

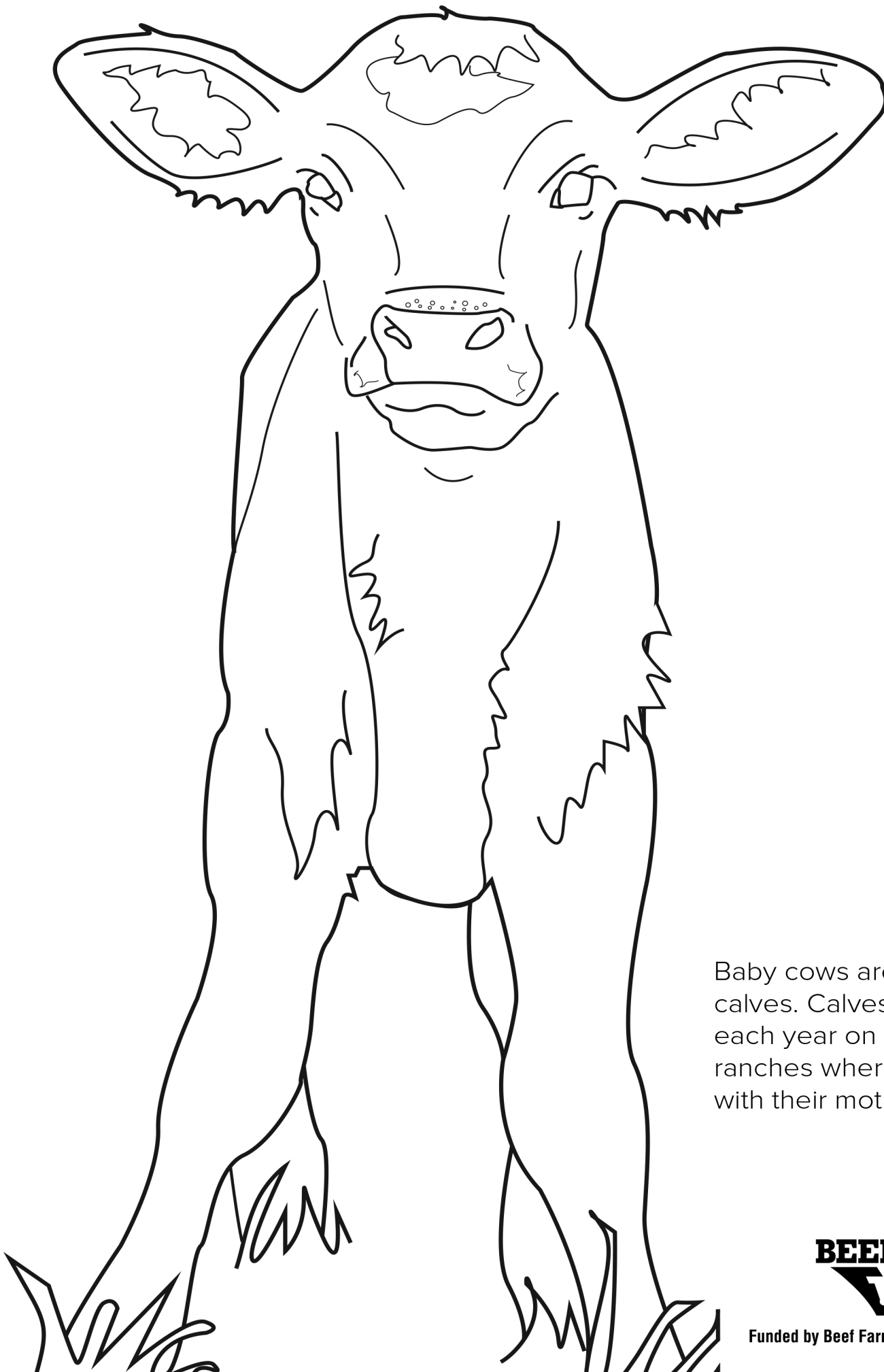
ILLINOIS

BEEF

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**Coloring and activity pages for the
classroom and beyond.**

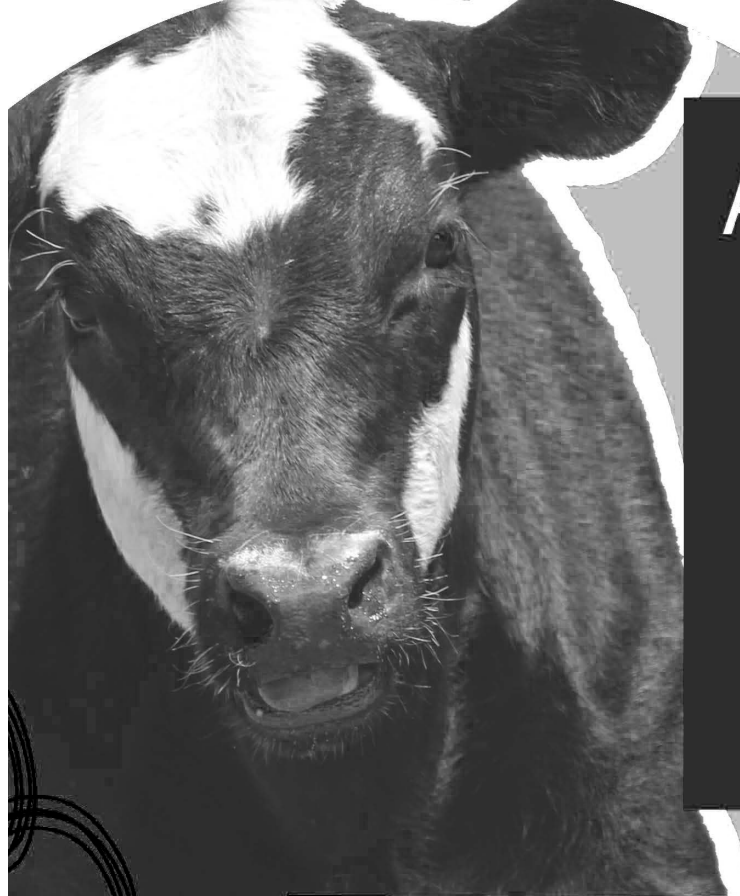
For physical handouts, or full teacher lessons, email Olivia Hoots at olivia@illinoisbeef.com.



