

BEEF

IT'S WHAT'S FOR DINNER.®

**ACTIVITY
BOOK**



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

WORK YOUR BUNS OFF

Can you rearrange the letters to spell the ingredients of a burger?

unb

telucte

omatot

eseche

urgreb

ionon

iclepk



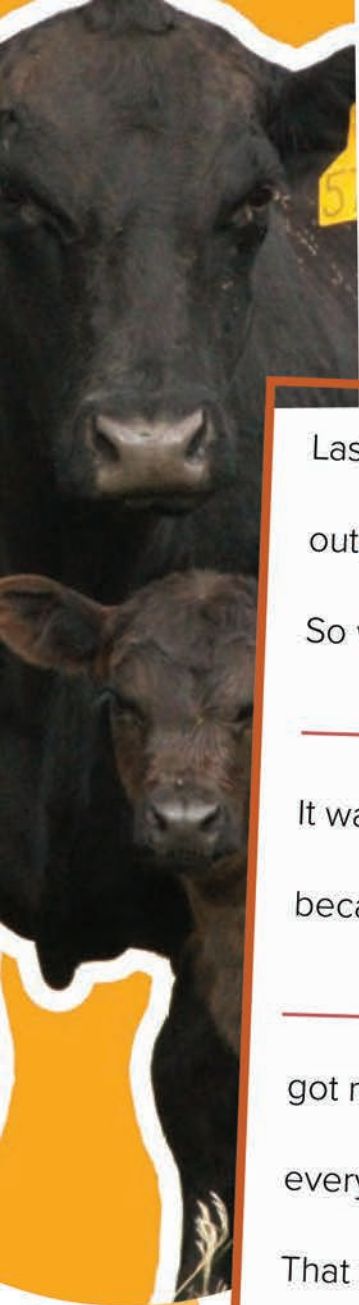
DID YOU KNOW?



COWS CAN...

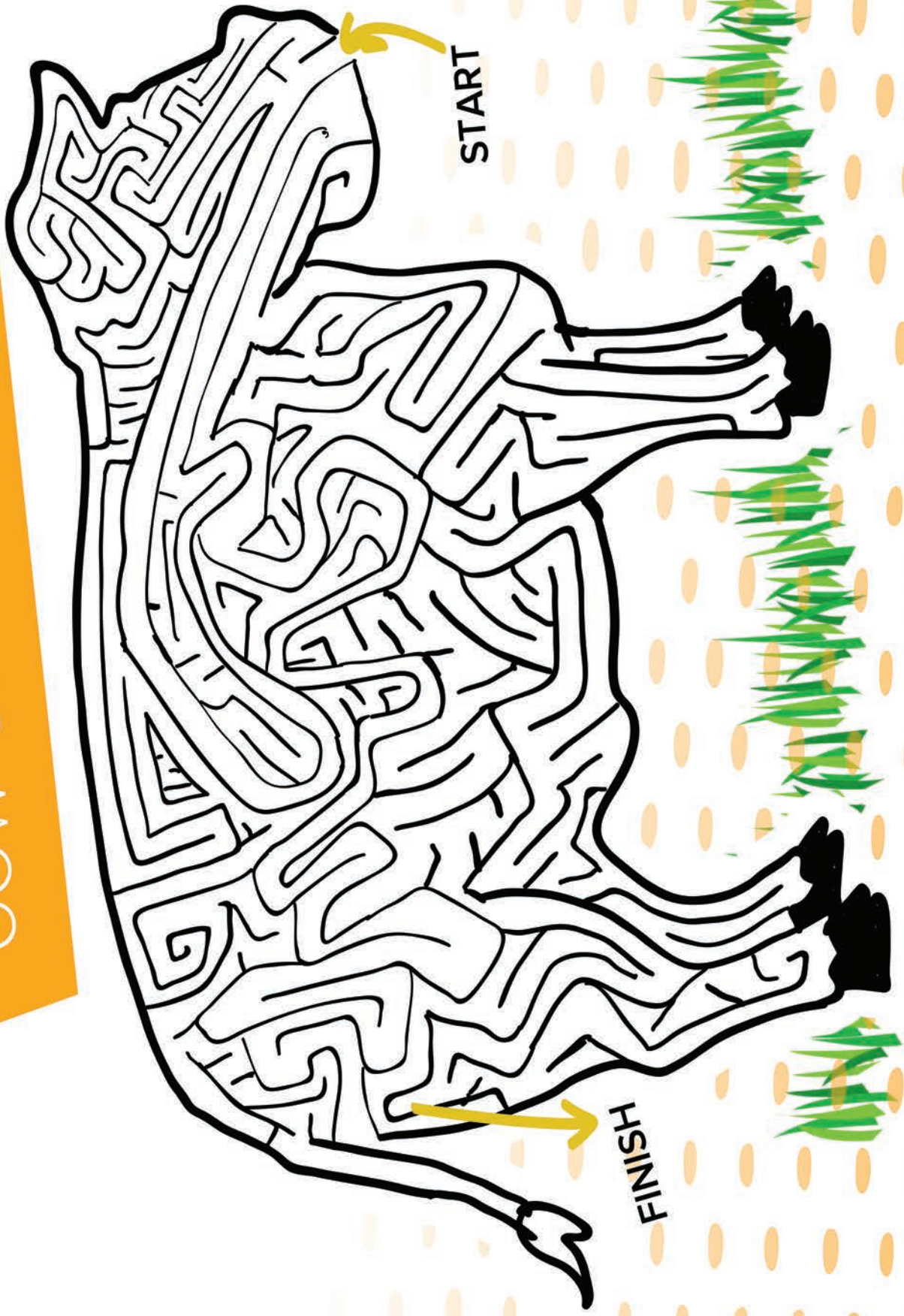
- chew 40,000 times a day
- smell things 6 miles away
- chew food 8 hours a day
- sleep while standing up
- make 2,000 burgers
- make 125 pounds of spit
- make 144 baseballs





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

COW GRAZE MAZE





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

- Product used to make shoes and purses
- A collective name for a group of cows
- A person who raises cows
- Cooking beef outside in the summer
- Directions on ways to prepare beef
- A large place where cows are raised

DOWN

- America's favorite beef dish
- Beef supplies our bodies with many of these
- A male cow
- Term for meat from cows
- 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?



Crossword Answers

LEATHER
 A
 M
 B
 U
 RANCHER
 G
 BARBECUE
 E
 E
 F
 RECIPES
 R
 O
 T
 E
 I
 RANCH
 V
 I
 L
 CATTLE
 A
 M
 I
 N
 B
 U
 L

