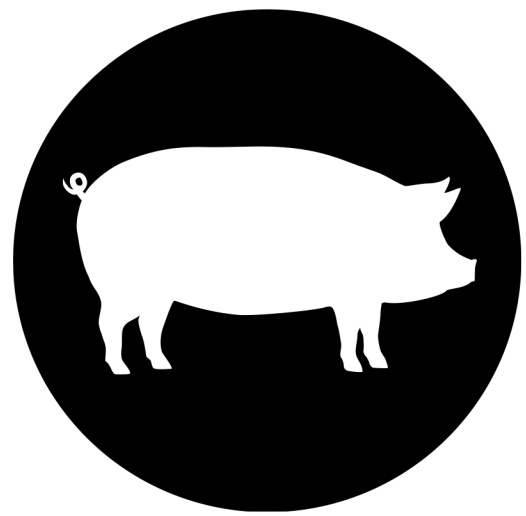
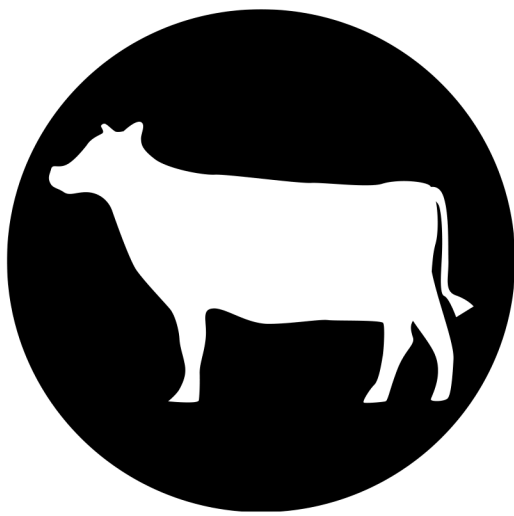




# MEAT CUTTER LAB

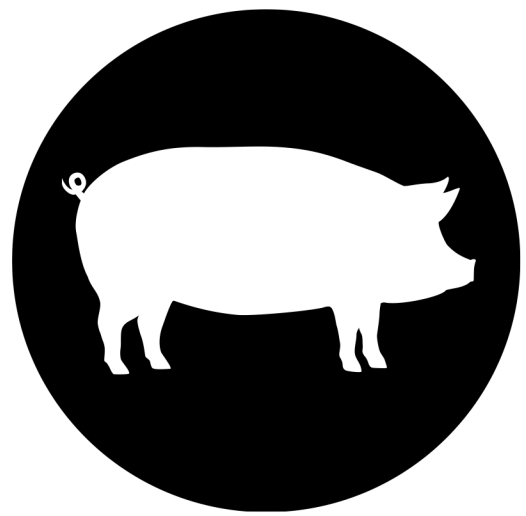
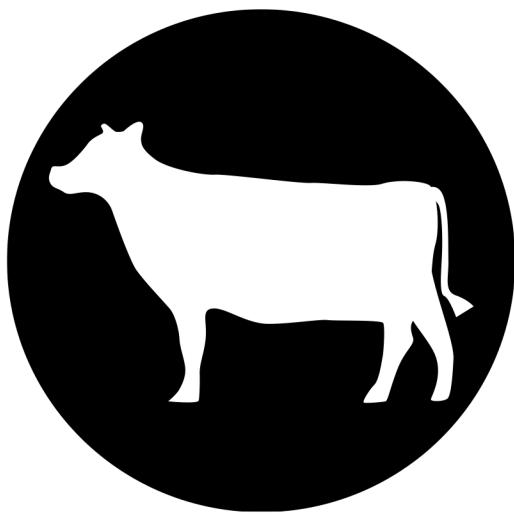
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## COMPETENCY TASKS

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- Identification and labeling of different cuts of beef and pork:
  - Students identify different cuts of beef and pork and label them with the correct name. Evaluated on accuracy.
- Meat cutting:
  - Process specific cuts of beef and pork, which may include deboning a bone-in pork loin or bone-in ribeye.
  - Process both beef and pork
  - Evaluated on the  $\frac{1}{8}$  inch trim standard, quality of their cuts, and their knife safety skills.
- Slicing:
  - Slice a pork loin or beef sirloin and or ribeye into uniform cuts.
  - Evaluated on the  $\frac{1}{8}$  inch trim standard.
- Trimming:
  - Trim excess fat and connective tissue from a cut of pork shoulder or beef chuck.
  - Evaluated on their ability to efficiently remove unwanted parts without wasting meat.

