

fs FOOD SAFETY
WEEK
2023

Close to Safe

FIFTH QUARTER

17th February



Available Android



Available iOS

translate

Guess the Offal



A



B



C



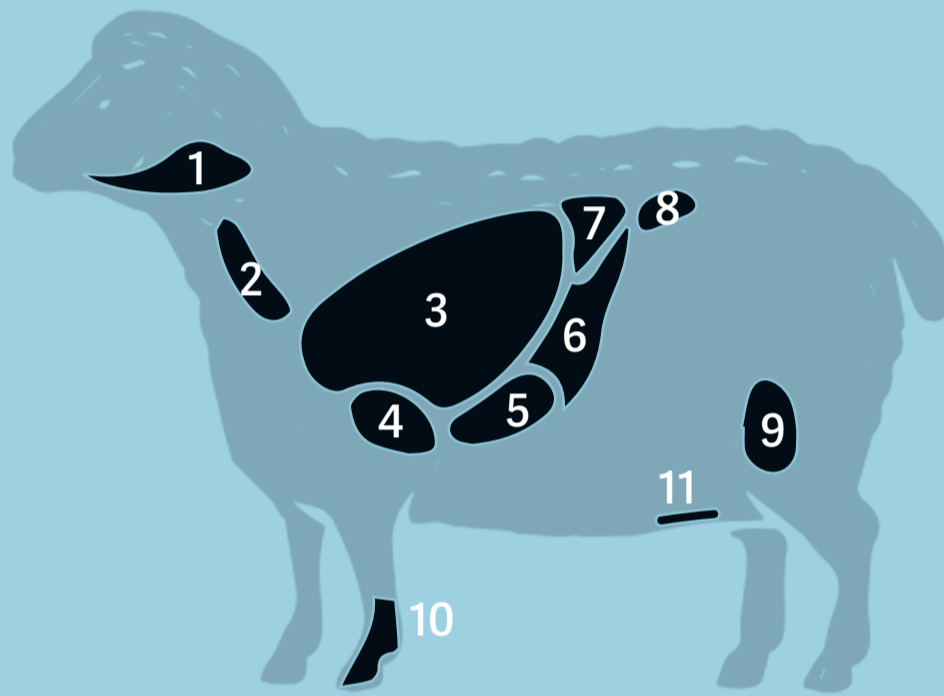
PRIZES TO BE WON

PLAY THE GAME

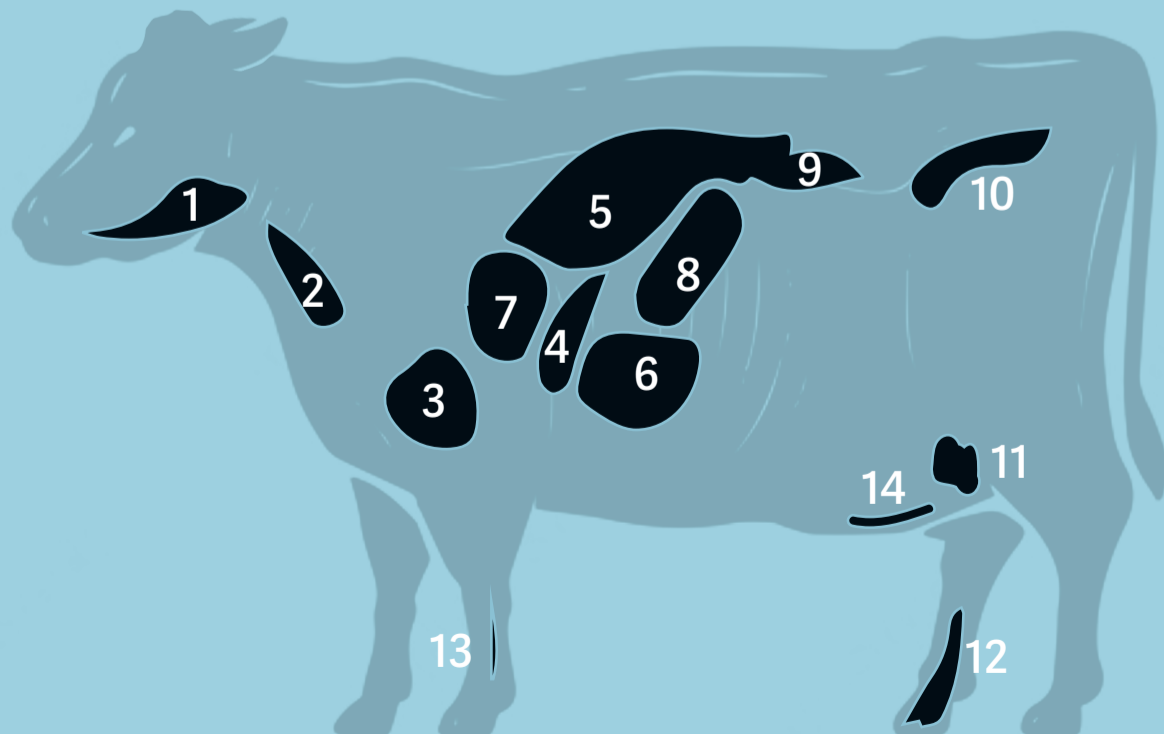
Be in with a chance to WIN a voucher!!

