

Have an adult help you in the kitchen to prepare this yummy beef recipe.

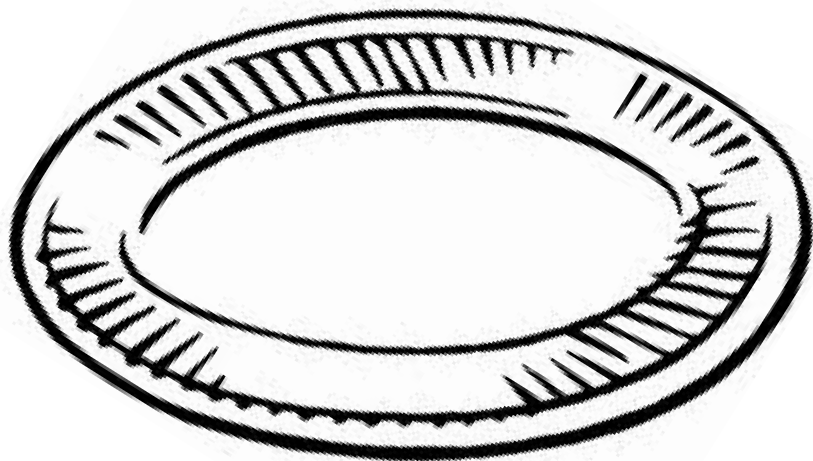
Little Pizzas

Makes 8 pizzas

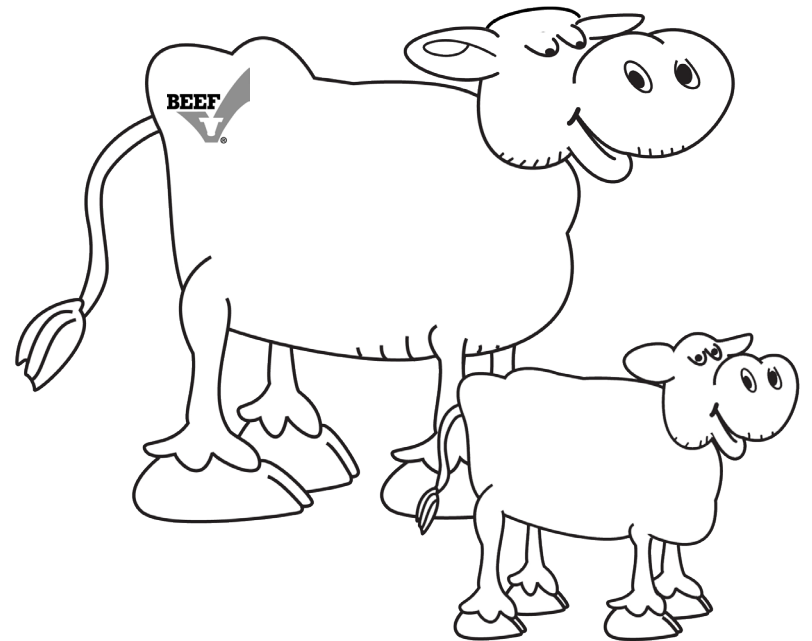


- 1/2 lb. lean ground beef
 - 16 oz. pizza or
 - 1 can refrigerator biscuits spaghetti sauce
 - 1 cup shredded mozzarella cheese
1. In a skillet, brown ground beef over medium heat 8 to 10 minutes or until meat is no longer pink, stirring occasionally. Pour off drippings. Add pizza or spaghetti sauce and simmer until warm.
 2. Flatten each biscuit into an individual pizza crust and place on a baking sheet. Spoon sauce over the dough. Top with shredded cheese.
 3. Bake for 15 to 20 minutes at 350 degrees.

Draw a picture of your favorite beef meal.



Learn about Beef



A baby cow is called a calf.
Cattle come in all colors: black, white, red, gray, tan, black & white and red & white.

