

# Ground Beef 101



# *Do You Know the Difference?*

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- ① Ground beef
- ① Hamburger
- ① Beef patties

# It's All On the Label



The label will indicate:

- Net weight
- Unit price per pound
- Total price

**Mike's Market**



0 36000 29145 2

**Ground Beef 85% Lean / 15% Fat**

Sell By:

Net Wt/Ct	Unit Price	Total Price
0.91lb	\$4.91/lb	\$4.47

PRODUCT OF US

**SAFE HANDLING INSTRUCTIONS**  
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS:

 KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.	 COOK THOROUGHLY.
 KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.	 KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

# Understanding the Label

## Lean to Fat Ratio-

96% Extra Lean means



96% lean muscle and 4% fat

The higher % lean = less fat

**Nutrition Facts**  
Serving Size 4 oz. (112g)  
Servings Per Container Varied

Amount Per Serving	
Calories 140	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 75mg	<b>3%</b>
Potassium 390mg	<b>10%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 24g	<b>49%</b>

Iron 15% • Zinc 40%  
Riboflavin 10% • Niacin 30%  
Vitamin B6 20% • Vitamin B12 40%  
Phosphorus 20% • Selenium 30%

Not a significant source of Dietary Fiber, Sugars, Vitamin A, Vitamin C or Calcium.  
\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Extra Lean Ground Beef**  
**96% Lean • 4% Fat**

**RECIPE INSIDE**  
Keep Refrigerated

**American Heart Association**  
**CERTIFIED**  
Meets Criteria For Heart-Healthy Food

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

Heart-Check Food Certification does not apply to recipes unless expressly stated.

