

QMS
Quality Meat Scotland

Meat – a rich source of protein but what else?

Meat contains many nutrients for a variety of vital bodily functions. Some are well known, others not so much. Do we need meat to get all these nutrients? How much does red meat supply? Work through this sheet to learn more.

The nutrients below can all be found in red meat. Can you match each one to the function? Draw a line to match up or cut out and place the nutrient next to the correct statement.

Nutrient	Function
Protein	Helps develop healthy red blood cells, transporting oxygen around the body; reduces tiredness and fatigue; helps with cognitive development in children
Iron	Supports normal blood pressure; contributes to muscle function
Vitamin B12	Helps and supports muscle growth and mass; supports bone maintenance
Zinc	For energy production; contributes to maintenance of normal teeth and bones
Riboflavin (B2)	Vital for our nervous system and immune system to work properly, as well as helping protein and glycogen production
Phosphorus	Helps immune system work normally; supports normal hair, nail and skin growth
Potassium	For energy production; red blood cell formation; reduces tiredness and fatigue
Niacin (B3)	Maintenance of normal blood pressure (when consumption is low)
Vitamin B6	For energy production; helps reduce tiredness and fatigue

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Sodium	Helps process and convert food into energy; helps with functioning of the nervous system
Thiamine	Helps the immune system to work and supports normal hair, nail and skin growth
Selenium	For energy production and normal heart function

Health Claims

Following EU health claim guidelines, you can only say a food contains a certain nutrient if it contains a certain amount. These are called the Nutrient Reference Values (NRV) or previously known as Reference Daily Allowances (RDA).

To say it is a **source** of the nutrient, it must contain at least **15%** of the NRV

To say it is a **rich source** of the nutrient, it must contain **30%** of the NRV

Instructions:

1. Create your own table showing which of the nutrients mentioned in the first activity are found in beef, lamb and pork.
2. Use the guides below to work out which nutrients you can say each meat specifically contains.

https://ahdb.org.uk/knowledge-library/understanding-the-nutrition-and-health-claims-regulations-for-beef

https://ahdb.org.uk/knowledge-library/understanding-the-nutrition-and-health-claims-regulations-for-lamb

https://ahdb.org.uk/knowledge-library/understanding-the-nutrition-and-health-claims-regulations-for-pork

Written Assignment or Homework

Having investigated the nutrients in red meat, are any of them unique to meat or meat products? If any of them are, does that support a diet containing meat? What if someone is considering a vegetarian or vegan diet – are they at risk?

Write 500 words or more on your opinion relating to red meat in the diet. Use supporting evidence relating to the nutrients found in meat.

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