

# 2017 State 4-H Meats Contest Preparation Packet

**UW Madison**

Jeff Sindelar, Extension Meats Specialist

Bernie O'Rourke, Extension Youth Livestock Specialist

Pam Hobson, 4-H Youth Development Specialist

Alissa Grenawalt, Outreach Specialist



<http://fyi.uwex.edu/youthlivestock/programs/4hmeatscontest/>



University of Wisconsin-Extension



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**November 28, 2016**

**To:** 4-H Meat Judging Coaches Who Have Had Teams in the 2015 and 2016 Contests

**From:** Jeff Sindelar, Extension Meats Specialist  
Bernie O'Rourke, Extension Youth Specialist  
Pam Hobson, Extension 4-H Youth Development  
Alissa Grenawalt, Extension Outreach Specialist

**Re:** 2017 State 4-H Meats Contest Information

We cordially invite you to again bring your county junior and senior teams to the upcoming meat judging contest, to be held **Saturday, February 18, at the UW Madison Meat Laboratory**. All of the materials can be found online at

<http://fyi.uwex.edu/youthlivestock/programs/4hmeatscontest/>

We will continue with the change from the 2005 contest, junior contestants will be given a copy of the "Beef Carcass Evaluation Worksheet," which they can use in the contest. This will assist junior members in learning about and applying beef yield and quality grades. Senior contestants cannot use the "Beef Carcass Evaluation Worksheet" in the contest.

**The national 4-H meats judging contest has incorporated oral reasons at their contest for many years. We will have senior contestants give one set of reasons and it will be scored and counted for 2017.**

All the information you are receiving will also be placed on the Animal Science Extension Youth Programs Website: <http://fyi.uwex.edu/youthlivestock/programs/4hmeatscontest/>

## 2017 WISCONSIN 4-H MEAT EVALUATION CONTEST

**Location:** University of Wisconsin-Madison Meat Lab  
1805 Linden Drive  
Madison, WI 53706

**Date:** **February 18, 2017 (Saturday)**  
Check in – 12:30 p.m. (follow signs), Animal Sciences Building Room 212  
Begin Judging – 1 p.m. (follow signs)

**Eligibility:** Juniors = Grades 3-8  
Seniors = Grades 9-13

**Registration:** Send Registration Form & Payment to:  
**Lynn Pfeiffer**  
Ag/Animal Science Assistant-4-H Youth Development  
436 Lowell Hall  
610 Langdon Street  
Madison WI 53703  
(608) 262-1222 (phone)  
(608) 265-6407 (fax)  
711 for Wisconsin Relay  
Email: [lynn.pfeiffer@ces.uwex.edu](mailto:lynn.pfeiffer@ces.uwex.edu)

**Cost:** \$10.00 per Contestant (Enclose payment with registration. Checks payable to: UW-Extension)

**Classes:** **Beef Carcass Grading** -- Quality and Yield (5 carcasses - 100 points)  
Junior contestants may use the Beef Carcass Evaluation Worksheet in the contest

**Beef Carcass Ranking** (50 points)

**Pork Carcass Ranking** "

**Ham Ranking** "

**Lamb Carcass Ranking** "

**Beef Retail Cut Ranking** "

**Pork Retail Cut Ranking** "

**Meat Labeling** "

**Retail Cut Identification - 30 cuts worth 7 points each** (*1 pt species, 2 pts primal, 3 pts retail, 1 pt cookery*)

**Processed Meat Product Identification - 10 products worth 5 points each**

Seniors will be required to answer 5 questions for each ranking class. The 5 questions will be worth a total of 25 points (5 points each). Seniors will be required to also identify the wholesale cuts from which the retail ID cuts were produced, as well as cookery.

**The national meats judging contest has incorporated oral reasons at the National contest for many years. We will have seniors give one set of reasons and it will be scored and counted in 2017.**

**Recognition:** Individual and Team (highest 3 members) scores will be tabulated and announced. Ribbons will be provided for the top 10 individuals, and plaques for the top two individuals, in both the junior and senior divisions.

