

4-H Consumer Lamb Project Manual

This manual belongs to:

Name: _____

Club: _____

Purdue Extension Hancock County
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Greenfield, IN 46140
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Project Requirements

Grade 3 – Exhibit a poster showing the six major sheep breeds. Include a brief explanation of the distinguishing characteristics of each breed. Give your poster a title and include a label in the lower right hand corner giving your name, club, and division.

Grade 4 – Exhibit a poster illustrating the wholesale cuts of lamb in relation to a picture of the live animal. Include a label in the lower right hand corner giving your name, club, and division.

Grade 5 – Exhibit a poster illustrating the wholesale cuts broken into various retail cuts in relation to a picture of a live animal. Give your poster a title and include a label in the lower right hand corner giving your name, club, and division.

Grade 6 – Exhibit a poster showing the steps involved in lamb production from farm to the supermarket. If possible, visit a sheep farm or processing plant to gain more information. Be sure to include photos of your visit in the exhibit. Give your poster a title and include a label in the lower right hand corner giving your name, club, and division.

Grade 7 – Exhibit an informational poster showing the nutritional aspects of lamb and/or how it can be incorporated into a family's diet. This should be an attractive display that is both educational and motivational. Include a label in the lower right hand corner giving your name, club, and division.

Grade 8 – Plan and prepare a family meal or cookout featuring lamb. Exhibit a poster showing this project in action using pictures. Be sure to include your recipe(s) and a menu. Give your poster a title and include a label in the lower right hand corner giving your name, club, and division.

Grade 9 – Visit several stores and research which cuts of lamb are available and complete the Retail Price Check Sheet. Use this information to make a poster showing pictures of various cuts of lamb, their average cost, and how they are prepared. Include a brief summary of what you discovered in your search. You may also include the Retail Price Check Sheet on the back of your poster.

Grade 10 – Exhibit a poster showing some of the by-products of lamb. Include on the poster a complete list of all the by-products of lamb you can find as well as their uses. Give your poster a title and include a label in the lower right hand corner giving your name, club, and division.

Grade 11 – Make a poster showing several lamb advertisements. Include your own evaluation of the ads and whether they would motivate you to purchase the product. You may also include a summary of how you think advertising has affected our lamb consumption.

Grade 12- Create an original advertisement for lamb. Include a brief summary of where you think the ad should be used, what audience you are trying to reach, and why you chose this specific approach. Explain how you think this ad will motivate the consumer to purchase more lamb. Include a label in the lower right hand corner giving your name, club, and division.

Consumer Lamb

Consumer Lamb is a project that focuses on the production of lamb meat. We will look at several different aspects of sheep and how this effects consumers. In the United States, there are more than 75,000 lamb producers with approximately 8 million sheep in the United States. Most of the sheep are raised in the Western part of the United States with Texas, California, Wyoming, Utah, Colorado, New Mexico, South Dakota and Montana being the major sheep producing states. However, excellent quality lambs are raised throughout the United States.

Breeds of Sheep

Each breed of sheep has different qualities that distinguish it from others. Here are some of the qualities of some of the main breeds of sheep.






Important Breeds in America






Meat Breeds	Wool Breeds	Dual Purpose
<ul style="list-style-type: none">CheviotDorset, PolledDorset, HornedHampshireMontadaleNorth Country CheviotOxfordShropshireSouthdownSuffolk	<ul style="list-style-type: none">CotswoldLincolnMerinoRambouilletRomney	<ul style="list-style-type: none">ColumbiaCorriedalePolypayTarghee











Cheviot

- Originated in England and Scotland
- Characteristics: primarily used for meat and medium wool, usually polled, white in color
- Advantages: very rugged, excellent carcass conformation
- Disadvantages: small in size

	<p style="text-align: center;"><u>Polled Dorsett</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: Primarily used for meat, White in color, Has horns • Advantages: Good milkers, Highly fertile, Small in size
	<p style="text-align: center;"><u>Horned Dorsett</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: Primarily used for meat, White in color, Polled • Advantages: Good milkers, Highly fertile
	<p style="text-align: center;"><u>Hampshire</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: Produced for meat, Black-brown face and legs, Polled, Large body size • Advantages: Good milkers, Excellent carcass conformation • Disadvantages: Wool blindness
	<p style="text-align: center;"><u>Montdale</u></p> <ul style="list-style-type: none"> • Originated in the United States • Characteristics: White in color, Good wool and meat quality • Advantages: Carcass quality, Lambing percentage
	<p style="text-align: center;"><u>North Country Cheviot</u></p> <ul style="list-style-type: none"> • Originated in Scotland • Characteristics: Produced for meat • Advantages: Milking sheep