Baby cows are called calves. Calves are born each year on farms and ranches where they live with their mothers.

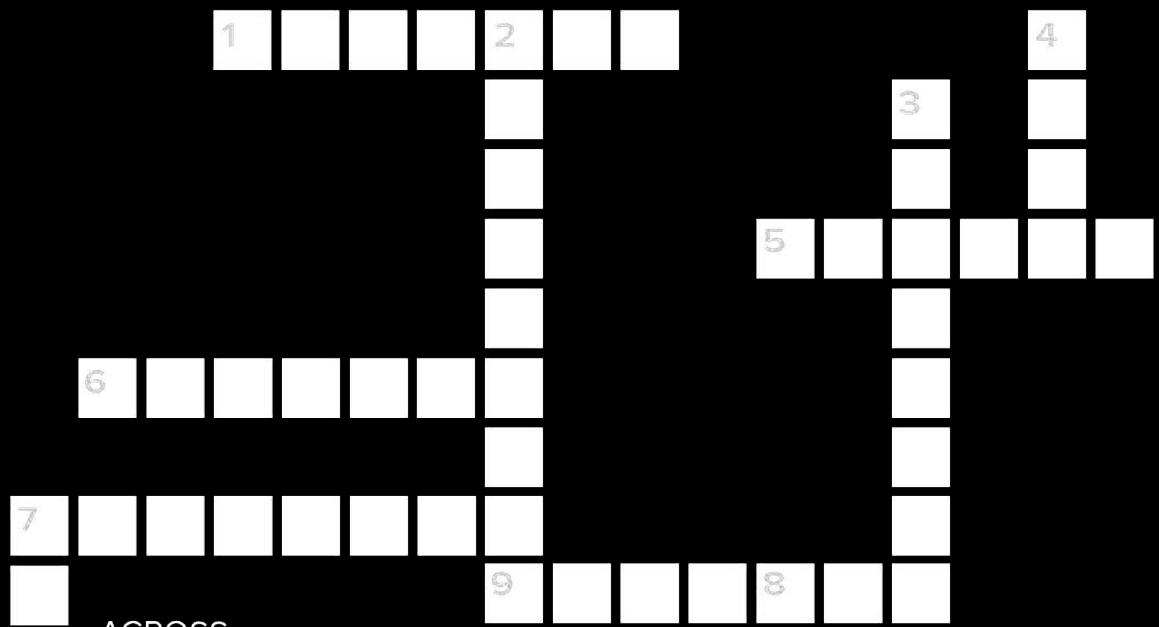


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A BABY CALF:

- 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

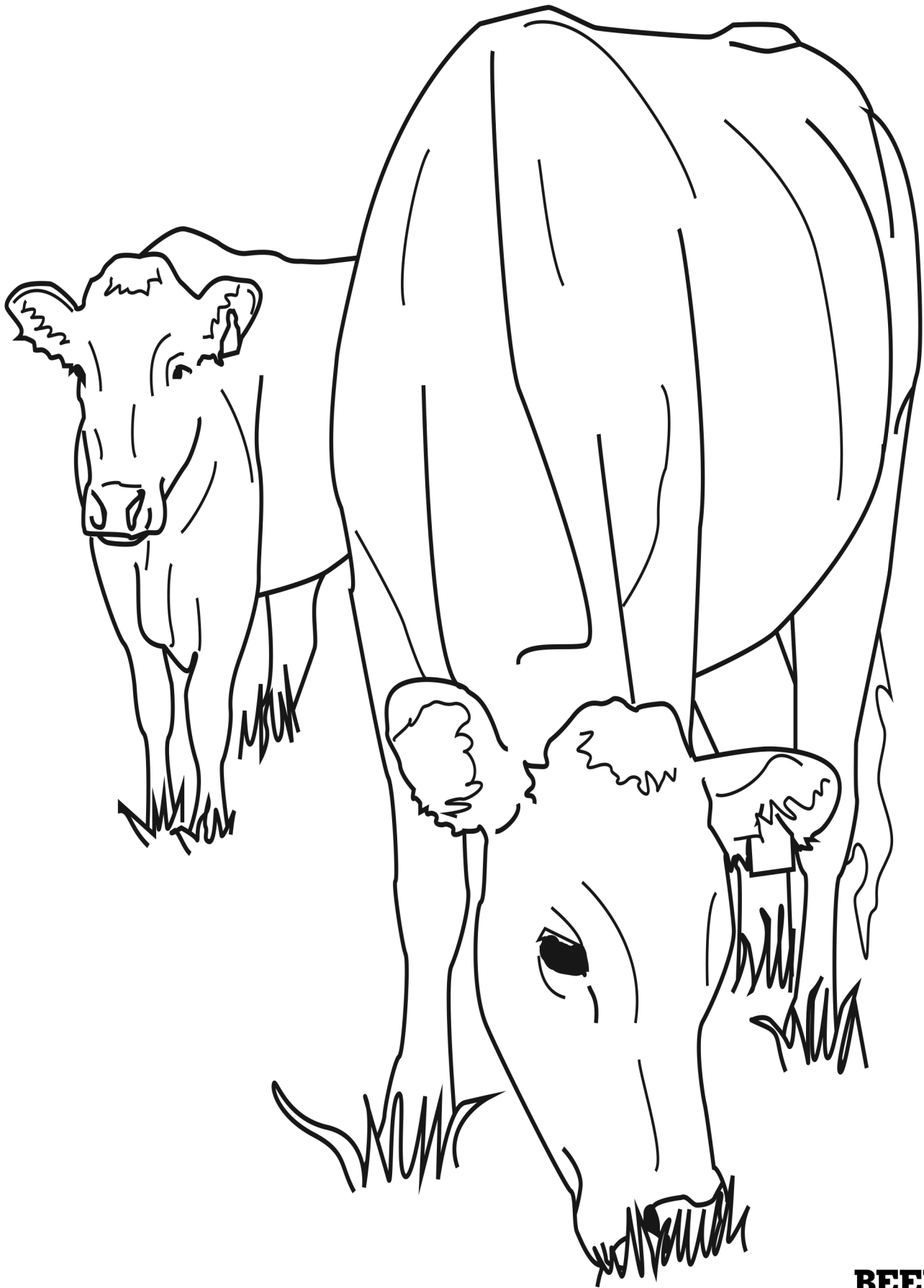
1. Product used to make shoes and purses
5. A collective name for a group of cows
6. A person who raises cows
7. Cooking beef outside in the summer
9. Directions on ways to prepare beef
10. A large place where cows are raised

