

**BEEF.**

IT'S WHAT'S FOR DINNER.®

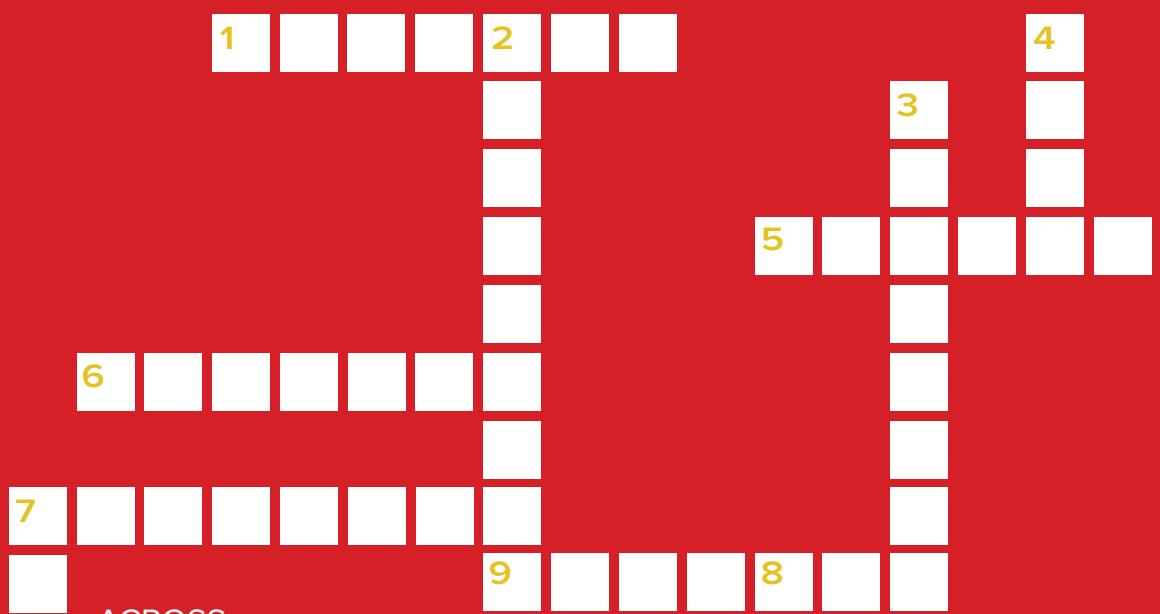
**ACTIVITY  
BOOK**





# 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



- ACROSS**
- 1. Product used to make shoes and purses
  - 5. A collective name for a group of cows
  - 6. A person who raises cows
  - 7. Cooking beef outside in the summer
  - 9. Directions on ways to prepare beef
  - 10. A large place where cows are raised
- DOWN**
- 2. America's favorite beef dish
  - 3. Beef supplies our bodies with many of these
  - 4. A male cow
  - 7. Term for meat from cows
  - 8. 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](http://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