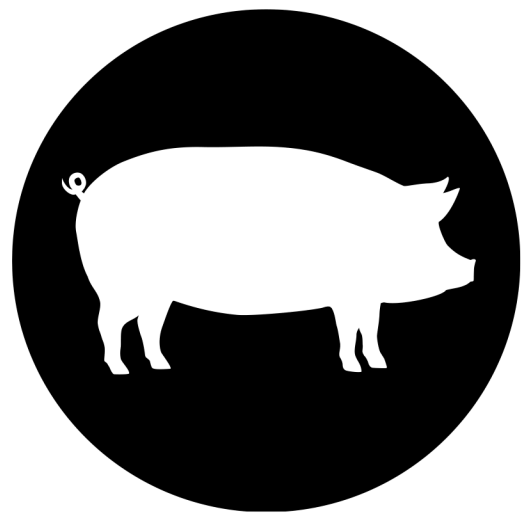
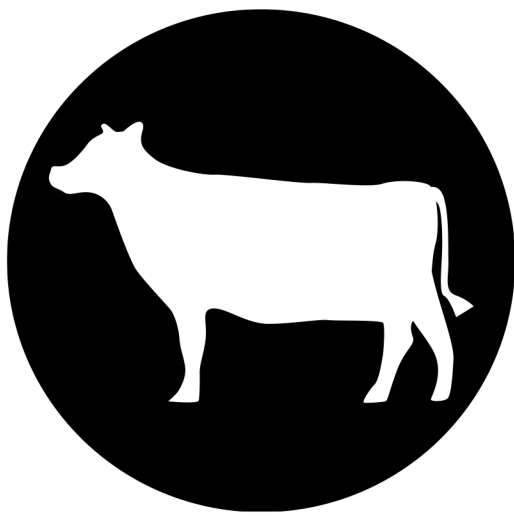


## COMPETENCY TASKS

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- **Proper handling of trim:**
  - Work through beef and or pork trim.
  - Evaluated on ability to properly salvage all salable lean meat from the trim and turn it into a quality saleable package of stew meat, cube steak, kabob meat, or stir fry.
- **Packaging:**
  - Properly package beef and pork for storage, including wrapping in plastic or butcher paper and labeling them with the cut, weight, and date.
  - Evaluated on ability to package meat in a way that protects its quality and safety.
- **Meat grinding:**
  - Grind both beef primal trimmings and conventional pre-ground "tube found beef "using a meat grinder and create quality saleable ground meat.
  - Evaluated on ability to safely and efficiently operate the meat grinder and produce quality ground meat packages.
- **Clean-up and sanitation:**
  - Clean and sanitize work area and equipment.
  - Evaluated on ability to follow proper sanitation procedures and ensure that the work area is clean and free of any hazards.



