

# HANDBOOK OF AUSTRALIAN MEAT

## 7TH EDITION INTERNATIONAL RED

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**What is the purpose of the Handbook of Australian Meat Ham?** The Handbook of Australian Meat (HAM) Application (App) is an international red meat guide used to facilitate the use of accurate product descriptions in domestic and international trade.

**What are the three main categories of meat as per Handbook of Australian Meat?** u Bovine – (Beef/Veal, Bull) u Ovine – (Lamb/Mutton/Ram) and u Caprine – (Goat).

**What is the Ausmeat language?** The AUS-MEAT Language is a common language which uses objective descriptions to describe meat products accurately to meet market requirements both nationally and internationally.

**What are the primal cuts of beef in Australia?** Primal beef cuts include the Shank, Brisket, Rib, Short Plate, Flank, Round, Chuck, and Loin. Each of the primal cuts are broken down into sub-primal cuts. Purchasing primal and sub primal cuts will save you money and allow you to have full control of your beef portion.

**Why is Australian meat so good?** In Australia, around 97% of cattle is grass fed thanks to our plentiful grazing pastures. Many steak aficionados prefer the taste of grass-fed beef as it tends to be more flavoursome and has a classic “meaty” profile.

**Why is pig called ham?** The modern word ham is derived from the Old English ham or hom meaning the hollow or bend of the knee, from a Germanic base where it meant 'crooked'. It began to refer to the cut of pork derived from the hind leg of a pig around the 15th century.

**What are the three red meats?** Red meat refers to beef, veal, lamb, mutton, pork, goat and venison. It does not include chicken, turkey, goose, duck, game and rabbit. Processed meat refers to any meat that has been preserved by smoking, curing, salting or using preservatives.

**What is the difference between Australian beef and American beef?** Australian beef is leaner by virtue of the All-Grass diet with a much more distinct fresh Grass-Fed flavor and sweeter aroma. US beef which will tend to be much lighter in color and fattier by virtue of grains being used more.

**What does PR mean in meat?** PR or PS means 'Prime Beef' or 'Prime Steer' is a cow with 0-7 permanent teeth age up to 36 months. The development for this cut has a tenderness as well as full flavour. Grass-fed meat are much leaner, and their meat is actually darker than meat from grain-fed meat.

**What does Auslan stand for?** Auslan (Australian sign language) is the sign language of the Australian Deaf community. It was developed in Australia by people who are deaf so that they could communicate with others.

**What is the mother tongue of Australia?** Although English is not Australia's official language, it is effectively the de facto national language and is almost universally spoken. Nevertheless, there are hundreds of Aboriginal languages, though many have become extinct since 1950, and most of the surviving languages have very few speakers.

**What is the aussie accent?** This strong Australian accent is characterized by slower speech, a more nasal tone, and longer diphthongs. While it is the most recognizable accent for foreigners, Broad Australian English is not the most common accent in Australia. The majority of speakers live in rural, remote areas of the country.

**What is brisket called in Australia?** The term 'brisket' can refer to three different cuts of meat in Australia: the whole brisket (breast), the lean point cut, and the fattier section known as the navel cut.

**What is chuck beef called in Australia?** Gravy beef, also known as stewing beef, comes from the chuck or round area.

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**What is sirloin steak called in Australia?** If the sirloin is cut into steaks (which will now be called porter house or New York Steaks), it is ideal for grilling and pan frying. Underneath the sirloin lies the most tender cut of the animal—the tenderloin, which is also known as the eye fillet.

**What is the most bought meat in Australia?** Chicken consumption to grow  
Chicken consumption has risen almost 1 per cent in the last year, and is expected to continue to maintain its place as the most popular meat in the next few years. ABARES estimates that chicken meat consumption in Australia will continue to rise, reaching 47kg per person by 2017-18.