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

BEEF





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Mother cows and their calves eat grass in pastures. Cows graze and watch over their calves.

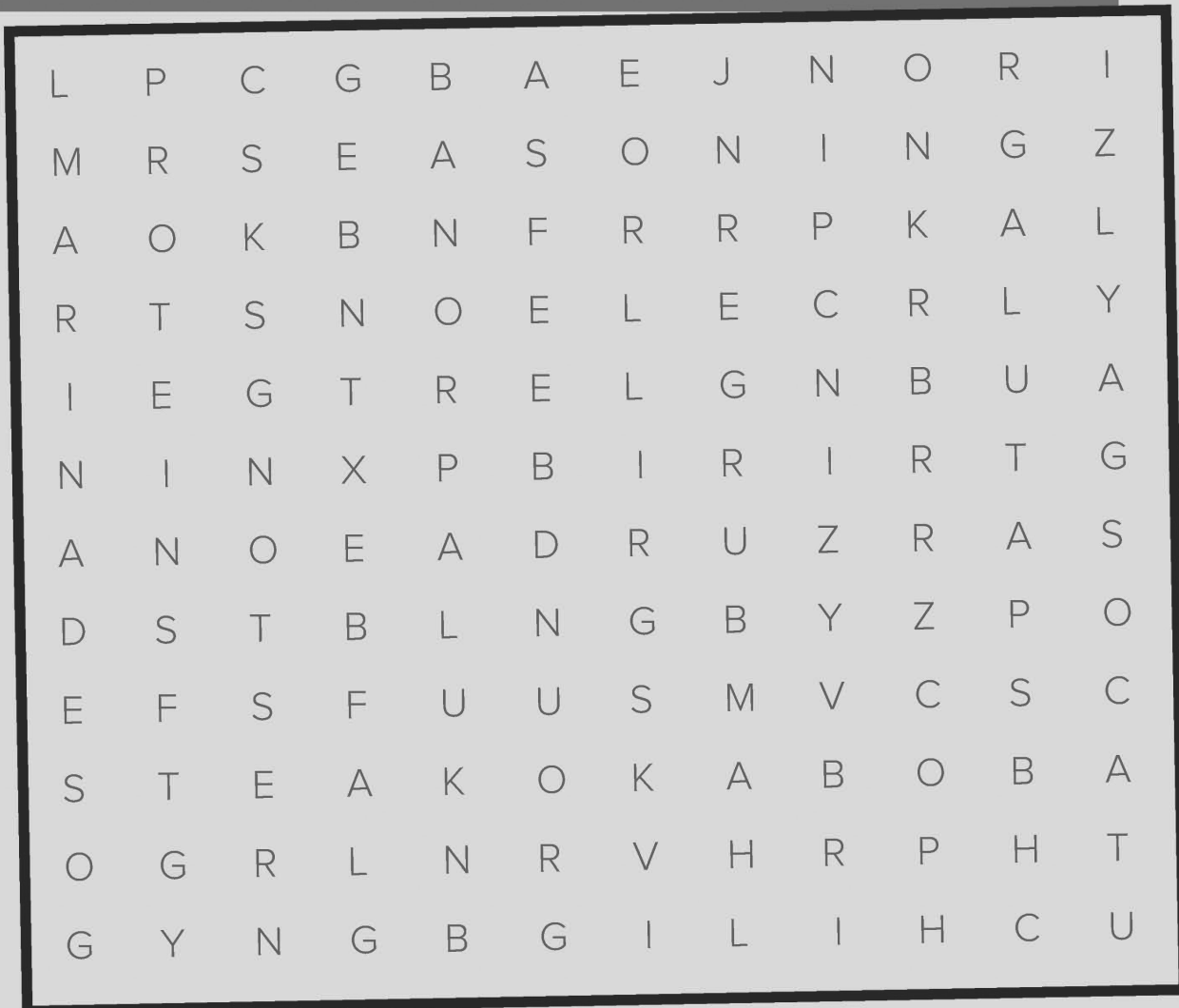
FIND THE BEEF TERMS

Apron
Chili
Grill
Ground Beef

Hamburger
Iron
Kabob
Marinade

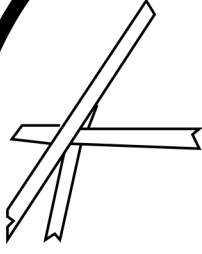
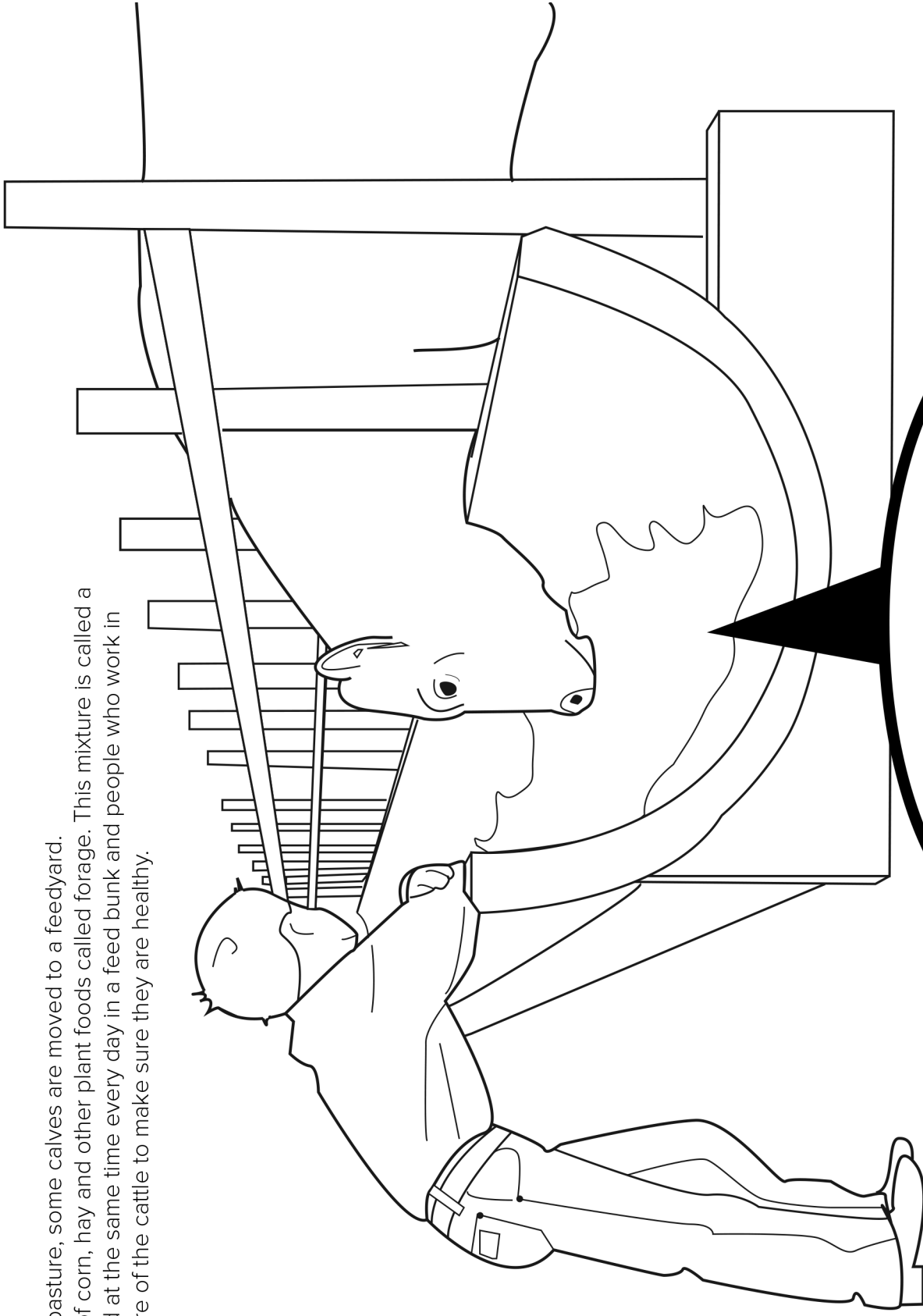
Protein
Seasoning
Spatula
Steak

Tacos
Tongs
Zinc

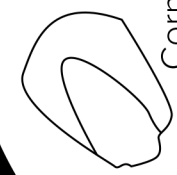


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After growing up in the pasture, some calves are moved to a feedyard. They are fed a mixture of corn, hay and other plant foods called forage. This mixture is called a feed ration. They are fed at the same time every day in a feed bunk and people who work in feedyards take good care of the cattle to make sure they are healthy.