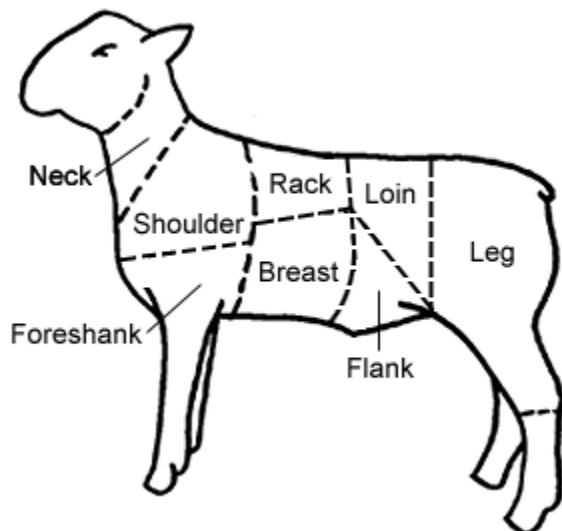
	<p style="text-align: center;"><u>Oxford</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: White with brown face and legs, Used for meat production, Large body size • Advantages: Excellent carcass conformation
	<p style="text-align: center;"><u>Shropshire</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: Primarily used for meat, Black-brown face and legs, Polled • Advantages: Excellent milkers • Disadvantages: Wool blindness
	<p style="text-align: center;"><u>Southdown</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: Primarily used for meat, Grey-brown face and legs, Polled • Advantages: Used in hot house lamb production • Disadvantages: Very small in size, Very light fleece weight
	<p style="text-align: center;"><u>Sufflok</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: primarily used for meat, black face and legs, polled, bare face and legs • Advantages: Large bodies • Disadvantages: Bare bellies
	<p style="text-align: center;"><u>Cotswold</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: White in color • Advantages: Good quality wool, Long wool • Disadvantages: Small in size, Fleece care

	<p style="text-align: center;"><u>Lincoln</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: Primarily used for wool, Polled • Advantages: Very long wool
	<p style="text-align: center;"><u>Merino</u></p> <ul style="list-style-type: none"> • Originated in Spain • Characteristics: Primarily used for wool, White in color, Small to medium in size • Advantages: Good herding instinct • Disadvantages: Skin folds, Poor carcass configuration
	<p style="text-align: center;"><u>Rambouillet</u></p> <ul style="list-style-type: none"> • Originated in France • Characteristics: Primarily used for wool, White in color, Males are horned and females are polled • Advantages: Good herding instinct
	<p style="text-align: center;"><u>Romney</u></p> <ul style="list-style-type: none"> • Originated in England • Characteristics: Primarily used for wool, White in color, Very long wool • Advantages: Long, coarse wool • Disadvantages: Lambs do not fatten at small size
	<p style="text-align: center;"><u>Columbia</u></p> <ul style="list-style-type: none"> • Originated in the United States • Characteristics: Primarily used for meat, White in color, Polled • Advantages: Rugged, Herding instinct, Dual purpose breed

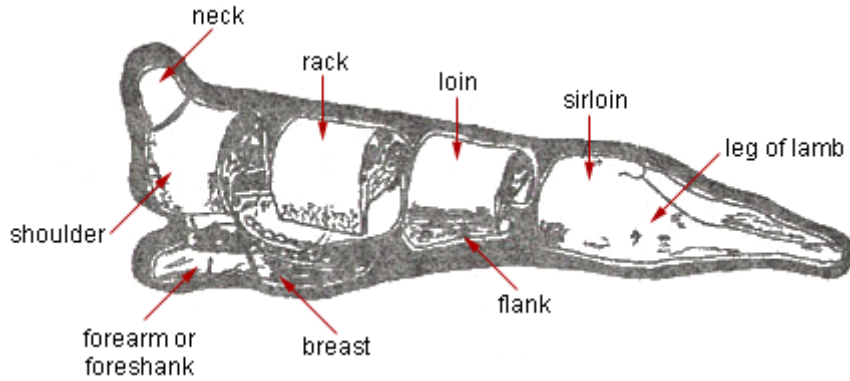
	<p style="text-align: center;"><u>Corriedale</u></p> <ul style="list-style-type: none"> • Originated in New Zealand • Characteristics: Primarily used for meat, White with black marks on head and feet, Polled or horned; usually polled • Advantages: Herding instinct
	<p style="text-align: center;"><u>Polypap</u></p> <ul style="list-style-type: none"> • Originated in the United States • Characteristics: White in color • Advantages: High lifetime prolificacy, Lamb crop is large in the first year, Ability to lamb more frequently than once per season, Lambs have rapid growth rates, Desirable carcass quality • Disadvantages: Not a uniform breed
	<p style="text-align: center;"><u>Targhee</u></p> <ul style="list-style-type: none"> • Originated in the United States • Characteristics: primarily used for meat, White in color, Polled • Advantages: Herding instinct

This info was taken from <http://www.ca.uky.edu/agripedia/breeds/sheep.htm>.