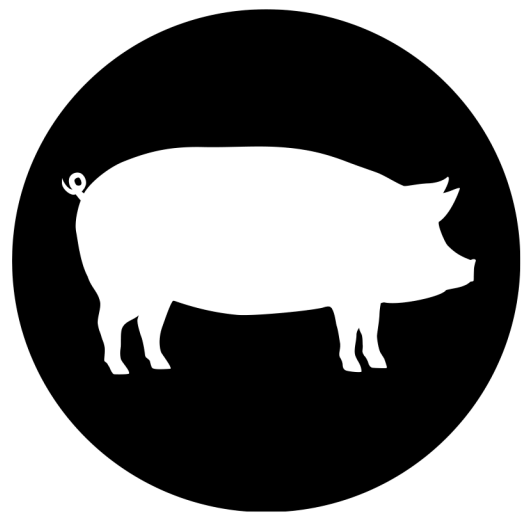
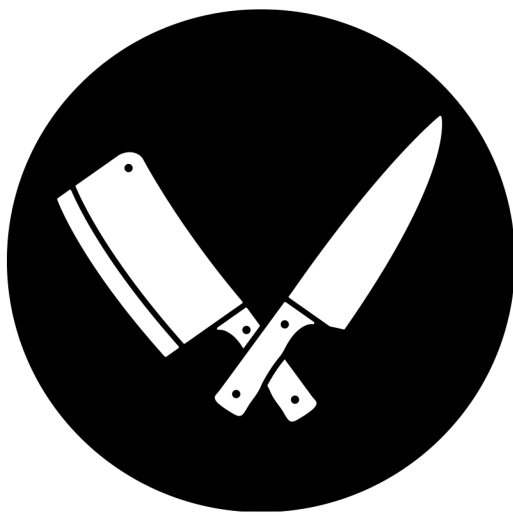
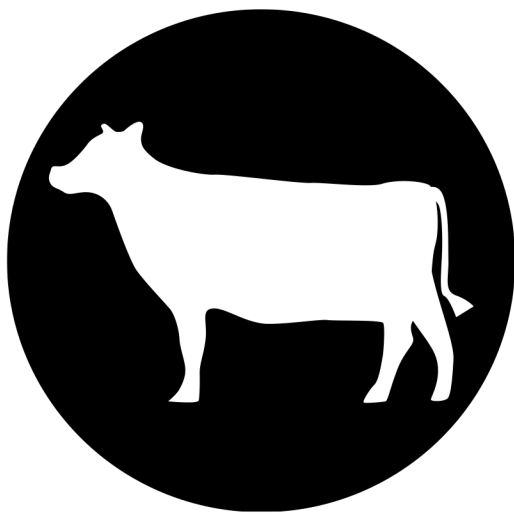


## DAY 1 PLAN

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- 4:00 pm-5:00pm
  - Introduction, names, etc.
  - Brief overview of expectations for 2-day lab
  - Go over any housekeeping issues (Safety First)
  - Explain importance of sanitation and cleanliness, and follow your instructions precisely.
  - Sales floor
    - Lunchmeat case
    - Fresh meat case and freezers
    - Discuss what they are seeing and what it takes to fill and maintain these cases.
  - Stage some packages and ask students to try and find some products or issues that they feel (based on their course) should be removed from sales.
  - Move to the back room where products are received, supplies and dry nonrefrigerated products may be stored, etc.
  - Put on the meat coats, plastics & cloth aprons, hair net, etc.
  - Cutting room - wash and sanitize their hands.
  - Overview of the cutting room and then the meat cooler and further explain how the day will go.
  - Meat scale - how to operate the scale
  - How to wrap packages of meat
  - Change the film and labels



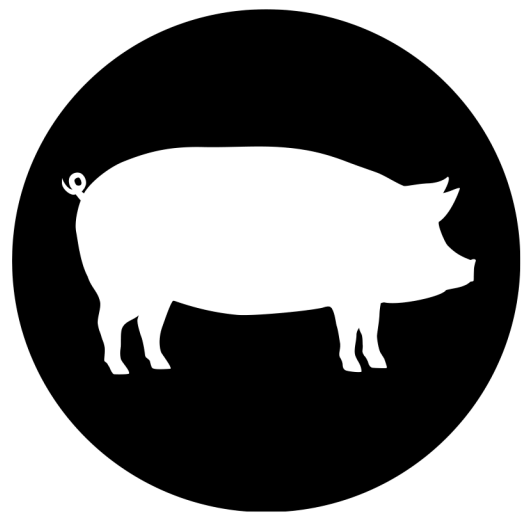
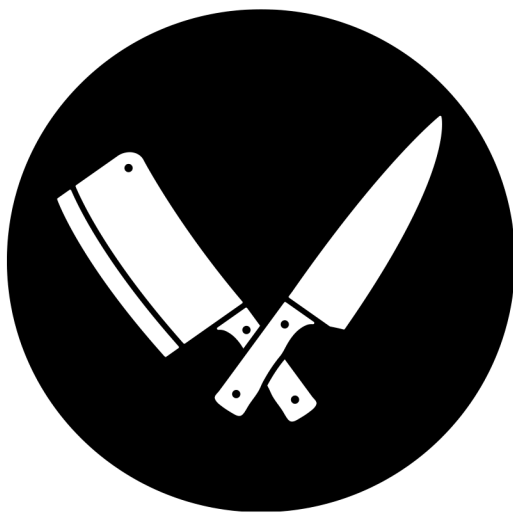
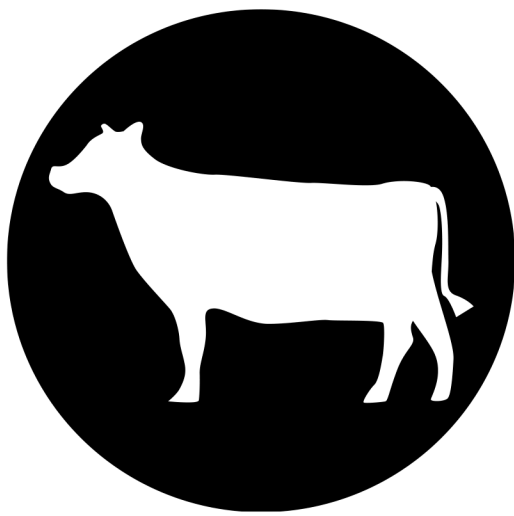


