

## **Meat**

**Child:** Can you tell me what types of meat you have?

**Meat Seller:** Of course, there are many types of meat, including:

### Beef Cuts:

1. Ribeye Steak
2. Sirloin Steak
3. Tenderloin (Filet Mignon)
4. T-Bone Steak
5. Porterhouse Steak
6. Chuck Roast
7. Brisket
8. Skirt Steak
9. Flank Steak
10. Ground Beef
11. Short Ribs
12. Sausages (various types)

### Poultry:

1. Chicken Breast
2. Chicken Thighs
3. Chicken Drumsticks
4. Chicken Wings
5. Whole Chicken
6. Turkey Breast
7. Ground Turkey
8. Duck Breast
9. Whole Duck
10. Cornish Hen

### Lamb:

1. Lamb Chops (Loin or Rib chops)
2. Rack of Lamb
3. Leg of Lamb
4. Lamb Shoulder
5. Ground Lamb

## 6. Lamb Shanks

### Other Meats:

1. Bison Steaks
2. Venison (deer) cuts such as steaks, roasts, or ground
3. Rabbit
4. Goat (various cuts)
5. Veal (young beef, with cuts similar to beef)
6. Exotic and Game Meats (less common):
7. Alligator
8. Kangaroo
9. Ostrich
10. Elk
11. Quail
12. Pheasant

**Child:** What's the best kind of meat?

**Meat Seller:** That depends on what you like! Some people love beef because it's rich in flavor, while others prefer chicken because it's lean and healthy.

**Child:** Where does the meat come from?

**Meat Seller:** It comes from farms where animals are raised for food. We get our meat from several trusted farms that take good care of their animals.

**Child:** Why is some meat red and some meat white?

**Meat Seller:** The color of the meat is determined by the type of muscle and how much myoglobin it contains. Myoglobin is a protein that carries oxygen, and it's more abundant in active muscles, which are usually red.

**Child:** What's the difference between ground beef and steak?

**Meat Seller:** Ground beef is made by grinding the meat into small pieces, while steak is a solid cut of meat. They can come from the same part of the cow but are prepared differently.

**Child:** Can you eat all types of meat raw?

**Meat Seller:** It's not safe to eat all meat raw because of bacteria that can make you sick. Some meats, like beef, can be eaten rare if they are fresh and handled properly, but it's best to cook most meat.

**Child:** Why do people marinate meat?

**Meat Seller:** Marinating meat adds flavor and can make it more tender. The marinade usually has acid like vinegar or lemon juice, oil, and spices.

**Child:** How do you know if meat is fresh?

**Meat Seller:** Fresh meat has a nice color, it's not too dry or slimy, and it doesn't have a bad smell. We always check these things before we sell meat.

**Child:** What is the most expensive meat you sell?

**Meat Seller:** That would be our prime cuts of steak, like the filet mignon. They're very tender and come from a part of the cow that does very little work.

**Child:** Why do you wear gloves when you handle meat?

**Meat Seller:** Gloves keep everything clean and prevent the spread of germs from my hands to the meat and vice versa.

**Child:** Do you sell fish here too?

**Meat Seller:** Yes, we do sell fish. Fish is also considered a type of meat, but it's from the sea, and it's usually leaner and has different nutrients.

**Child:** What do you do with the meat that isn't sold?

**Meat Seller:** We have to follow strict rules. If meat is still good but close to its sell-by date, we might discount it to sell it quickly. If it's past the sell-by date, we can't sell it and have to dispose of it properly.

**Child:** What's the biggest animal you can sell meat from?

**Meat Seller:** Well, in this store, the biggest would probably be beef from cows. But some places sell meat from larger animals like bison or even elk!

**Child:** Can you make bacon from other animals besides meat?

**Meat Seller:** Yes, you can! Bacon-style cuts can come from animals like turkeys. It's a bit different in taste and texture, but some people like it.

**Child:** How do you make sausages?

**Meat Seller:** Sausages are made by grinding meat and mixing it with spices and sometimes fillers like breadcrumbs. Then the mixture is put into casings made from intestines or synthetic materials.

**Child:** What's the difference between organic meat and regular meat?

**Meat Seller:** Organic meat comes from animals that were raised without certain chemicals, like synthetic hormones or antibiotics, and were given organic feed.

