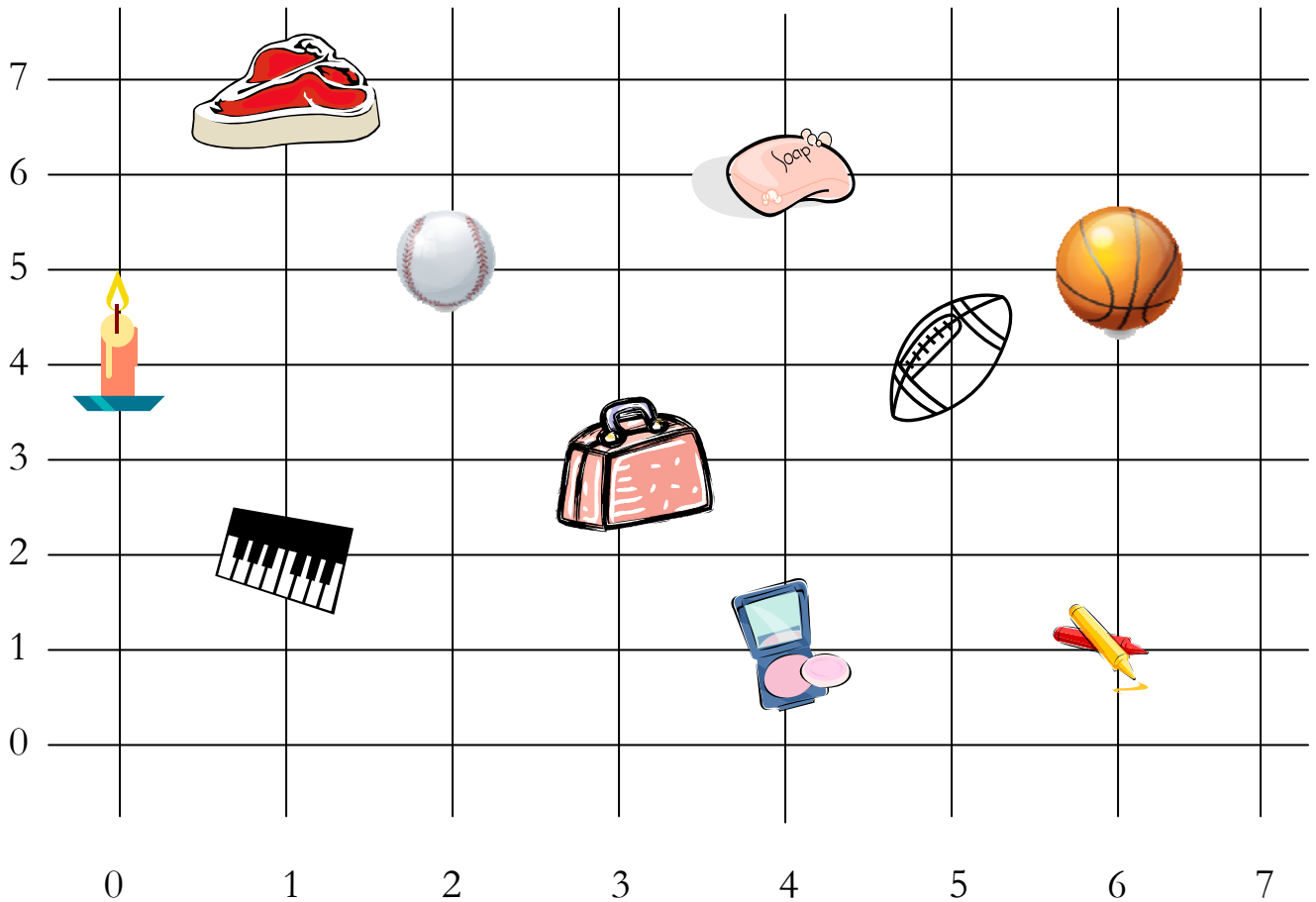


Beef Ag Mag - Vocabulary - Matching

Directions: Match the word with the correct definition.

- | | |
|------------------|--|
| _____ 1. Heifer | A. neutered male |
| _____ 2. Cow | B. process of removing a mammal from nursing on milk |
| _____ 3. Bull | C. hooves split in the center or a two-toed hoof |
| _____ 4. Steer | D. food brought up into the mouths of cattle |
| _____ 5. Polled | E. young female before she has had a calf |
| _____ 6. Feedlot | F. male |
| _____ 7. Cud | G. without horns |
| _____ 8. Cloven | H. female after she has had a calf |
| _____ 9. Wean | I. a fenced in area where cattle are fed concentrated feed |

Beef Ag Mag - Math



Directions: The following products are all products of beef. Give the product from the word list that is found at each coordinate.

- | | | |
|--|-----------------|------------------|
| Word List
Baseball
Basketball
Candle
Crayon
Football
Luggage
Makeup
Piano keys
Soap
Steak | 1. _____ (3, 3) | 6. _____ (2, 5) |
| | 2. _____ (1, 7) | 7. _____ (0, 4) |
| | 3. _____ (5, 4) | 8. _____ (6, 5) |
| | 4. _____ (4, 6) | 9. _____ (4, 1) |
| | 5. _____ (6, 1) | 10. _____ (1, 2) |

Beef Ag Mag - Reading Passage

Beef Has Zip

By Illinois Agriculture in the Classroom

Beef is a good source of ZIP! What is ZIP? ZIP stands for **Zinc, Iron, and Protein**. These three nutrients are especially important for girls and boys in their growing years.

Zinc is a mineral the human body needs to grow, learn, heal, and keep itself healthy. Zinc is also important for attention, short-term memory, and problem solving. Lean beef is one of the best sources of zinc.

Iron is another mineral important to human health. Iron is needed for the blood to carry oxygen to cells. Without enough iron humans get tired, weak and grouchy. Older girls need extra iron, and only 40 percent get enough.

Protein is needed to build muscles, nerve tissue, blood, enzymes, hormones, antibodies, and organs. Protein is needed to build, repair, and maintain the body. Protein is made up of amino acids. About 20 different amino acids can be found in protein. The body makes all but 9 of these amino acids. These are considered essential amino acids. No single plant food contains all of these essential amino acids. Animal sources of protein do contain all 9 essential amino acids. Animal sources of protein are considered complete protein while plant sources of protein are considered incomplete. Does beef provide any other nutrients? Yes, beef also provides B complex vitamins such as niacin, riboflavin and B12. B vitamins are needed to release the energy in foods eaten. Beef also provides selenium and phosphorous.

Beef Ag Mag - Reading Passage

Directions: Read each question and choose the best answer.

1

What is the effect of zinc on the human body?

- A** Carries oxygen to cells
- B** Builds muscles, nerve tissue and blood
- C** Important for attention, short-term memory, and problem solving
- D** Contains amino acids

2

How many essential amino acids are found in animal sources of protein?

- A** 1
- B** 9
- C** 2
- D** 6

3

Write 3 short sentences about why it is important to eat Beef.

Beef Ag Mag - Reading Passage

Directions: Read the passage. Then indicate whether the following statements are true or false.

4

Older girls need less iron and most get too much.

- A True
- B False

5

Zinc is a mineral the human body needs to keep itself healthy.

- A True
- B False

6

Beef only provides zinc, iron, and protein, nothing else.

- A True
- B False

7

Plant sources of protein are considered complete proteins.

- A True
- B False

Extended Response

Ranchers brand cattle so in case a cow gets lost, other ranchers know who the cow belongs to. Discuss another way people “brand” or mark things so they can be returned if they are lost. Have you ever lost anything? How did you find it?