Nose to Tail

1	Tongue
2	Sweetbread (Thymus)
3	Lungs and Trachea
4	Heart
5	Tripe
6	Liver
7	Spleen
8	Kidney
9	Testicle
10	Foot
11	Pizzle



1	Tongue
2	Sweetbread (Thymus)
3	Heart
4	Spleen
5	Flat Tripe
6	Manifold Tripe
7	Honeycomb Tripe
8	Liver
9	Kidney
10	Uterus
11	Testicles
12	Foot
13	Tendon
14	Pizzle





Offal



WHAT IS

Offal refers to the edible internal parts of animals produced for food, which include kidneys, livers, hearts and tongues.

Organ meat is often overlooked, with most meat typically coming to the table as primer cuts such as steaks, fillets, or minced meat. However, many cultures consider the meat products a delicacy.

NUTRITIONAL facts

1 Heart

Rich in Folate, Iron, Zinc and Selenium: Also, a great source of Vitamins B2, B6 and B12. Beneficial for reducing cholesterol, Alzheimer's, dementia and depression and protects against heart disease.


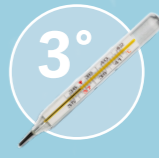
2 Tripe

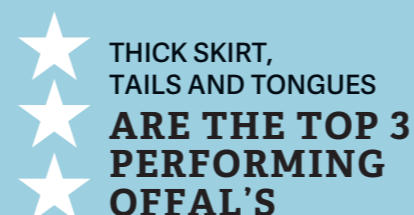
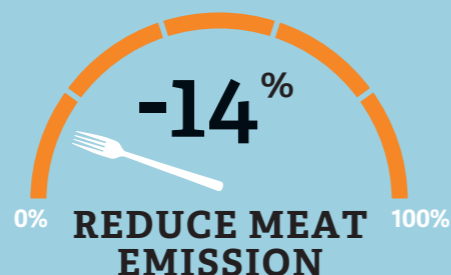
Rich in Protein: Beneficial for increasing muscle mass and strength.

3 Liver

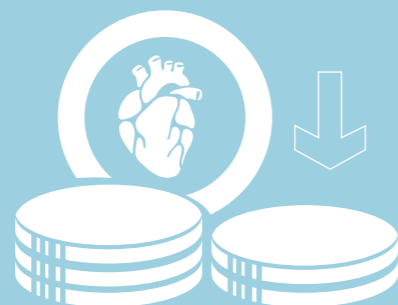
Beneficial for eye health, reducing inflammation, preventing Alzheimer's and Arthritis: Also contains Folic Acid, Iron, Chromium, Copper and Zinc and is known to be particularly good for the heart.