**The top team in the senior division will have the following opportunities for national contest competition. 1. National 4-H Meat Judging Contest at Kansas State University/American Royal (Nationally recognized 4-H contest - participation here ends the career of a meats judge in the youth division), 2. and National Western, Denver, CO. The Wisconsin 4-H Foundation partially supports the top 2 teams with a monetary allocation. The top ranking team has the opportunity to first select the contest they want to attend, with next place teams following suit. Eligibility of the national contest rules also apply.**

**Deadline:** Registration forms and payment must be submitted to Lynn Pfeiffer by February 6, 2017.

# REGISTRATION FORM

## 2017 4-H Meat Judging Contest

University of Wisconsin, Madison

February 18, 2017

County \_\_\_\_\_

Advisor/Coach \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

### Senior Participants\* (Grades 9-13)

### Junior Participants\* (Grades 3-8)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

It is not necessary that we know in advance exactly who will be participating, but having some names will assist us in making up contest summary sheets in advance.

Additions or deletions can be made on the day of the event. Because of space limitations in the Meat Science Lab, we are initially asking counties to limit their entries to 9 total participants (seniors and/or juniors). If you wish to bring more, contact Bernie O'Rourke after February 6.

Additional participation will be permitted if space allows (to date no one has ever been turned away).

**Note: If you have more than 9 youth in a division, please put your more experienced youth on the first team and put the others on the second team. This can be finalized at check in.**

**Return by February 6 to (include payment with registration):**

Lynn Pfeiffer  
Ag/Animal Science Assistant  
436 Lowell Hall  
610 Langdon Street  
Madison WI 53703

(608) 262-1222 (phone)  
(608) 265-6407 (fax)  
711 for Wisconsin Relay  
Email: [lynn.pfeiffer@ces.uwex.edu](mailto:lynn.pfeiffer@ces.uwex.edu)

## Contest Resource Links from the Wisconsin Youth Livestock Program Webpage:

<http://fyi.uwex.edu/youthlivestock/programs/4hmeatscontest/>

### Sheets that will be used at the contest:

[Beef Carcass Evaluation](#)  
[Pork Carcass Evaluation](#)  
[Lamb Carcass Evaluation](#)  
[Beef Grading Worksheet](#)  
[Processed Meat Sheet](#)

[Processed Meat Guide](#)  
[Retail Cut Key](#)  
[Meats Scantron](#)  
[Scantron Directions](#)  
[Label Questions](#)

### **Additional Meats Resources**

#### **ITCS Instructional Materials**

1401 South Maryland Drive  
Urbana IL 61801 USA (217)  
244-3906  
(800) 345-6087 (orders only)  
FAX (217) 333-0005  
<http://im.itcs.illinois.edu/MDS100a.htm>

#### **Flash Cards**

##### **Retail Meat Cut Identification-Flash Card Set**

This is the easiest way to teach or learn to recognize the common retail cuts of beef, pork, and lamb! These 5"x7" cards, with cut descriptions on the back, showcase 126 full-color photographs of the retail cuts of meat. Each image is printed on high-quality, glossy- finished card stock and comes in a custom-designed box.

<https://pubsplus.illinois.edu/X180c.html> **X187b 150 cards \$75.00**

#### **Online Web Resources**

##### **ICEV Media – Great listing of online tools/judging classes**

[https://www.cevmultimedia.com/index.php?p=catalog&mode=search&search\\_str=meats+judging](https://www.cevmultimedia.com/index.php?p=catalog&mode=search&search_str=meats+judging)

##### **Texas A&M – Listing of relevant meats judging contacts**

<http://agrilife.org/4hmeat/academics/meat-science/4h/resources/>

##### **Texas A&M Meat Judging Online Judging Tools**

<http://agrilife.org/4hmeat/academics/meat-science/4h/meat-judging/>

##### **American Meat Science Association**

<http://meatscience.org/students/meat-judging-program/national-4-h-meat-judging>

##### **Nasco Farm and Ranch Catalog**

<http://www.enasco.com/c/farmandranch/Learning+Aids/Meat+Grading+%26+Judging/>

##### **Online Meats Identification and Placing Classes**

##### **Texas A&M University Aggie Meat Judging Resources**

<http://aggiemeat.tamu.edu/>

##### **University of Nebraska–Lincoln Meats Judging Resources**

<http://extension.unl.edu/statewide/sioux/meat-judging/>

##### **The Guide to Identifying Meat Cuts**

Booklet published cooperatively by American Meat Science Association, National Cattlemen's Beef Association and National Pork Producers Council focused on meat labeling, meat safety, cuts of meats, nutrition labeling, wrapping meat, and meat cookery.

