

BEEF.

IT'S WHAT'S FOR DINNER.®

**ACTIVITY
BOOK**





A BABY CALF:

- Stands, nurses and can walk within an hour of being born
- Drinks about a gallon of milk a day
- Live alongside their mom until they are about 6 months old

1 2 3 4 5 6 7 8 9 10

ACROSS

- Product used to make shoes and purses
- A collective name for a group of cows
- A person who raises cows
- Cooking beef outside in the summer
- Directions on ways to prepare beef
- A large place where cows are raised

DOWN

- America's favorite beef dish
- Beef supplies our bodies with many of these
- A male cow
- Term for meat from cows
- An essential nutrient beef gives our bodies

MYPLATE

Label each section of MyPlate:
Dairy, Fruits, Vegetables,
Grains, Protein.

Can you name
2 examples of each?



For interactive games, information about beef and materials you can share with your teacher visit:

www.agfoundation.org/on-the-farm/learn-about-beef



FIND THE BEEF TERMS

Apron
Chili
Grill
Ground Beef

Hamburger
Iron
Kabob
Marinade

Protein
Seasoning
Spatula
Steak

Tacos
Tongs
Zinc

L	P	C	G	B	A	E	J	N	O	R	I
M	R	S	E	A	S	O	N	I	N	G	Z
A	O	K	B	N	F	R	R	P	K	A	L
R	T	S	N	O	E	L	E	C	R	L	Y
I	E	G	T	R	E	L	G	N	B	U	A
N	I	N	X	P	B	I	R	I	R	T	G
A	N	O	E	A	D	R	U	Z	R	A	S
D	S	T	B	L	N	G	B	Y	Z	P	O
E	F	S	F	U	U	S	M	V	C	S	C
S	T	E	A	K	O	K	A	B	O	B	A
O	G	R	L	N	R	V	H	R	P	H	T
G	Y	N	G	B	G	I	L	I	H	C	U

Last week, when the weather was _____ and _____
 out, _____ and I planned to go to _____.
 So we made a(n) _____ out of the _____ and a(n)
 _____ box. We had to pack our _____.
 It was a(n) _____ journey. We ate frozen _____
 because a _____ was jammed into our stove. We went to
 _____ the mountains. I _____ into a puddle and
 got my _____ all muddy. It made a _____ sound
 every time I _____. We spent the night in our _____
 That night, we saw a(n) _____ in the
 stormy sky over the mountains. _____ loved the show. The next
 day at _____ we went to _____ to eat. They only
 had _____ and _____ with _____
 gravy. Luckily, a guy in the parking lot was grilling burgers. After eating, I
 hollered " _____ !" It is time to head back home.
 Our _____ needs _____. So we all packed up our
 _____ and _____ home.



WORK YOUR BUNS OFF

Can you rearrange the letters to spell the ingredients of a burger?

