



From Animal to Product: Red Meat Processing

OBJECTIVE

Understand how **red meats** (beef, pork, sheep or goat) can be processed in different ways, distinguishing **simple processes** from **more intensive processes**, and reflect on the impact of these choices on health and responsible consumption.

YOUR MISSION

Choose a **red meat product** that you usually consume and analyse its level of processing.

Step 1 - Identify the product

- **Type of meat:** ☐ beef, ☐ pork, ☐ sheep, ☐ goat
- **Product:** _____
(e.g., fresh steak, minced meat, hamburger, sausage, ham)
- **Method of purchase:** ☐ fresh ☐ frozen ☐ processed

Step 2 — Processing Steps

Mark the steps you think are part of this product's journey:

- ☐ Raising the animal
- ☐ Slaughter
- ☐ Butchering / Cutting
- ☐ Mincing or Shaping
- ☐ Curing, Smoking or Salting
- ☐ Adding salt, fat or additives
- ☐ Packaging



Which of these steps make the product more different from the original meat?
Why?

Step 3 – Degree of processing

Rate the product you have chosen:

- ☐ Poorly processed
- ☐ Moderately processed
- ☐ Highly processed

Justify your choice:

Step 4 – Health impact

Reflect and answer:

- Does the product keep meat as the main ingredient?
- Is there any significant addition of salt, fat, or preservatives?
- What type of product do you think is most suitable for occasional consumption?

REFLECTION:



FINAL REFLECTION

If you had to choose **between fresh red meat prepared at home** and **highly processed red meat products**, which would you choose more often and why?

FOODWISELAB TIP

In the Mediterranean dietary pattern, red meat is consumed in **small amounts and less frequently**, giving priority to **low-processed** versions and other sources of protein, such as fish and legumes.