Forage/Hay

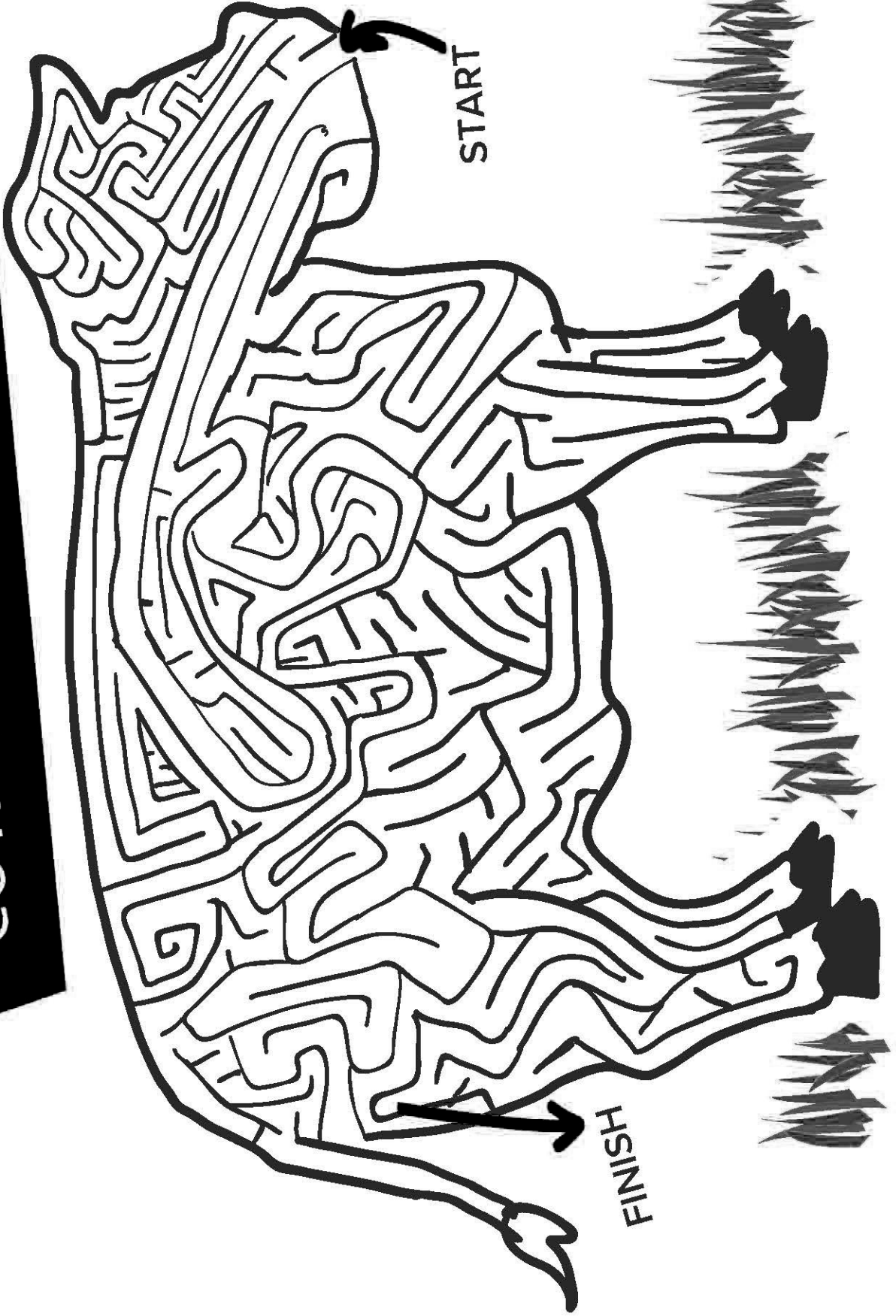


Corn

Can you draw the feed ration in the bunk?