4 Preparation

- Offal should be prepared on a red chopping board at home. 
- Fresh offal should be stored at 3 degrees and below. 
- It is not possible to harvest kidneys from an animal over 30 months old.
- Offal should be cooked to 75 degrees or above.



fs FOOD SAFETY WEEK 2023



THE PRICE OF OFFAL

can also be found lower than primer cuts of meat, which can positively impact the environment by utilising carcasses



SUPERFOOD

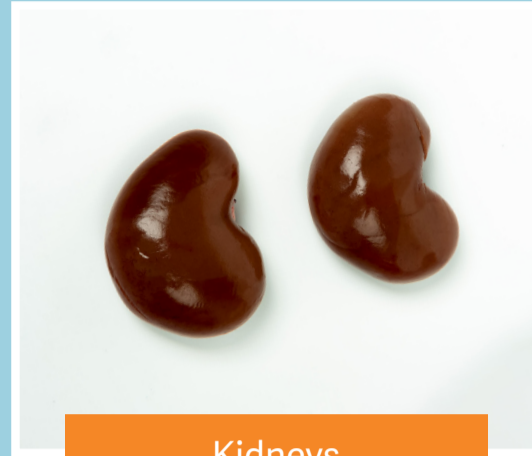
Organ meats are sometimes referred to as super foods due to their dense source of vitamins and nutrients



