

4-H Day Meat Contest Study Guide

Resources: North Dakota State University & Texas A&M University

Beef

Primal

1. Brisket
2. Chuck
3. Flank
4. Loin
5. Plate
6. Rib
7. Round
8. Various

Retail Cut

1. Brisket, Corned
2. 7-Bone Roast
3. Flank Steak
4. T-Bone Steak
5. Short Ribs
6. Ribeye Steak (Boneless)
7. Round Steak
8. Ground Beef

Pork

Primal

1. Ham/Leg
2. Loin
3. Loin
4. Shoulder
5. Side
6. Spareribs
7. Various

Retail Cut

1. Smoked, Cured Center Slice
2. Butterflied Chop, Boneless
3. Loin Chop
4. Arm Roast
5. Sliced Bacon
6. Spareribs
7. Pork Sausage Links

Lamb

Primal

1. Leg
2. Loin
3. Rib

Retail Cut

1. Frenched Style Roast
2. Loin Chops
3. Rib Roast (Frenched)



Brisket, Corned
Beef



7-Bone Steak
Beef



Flank Steak

Beef



T-Bone Steak

Beef



Short Ribs

Beef

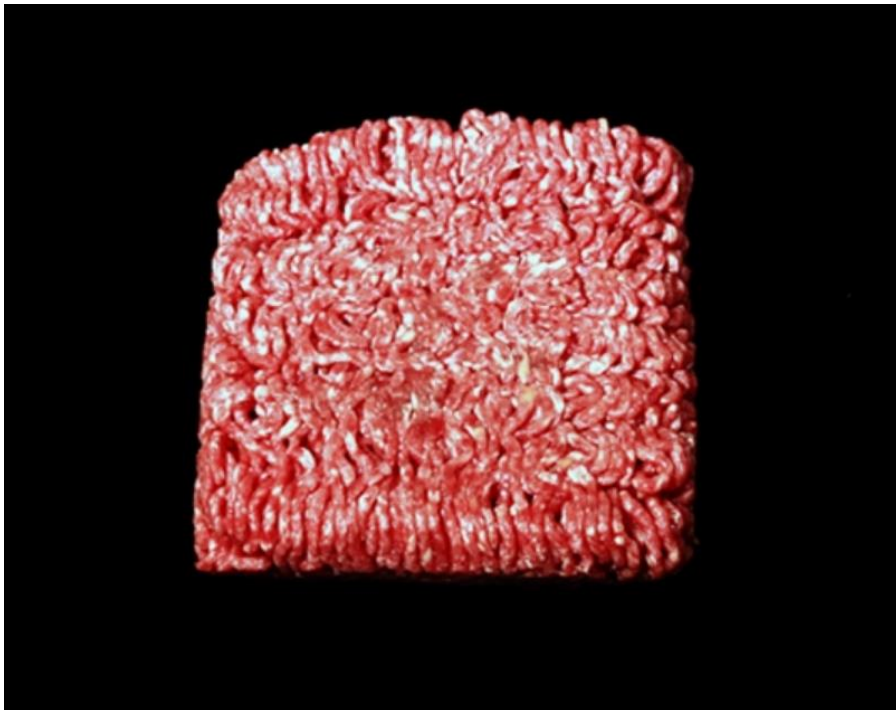


Ribeye Steak, Boneless

Beef



Round Steak
Beef

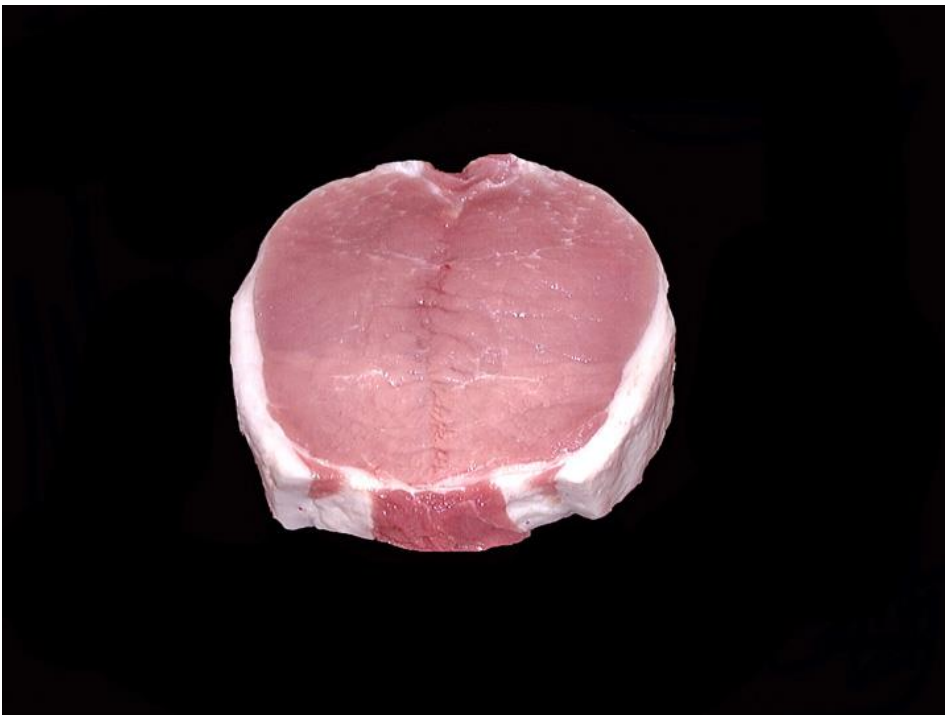


Ground Beef



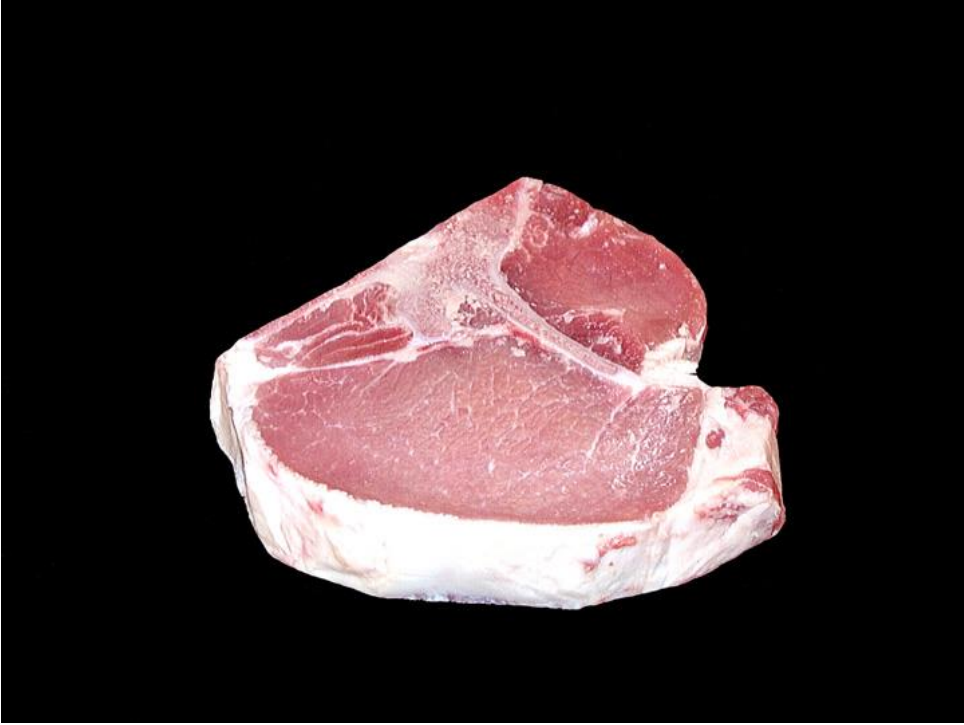
Smoked Cured, Center
Slice

