

CIRCULAR NO. 10

Manitoba Agricultural College

HOME ECONOMICS SECTION

HOUSEHOLD SCIENCE DEPARTMENT

Published by Authority of Hon. Geo. Lawrence, Minister of Agriculture, Manitoba

MEAT

In our foods we have five distinct classes of materials necessary to meet the demands of the body and keep it in smooth running order—

1. Proteid—muscle and tissue-building material.
2. Carbohydrates (starch and sugar)—heat, and energy-producing material.
3. Fats—fat and heat-producing material.
4. Mineral matter—tissue-building.
5. Water—in all parts of the body.

Meat belongs to the proteid, or muscle and tissue-building class, and is one of our chief foods supplying this use in the body. It is this one with which this pamphlet will deal briefly.

Flesh food is called meat, and on the market we get it under different names according to the animal from which it is taken, and also according to the age of the animal, as for example—

Cattle—beef.
Sheep—mutton.
Swine—pork.
Calves—veal.
Lambs—lamb.

Meat or muscle is composed of fibres, each of which is a bundle of tube-shaped cells which are filled chiefly with proteid or muscle- and tissue-building substance. All are held together by connective tissue—a white substance threaded by tiny blood-vessels. Toward the end of the muscle the connective tissue becomes a firm mass which is known as *tendon*.