

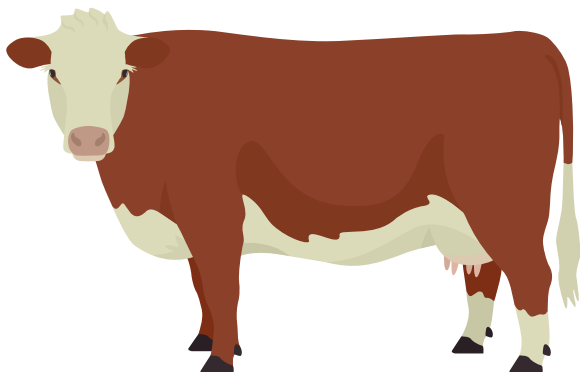


BEEF

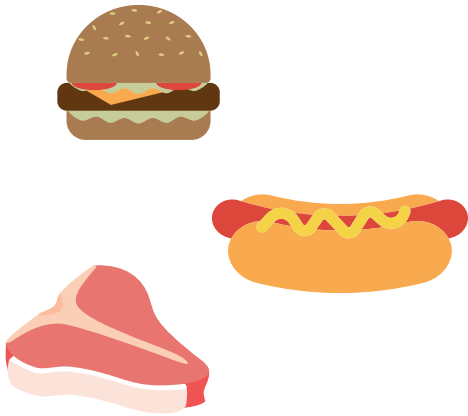
EARLY CHILDHOOD

Beef is meat that comes from cattle. It is part of a healthy diet. Beef is good for you. Beef has nutrients you need. Beef is a good source of protein. When you eat hamburgers, steak, or beef jerky, you are eating beef. Most ground beef is made and packaged in local stores.

Beef cattle are all across Oklahoma. There are many breeds of cattle. Cattle are different colors. Some are black, red, white, or brown.



CIRCLE HOW YOU EAT BEEF



BEEF JERKY TRAIL MIX

ASK AN ADULT FOR HELP



INGREDIENTS:

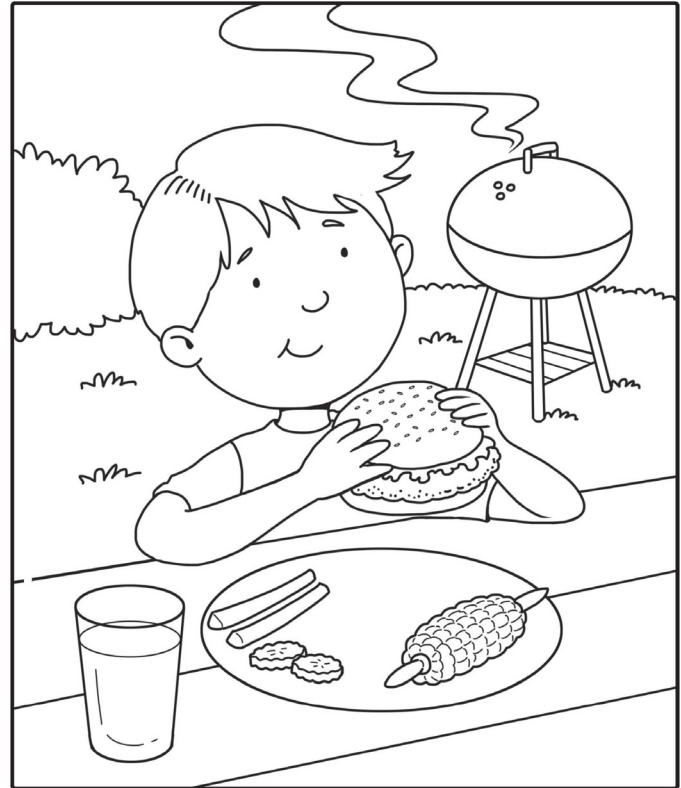
- 1 cup chopped beef jerky
- 1/2 cup whole almonds
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds

INSTRUCTIONS:

1. Mix all ingredients in medium bowl. Store in an airtight container in the refrigerator.

Cook's tip: You may substitute any nut for almonds, any dried fruit for cranberries, and any seed for sunflower seeds.

COLOR THE HAPPY BOY AND HIS BURGER



FUN FACTS

Oklahoma has more beef than people.

Cattle have a four-part stomach.

Girl cattle are called cows.

Boy cattle are called bulls.

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