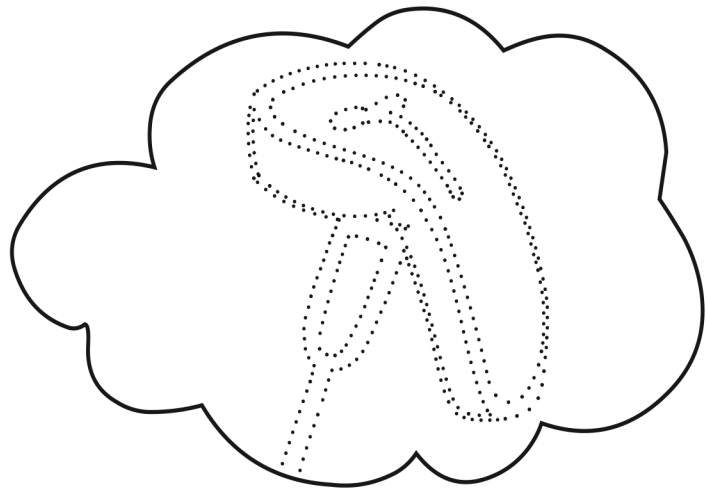
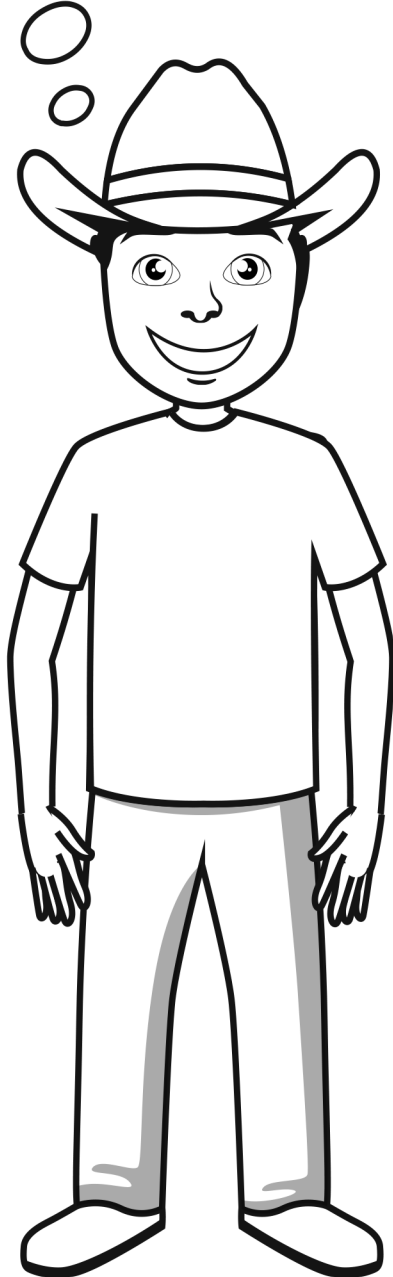
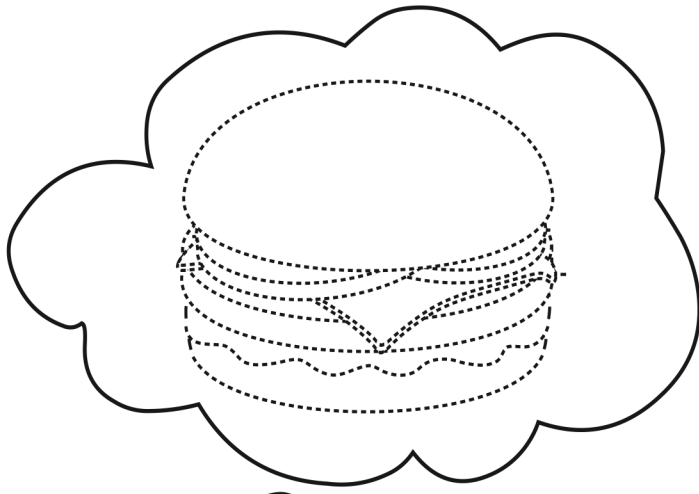
COW GRAZE MAZE



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Beef gives people an important nutrient called protein. Protein helps you grow strong and after a long day helping his Dad on the ranch Timmy and his dog Gus are hungry for a food with lots of protein. Can you connect the dots to see what they are craving?

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.



BREAKFAST SKILLET BEEF TACOS

INGREDIENTS

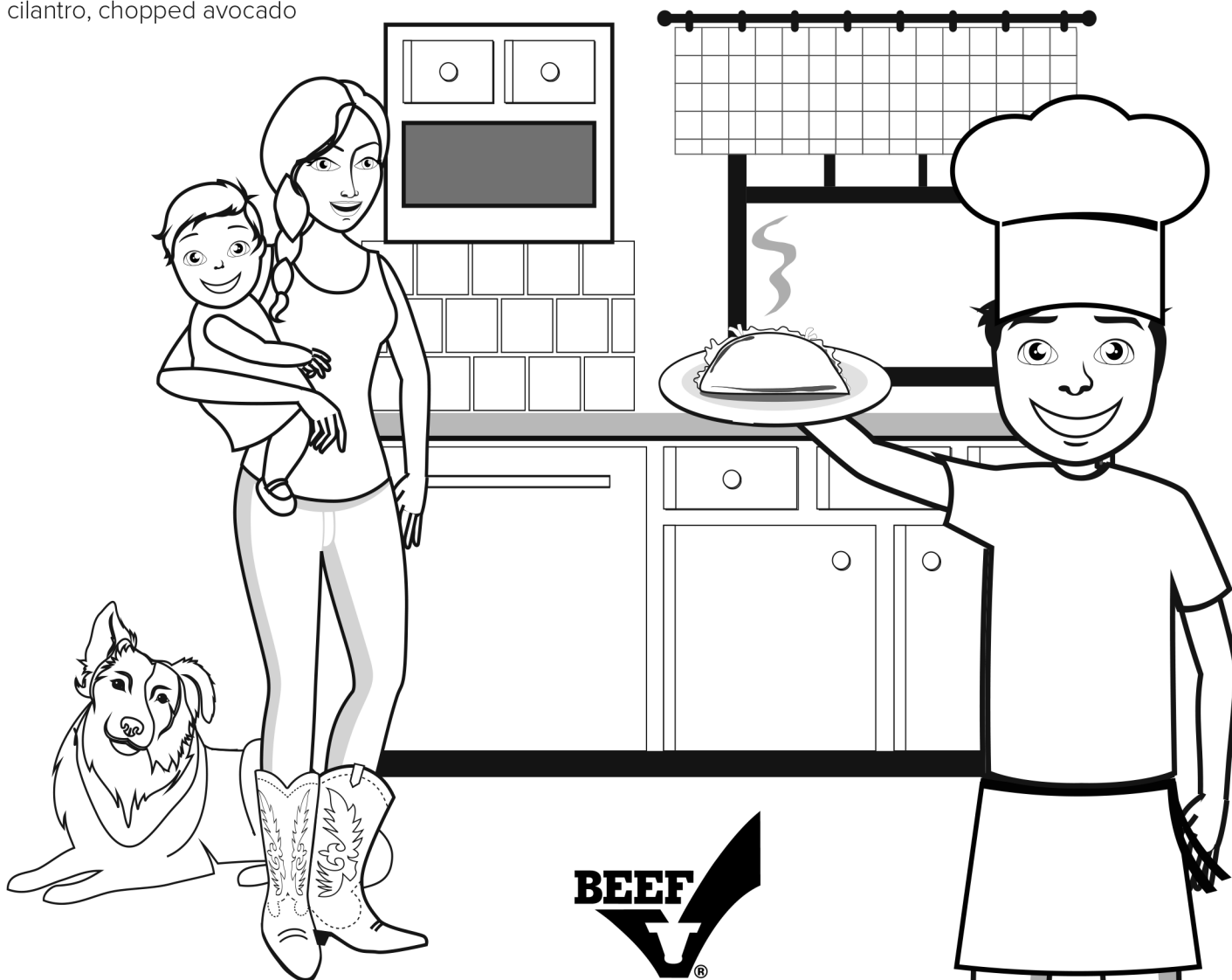
8 ounces cooked (leftover) beef Steak or Roast, chopped (about 1-1/2 cups)
2 teaspoons vegetable oil
4 large eggs, beaten
1 cup frozen Mexican vegetable blend
8 small flour tortillas or taco shells (about 6-inch diameter), warmed
Crumbled queso blanco or shredded reduced-fat Mexican cheese blend (optional)

