This is how Katie bakes ham.

1. Turn on the oven. Set it at 325 degrees F. This is a medium hot oven.
2. Put ham on a rack in a pan.
   Place ham with fat side up.
   Fat will keep ham moist while it cooks.
   Then ham will not dry out.
   Put ham in medium hot oven.
3. Bake ham until it is done.
   Bake it 35 minutes for each pound.
   Use the bone to make soup or season vegetables.

You can buy ham in different cuts.

You can buy ham fresh, cured, or smoked. These hams must be cooked.

Whole Ham
This is the whole hind leg of the hog.

Half Hams
This is a whole ham cut in two pieces.
The butt half is the upper half of the ham.
The butt half: has more meat and less fat.
   has less bone.
   costs more for each pound.
The shank half is the lower half of the ham.
The shank half: has less meat and more fat.
   has more bone.
   costs less for each pound.

Ends and Slices
The butt end is not the same as the butt half.
Slices can be cut off the butt half.
What is left is the butt end.
It may be called the butt portion.

Ham steaks are the center slices of the ham.
The shank end is not the same as the shank half.
Slices can be cut off the shank half.
What is left is the shank end.
It may be called the shank portion.

Canned Hams
Canned hams are cooked.
They can be served without cooking.
They can be warmed for a good flavor.
Read the label on canned hams.
Some canned hams must be kept cold.
Store these in the refrigerator until ready to use.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Meats are good for you and your family.

Meats:
- Help you grow
- Help build strong bones and teeth
- Help build strong blood
- Help make you strong
- Give you pep

Katie bought a ham for her family. It is a smoked, uncooked shank portion. She read the label to see how much it weighs. It weighs 4 pounds. Katie will cook it 35 minutes for each pound. The cooking time will be 2 hours and 20 minutes.