



Print Materials:

Learn about Beef

- Ages: K-3rd grade
- 8-page black and white activity/coloring booklet (5 ½" x 8 ½"). Discusses beef nutrition (ZIP) and cattle care facts; also includes an easy beef recipe and puzzle activities.

Wow that Cow

- Ages: 3rd-6th grade
- Full-color, quad-fold brochure discussing beef nutrition, cattle and the environment, and beef by-products.
- Quantities are limited as brochure is no longer being produced

My Beef Checkoff Coloring Book

- 1st-5th grade
- Eight-page coloring book discussing how cattle are raised and what they eat, as well as the importance of protein and the other nutrients found in beef. Booklet is 8 ½" x 11".

Beef Reader: The Chronicles of Cowboy Caden

- 3rd-6th grade
- The Beef Reader publication is part of the Nebraska Farm Bureau Foundation's Ag in the Classroom program. Activities throughout the Beef Reader meet certain Nebraska state standards for language arts, math, social science, and reading comprehension. Topics covered include the beef lifecycle, beef by-products, nutrition, and beef production.

Beef It Up

- 3rd-4th grade
- The Beef Reader publication is part of the Nebraska Farm Bureau Foundation's Ag in the Classroom program. Activities throughout the Beef It Up package meet certain Nebraska state standards for language arts and math. The *Beef It Up* booklet is a teacher's guide that includes 16-pages of reproducible lessons and classroom activities. Each lesson is complete with targeted state standards, objectives, materials, and extension suggestions. Lessons explore cattle production, nutrition, beef by-products, and the environment.

Basics About Beef

- Jr. High-High School
- The full-color, 20-page booklet is designed for FCS and Culinary classes. It covers everything from nutrition, purchasing, storage, safe handling, preparation methods, and cooking times. It contains a full cuts chart and details a variety of different cooking methods. This booklet is a great in-class lesson component to the Nebraska Beef Council's *Beef for the Classroom* grant program. Go to www.nebeef.org to learn more!

Fun Farm Facts Activity Sheet

- 3rd-5th grade
- This quick, one-page activity sheet explores the different breeds of cattle and explains some of the vocabulary used in the beef industry.

Digital Resources

My American Farm

- PreK-6th grade
- The American Farm Bureau Foundation for Agriculture's My American Farm project teaches agricultural literacy to consumers and the public through an interactive computer game. Players learn where food comes from and how those products get from the farm to their dinner plate. My American Farm is an online educational game that lets students learn about agriculture while having fun.

To order contact [Mitch Rippe](mailto:mitch@nebeef.org), Director of Nutrition and Education

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