

Teach Beef

Volume 2 Issue 1

See You in Costa Mesa

National Ag in the Classroom Conference

On June 25-28, 2008, the California Foundation for Agriculture in the Classroom (CFAITC) will be hosting the National Agriculture in the Classroom (AITC) Conference in Costa Mesa, Calif.

The event will include guest speakers, an exhibit resource fair, field trips and hands-on workshops. The California Beef Council (CBC) will be present at the event on Friday, June 27, conducting a "Make 'n' Take" session. The "Make 'n' Take" portion of the conference will be three 20-minute rotations in which the CBC has the opportunity to inform educators about the beef industry.

This year's session will focus on the *Beef in Brief* teaching kit which illustrates the role that cattle play in producing a nutritious, delicious food

product while simultaneously educating students about American agriculture and the beef industry. The educators will have the opportunity to "make" chaps from paper grocery bags "n' take" them home with them.

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For more information about the 2008 National AITC Conference, please visit www.cfaitc.org or call 800.700.AITC (2482).

Choose Well

Nutrition and Math-Focused Teaching Kit

The beef industry produced this nutrition and math-focused teaching kit, *Choose Well* to address two key nutrition issues identified by both health experts and teachers that are essential in helping youth understand the benefits of healthy eating. The kit stresses choosing appropriate portion size, nutrient-rich foods, such as beef, as well as physical activity and understanding its relation to weight management.



More than 17 percent of children and adolescents aged six to 19 were overweight according to 2003 research by the Centers for Disease Control and Prevention (CDC). This statistic highlights the importance of incorporating nutrition education into your core classroom curricula.

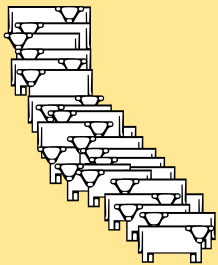
Choose Well is a multifaceted teaching kit that includes many avenues to assist you in providing your students appropriate information regarding eating healthy while including physical activity in their everyday lives. The kit includes a comprehensive 40-page teacher's guide, one CD-ROM game from the Parent's Choice 2006 Approved Award-Winning Web site,

www.zip4twins.com titled *Appetite Attack*, a 15-minute Telly Award-Winning DVD-Video titled *FOOD*, 17 reproducible student handouts, eight step-by-step activity plans and much more. After completing the kit, students should be able to understand the five food groups, health benefits of each group and key nutrients provided by each. They should also be able to successfully read nutrition labels, comprehend portion sizes, and understand the importance of physical activity.

Choose Well has been favorably reviewed by the American Dietetic Association Foundation as part of the Healthy Families, Healthy Kids initiative. This kit is primarily targeted to the fourth and fifth grade levels and is aligned to California Content Standards.

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To order your FREE copy of *Choose Well* please contact the California Beef Council at 916.925.BEEF (2333), email askus@calbeef.org, or fill in the attached order form and fax or mail back.



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Meet the Power Foods

Mini-Lessons from the *Choose Well* Kit

Do you want to present some of the topics in the *Choose Well* teaching kit, but have minimal time? We have just the solution for you! The National Cattlemen's Beef Association's Youth Education Department created a mini-lesson version based on the *Choose Well* messages. These mini-lessons can be easily presented to students by a teacher, registered dietitian, school nurse or a volunteer parent.

The *Meet the Power Foods Mini-Lesson* is a shrinkwrapped package that includes a *Meet the Power Foods* poster and a disk that contains:

- PowerPoint presentation teaching students about *MyPyramid*
- Interactive food label game called *Secret Source*
- "Read-Me" file to instruct the registered dietician, teacher or parent on how to present the material

- Presentation for school leaders and parents on school wellness, and a variety of other school wellness resources

There are two different versions of the *Meet the Power Foods Mini-Lessons* packet. One version is the Nutrition Educator Edition for health professionals or non-school personnel. The second version is the Classroom Edition for teachers or school personnel. The materials in both of these versions are appropriate for grades three to six and can be adapted for use with older or younger students.

If you are too short on time to present all that the *Choose Well* kit has to offer and would like to order your FREE copy of *Meet the Power Foods Mini-Lessons* please contact us. You can fill out the enclosed order form and fax or mail to the California Beef Council, or you can contact us at 916.925.BEEF (2333) or e-mail askus@calbeef.org.

Beef Educational Web Sites

Zip 4 Tweens

www.zip4tweens.com

This award-winning beef industry Web site focuses on ZIP, the three major nutrients, Zinc, Iron and Protein that kids, or more specifically "tweens", need to help them stay healthy. Learn more about ZIP, find fun kid-friendly recipes, play online games that improve knowledge about healthy living and even see what the parents' section is all about.

Agriculture in the Classroom

www.cfaitc.org

The California Foundation for Agriculture in the Classroom (CFAITC) Web site offers educators resources, lesson plans, agriculture Web links and much more. This is also the site to visit if you are interested in attending the National AITC Conference in June in Costa Mesa, Calif. or the CFAITC conference in years to come.



The *Teach Beef* newsletter is published by the California Beef Council as a service to California's educators.

If you would like to receive this newsletter via e-mail, please contact the California Beef Council at 916.925.BEEF (2333) or askus@calbeef.org.

BEEF Fun Fact

You would have to eat three cups of raw spinach to obtain the same amount of Iron found in a 3 oz. serving of lean BEEF!