



BEEF

Elementary

Beef is a meat that comes from cattle. It is part of a healthy diet. Beef has over 50 nutrients your body needs. Beef is a good source of protein. When you eat hamburgers, steak, or beef jerky, you are eating beef. Most ground beef is processed and packaged in local stores.

Beef cattle are all across Oklahoma. Common beef breeds include: Angus, Brahman, Charolais, Hereford, Limousin, Maine-Anjou, Red Angus, Simmental, and Texas Longhorn.



PASTURE TO PLATE

Take a field trip from the farm to the grill to find out how your sizzling steak got to the grocery store!



Questions To Ask

How can you check the freshness of beef products?

What is the most popular form of beef?

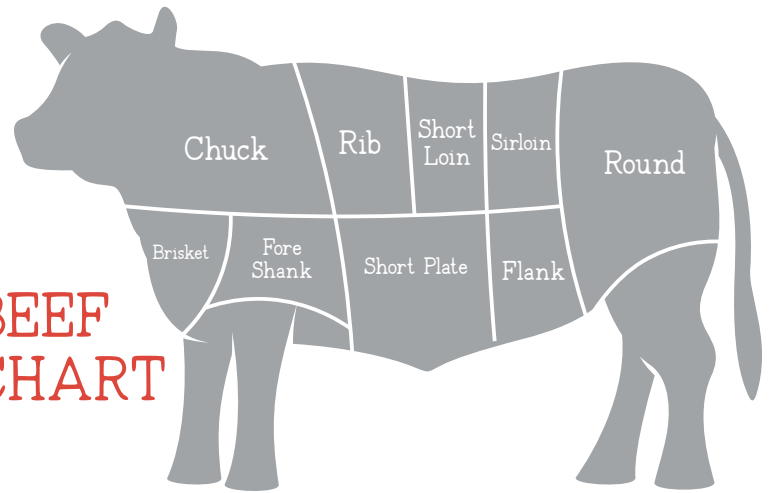
How many US states raise beef cattle?

BEEF WORDSEARCH

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 Q J N Y N T K T M A B E O U W
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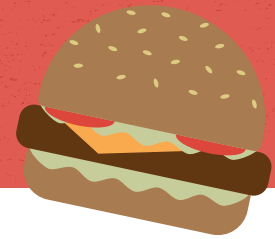
BEEF DINNER CHUCK STEAK BURGER
 ZINC IRON PROTEIN HEALTHY RECIPE

BEEF CHART



FUN FACT!

The name hamburger came from the village of Hamburg, Germany.



CHEESEBURGER MAC

ASK AN ADULT FOR HELP



INGREDIENTS:

- 1 pound ground beef
- 1 3/4 cups water
- 1 cup dry elbow macaroni
- 6 ounces processed cheese spread
- 8 to 10 dill pickle slices (optional)

INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add ground beef. Cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.
2. Stir in water and macaroni; bring to a boil. Reduce heat; cover and simmer 9 to 11 minutes or until macaroni is tender.
3. Stir in cheese cubes. Cook 1 to 2 minutes or until heated through, stirring occasionally.
4. Season with salt and pepper, as desired. Serve beef mixture topped with pickle slices, if desired.

WILL YOU TRY THIS RECIPE?