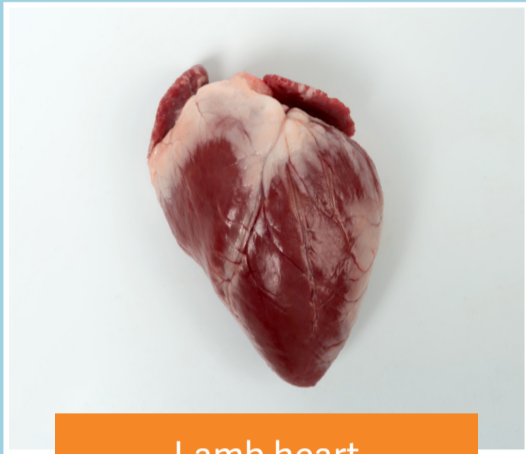
Achilles Heel



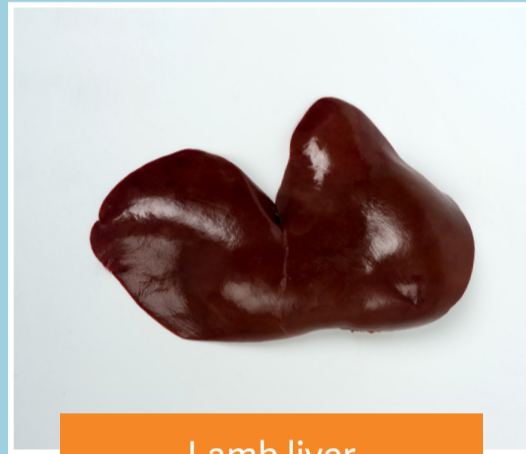
Kidney's fat on



Kidneys



Lamb heart



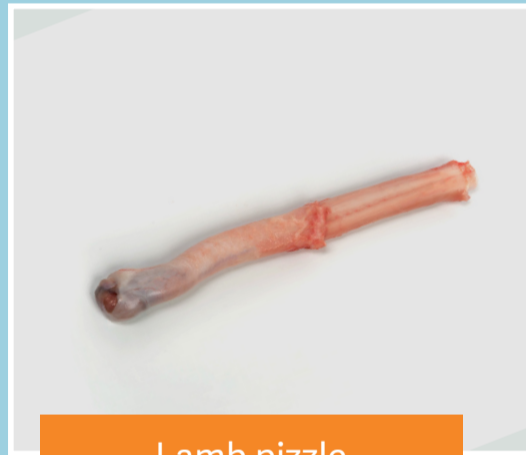
Lamb liver



Lamb lungs & tracea



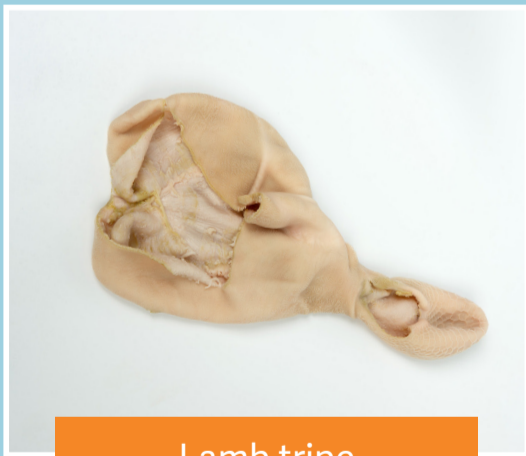
Lamb lungs



Lamb pizzle



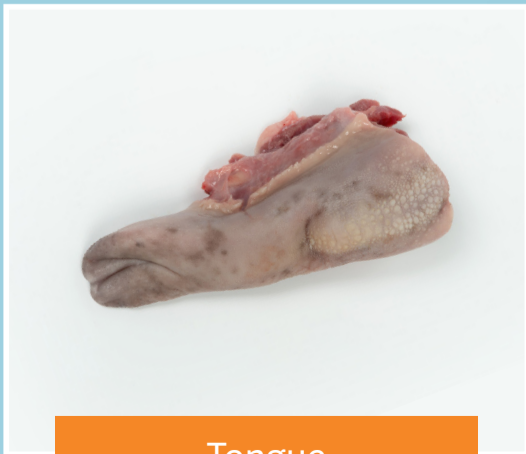
Lamb testicle



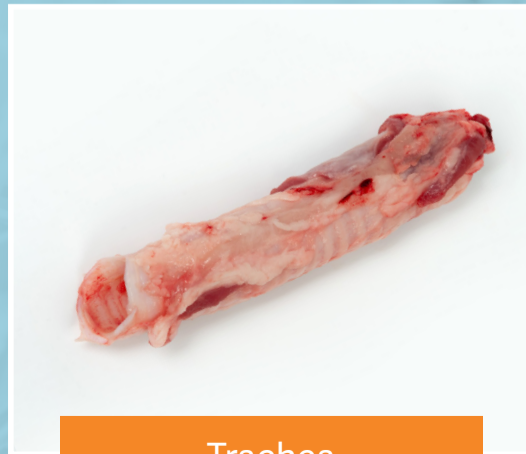
Lamb tripe



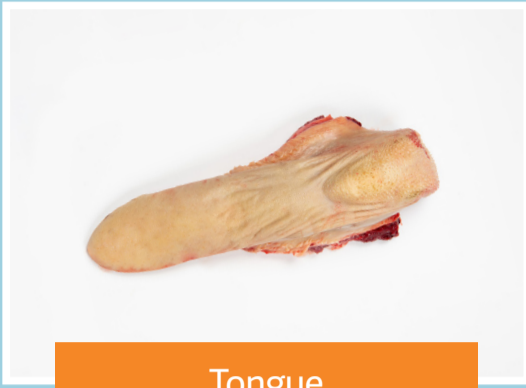
Sweetbreads



Tongue



Trachea



Tongue



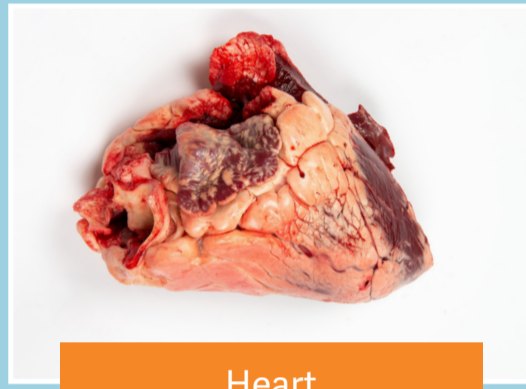