Toppings (optional):

Salsa, guacamole, dairy sour cream, chopped fresh cilantro, chopped avocado

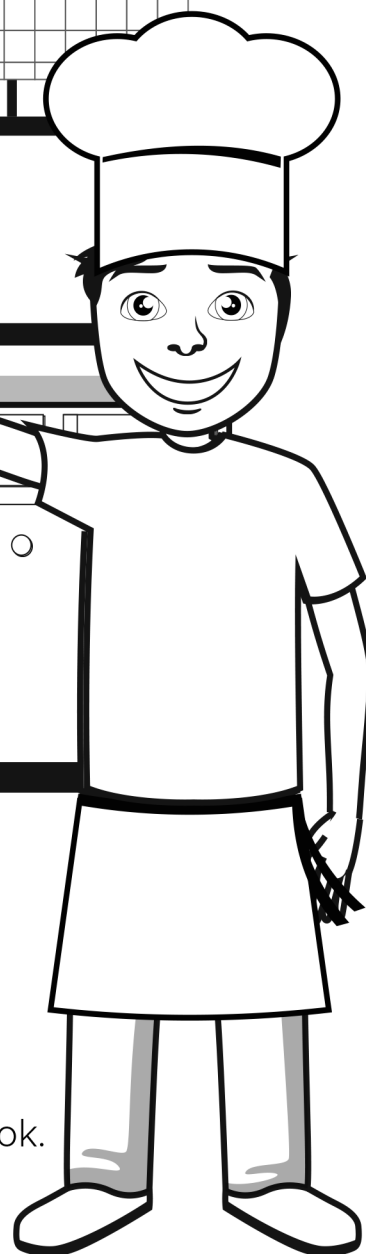
INSTRUCTIONS

1. Heat oil in large nonstick skillet over medium heat until hot. Add eggs and vegetables; cook 1 to 3 minutes or until eggs are scrambled and just set, stirring occasionally.
2. Stir in beef Steak; cook and stir 1 minute or until beef is just heated through.
3. Evenly divide beef mixture between tortillas; top evenly with cheese, if desired. Serve with Toppings, if desired.



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Timmy loves beef! He also loves when he gets to help cook. You can make beef breakfast tacos like Timmy! Be sure to ask your mom or dad, follow the recipe and enjoy this yummy beef dish!



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



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KNOWS BEEF

WORDSEARCH

- BEEF
- DINNER
- CHUCK
- STEAK
- BURGER
- ZINC
- IRON
- PROTEIN
- HEALTHY
- RECIPE

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



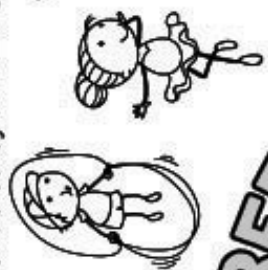
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From recipes to cuts to cooking tips and more, Chuck Knows Beef is your go-to guy – or robot – for all the beefy answers. Powered by Google Artificial Intelligence, Chuck can provide all the information found on Beef. It's What's For Dinner. through the ease of your computer, mobile phone, Amazon Alexa or Google Home Assistant.

