4-H Meats Judging Contest Guide

A guide for 4-H members preparing for a meats judging contest, covering identification, evaluation, and how to practice for classes and reasons. Print it, follow the steps in order, and keep the copy handy for later reference.

Farm / unit: _____ Date: _____ By: _____

1. Learn meat contest classes and rules
2. Practice identifying retail cuts
3. Learn the species and primal sources
4. Study carcass and quality ideas
5. Practice placing classes
6. Practice giving oral reasons
7. Review food safety and handling
8. Review practice results with a coach

YOUR NOTES

TIP Practice identification with labeled cuts from a local meat processor and ask your coach for the official contest guide.

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