**ONLINE at:** [http://issuu.com/beefcheckoff/docs/meat\\_cuts\\_guide](http://issuu.com/beefcheckoff/docs/meat_cuts_guide)

## ***Hard Hats and Frocks Required for 4-H and FFA Meat Judging Contests***

For safety and sanitary reasons, hard hats and frocks will be required to be worn by all participants in FFA and 4-H Meat Judging events at the Meat Science Laboratory at UW-Madison.

For some teams with processing plants nearby, they may be able to borrow hats and frocks for the contest. There may be other sources of hard hats and frocks available in local areas.

If you wish to purchase hard hats and frocks, two sources are:

1) Koch Supplies (Bunzl)  
800-456-5624;  
[www.kochsupplies.com](http://www.kochsupplies.com).

2) Handover  
1-800-821-2227  
<http://www.hantover.com/>

### **Ordering information:**

**Hard Hats: V-Gard Safety Cap (\$7.00 each)**

**Note: "Bump hat" are lighter weight hats available for slightly less cost (\$4.95each). However, the catalog states: "These bump hats . . . are not meant to be worn for protection from the impact of falling or glancing objects." We do not recommend bump hats, but rather the full protection of the hard hats listed above.**

**Frocks: Cloth frocks come in different weights (5-oz., 7-oz., and 11- oz.). The 7-oz. versions come in colors. Heavier weights and colors increase the cost. Below is ordering information for 5-oz. white frocks (the only color they come in). They are a permanent press 65/35 poly/cotton blend. They contain four outside pockets. The price is \$15-25 each and the can be ordered in small, medium, large, or x-large sizes.**

**Disposable lab coats (spunbond polypropylene fabric), which are purchased by the case (50 lab coats) typically cost \$2-3 each. These would be acceptable for the contests.**

# 2017 State 4-H Meats Contest Reasons Resources

UW Madison  
Bernie O'Rourke, Extension Youth Livestock Specialist  
Alissa Grenawalt, Outreach Specialist



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## Note taking

A good judge can visualize a class in their mind. In contests, several classes are judged and there isn't a lot of time to memorize the class, that is why it is important to take notes. Notes are used to study before you give oral reasons to the judge and should not be read to the reasons taker. Notes should help you recall and then try to remake a mental picture of the class while giving reasons. Take short, simple notes and form a habit of using terms you can easily make comparisons. List the main points first for each pair, then add details. A 6X9 steno notebook is suggested for using in taking reasons notes. Divide the page into equal section as shown below.

NOTE: T = Trimness M= Muscling Q= Quality

1	2	3	4
Opening statement		First place Faults	
/		/	
T		T	
M		M	
Q		Q	
/		/	
T		T	
M		M	
Q		Q	
/		/	
T		T	
M		M	
Q		Q	
/	Why bottom?		



## **Meats Judging Oral Reasons Terminology**

*Benjy Mikel, Ph.D., Extension Meats Specialist*

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### **Beef Carcasses**

#### **Trimness**

- Less fat over the (rib eye, lower rib, round, sirloin, loin, loin edge, rib, chuck, round collar, flank, plate, or brisket)
- Less cod or udder fat
- Less internal fat (kidney, pelvic, and heart fat)

#### **Muscling**

- Larger, more symmetrical rib eye
- Longer, thicker, wider, plumper-cushioned round
- Longer, more bulging round
- More muscular round
- Thicker sirloin
- More prominent sirloin
- Fuller, thicker loin
- Plumper rib
- Thicker chuck
- More bulging chuck
- More muscular

#### **Quality**

- Higher degree of finer marbling
- Greater amount of marbling
- Finer, more evenly distributed marbling
- Brighter cherry red rib eye
- More youthful cherry red rib eye
- Finer textured rib eye
- Whiter external fat covering
- More youthful bone

#### **Cutout Phrases**

- Higher percent of boneless, closely trimmed retail cuts
- Higher percent of boneless, closely trimmed steak and roast meat

#### **Criticisms**

- Revealed a small, soft, dark-colored, coarse-textured rib eye
- A thinly muscled, tapering round
- Lower percent of boneless, closely trimmed retail cuts
- Lower percent of boneless, closely trimmed steak and roast meat

