfoodservice.org)

Once you get to this website put your mouse over the middle tab **Menuing Pork** and hold until the drop down menu displays. Click on **Nutrition** (directly below.) Then click on **Download PDF** under the title Leanest Cuts of Pork at the top of this page. Then download this and answer the following questions.

1. Seven common cuts of pork are, on average, are \_\_\_\_\_\_\_\_\_\_% leaner

 than 20 years ago.

2. Pork tenderloin is just as lean as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. How many grams of TOTAL fat do the following have:

 a. Pork tenderloin:

 b. Skinless Chicken Breast:

 c. Ground Pork, 96% lean:

 d. Skinless Chicken Thigh:

4. Lean: Less than \_\_\_\_\_\_\_\_ grams of total fat.

5. Extra Lean: Less than \_\_\_\_\_\_\_\_ grams of total fat.

6. When shopping in the grocery store you should remember to look for

 “Loin” on the label of the package because this = \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7. For Juicy tender pork cook until \_\_\_\_\_\_\_\_\_° F internal temperature

Pork cooked to 160° F will be slightly pink inside.

For ground pork, cook to 160° F through with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. List the EXCELLENT nutrient sources our body can get from us eating a 3oz portion of pork tenderloin (5):

9. List the 4 types of low-fat preparation techniques to use when

preparing pork:

10. What website do they offer as a resource, at the bottom of this PDF, to find pork recipes?

**DIRECTIONS:** CLOSE the PDF and scroll down on that same page (Menuing Pork > Nutrition) and then click on **Download the PDF** under the title How Pork Compares to Other Meats. Answer the following questions using the Nutritional Chart.

11. Which of the following Shoulder Butt pork cuts has the least amount of calories and how many calories does it have?

12. Which of the following Shoulder Butt pork cuts has the most total fat grams and how many total fat grams does it have?

13. Assessing just the Shoulder Butt pork cuts, does any of the following cuts qualify to be labeled “Extra Lean” on their packaging? WHY or WHY NOT?

14. Which of the following Side pork cut offers the highest amount of protein? How much protein?

**DIRECTIONS:** Close this PDF and scroll back up to the top of this page. Hold your mouse over the **Menuing Pork** tab > then click on **Pork Quality.**

15. What are the 3 word “measurements” for checking the quality of pork?

16. What does PSE stand for in the first picture of the pork?

17. What does RFN stand for in the second picture of the pork?

18. What does DFD stand for in the third picture of the pork?

19. Which of the 3 pictures appears to be the best quality of pork just by looking at them and why?

20. What does **NAMPA** stand for? (HINT: Look under **Menuing Pork > Education**)