



BEEF

MIDDLE/HIGH SCHOOL



Beef is part of a healthy diet and has over 50 nutrients essential for your body. Zinc, iron, and protein are three key nutrients found in beef. When you eat hamburgers, steak, or beef jerky, you are eating beef. Most ground beef is processed and packaged locally. Beef cattle are raised all across Oklahoma. In fact, beef is the number one commodity in every state in the nation. Common beef brands include: Angus, Brahman, Charolais, Hereford, Limousin, Maine-Anjou, Red Angus, Simmental, and Texas Longhorn.



Cattle are herbivores and eat grass and other vegetation. Cattle stomachs have four chambers which help break down what they eat. The largest of these compartments is the rumen, which is the main digestive chamber. In the rumen, billions of tiny microorganisms break down the grass and vegetation. Cattle, and other ruminant animals, do not completely chew the grass as they eat. The partially chewed grass is stored in the rumen and broken down into balls of "cud." After eating their fill, cattle will rest and "chew their cud." Then, they will swallow the food once again, and it will pass into the other three compartments- the reticulum, the omasum, and the true stomach, the abomasum.

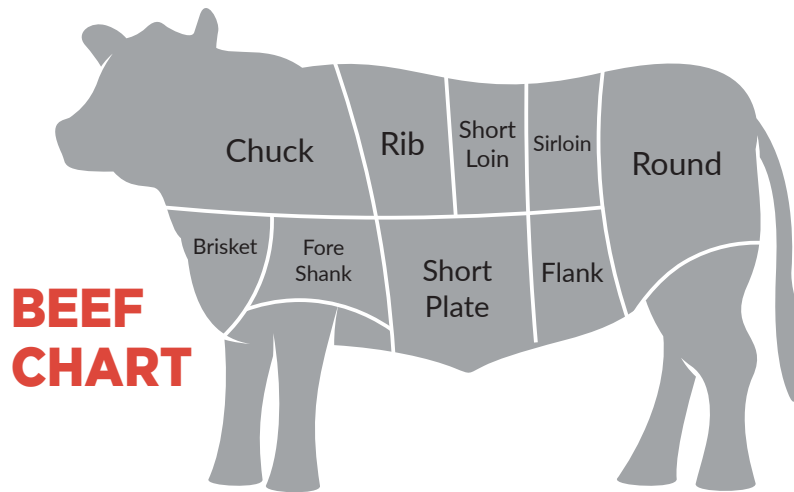


Oklahoma has 5.2 million beef cattle and ranks 4th in the nation in cattle and calf production.



BEEF AG MAG E-READER

Explore this Ag Mag, and you'll discover the power of beef. You'll also meet some of the amazing men and women who care for their animals, steward the land, and provide safe quality food for you and me.



HOW TO BUTCHER AN ENTIRE COW: EVERY CUT OF MEAT EXPLAINED

Is there a local meat processing facility in your county?

Where is the nearest facility?

What is the name?

How much is a pound of ground beef?

How much is a ribeye steak per pound?

Approximately, how many cattle do they process per year?

CONFETTI BEEF TACOS



INGREDIENTS:

- 1 pound ground beef
- 2 teaspoons chile powder
- 1/2 teaspoon salt
- 1 can (11 oz) corn, drained
- 1 cup prepared chunky salsa
- 8 taco shells

TOPPINGS:

Shredded cheese, thinly sliced lettuce, sliced olives, chopped tomatoes (optional)

INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add ground beef. Cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings. Season with chile powder and salt, as desired.
2. Stir in corn and salsa; heat through. Serve in taco shells with toppings, as desired.