## DAY 1 PLAN (CONT'D)

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- 5:00 pm - 5:30 pm
  - Knife and Knife Sharpening overview, seminar.
- 5:30 pm - 6:45 pm
  - Slice/Debone - Boneless Ribeye, Top Sirloin, Chuck Roll, Short Loin
- 7:00 pm - 7:15 pm
  - 15-minute break.
- 7:15 pm to 7:50 pm
  - Complete department cleanup as a group.
- 7:50 pm - 8:00 pm
  - Quick overview of the day, what to expect tomorrow, and the dismissal.





## DAY 2 PLAN

- 4:00 pm-5:30pm
  - QA from Day 1 and Overview for Day 2 (Safety First).
  - Discuss importance of sanitation/cleanliness and follow your instructions precisely.
  - Put on the meat coat, plastic/cloth apron, hair net, etc.
  - Wash and sanitize their hands.
  - Overview of Grinder and Tenderizer
  - Cooler - load
    - Bottom Round Flats & Ground beef (for tenderizer|grinding examples)
- 5:30 pm-7:00 pm
  - Cooler - Load up pork to process.
  - Slice/Debone:
    - Bone in Pork Loins
    - Boneless Pork Loins
    - Pork Shoulder Boston Butt
- 7:00 pm-7:15 pm - 15-minute break.
- 7:15 pm-7:50 pm - Complete department cleanup as a group.
- 7:50 pm - 8:00 pm - Certificate Distribution!



A photograph of a man in a white cap and apron smiling while working at a meat counter. A woman is visible on the left, looking at the meat. The counter is filled with large pieces of raw meat. The background is a bright red wall.

# MEAT CUTTER LAB

**ACCS INNOVATION CENTER  
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**SKILLS CHECK OFF SHEET**





## SKILLS CHECK OFF

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Student Name: \_\_\_\_\_  
Print

Instructor's Name: \_\_\_\_\_  
Print

Date: \_\_\_\_\_

Instructor's Signature: \_\_\_\_\_

To be completed by the instructor. **Instructor: mark only those items missed.**

Student was able to:

- Identify and wear appropriate attire for the meat department. \_\_\_\_\_
- Identify different cuts of beef and pork. \_\_\_\_\_
- Identify products that need to be removed from sales floor due to quality issues. \_\_\_\_\_
- Operate a meat scale. \_\_\_\_\_
- Wrap packages of meat. \_\_\_\_\_
- Change film and labels on wrapping machine. \_\_\_\_\_
- Portion items correctly. \_\_\_\_\_
- Debone. \_\_\_\_\_
- Tenderize. \_\_\_\_\_
- Slice pork or beef into uniform portions, including the thickness and uniformity of the slices. \_\_\_\_\_
- Trim excess fat and connective tissue. \_\_\_\_\_
- Operate a meat grinder. \_\_\_\_\_
- Perform proper sanitation procedures and keep a clean and safe work area. \_\_\_\_\_