**PEEL**

# *Recommended Cooking Methods*

Skillet



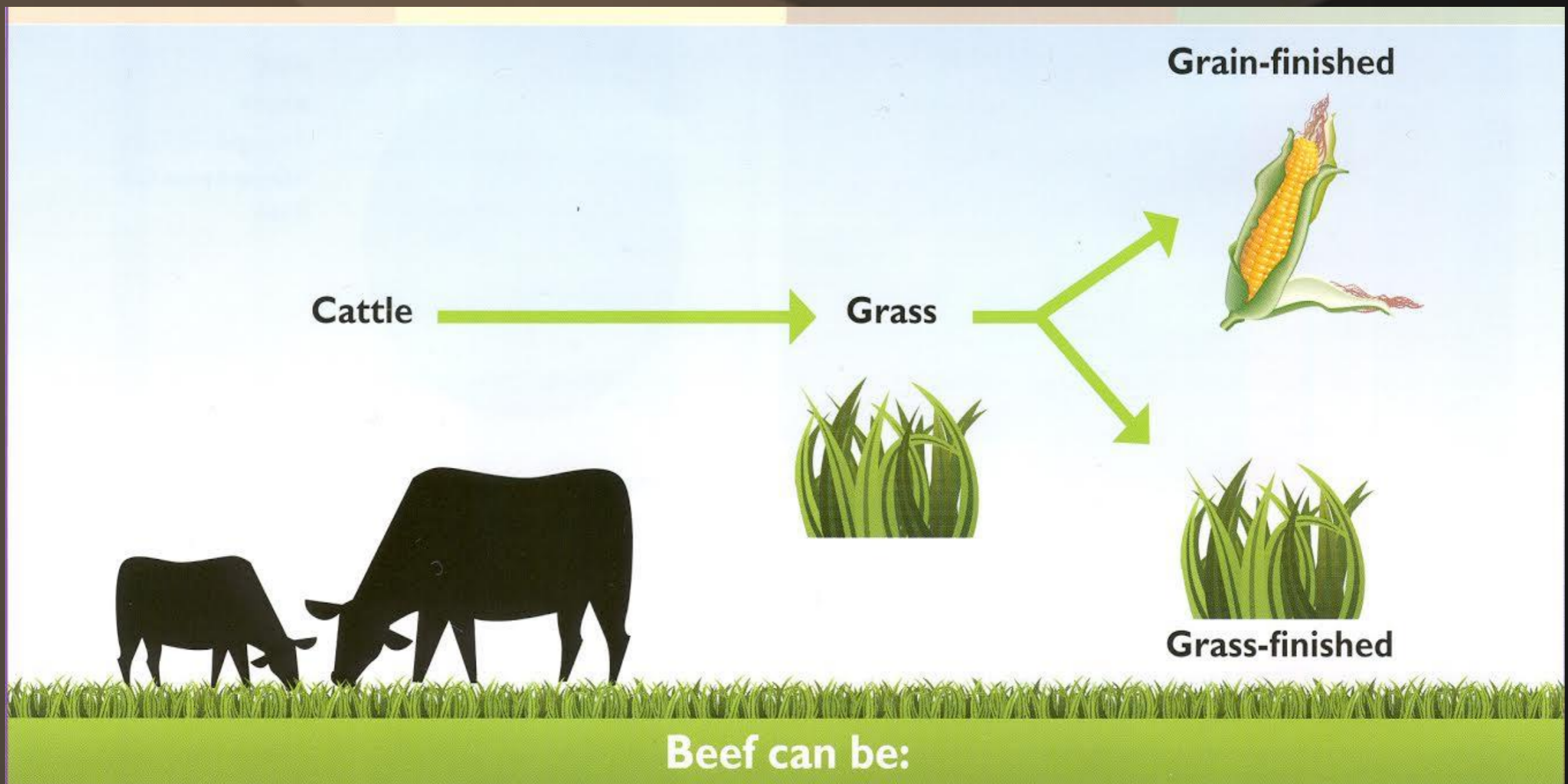
Grill or  
Broil



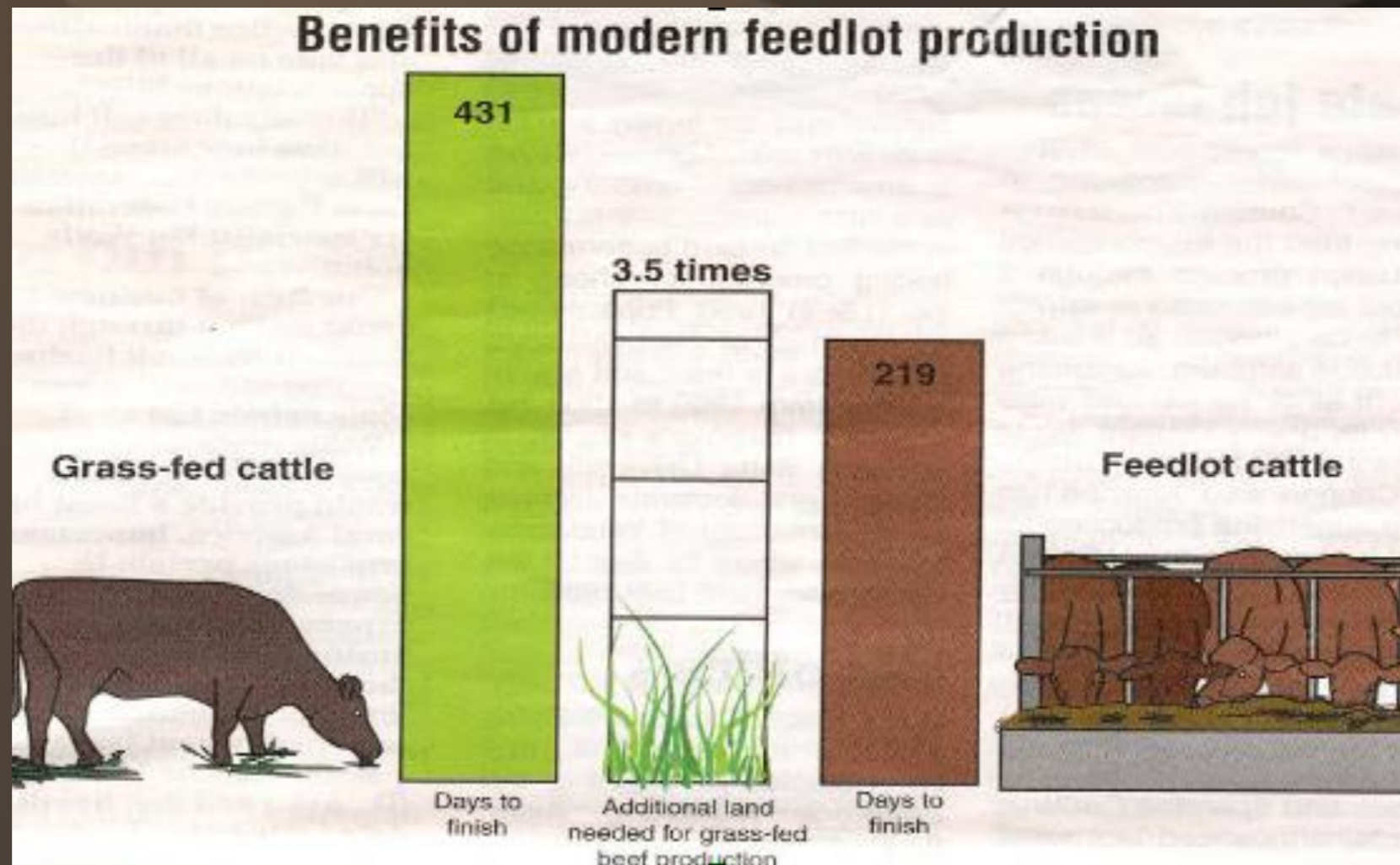
Oven



# Production Basics

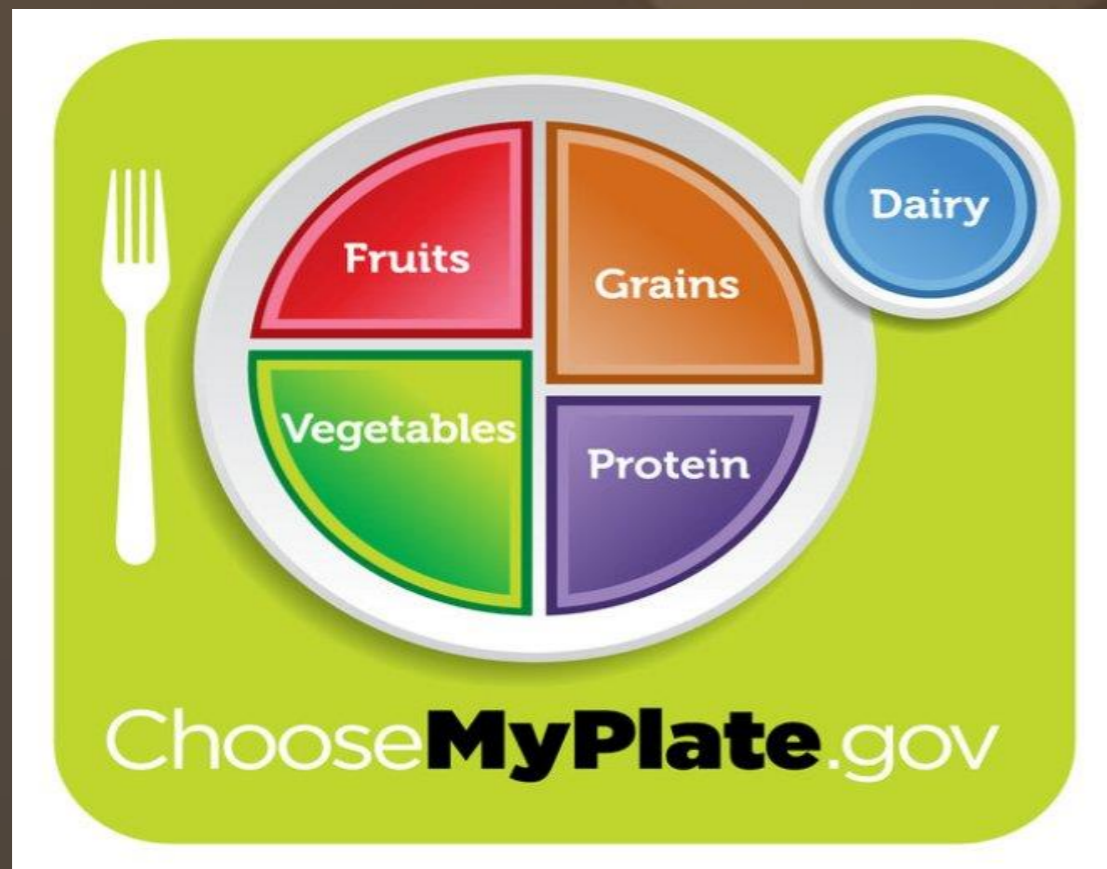


# Environmental Impact



Compare the Differences

# *Beef Is Part of a Healthy Diet*



Beef is a complete protein food.

Beef has nutrients important for health.

Beef has **10 essential** nutrients!