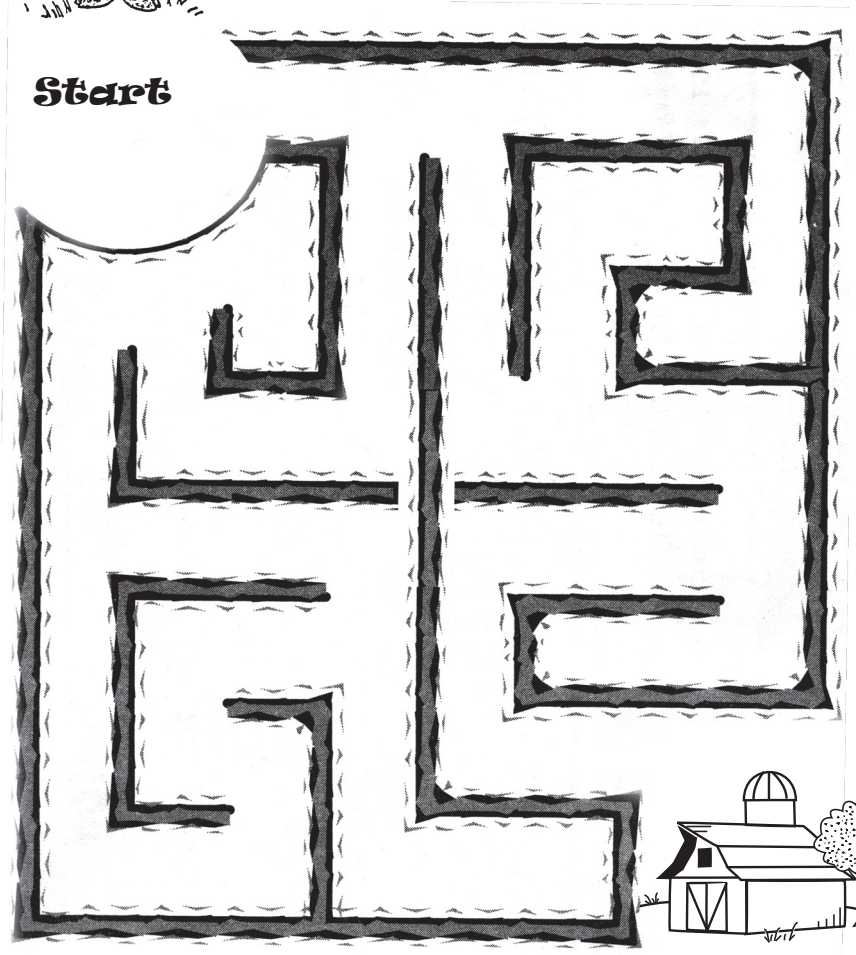
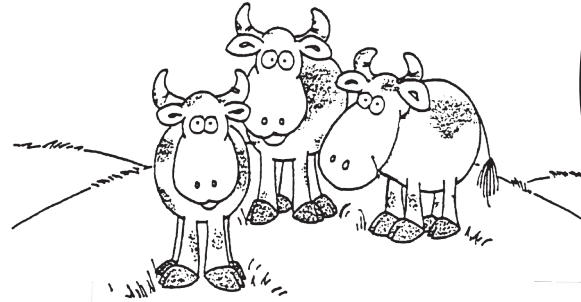
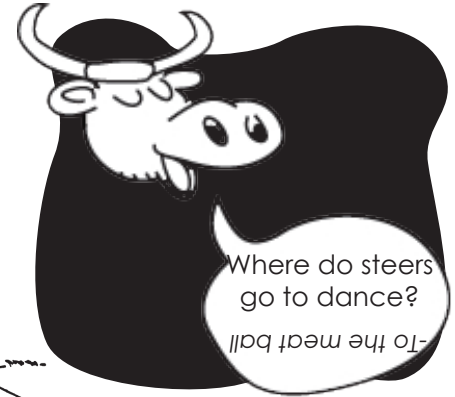
Beef has ZIP

Nutrients in some of your favorite foods, like beef, helps your body grow strong. So get your **ZIP** everyday.

- Z**inc helps you think and improves your memory
- I**ron carries oxygen to your blood to give you energy
- P**rotein keeps your muscles strong



Help the cows find their way back to the barn:





Cowboy Code

1. Beef is a good source of $\frac{\quad}{16} \frac{\quad}{18} \frac{\quad}{15} \frac{\quad}{20} \frac{\quad}{5} \frac{\quad}{9} \frac{\quad}{14}$.

2. Protein helps build strong $\frac{\quad}{13} \frac{\quad}{21} \frac{\quad}{19} \frac{\quad}{3} \frac{\quad}{12} \frac{\quad}{5} \frac{\quad}{19}$.

3. Beef is a part of the $\frac{\quad}{13} \frac{\quad}{5} \frac{\quad}{1} \frac{\quad}{20}$ group.



4. Beef is a part of a $\frac{\quad}{8} \frac{\quad}{5} \frac{\quad}{1} \frac{\quad}{12} \frac{\quad}{20} \frac{\quad}{8} \frac{\quad}{25}$ diet.

5. For good health, you need to $\frac{\quad}{5} \frac{\quad}{24} \frac{\quad}{5} \frac{\quad}{18} \frac{\quad}{3} \frac{\quad}{9} \frac{\quad}{19} \frac{\quad}{5}$ every day.

Use this chart to decode the answers in the puzzles above.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Cattle Care Facts

- Farmers provide their cattle with **water** every day to drink
- All cattle spend the majority of their lives grazing on green **grass**
- Cattle eat **corn** and **hay** on the farm
- Farmers and ranchers provide **care** for their cattle 24 hours a day, 7 days a week, 365 days a year
- Animal **health** is a top priority for farmers and ranchers
- Farmers and ranchers give cattle medicine when they are sick, just like kids get **medicine** when they are sick
- More than 97% of beef cattle are raised on **family** farms and ranches

Find the following words in the word search

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m r e w r n t c
e g r a s s y a
d i h t f r n e
i c h e a l t h
c o c r m r e a
i r a s i c c y
n n r l l g f l
e a e i y a a h

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water
grass
corn
hay
care
health
medicine
family





What do you call a sleeping bull?
A bull dozer.



Can you find all ten hamburgers in this picture?