Names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meat/Fat Lab

1. Set 3 pieces of bacon and 3 pieces of pork sausage aside for the next part of the lab.
2. Make you “Bacon Wrapped Sausage”
	1. Ingredients; Cooking Spray, package smoked sausage (cut into ½” slices), 1 package bacon (Halved Crosswise), and 1 (16 ounce) package brown sugar)
	2. Preheat oven to 350 degrees F. Spray a 9 X 13 inch baking dish with cooking spray.
	3. Wrap each slice of sausage with a piece of bacon and arrange in the prepared baking dish; sprinkle with brown sugar.
	4. Bake in the preheated oven until bacon is crispy and sugar is caramelized, about 1 hour.
3. As a kitchen group, make a hypothesis ranking which of our meats will have the most to least amount of fat and why - record in your lab notebook.
4. Meats include: bacon and pork sausage
5. Pre-Lab Questions - In your lab notebook.
6. What role do meats play in your body?  (protein functions, fat functions)
7. How would the body of a vegan who was not supplementing fats in their diet compare to yours?
8. Will you expect any fat-soluble vitamins in your meat? If so which ones and why. If not, why.
9. How could this test be modified if we had a blind student in the class who could not visibly see the fats left after cooking?
10. Determine what cooking device your group will need to cook your meat most efficiently and record fat left.
11. Procedure - 1
12. Obtain your sample of meat
13. Weigh the sample and record. Weigh cooking device (pan, plate, etc.)
14. Cook your meat to it’s food safe temperature of \_\_\_\_\_\_\_, testing with a meat thermometer. Using no added flavors, ingredients or water to cook.
15. Remove meat, pressing down to remove any last fat and keep it in the pan.
16. Set meat on plate and allow to cool. Weigh cooked meat and record.
17. Weigh cooking device and record.
18. Calculate the percent of fat in your meat sample. See Mrs. Swetlik if your team needs a refresher on how to do this.
19. Post lab questions - 1
20. Does your amount of fat left in cooking device plus your cooked meat weight equal the original weight of the meat? If not, why do you think this is.
21. Compare your results to the other groups.
22. How would this experiment change if we added water during the cooking process?

6. PSA poster about fats, advocating that not all fats are bad. DUE MONDAY