**Child:** What animals does ground meat come from?

**Meat Seller:** Ground meat can come from many different animals! Most commonly it comes from cows (beef), and turkeys or chickens (poultry).

**Child:** How do you make sure the meat is safe to eat?

**Meat Seller:** We follow strict guidelines set by food safety authorities, which include keeping the meat at safe temperatures and ensuring it's fresh and well-handled.

**Child:** Why are some meats called 'processed'?

**Meat Seller:** Processed meats have been changed to add flavor or preserve them longer, often by smoking, curing, or adding preservatives.

**Child:** Do you have to go to school to become a meat seller?

**Meat Seller:** Some meat sellers learn through experience, but there are also trade schools and certifications for butchery and meat handling.

**Child:** What does 'grass-fed' mean?

**Meat Seller:** Grass-fed means the animals were fed primarily on grass, which is their natural diet, rather than grains like corn or soy.

**Child:** Is it true that some meat comes from animals that never lived outside?

**Meat Seller:** Yes, some farms raise animals indoors, but there are different types of farms. Some let their animals graze outside.

**Child:** What's the strangest meat you've ever sold?

**Meat Seller:** Well, 'strange' is different for everyone, but we've sold meats like alligator and ostrich before. They're not common, but some people like trying new things.

**Child:** How do animals become meat?

**Meat Seller:** Animals are raised on farms, and when they are big enough, they are humanely slaughtered, and then the meat is processed and packaged for sale.

**Child:** Why do you hang some meat?

**Meat Seller:** Hanging meat, or aging it, helps to tenderize it and bring out the flavor. It's a process mostly used for high-quality beef.

**Child:** Can you eat chicken skin?

**Meat Seller:** Yes, you can! When it's cooked well, it's crispy and tasty. But it's high in fat, so some people prefer to remove it.

**Child:** How long can you keep meat in the freezer?

**Meat Seller:** It depends on the type of meat, but most can be kept for several months. Beef can generally be frozen for longer than poultry.

**Child:** Why is some meat more tender than other meat?

**Meat Seller:** It depends on the age of the animal, the part of the body the meat comes from, and how much that muscle was used. Muscles that aren't used as much tend to be more tender.

**Child:** What's your favorite way to cook meat?

**Meat Seller:** I love grilling! It gives a great flavor, especially when you've got a good marinade or rub on the meat.

**Child:** What does 'gamey' mean when talking about meat?

**Meat Seller:** 'Gamey' describes the strong, wild flavor that meat from hunting game, like deer or wild boar, often has. It's not for everyone, but some people really enjoy it.

**Child:** What's the quickest meat to cook?

**Meat Seller:** Thin cuts like chicken tenders or steak strips can cook very quickly, especially if you pan-fry them.

**Child:** Why is some meat really cheap and some really expensive?

**Meat Seller:** The price can depend on many factors, like how much care the animal received, how rare or in-demand the meat is, and how much meat the animal yields.

**Child:** How can you tell if meat is bad?

**Meat Seller:** Spoiled meat often has a sour smell, slimy texture, and a dull color. It's important to check these signs before you cook or eat meat.

**Child:** What does 'free-range' mean?

**Meat Seller:** Free-range means that the animals had access to the outdoors and could move around freely, at least for a part of their lives.

**Child:** Can meat be a dessert?

**Meat Seller:** That's unusual! But some dishes use meat in sweet ways, like bacon with maple syrup or candied bacon.

**Child:** Is fish meat healthier than other meats?

**Meat Seller:** Many people consider fish to be healthier because it's generally lower in saturated fats and contains healthy omega-3 fatty acids.

**Child:** What's the difference between wild-caught and farm-raised fish?

**Meat Seller:** Wild-caught fish are caught from their natural environments, like oceans or rivers, while farm-raised fish are grown in controlled aquatic farms.

**Child:** Why do you use so much ice in the fish section?

**Meat Seller:** Ice keeps the fish cold and fresh until it's sold. Fish needs to be kept at colder temperatures than other meats to prevent spoilage.

**Child:** What's dry aging?

**Meat Seller:** Dry aging is when meat is stored in a controlled, cool environment for several weeks to improve its flavor and tenderness.

**Child:** Is eating meat bad for the environment?

**Meat Seller:** Some people are concerned about the environmental impact of raising animals for meat, like the use of land and water resources and greenhouse gas emissions. That's why many look for sustainably sourced meats.