Pork



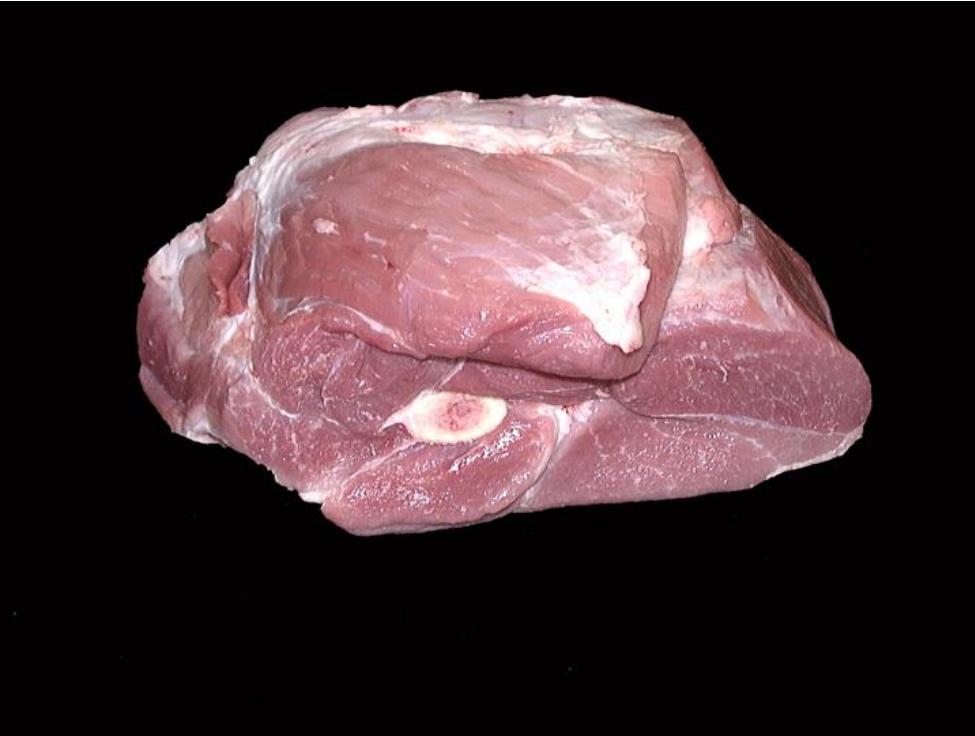
Butterflied Chop,
Boneless

Pork



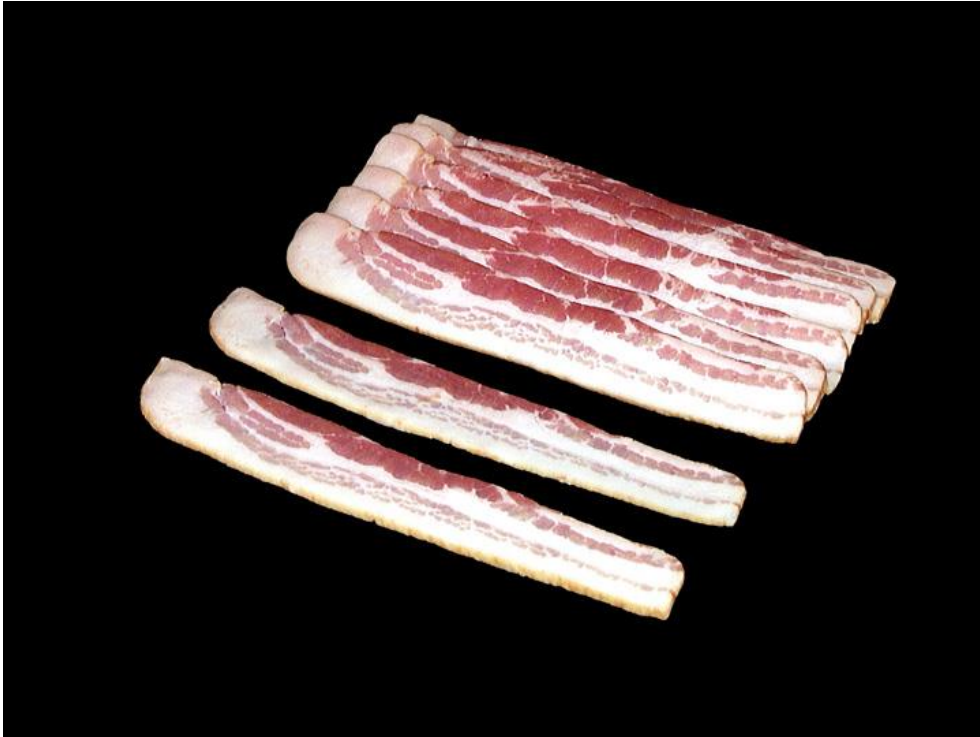
Loin Chop

Pork



Arm Roast

Pork



Sliced Bacon

Pork



Spareribs

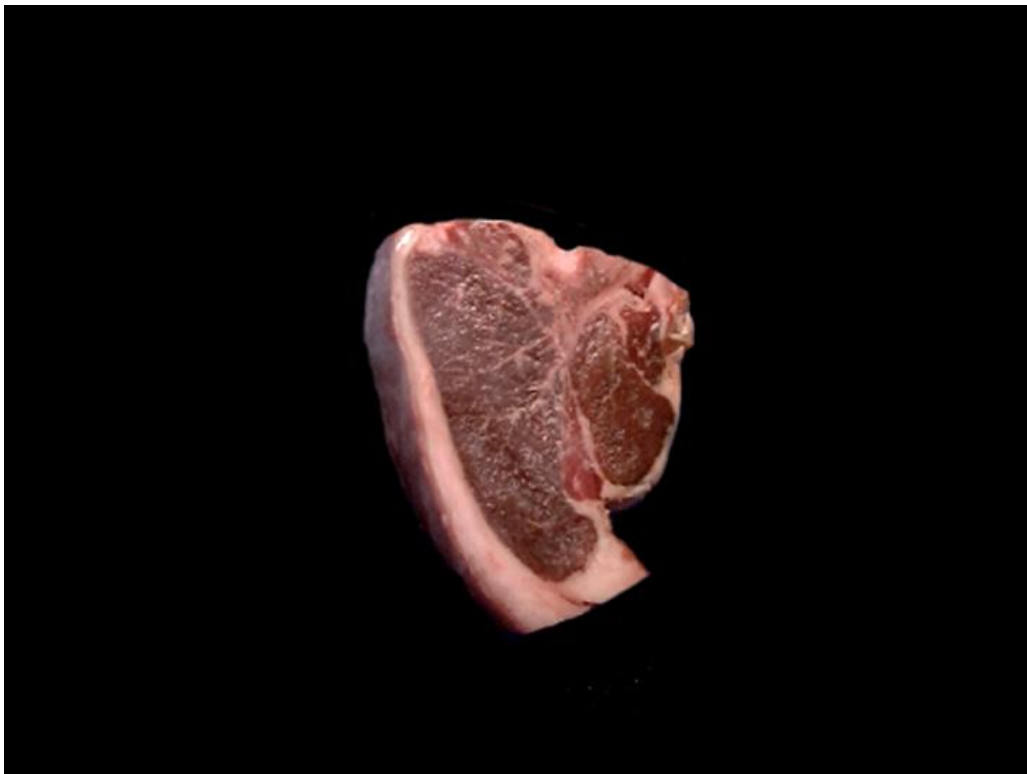
Pork



Pork Sausage Link



Frenched Style Roast
Lamb



Loin Chop

Lamb



Rib Roast
(Frenched)

Lamb