



SWINE

MIDDLE/HIGH SCHOOL



Today, Oklahoma has over two million head of hogs and ranks 8th in United States pork production. Hogs are the 2nd largest agricultural enterprise in Oklahoma and provide over 12,000 Oklahomans with jobs. Pork is the most widely consumed meat in the world.



Hogs were one of the first animals to be domesticated - around 6,000 years ago in China. The Spanish explorer, Hernando de Soto, brought the first swine to the new world in 1539. You may hear hogs referred to as hogs or pigs - they all refer to the same animal! Male swine are called boars. Female swine are called sows. Sows give birth to litters of pigs twice a year. Each litter usually has eight to 12 baby pigs. Giving birth to baby pigs is called farrowing.



Hogs are actually very smart animals! In fact, they are known to be in the top 10 of the smartest animals in the world. They learn to push a lever in the barnyard to get a drink of water or some food. They have also been taught to tumble, race, pull carts, dance, and hunt. There have even been soldier pigs who have been used to sniff out mines in battlefields.

Hogs are unable to sweat, so they roll around in the mud to keep cool. Not only do hogs provide us meat, but they are also commonly used in the medical field. Pig heart valves can be used to replace damaged human heart valves, and hogs are a source of nearly 40 drugs and pharmaceuticals on the market, including insulin.

Photos from the United Soybean Board

PORK NUTRITION

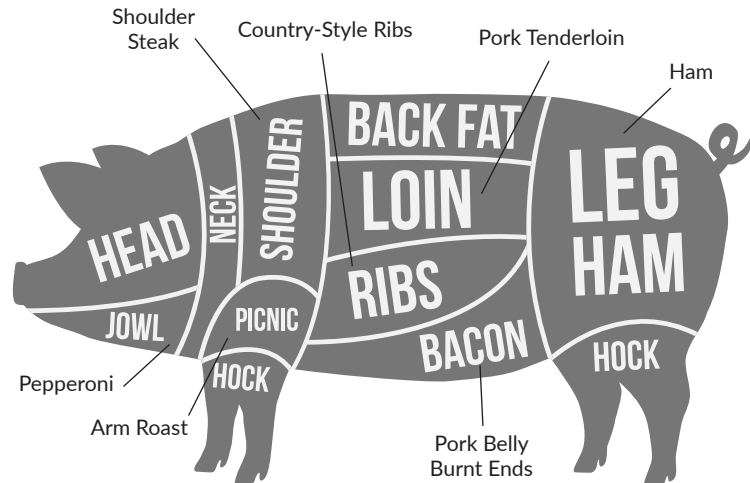
Pork is packed with protein. High-quality protein provides all essential amino acids needed by the body for growth and maintenance. Your body cannot make essential amino acids, so you must get them from the foods you eat. Pork is a high-quality protein food. Research suggests that evenly distributing protein at meals and snacks throughout the day – about 20 to 30 grams per eating occasion, depending on your individual protein needs – may benefit health.

Pork is also a nutrient-rich food. A three-ounce serving of pork is a good source of potassium, riboflavin, and zinc and is an excellent source of vitamin B6, thiamin, phosphorus, niacin, and protein. Pork is naturally low in sodium, too.

What is the importance of protein in our diets? At what stages of life is protein especially critical?

Summarize one of nine key nutrients pork provides. What is the role within the body?

Which wholesale section of the hog do you believe would be the most lean? Why?



PORK NUTRIENT	BENEFIT
Protein	Macro-nutrient. Provides essential amino acids. Building block for bone, muscles, skin, and blood. Important for growth and development. Key component to help the body repair cells and make new cells. Plays a role in the immune system and in making enzymes, hormones, and other body chemicals.
Selenium	Mineral/trace element. Helps protect the body cells from damage. Plays a role in regulating thyroid hormone metabolism.
Niacin	B Vitamin. Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system. Helps maintain a healthy cardiovascular system.
Phosphorus	Mineral. Helps build and protect strong bones and teeth. Key to maintaining normal pH in the body. Plays a role in shuttling nutrients in and out of body cells.
Thiamin	B Vitamin. Helps convert food into energy. Critical for growth, development, and function of body cells. Helps maintain a healthy cardiovascular system.
Vitamin B6	B Vitamin. Needed for enzyme reactions involved in metabolism. Important for brain development during pregnancy and infancy. Plays a role in immune function.
Riboflavin	B Vitamin. Important for growth, development, and function of body cells. Helps convert food into energy. Important in maintaining normal vision and in preventing cataracts.
Zinc	Mineral/trace element. Found in all body cells. Critical for proper growth, development, reproduction, and helps wounds heal. Needed to make proteins and DNA. Helps immune system fight off bacteria and viruses.
Potassium	Mineral. Balances body fluids and is needed for muscle contractions. Helps send nerve impulses and maintain a steady heartbeat. May help lower blood pressure.