- The fattest, wastiest, lightest-muscled carcass in the class
- Combined trimness and muscling to the lowest degree
- Would yield the lowest percentage of boneless, closely trimmed retail cuts
- Lowest-yielding carcass
- Excess fat over the round, loin, rib, rib eye, and chuck
- Combined quality, trimness, and muscling to the lowest degree
- Would yield retail cuts with the lowest merchandising value

### **Beef Ribs**

#### **Trimness**

- Less fat over the (rib eye, lower rib, back, lower blade, blade face, or rib ends)
- Less seam fat in the blade face
- Less lip region fat

#### **Muscling**

- Larger rib eye
- More symmetrical rib eye
- Fuller, wider back
- Deeper, wider blade face
- Meatier (greater area of exposed lean) blade face
- Greater area of exposed lean in the blade face
- Larger eye in the blade face

#### **Quality**

- Higher degree of finer marbling in the rib eye
- Greater amount of marbling in the rib eye
- Finer, more evenly dispersed marbling in the rib eye
- More evenly distributed marbling in the rib eye
- Greater amount of marbling in the blade face
- Brighter cherry red rib eye and blade face
- More youthful cherry red blade face
- Firmer, finer textured rib eye and blade face
- Less ossification in the thoracic buttons

#### **Cutout Phrases**

- A greater amount or a higher percentage of boneless, closely trimmed retail cuts
- A higher cutout value

- A higher percentage of steaks and roasts
- Higher percent of trimmed steak and roast meat
- A higher lean-to-fat ratio

### **Quality Phrases**

- Would yield retail cuts with a higher merchandising value
- Would yield steaks and roasts with a higher merchandising value
- Would yield retail cuts with a higher consumer appeal
- Would yield steaks and roasts with a higher consumer appeal

## **Beef Loins**

### **Trimness**

- Less fat over the (loin eye, loin edge, flank edge, sirloin-shortloin region, sirloin, or sirloin face [top sirloin, bottom sirloin])
- Less tail region fat
- Less seam fat in the sirloin face
- Less kidney fat (if observable)
- Less pelvic fat

### **Muscling**

- Larger loin eye
- More symmetrical loin eye
- Fuller, wider short loin (back)
- More prominent sirloin
- Deeper, wider sirloin face
- Meatier sirloin face
- Larger top sirloin
- Larger bottom sirloin
- Greater area of exposed lean in the sirloin face

### **Quality**

- A firmer, finer-textured loin eye and sirloin face
- A brighter cherry red loin eye and sirloin face
- A higher degree of marbling in the loin eye
- A greater degree of marbling in the loin eye and sirloin face
- Finer, more evenly distributed marbling in the loin eye and sirloin face

### **Cutout Phrases**

- Higher percentage of boneless, closely trimmed steaks
- Higher percent of boneless, closely trimmed retail cuts

## **Beef Shortloins**

### **Trimness**

- Less fat over the (loin eye, loin edge, flank edge, back [strip loin], sirloin face, or top loin)

- Less kidney fat
- Less seam fat in the sirloin face
- Less tail region fat

### **Muscling**

- Larger loin eye
- More symmetrical loin eye
- Deeper, wider sirloin face
- Meatier sirloin face
- Greater area of exposed lean in the sirloin face
- Larger top loin
- Larger tenderloin
- Deeper lumbar vertebrae

### **Quality**

- Higher degree of finer marbling in the loin eye
- A greater amount of marbling in the sirloin face
- A firmer, finer-textured loin eye and sirloin face
- A brighter cherry red loin eye and sirloin face

### **Criticisms**

- The lowest quality shortloin in the class with an insufficient amount of marbling to grade Choice
- The darkest, coarsest textured lean in both the loin eye and the sirloin face
- Combined quality and cutability to the lowest degree
- The fattest, wastiest shortloin in the class with the lowest cutout value
- Would yield the lowest merchandising value

## **Beef Rounds**

### **Trimness**

- Less fat over the (round face [rump and tip or knuckle], flank side, cushion, or heel)
- Less cod fat (never udder fat)
- Less seam fat in the round face
- Less pelvic fat

### **Muscling**

- Deeper, wider round face
- Meatier round face
- More area of exposed lean in the round face
- Larger rump face
- Larger knuckle face
- Deeper, wider cushion
- Plumper cushion
- More bulging cushion
- Fuller heel

