

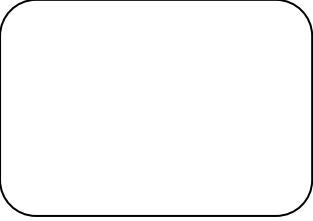
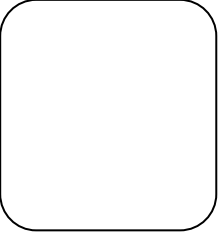
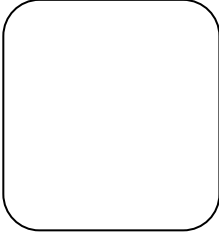
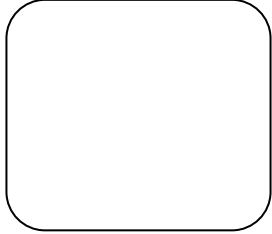
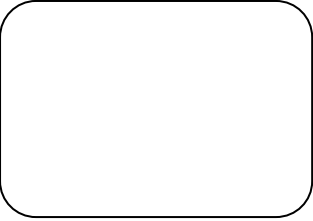
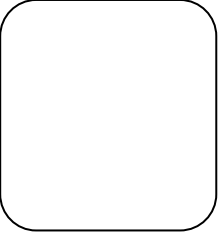
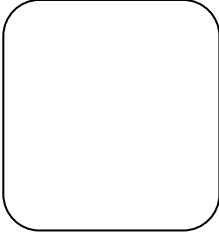
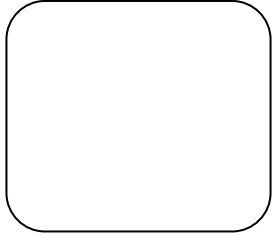

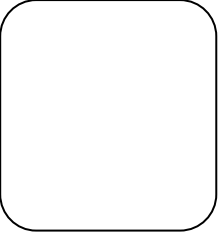
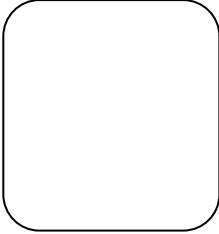
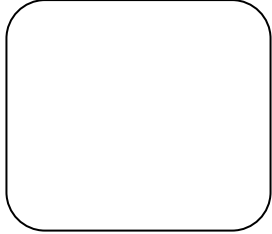

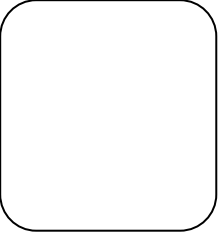
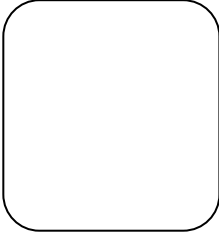
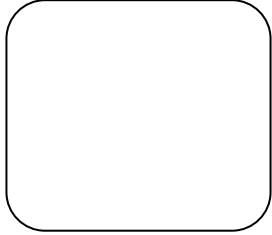

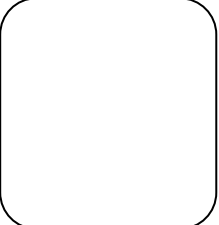
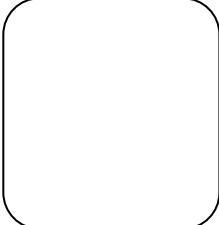
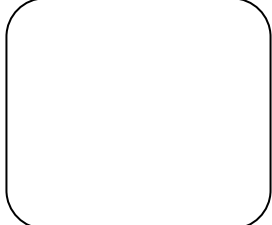
How much meat is that?

Name:

Date:

The Department of Health recommends that adults who eat over 90g of red and processed meat a day should reduce their intake to 70g a day on average, which is the average UK consumption. (*Department of Health 2011*).

Do you know what 70g of red meat looks like? Meat will lose weight during cooking. Calculate the percentage weight loss for different types of meat.

Type of meat cut	Raw meat weight (g)	Weight following cooking (g)	% weight loss
			
			
			
			
			

Why does meat lose weight during cooking?