Wholesale (Foodservice) Cuts of Lamb



This picture shows the wholesale cuts of a lamb in relationship to the animal.

















This picture shows the wholesale cuts of a lamb in relationship to the animal carcass.



Photos taken from: <http://www.ca.uky.edu/agripedia/AGMANIA/meatid/lamb.htm>

The lamb carcass is broken into four major wholesale primals: shoulder, hotel rack, loin and leg. Major subprimals includes the neck, foreshank, breast/brisket and flank.

Traditional cuts from the shoulder include shoulder roasts, chops, dinner ribs and stew meat. From the lamb hotel rack come the rib chops, frenched chops, rack of lamb, frenched rack and crown roast. The lamb loin traditionally produces chops. The lamb leg most often is used as a roast and can be bone-in or boneless.

Several lamb cuts are being further processed from the traditional cuts. Some of these include medallions, double-boneless loin chops, tenderloin, boneless sirloin, top round, steamship or ¾ leg, boneless leg with top round removed (I-O leg), shish kebabs, fajitas or stir-fry strips and Denver ribs.

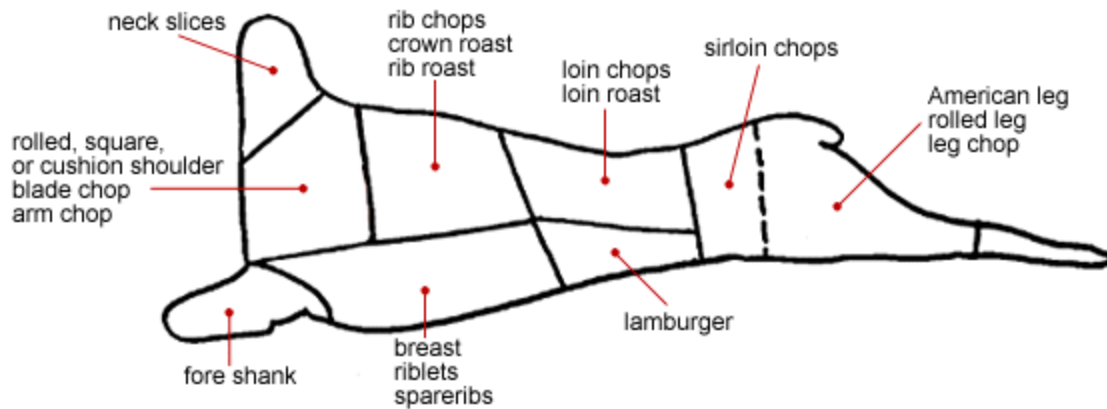
SHANK	BREAST	SHOULDER	RACK	LOIN	SIRLOIN	LEG
						
Shanks (Braise)	Riblets (Braise , Grill)	Square Cut Shoulder (Roast)	Rack Roast (Roast)	Loin Chop (Broil , Grill)	Sirloin Roast (Roast)	Whole Leg (Roast)
						
Stew Meat (Simmer in Liquid)	Lamb Patties (Broil , Grill)	Arm Chop (Broil , Grill)	Rib Chops (Broil , Grill)	Loin Roast (Roast)	Sirloin Steaks (Broil , Grill)	Round Leg Steak (Braise , Broil , Grill)

						
	Denver Ribs (Broil , Grill , Braise)	Shoulder Blade Chop (Broil , Grill)	French Rib Chops (Broil , Grill)	Double Loin Chop (Broil , Grill)	Sirloin Shank Half (Roast)	Boneless Leg (Oven Roast , Spit Roast)
						
		Pre-sliced Shoulder (Braise , Roast)	Rack for One (Roast)	Medallion (Broil)	Cubes for Shish Kebob (Broil , Grill)	3/4 French Style Leg (Roast)
						
		Boneless Rolled Shoulder (Roast , Braise)	Double French Rack (Roast)	Boneless Loin (Roast)	Boneless Sirloin (Roast , Broil , Grill)	Shank Half (Roast)
						
		Neck Slices (Braise)				Butterflied Leg (Broil , Grill)

Info taken from: <http://www.lambchef.com/servcut.html>

Go to <http://www.ca.uky.edu/agripedia/AGMANIA/meatid/index.htm> for an interactive activity to help you learn cuts of lamb.