**Child:** Do all countries eat the same kinds of meat?

**Meat Seller:** No, different cultures enjoy different types of meat. For example, goat is more popular in some countries than in the United States.

**Child:** What's the most meat a person can eat?

**Meat Seller:** It's not really good to eat too much meat at once. It's best to have balanced meals with vegetables and other nutrients as well.

**Child:** Why is some meat really dark when it's cooked?

**Meat Seller:** Meat can turn dark when it's cooked if it's been smoked or if it's cooked at high temperatures, like with grilling or broiling.



**Child:** Can you tell me a recipe with meat?

**Meat Seller:** Sure! How about a simple grilled chicken recipe? Just season chicken breasts with salt, pepper, and your favorite herbs, then grill them until they're cooked through.

**Child:** What kind of meat do you not sell here?

**Meat Seller:** We don't sell certain exotic or game meats like kangaroo or bear. Those are usually only found in specialty stores or ordered online.

**Child:** How do you make sure you're buying good meat when you shop?

**Meat Seller:** Look for meat that's well-colored, not too smelly, and has a firm texture. Also, buy from reputable sellers who follow good safety practices.

**Child:** Why do some people not eat meat?

**Meat Seller:** Some people choose not to eat meat for personal reasons like health concerns, ethical beliefs about animal rights, or environmental reasons.

**Child:** Do you make sausages here in the store?

**Meat Seller:** We do! We have a machine in the back where we grind the meat, mix in spices, and stuff it into sausage casings.

**Child:** What's in hot dogs?

**Meat Seller:** Hot dogs are a type of sausage, so they're made from ground meat, which can include pork, beef, or poultry, along with a mix of seasonings and sometimes fillers.

**Child:** Why do some people only eat halal or kosher meat?

**Meat Seller:** Halal and kosher are terms that refer to meat prepared according to Islamic and Jewish dietary laws, respectively. People who follow these religions may only eat meat that's been prepared in this way.

**Child:** How do you cook a whole turkey?

**Meat Seller:** Cooking a whole turkey takes some time and preparation. You need to thaw it if it's frozen, remove the giblets, season it as you like, and then roast it in the oven. The general rule is to cook it for about 13-15 minutes per pound at 325°F (around 163°C), but it depends on the size of the turkey and your oven.

**Child:** What's the biggest piece of meat you've ever sold?

**Meat Seller:** We've sold whole sides of beef before! They can weigh hundreds of pounds and are usually bought by restaurants or for big events.

**Child:** Can meat be part of a diet to lose weight?

**Meat Seller:** Yes, lean meats like chicken breast or turkey can be a great part of a weight-loss diet because they're high in protein and can make you feel full longer.

**Child:** Why do some people eat raw meat, isn't it dangerous?

**Meat Seller:** Eating raw meat like sushi or steak tartare can be safe if it's fresh and handled properly, but there's always a risk of bacteria, so it's not for everyone.

**Child:** What's the difference between a butcher and a meat seller?

**Meat Seller:** A butcher often refers to someone who cuts and processes the meat from larger pieces to what you buy in the store, while a meat seller might just be the person who sells it to you.

**Child:** Why do we marinate meat?

**Meat Seller:** Marinating meat not only adds flavor but can also help to tenderize it, especially with tougher cuts of meat.

**Child:** How does smoking meat preserve it?

**Meat Seller:** Smoking meat adds flavor and the smoke contains chemicals that slow down spoilage and help prevent bacteria from growing.

**Child:** Can you eat meat from a cloned animal?

**Meat Seller:** Yes, some countries have approved the sale of meat from cloned animals, but it's not very common and is usually heavily regulated.

**Child:** What does 'prime' mean when talking about meat?

**Meat Seller:** 'Prime' is a grade given to beef by the USDA. It means the meat has a lot of marbling, which is the fat within the muscle, and it's usually the most tender and flavorful.

**Child:** Do you think we'll always eat meat?

**Meat Seller:** That's hard to say. Some people are choosing plant-based diets, and there are also new kinds of meat being developed, like lab-grown meat, that might change how we eat in the future.

**Child:** What's the most important thing to remember when cooking meat?

**Meat Seller:** Always make sure your meat is cooked to the right temperature to make it safe to eat. Using a meat thermometer is the best way to check.