**Does the US get beef from Australia?** According to the USDA (United States Department of Agriculture), the US will import 1.88 million tons of the protein this year – an increase of 11.2% over the 2023 result. However, the increase in demand has not been reflected in higher prices for Australian beef in the US.

**Why is Australian beef so expensive?** Inflation, labour shortages and supply chain costs all play a role in the cost of a piece of meat. After dropping significantly to around 25 million during the last drought, Australia's national cattle herd has recovered to roughly 28.5 million head — the highest level in almost a decade.

**Can Muslims eat ham?** Meats and alternatives Haram: Pork and port products (ham, sausage, bacon) Non certified meat and poultry.

**What is spam made of?** Spam contains six ingredients: a mixture of pork and ham meat, salt, water, potato starch, sugar, and sodium nitrite, a food preservative added to bacon, hot dogs, cured meats, sausage, and smoked fish. Aside from adding potato starch in the 1990s, Spam's recipe is relatively unchanged.

**Why is it called picnic shoulder?** Since picnic shoulder/ham is an inexpensive substitute for real ham (which only comes from the hind legs), it's considered to be a good cut for casual dining — such as a picnic — rather than for use at a formal family dinner, such as Easter or Thanksgiving.

**What role does meat standards Australia play in the meat grading scheme for domestic and export markets?** The aim of MSA grading is to assure consumers that a cut of beef will eat to the quality shown on an MSA label when cooked by the

method shown. This simple description system can form a basis for retail pricing and generate product confidence.

**What is the purpose of scoring a ham?** Scoring the top of ham before baking gives it a festive look and allows the tasty glaze to flavour the meat.

**Why Australia's biggest bacon and ham group can't keep up with demand?**

Primo chief operating officer Bruce Sabatta says labour shortages mean the company can't keep up with growing orders. "We've got demand outstripping what we can produce," he said. The company, which is owned by Brazilian meat giant JBS, operates four factories in NSW and Queensland, and one in New Zealand.

**What is Australian Coppa ham?** Made from premium Australian pork shoulder and cured with a blend of savoury spices, it's a versatile and tasty option for any occasion. Perfect for sandwiches, charcuterie boards, or just as a snack, our coppa sliced is pre-sliced and ready to serve. Coppa Sliced - 250g quantity.

**Seat Ibiza and Cordoba 1993-99 Service and Repair Manual: A Comprehensive Guide for Car Owners**

The Haynes Service and Repair Manual for the Seat Ibiza and Cordoba 1993-99 is an essential resource for anyone who owns or repairs these popular vehicles. Written by experienced automotive expert Steve Rendle, this manual provides step-by-step instructions, clear diagrams, and troubleshooting tips for a wide range of maintenance and repair tasks.

**Frequently Asked Questions and Answers:**

**Q: What models and years does the manual cover?** A: The manual covers the Seat Ibiza and Cordoba models produced from 1993 to 1999. It includes information on all petrol and diesel engine variants.

**Q: What type of information is included in the manual?** A: The manual includes comprehensive instructions for routine maintenance tasks such as oil changes, brake inspections, and battery checks. It also provides detailed procedures for more complex repairs, including engine overhauls, clutch replacements, and electrical system diagnosis.

**Q: Who is the intended audience for this manual?** A: The Haynes Service and Repair Manual is suitable for both home mechanics and professional technicians. It assumes some basic automotive knowledge, but the clear instructions and diagrams make it accessible to anyone with an interest in maintaining or repairing their Seat Ibiza or Cordoba.

**Q: What is the advantage of using the Haynes manual over other repair resources?** A: The Haynes manual is specifically tailored to the Seat Ibiza and Cordoba models, providing highly accurate and up-to-date information. It is also written in a step-by-step format with clear diagrams, making it easy to follow.

**Q: Where can I purchase the Haynes Service and Repair Manual?** A: The Haynes Service and Repair Manual for the Seat Ibiza and Cordoba 1993-99 is available at bookstores, online retailers, and automotive parts suppliers.

