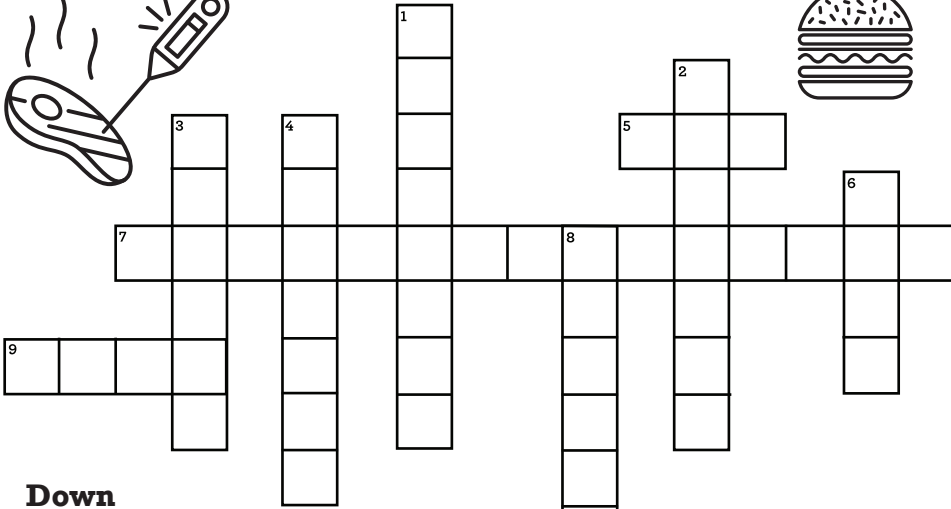
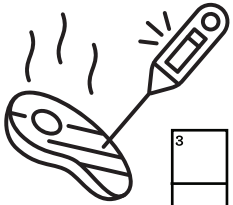


BEEF Facts

Word Search

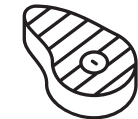


Across

- Beef provides _____ essential nutrients, including zinc, iron and protein.
- The majority of fat found in beef is _____ fat, which is the same fat found in heart-healthier olive oil.
- If looking for lean cuts of beef, find those with _____ and round in the name.

Down

- Use a _____ with less tender cuts, such as Flank Steak.
- Ground beef needs to be cooked to an internal temperature of 160 _____ Fahrenheit.
- The most popular cut of beef among Americans is _____ beef.
- One 3 oz. cooked serving of beef provides about 50% of your Daily Vaule (25 grams) of _____.
- _____. It's What's for Dinner!
- The best way to determine the doneness of beef is using a meat _____.



Word Bank

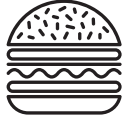
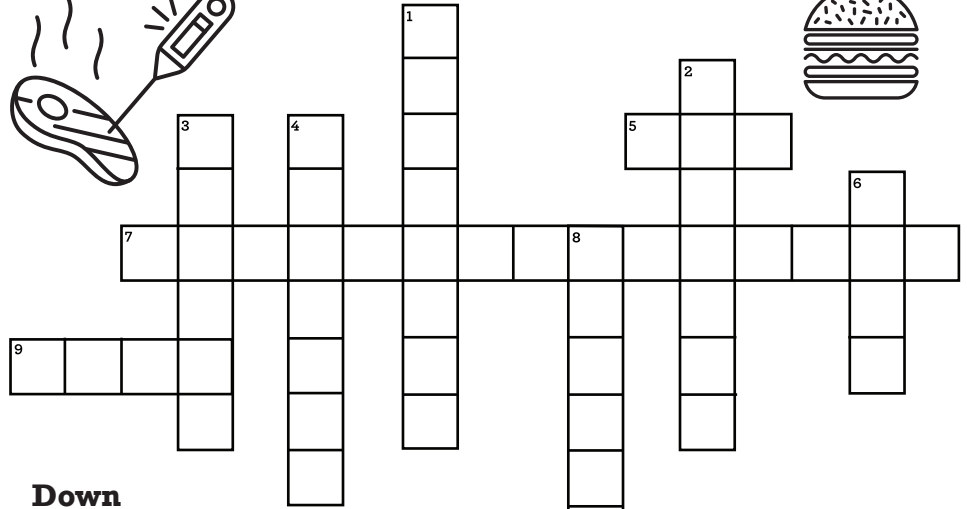
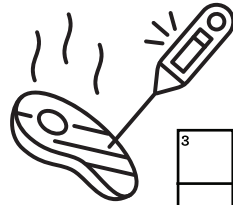
ten
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thermometer

Visit www.ohiobeef.org to learn more about beef and strength!



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