

Pronounce the vocabulary words on page 70. Point to the picture for each word as you say the word.

This lesson is about **meat**. There are 4 kinds of meat shown on this page. There is beef, pork, lamb and poultry.

Beef comes from cows. Pork comes from pigs. Lamb comes from young sheep. Poultry comes from birds. Americans eat chickens, turkeys and sometimes duck. Wild birds like quail and dove are not usually sold in the grocery store. Some Americans hunt dove and quail. They like to eat these birds. They are very tasty.

1. What birds do you eat in your country?
2. Do you eat beef, pork and lamb in your country?
3. What types of meat do you eat in your country?
4. Some Americans also eat goat meat. But you won't usually find it in the grocery store. Many Mexican American families eat goat meat. You might find goat in a grocery store where Mexican Americans shop.

Veal is the meat of a young calf. It is very tender (easy to chew). Ground beef has been ground up into small pieces. Hamburgers are made from ground meat. Tripe is the stomach or intestines of a cow. Many Americans do not eat tripe. Sausage is made by grinding meat and adding many spices. Then the meat mixture is stuffed in casings. Sausage is usually in the shape of a tube.

Many Americans like bacon and eggs for breakfast. Do you eat bacon? I like to eat bacon, lettuce and tomato sandwiches. These are called BLT. You can order a BLT at your favorite sandwich shop. Have you ever eaten a BLT sandwich?

Chicken is usually cut up into pieces that include: breasts, thighs, wings and legs. We call thighs, wings and legs, "dark meat". Breasts are "white meat". Some people prefer either dark or white meat. We call the chicken leg a "drumstick".

You buy meat by the pound. For example, a steak might cost \$12.00 per pound. Ground meat costs less per pound than steak.

Give an example of each kind of meat:

Beef-
Pork-
Lamb-
Poultry-

What are the names of the pieces of chickens?

Raw meat is meat that is not _____.

Work with a Partner

Read these conversations with a partner. Then answer the questions at the bottom. Ask the teacher if you do not understand the meaning.

Jack: I will buy some steaks for dinner tonight. I will cook them on my gas grill.

Ellen: That will be nice. I love to eat steaks. I will fix some vegetables to eat with the steaks.

Bella: I bought some chicken pieces at the store. I will make chicken for dinner.

Angie: Good! I love chicken. How will you cook it.

Bella: I will fry it.

Angie: I love fried chicken. That is my favorite.

Bella: I bought drumsticks, breasts and thighs.

Angie: I like drumsticks. I also like wings.

Bella: I did not buy wings. They did not have any at the store.

Angie: That's OK. I'll eat drumsticks.

Jane: Should we have chicken or beef for dinner tonight?

Jess: I had chicken for lunch. Let's have beef.

Jane: I only have ground beef.

Jess: We can cook the meat with onions and peppers. We can put it in tortillas with some avocado. That will make great tacos.

Jane: That sounds delicious. Will you help me cook?

Jess: Yes, I will chop up the onions and peppers. You cook the meat.

1.What will Jack buy for dinner?

2.How will Jack cook them?

3.What will Ellen do?

4.What did Bella buy?

5.How will Bella prepare it?

6.What are Angie's favorite pieces of chicken?

7.Why did Bella not buy wings?

8.Why does Jess want beef for dinner?

9.What kind of meat does Jane have?

10.What will they cook the meat with?

11.How will Jess help?

Discuss in class:

How many people eat meat every day?

Do you usually eat meat at breakfast, lunch and dinner?

What is your favorite kind of meat?

How do you cook your favorite kind of meat?

Do you own a gas grill?