

**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 \_\_\_\_\_ (adjective) and \_\_\_\_\_ (adjective) out, \_\_\_\_\_ (name) and I planned to go to \_\_\_\_\_ (place). So we made a(n) \_\_\_\_\_ (vehicle) out of the \_\_\_\_\_ (noun) and a(n) \_\_\_\_\_ (adjective) box. We had to pack our \_\_\_\_\_ (noun). It was a(n) \_\_\_\_\_ (adjective) journey. We ate frozen \_\_\_\_\_ (food - plural) because a \_\_\_\_\_ (noun) was jammed into our stove. We went to \_\_\_\_\_ (verb) the mountains. I \_\_\_\_\_ (verb - past) into a puddle and got my \_\_\_\_\_ (type of clothes) all muddy. It made a \_\_\_\_\_ (noise) sound every time I \_\_\_\_\_ (verb - past). We spent the night in our \_\_\_\_\_ (same vehicle). That night, we saw a(n) \_\_\_\_\_ (adjective) \_\_\_\_\_ (noun) in the stormy sky over the mountains. \_\_\_\_\_ (same friend) loved the show. The next day at \_\_\_\_\_ (time of day) we went to \_\_\_\_\_ (place) to eat. They only had \_\_\_\_\_ (insect plural) and \_\_\_\_\_ (food - plural) with \_\_\_\_\_ (color) gravy. Luckily, a guy in the parking lot was grilling burgers. After eating, I hollered " \_\_\_\_\_ (something you shout) !" It is time to head back home. Our \_\_\_\_\_ (animal) needs \_\_\_\_\_ (drink). So we all packed up our \_\_\_\_\_ (noun - plural) and \_\_\_\_\_ (verb - past) 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