# *Beef Scores Big with Nutrients*

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Protein

Iron

Vitamin B6

Choline

Vitamin B12

Selenium

Niacin

Zinc

Riboflavin

Phosphorus

# Packed with Protein

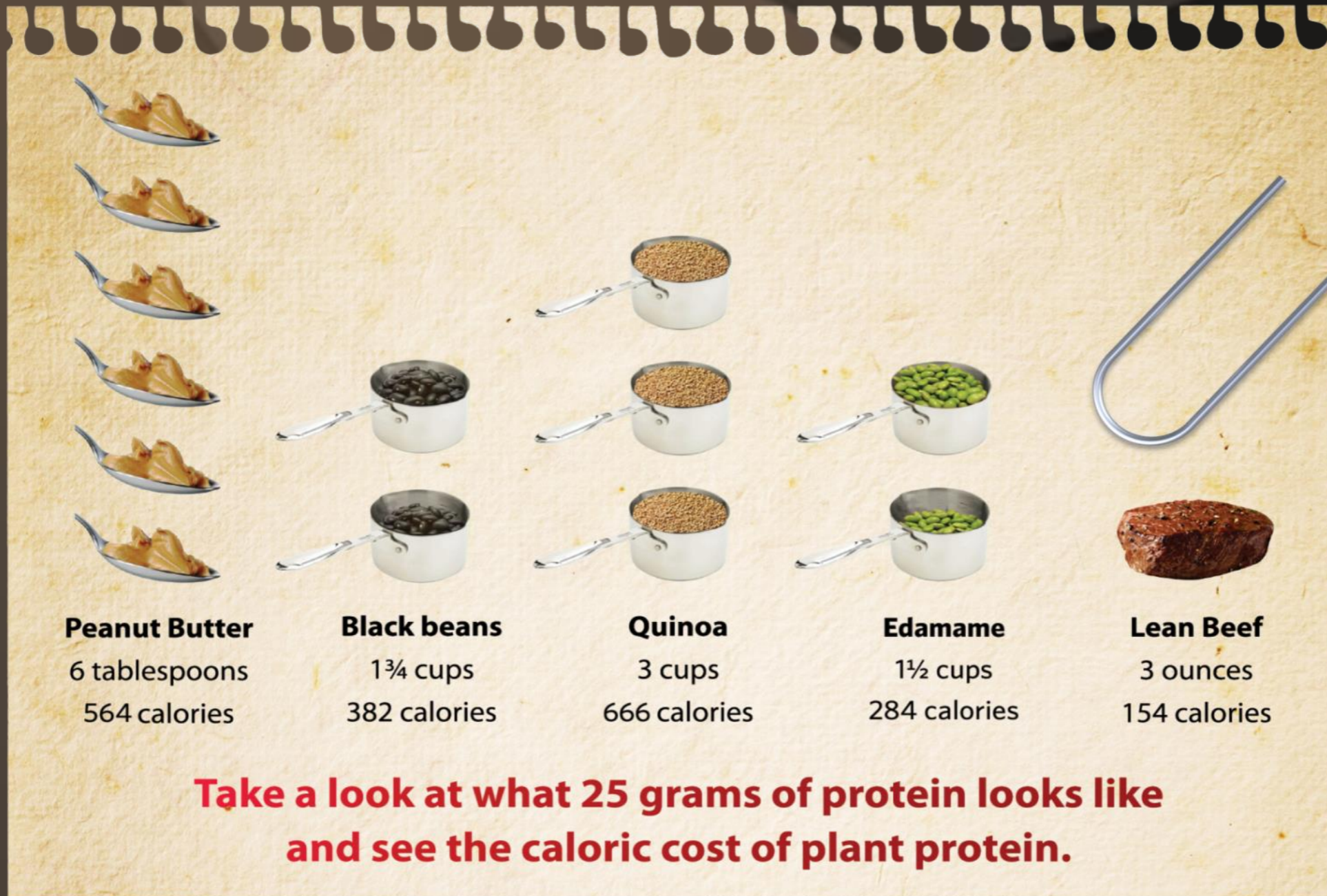
One 3 oz. Serving = the size of a small iPhone.



3 ounces of ground beef provides  $\frac{1}{2}$  the daily value for protein.

Protein helps build and repair muscle tissue.

# Plant vs. Lean Beef Comparison



# How to Handle Beef Safely

Proper and safe handling of ground beef can help prevent food borne illness.

Cook

Clean

Chill

Separate



# Clean



Wash hands and surfaces often with **hot** soapy water.

# Chill



After purchasing,  
refrigerate Ground Beef  
immediately at 40  
degrees F.

Use within 1-2 days or

Freeze



# *Safe Defrosting*

1. Refrigerator
2. Cold Water
3. Microwave



# Separate



Raw meats from other foods

Use clean knife and cutting board

Do Not Cross Contaminate!



# Cook



Cook to internal doneness of 160° F.

Be sure juices and centers are not pink

**Never eat undercooked or raw Ground Beef**



# *How to Check Meat Temperature*

<https://www.youtube.com/watch?v=PsoPhA93J9k&feature=youtu.be>



# *Economical, Versatile and Tasty - Ground Beef*



# Choose Ground Beef for Your Plate!

Understand the basics!



# *Ground Beef 101*

Prepared by Kristie  
Kuhse, M Ed.

Family and Consumer  
Sciences Teacher,  
Waverly-Shell Rock  
Middle School

Brought to you by Iowa's  
beef farmers through  
the Beef Checkoff  
Program



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