Retail Cuts of Lamb



U.S. consumption of lamb is 1.0 pounds per person per year on a carcass weight basis. Most lamb in the United States is consumed in the Northeast and in western coastal states. New York and California are the top two states in lamb consumption.

Info taken from: <http://www.ca.uky.edu/agripedia/AGMANIA/meatid/lamb.htm>

Nutritional Aspects of Lamb

American lamb is a prime source of high-quality protein, vitamins and minerals.

Its protein is nutritionally complete, with all 8 essential amino acids in the proper ratio. A 3-ounce serving provides 43% of an adult male's Recommended Daily Allowance (RDA) for protein.



Lamb is also high in B vitamins, niacin, zinc and iron.

Compared to other meats, lamb contains very little marbling (internal fat throughout the meat.) Since most of the fat lamb does have is on the outside edges, it's easily trimmed. That means fewer calories -- only 176 in an average 3-ounce serving -- or 7% of the average daily caloric intake recommended for a 23-to 50 year-old male.

A recent study also shows that only about 36% of the fat in lamb is saturated. The rest is mono or polyunsaturated, the "good" fat in one's diet.

Percentages of U.S. Recommended Daily Allowances (RDA) provided by a 3-ounce serving of cooked lean lamb

Protein	Vitamin B-12	Niacin	Zinc	Iron	Riboflavin	Calories
43%	74%	30%	30%	17%	15%	7%

Nutrition Facts for Health-Conscience Diners*

Meat	Calories	Fat	Saturated Fat	Cholesterol
Lamb Leg**	162	6.58 g	2.4 g	75.7 mg
Pork (fresh ham)	179	8.02 g	2.8 g	80.2 mg
Beef Round	164	6.59 g	2.4 g	69.0 mg
Chicken (dark and light)	162	6.32 g	1.74 g	75.3 mg
Turkey (dark and light)	145	4.23 g	1.4 g	64.4 mg

*Based on 3 oz. cooked portion meat or poultry (dry heat); trimmed of excess fat and/or skin.

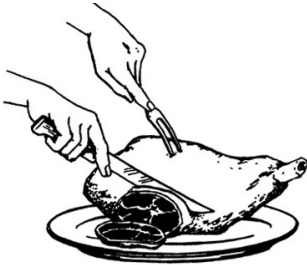
**Whole leg (shank and sirloin)

Information taken from: http://www.lambchef.com/li_pages/nutrit.html

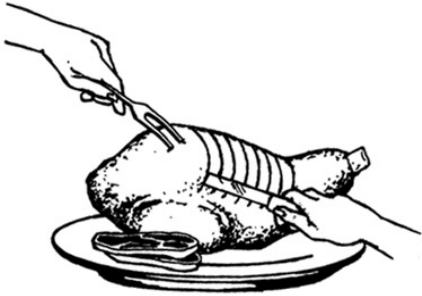
Cooking with Lamb

There are many delicious recipes that incorporate lamb. You can find many of them in cookbooks or on on-line recipe sites. Try cooking some for you and your family to try.

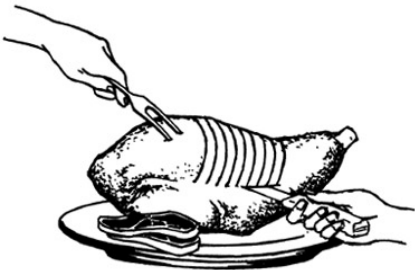
Instructions for carving a leg of lamb:



Place the roast on the platter with the shank to the carver's right and the tip section on the near side. From this, remove two or three slices lengthwise to form a base.



Turn the roast up on the base, and starting at the shank end, make slices perpendicular to the leg bone as shown in the illustration.



After reaching the aitchbone (rump bone), loosen the slices by cutting under them, following the top of the leg bone. Remove slices to platter and then serve.

Consumer Lamb Retail Price Check Sheet

Name _____

Division _____

Club _____

Research prices of different lamb cuts for three weeks at two different retailers. Report your findings here.

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Consumer Lamb Record Sheet

Name _____ Division _____

Name of Club _____ Year _____

Year in Consumer Lamb _____

Signature of Leader _____

What activities did you complete for your project?

What did you learn about consumer lamb this year?

How much time did you spend on this project this year?

What things will you do differently as a lamb consumer as a result of this project?

Sheep Resource Handbook, 4-H 194R, The Ohio State University Extension, p.84

Sheep Resource Handbook, 4-H 194R, The Ohio State University Extension, p.83

Consumer Lamb Retail Price Check Sheet

Name _____

Grade _____

Club _____

Research prices of different lamb cuts for three weeks at two different retailers. Report your findings here.

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

Lamb Cut: _____

Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price

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Retailer's Name	Week 1 Price	Week 2 Price	Week 3 Price