### **Quality**

- Greater amount of marbling in the round face
- Greater amount of marbling in the rump or knuckle face
- Firmer, finer-textured round face
- Brighter cherry red round face

### **Cutout Phrase**

- Higher percent of trimmed retail cuts
- Higher percent of trimmed steak and roast meat
- Higher muscle-to-bone ratio

## **Pork Carcasses**

### **Trimness**

- Less fat opposite the first rib, last rib, and last lumbar vertebra
- Less fat over the collar, in the belly pocket, along the navel edge, over the sternum, along the ventral side, in the clear plate, over the center loin
- Less fat opposite the loin eye and over the lower rib
- A trimmer carcass from end to end
- A higher lean-to-fat ratio

### **Muscling**

- Heavier-muscled carcass
- Plumper-cushioned, heavier-muscled ham
- Heavier-muscled (or more muscular) ham, sirloin, loin, and shoulder
- More muscular ham with a meatier heel and shorter shank
- Fuller-fleshed, deeper-chined loin
- Fuller-fleshed, more-bulging sirloin
- Wider, more bulging shoulder
- Plumper-cushioned ham
- Larger loin eye

### **Quality**

- Greater amount or higher degree of feathering between the ribs
- Greater amount or higher degree of fat streaking in the exposed lumbar lean
- More desirable reddish pink color of belly lean or lumbar lean
- Higher degree of marbling, coupled with a firmer, finer-textured, more reddish pink color of lean in the loin eye

### **Cutout Phrases**

- Higher lean-to-fat ratio
- Higher percent on bone-in, closely trimmed four lean cuts
- Higher percentage of closely trimmed retail cuts from the ham, loin, Boston butt, and picnic

- Higher percentage of bone-in, closely trimmed edible portion
- Higher percentage of bone-in, closely trimmed four lean cuts

### **Criticisms**

- Fattest, wastiest, lowest-yielding carcass
- Lowest lean to fat ratio
- Lower percent on bone-in, closely trimmed four lean cuts
- Lightest muscled
- Excess trimmable fat
- Combined muscling and trimness to the lowest degree
- Yield the lowest percentage of boneless, closely trimmed retail cuts from the ham, loin, Boston butt, and picnic

## **Fresh Hams**

### **Trimness**

- Less fat beneath the butt face, alongside the butt face, over the collar, over the forecushion, over the center section, over the cushion
- Less seam fat in the butt face
- Less fat extending from the butt face to the cushion, over the collar and forecushion
- A higher lean-to-fat ratio

### **Muscling**

- Heavier-muscled ham
- Longer, wider, deeper center section
- More bulging cushion and meatier forecushion
- Larger area of exposed lean in the butt face
- Deeper, wider butt face

### **Quality**

- Firmer, more uniformly colored lean
- More reddish pink color of lean in the cut surface
- Higher degree of marbling in the butt face
- Firmer lean with less muscle separation

### **Cutout Phrases**

- Higher percent of trimmed retail cuts
- Higher percent of bone-in, closely trimmed center cut slices
- Higher percent of bone-in, closely trimmed edible portion
- Higher lean-to-fat ratio
- Higher lean-to-bone ratio

### **Criticisms**

- Fattest
- Wastiest
- Lowest yielding

- Lightest muscled
- Lower percent of trimmed retail cuts
- Lowest percentage of closely trimmed center slices
- Narrowest, most tapering center cut section
- Lower lean-to-fat ratio
- Lower lean-to-bone ratio

## Miscellaneous Terminology and Phrases

### Verbs

- Shown
- Exhibited
- Presented
- Indicated
- Had
- Contained
- Disclosed
- Excelled
- Produced
- Displayed
- Revealed
- Possesses
- Expressed
- Exposed
- Manifested (quality only)
- Featured

### Grant Statements

- Grant
- Admit
- Recognize
- Concede
- Realize
- Acknowledge

### Transition Words

- In addition
- Furthermore
- Additionally
- Moreover

### Power Words

- Immediately
- Obviously
- Without a doubt
- Unquestionably
- Easily
- Most
- Certainly
- Substantially
- Readily
- Without hesitation
- Clearly
- Undoubtedly
- Without question
- Unmistakably
- Much
- Significantly
- Definitely
- Especially
- Positively
- Subsequently

