



# Judging Meat Cuts

	Perfect Score
<b>Fat and Marbling</b> .....	20
<ul style="list-style-type: none"><li>• Some fat is required for flavour (about 1 cm)</li><li>• Fat should be white and firm</li><li>• Some marbling should be seen</li><li>• Too much marbling means too much fat</li><li>• Marbling evenly distributed</li></ul>	
<b>Colour</b> .....	20
<ul style="list-style-type: none"><li>• Muscle tissue should be bright red for beef, light greyish pink to pink for pork and light to dark pink for lamb</li></ul>	
<b>Meat Yield</b> .....	20
<ul style="list-style-type: none"><li>• High proportion of lean meat to bone and fat</li><li>• Consider cost per serving if given</li><li>• Consider end use of product</li></ul>	
<b>Texture</b> .....	20
<ul style="list-style-type: none"><li>• Surface of cut smooth and velvety</li><li>• Minimum amount of connective tissue and large muscle fibres and bundles</li><li>• Fine texture indicates tenderness</li></ul>	
<b>Firmness</b> .....	20
<ul style="list-style-type: none"><li>• Lean meat firm to touch</li><li>• Fat firm to touch</li></ul>	
<b>Total</b> .....	100

Sections of the Judging Fact Sheets were adapted from the Alberta 4-H Judging Project Guide with the permission of the Alberta 4-H Council and the 4-H Ontario Judging Toolkit with the permission of the Ontario 4-H Council.

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