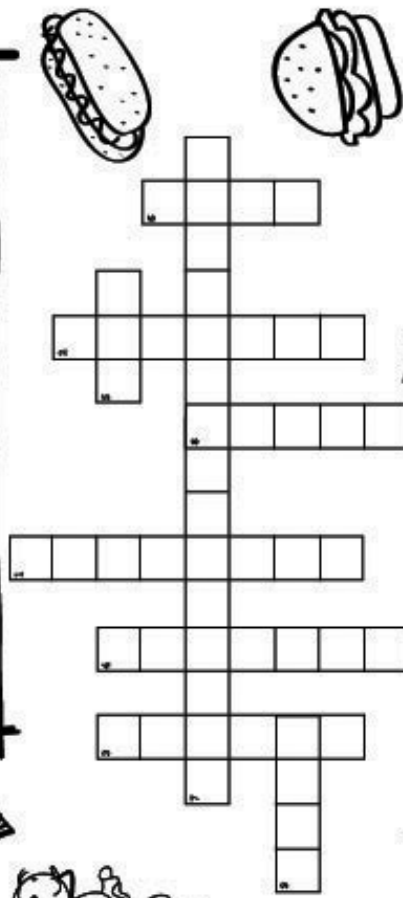
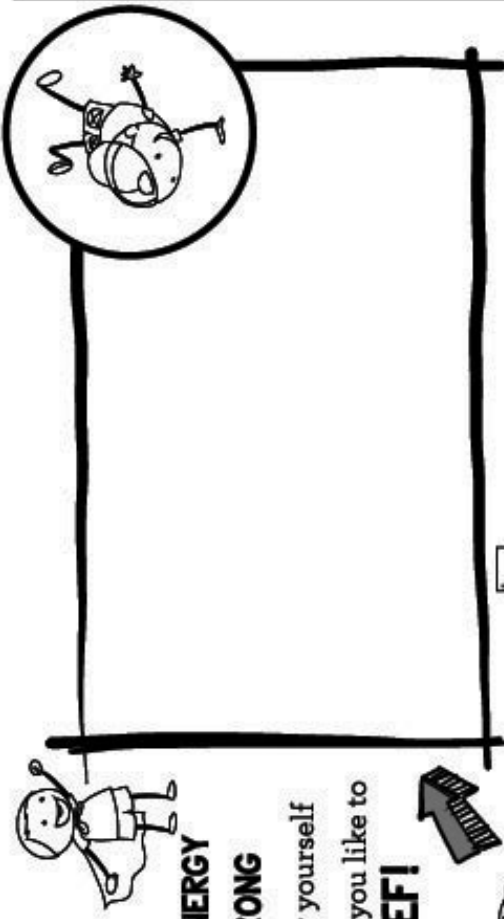
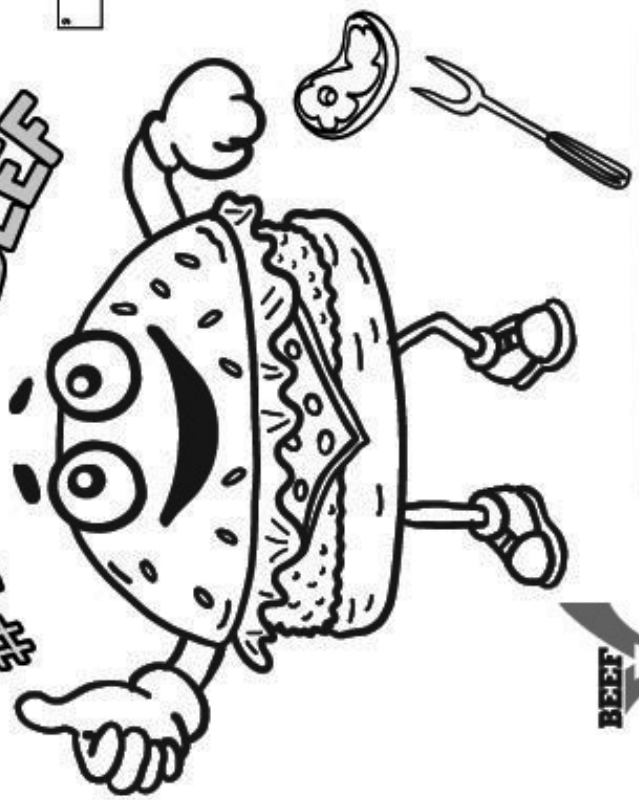


**BEEF GIVES YOU
ZIP!**

Beef gives you **ENERGY** and **BUILDS STRONG MUSCLES!** Draw yourself doing an activity you like to do fueled by **BEEF!**



#HEARTBEEF



Across

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

Word Bank

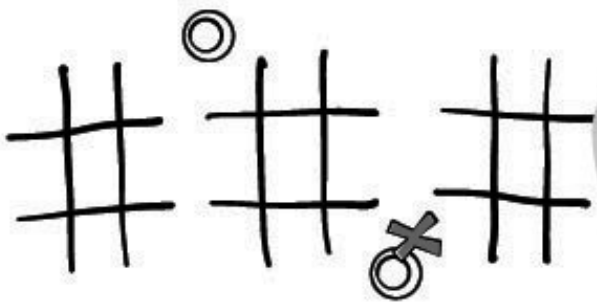
- ten
- monounsaturated
- loin
- marinade
- degrees
- ground
- protein
- beef
- thermometer

Down

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



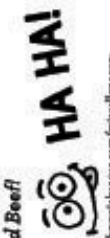
HOW ABOUT A GAME OF TIC-TAC-TOE?



What do you call a Sleeping Bull?
A Bull Dozer!

What's a cow's favorite musical note?
Beef-flut!

What do you call a cow on the barnyard floor?
Ground Beef!



Beef Farm Word Scramble

Unscramble the words below to reveal common vocab words related to a beef farm.

rigan

__ _ _ _ n

rabn

_ a _ _

ielfd

__ _ _ l _

trwae

__ _ t _ _

sagrs

g _ _ _ _

rutck

_ r _ _ _

racttro

__ _ _ _ _ o _

ayh

__ _ y

wrtsa

_ t _ _ _

rocn

c _ _ _

ttonco

__ _ _ _ o _

bansyoe

__ _ y _ _ _ _

mifyla

__ _ m _ _ _

encfe

_ e _ _ _

unsseir

s _ _ _ _ _ _

flac

__ _ _ f

wco

_ o _

eestr

__ _ e _ _

ulbl

b _ _ _

ubetkc

__ _ _ _ _ t

wrog

__ _ _ w

seiar

_ a _ _ _