### Miscellaneous

- Least
- Sufficient
- Resulting
- Coupled
- Youthful
- Dispersed
- Also
- Insufficient
- Adequate
- Prominent
- Excess
- Acceptable (quality only)
- Distributed
- Finally

- Desirable
- Although
- Plus
- Even though

### Comeback Words

- Nonetheless
- Thus
- Consequently
- However
- Therefore

### Phrases

- As denoted by
- As indicated by
- Blended into
- In combination with
- Extended with
- Carried into
- As evidenced by
- As well as
- Result in
- Along with
- Combination of

### Specialty Words

- As
- Because
- By virtue of
- Due to
- Since
- Merits in

### Degrees of Comparison

- Greater
- Far
- Inferior
- Throughout
- Slight
- Firmer
- Trimmer
- Longer
- Deeper
- Much
- Superior
- Unsurpassed
- More
- Less
- Finer
- Deeper
- Wider

### Words for Last Paragraphs

- Low
- Wasty
- Excessive
- Greatest
- Shallow
- Lightest
- Narrow
- Thinly muscled
- Tapered
- High
- Lowest
- Wastiest
- Excess
- Most
- Highest
- Heaviest
- Trimmiest
- Deficient
- Tapering

### Word NEVER to Use

- Good
- Best
- Better
- Bigger

- Abundant
- Cleaner
- “s” on the end of word (i.e., ham, loin, etc.)
- Finish
- Present tense verbs

### **Introductory Phrases for Opening Statements**

- I placed 1 over 2
- In placing 1 over 2
- I placed 1 over 2
- I placed 1 easily over 2
- 1 over 2, in a close pair
- I placed 1, an outstanding top, over 2

### **Last Paragraph Opening Statements**

- 4 was placed last, realizing
- 4 was placed last because
- Although 4 was..., I nonetheless placed 4 last
- I realize 4 was..., however, I placed 4 last because

## **Glossary of Terms**

### **General Terms**

- Cutability—the relationship between muscle and fat
- Intermuscular fat—fat separating two muscles (seam fat)
- Intramuscular fat—fat located in muscle tissue; marbling
- Meatier—ratio of muscle and acceptable fat to total bone and trimmable fat
- Plumpness (bulge)—expression of muscling
- Trimness—amount of fat on a particular cut or carcass

### **Beef Carcass Terms**

- Lower rib—ventral portion of the rib (usually the 12th rib)
- Round collar—collar of fat located above the aitch bone on the inner round
- Loin edge—region continuing along the ventral edge of the *longissimus dorsi* from the 12th rib to the sirloin

### **Beef Round Terms**

- Knuckle face—the more circular, larger muscle of the two major muscles in the round face; the tulip-shaped muscle
- Round face—the cut surface of the round that exposes the knuckle and the rump face
- Rump face—the longer muscle of the round face
- Rump side—lateral region extending from the rump to the heel; opposite the flank side

### **Beef Loin Terms**

- Back—region of the shortloin between the loin edge and the chine
- Flank edge—lateral edge of the short loin
- Loin edge—region continuing along the lateral edge of the *longissimus dorsi* from the rib end to the sirloin
- Sirloin/short loin juncture—region where the shortloin joins the sirloin

### **Beef Rib Terms**

- Eye of the blade—*longissimus dorsi* muscle exposed in the blade face
- Lower rib—area between the rib eye and rib ends when viewed from the rib face

### **Pork Carcass Terms**

- Fat back—external fat located along the back of a pork carcass, extending from the lumbar vertebra to the first rib; usually called backfat
- Ham/loin juncture—area located at the sirloin where the ham and loin meet
- Leaf fat—external fat that covers a portion of the ribs and lean in the rib cage area; usually removed during slaughter
- Lumbar lean—exposed area of meat that is located dorsal to the lumbar vertebra; a muscle indicator
- Rib feathering—fat streaks between the ribs; indicates quality in unribbed pork carcasses
- Sternum fat—external fat located along the ventral portion of the picnic shoulder

### **Fresh Ham Terms**

- Butt face—cut surface of the ham
- Collar fat—fat from the tail head to the stifle; fat along the ham collar
- Forecushion—region continuing from the stifle to the butt face
- Stifle—area between the forecushion and the shank; opposite the heel

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