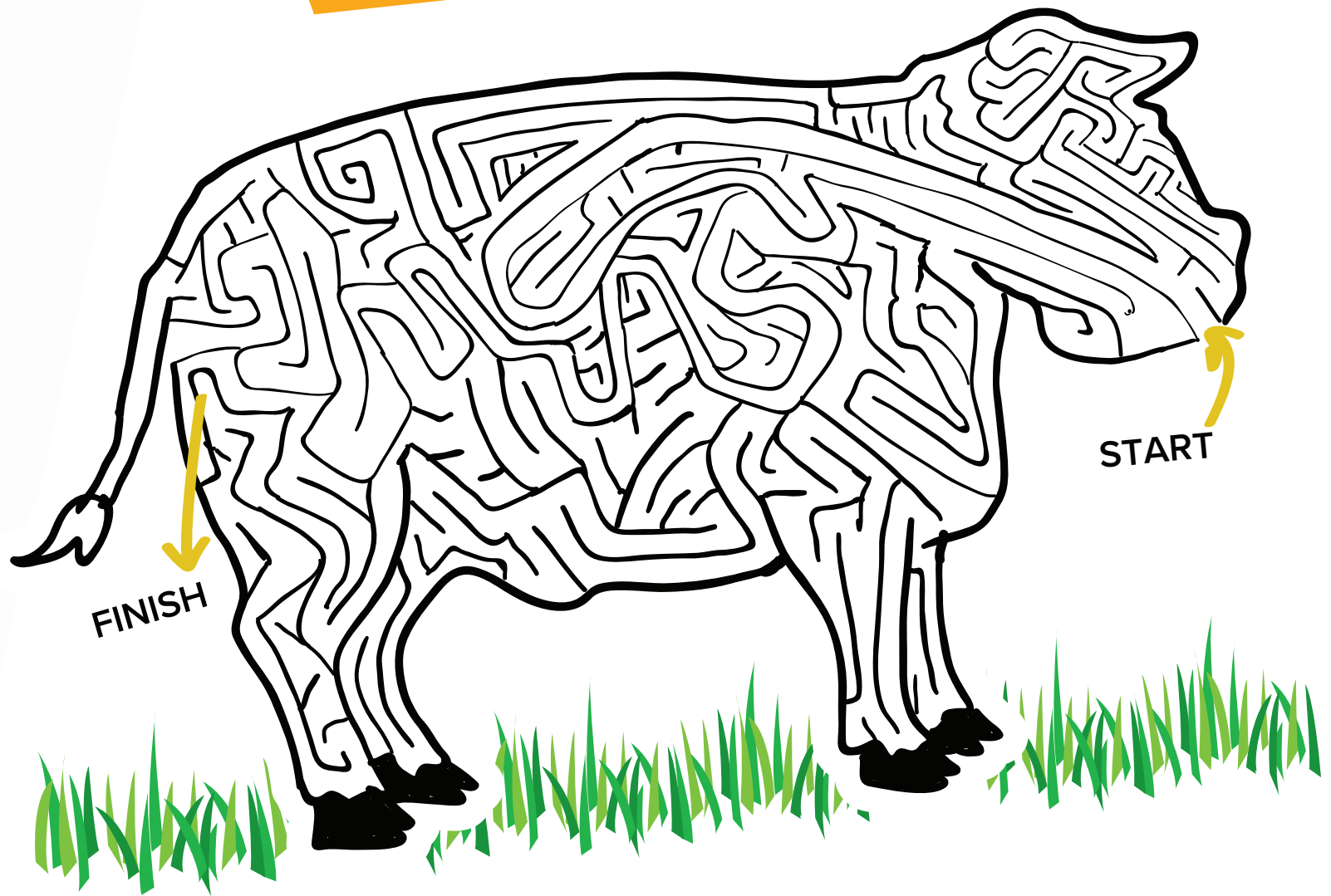
DID YOU KNOW?

## 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

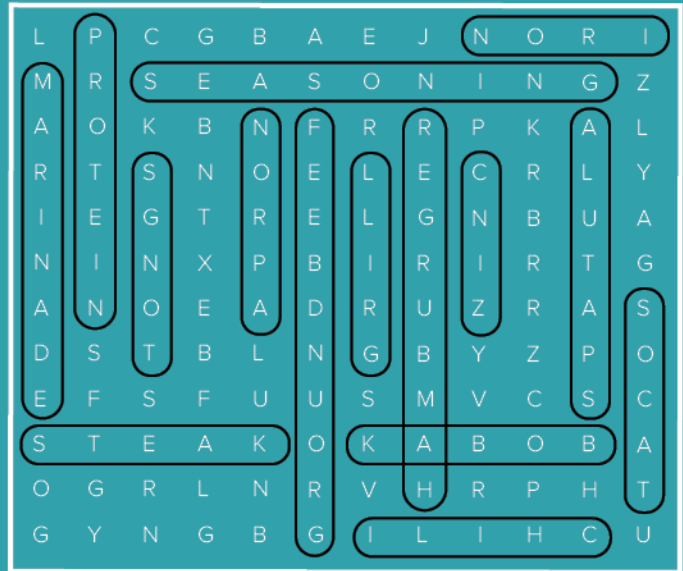


# COW GRAZE MAZE



Crossword Answers

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



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