unb

telucte

omatoe

eseche

urgreb

ionon

iclepk



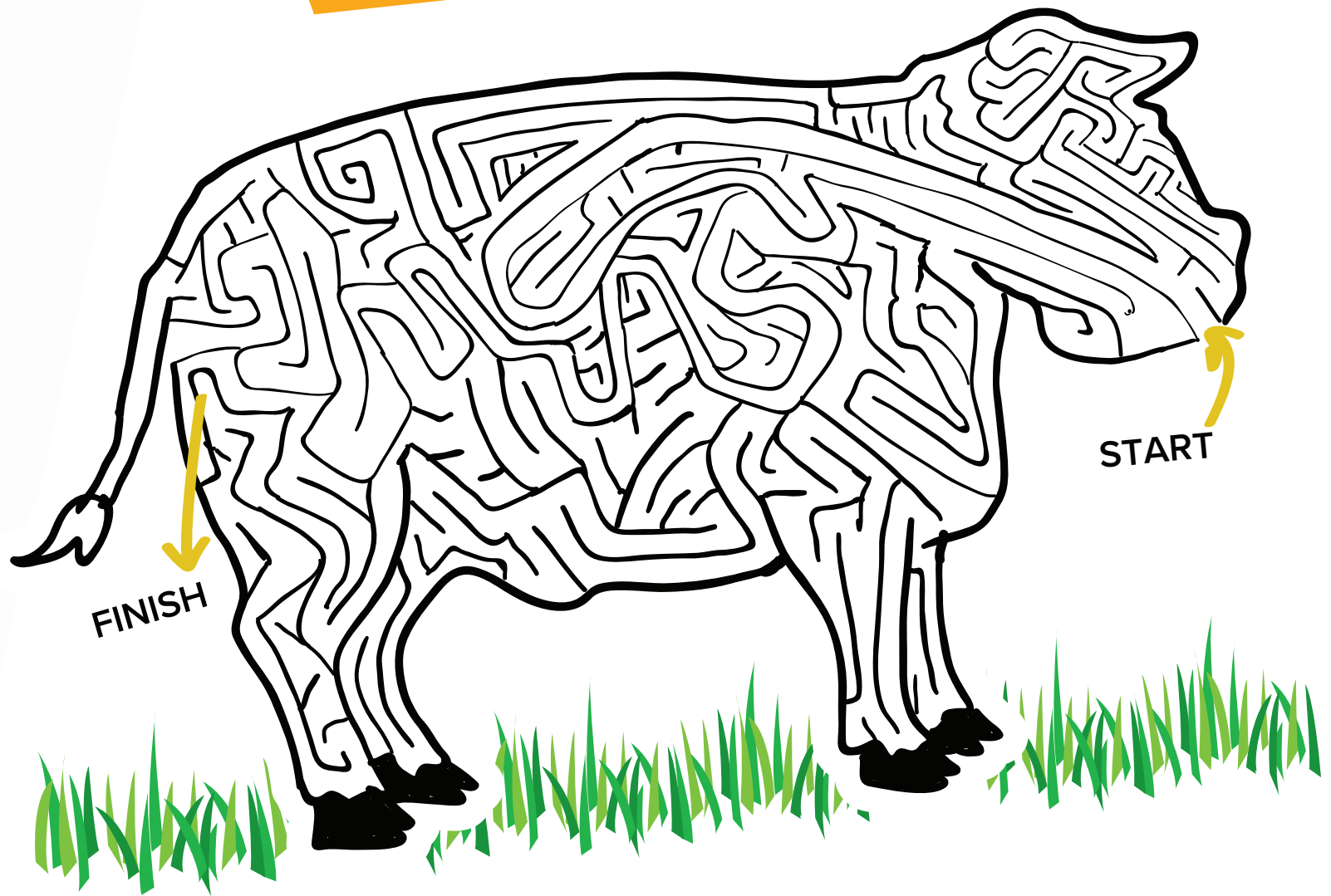
DID YOU KNOW?

COWS CAN...

- chew 40,000 times a day
- smell things 6 miles away
- chew food 8 hours a day
- sleep while standing up
- make 2,000 burgers
- make 125 pounds of spit
- make 144 baseballs

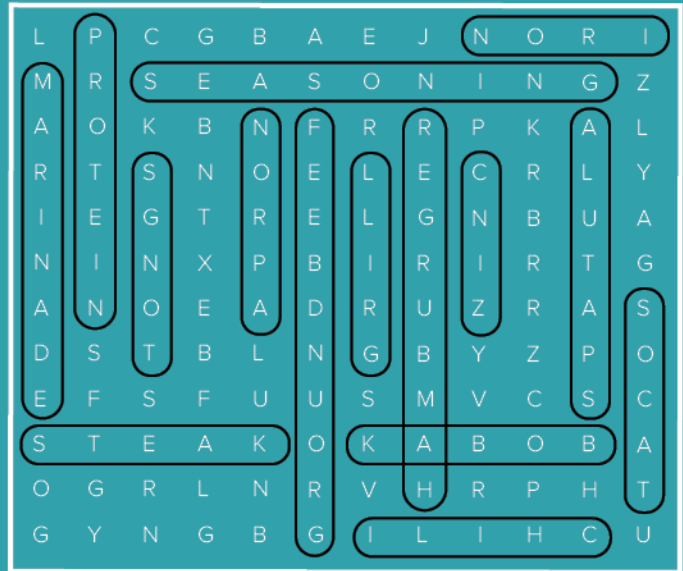


COW GRAZE MAZE



Crossword Answers

LEATHER
AMBU
RANCHER
BARBECUE
E
F
RECIPES
ROT
E
I
RANCH
VAL
BU
CATTLE
AMIN



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