Diaphragm Membrane



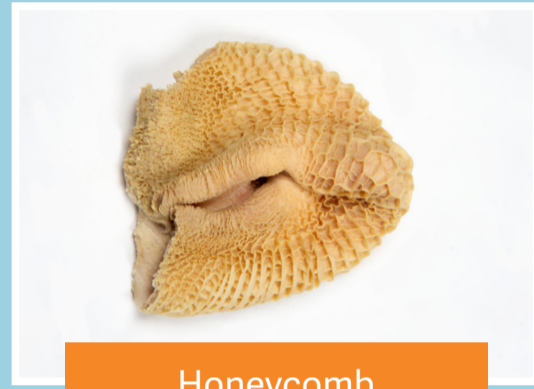
Flexor Tendon



Headmeat



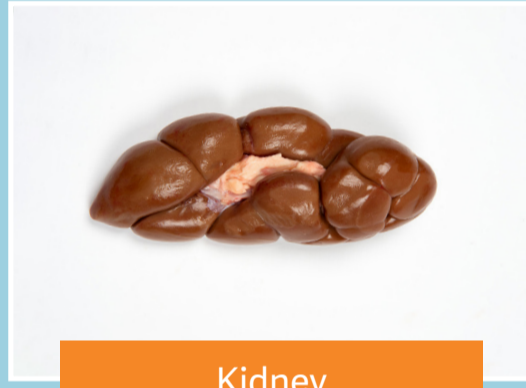
Heart



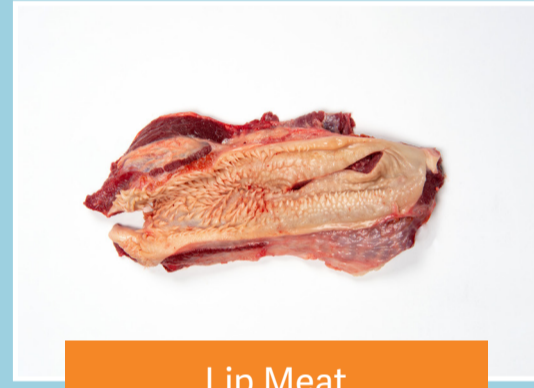
Honeycomb



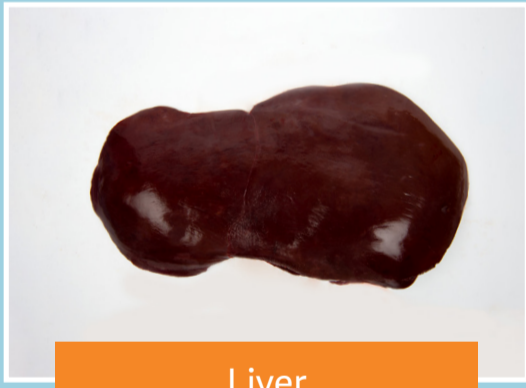
HQ Paddywack



Kidney



Lip Meat



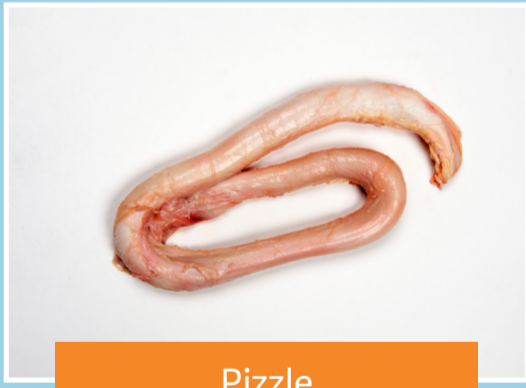
Liver



Manifold



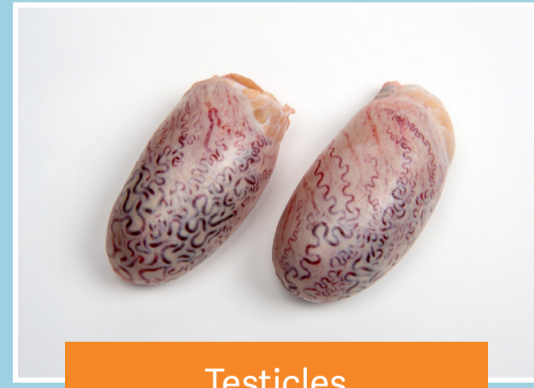
Paddywack



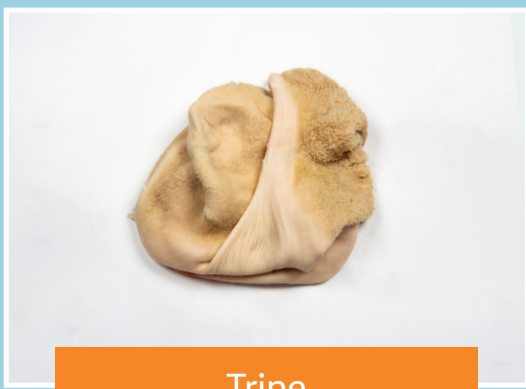
Pizzle



Sweetbreads (Thymus)



Testicles



Tripe



Achilles Tendon



Larynx