### **Skeletal Muscle Physiology Lab: PhysioEx Answer Key**

#### **1. Explain the role of tropomyosin and troponin in muscle contraction.**

- **Answer:** Tropomyosin and troponin are proteins that regulate muscle contraction. When a nerve impulse reaches a muscle fiber, calcium ions are released from the sarcoplasmic reticulum. These calcium ions bind to troponin, which causes it to change shape and shift tropomyosin. This allows myosin heads to interact with actin filaments, initiating muscle contraction.

#### **2. Describe the mechanism of muscle fatigue.**

- **Answer:** Muscle fatigue occurs when the muscle is unable to maintain a given force output due to a decrease in contractile strength. Fatigue can be caused by the depletion of energy stores (ATP), the accumulation of metabolic waste products (such as lactic acid), and damage to the muscle fibers.

#### **3. Discuss the factors that affect muscle twitch force.**

- **Answer:** Muscle twitch force is affected by several factors, including:
  - **Muscle fiber type:** Different fiber types (type I, IIa, IIx) exhibit different twitch forces.
  - **Stimulation frequency:** Higher stimulation frequencies increase twitch force via summation.
  - **Calcium ion concentration:** More calcium ions available for binding to troponin increase twitch force.
  - **Muscle temperature:** Higher temperatures increase twitch force.

#### 4. Explain how skeletal muscle responds to different types of exercise.

- **Answer:** Skeletal muscle adapts to different types of exercise through various physiological changes. Aerobic exercise (e.g., running) increases the number and size of mitochondria, enhancing oxygen utilization and endurance. Resistance exercise (e.g., weightlifting) stimulates muscle protein synthesis, leading to increased muscle mass and strength.

#### 5. Describe the role of satellite cells in muscle growth and repair.

- **Answer:** Satellite cells are stem cells located between muscle fibers. They play a crucial role in muscle growth and repair. In response to muscle damage or increased activity, satellite cells activate and differentiate into new muscle cells, contributing to muscle growth and regeneration.

### Understanding the Standard Specifications for Road and Bridge Construction

The construction of roads and bridges requires strict adherence to specific standards to ensure safety, durability, and efficiency. The "Standard Specifications for Road and Bridge Construction" is a comprehensive document that outlines these requirements. Here are some frequently asked questions about these specifications:

#### 1. What is the purpose of the Standard Specifications?

The Standard Specifications provide a standardized set of guidelines for all aspects of road and bridge construction, including materials, design, construction methods,

and inspection procedures. They ensure consistency and quality across different projects and contractors, reducing variability and potential defects.

## **2. Who develops and maintains the Standard Specifications?**

In the United States, the American Association of State Highway and Transportation Officials (AASHTO) develops and maintains the Standard Specifications. These specifications are widely adopted by state highway agencies and local municipalities across the country.

## **3. What information is included in the Standard Specifications?**

The Standard Specifications cover a wide range of topics, including:

- **Materials:** Properties, testing requirements, and standards for materials used in road and bridge construction, such as asphalt, concrete, and steel.
- **Design:** Minimum design standards for roads, bridges, and other structures, including geometric requirements, load capacities, and safety measures.
- **Construction Methods:** Detailed instructions on how to construct different components of roads and bridges, from excavation and grading to pavement and bridge installation.
- **Inspection and Testing:** Procedures for inspecting materials, construction methods, and finished projects to ensure compliance with specifications.

## **4. How are the Standard Specifications used?**

Contractors bidding on road and bridge projects are required to adhere to the Standard Specifications. The specifications serve as a basis for determining contract requirements, evaluating bids, and ensuring that the work is completed according to established standards.

## **5. Are the Standard Specifications updated regularly?**

Yes, the Standard Specifications are regularly updated to reflect advancements in construction technology, materials, and safety regulations. AASHTO publishes new editions of the specifications every few years to incorporate these updates. Contractors and engineers must stay up-to-date on the latest revisions to ensure

compliance with the most recent requirements.

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