



WHERE'S THE BEEF?

GRADE LEVEL: 2-3

SUBJECT: Health/Nutrition

NATIONAL STANDARD(S):

(K-1) HE: 6.1

(3-5) HE: 6.2, 6.3, 6.4

THEME: Food Processing

FOOD AND FIBER TOPIC: I-B, V-C,E

LEARNER OBJECTIVES:

The student will become visually aware of the different shapes of wholesale cuts of beef.

VOCABULARY

feedlot—An enclosed area in which livestock are fattened for market.

processing plant—A place where a specific type of food is prepared and converted by special treatment into an end product.

BACKGROUND

Perhaps most people consume meat and milk simply because they like them. They derive a rich enjoyment and satisfaction therefrom. For flavor, variety, and appetite appeal, meat and milk are unsurpassed.

But animal products are far more than just very tempting and delicious foods. From a nutrition standpoint, they contain certain essentials of an adequate diet. This is important, for how we live and how long we live are determined in large part by our diet.

The consumption of beef in many forms, from steaks to hamburgers, has been a constant for hundreds of years. The beef bought at the grocery store may come from cattle you see standing in pastures along the road or from large production facilities called feedlots. Feedlots vary in size or capacity of animals, but some feedlots sometimes have as many as 100,000 cattle or more at one time!

Beef cattle that are used to provide us with steaks and roasts usually weigh about 1000 to 1200 pounds when they are carefully loaded on trucks and sent to the processing plant. Each of these plants is required by law to have the meat federally inspected to ensure the beef is safe for consumption. Specifically, the purposes of meat inspection are (1) to safeguard the public eliminating diseased or otherwise unwholesome meat from the food supply, (2) to enforce the sanitary preparation of meat and meat products, (3) to guard against the use of harmful ingredients, and (4) to prevent the use of false or misleading names or statements on labels.

It is important to realize that cattle are not all beef, and beef is not all steak. Following their arrival at the plant, the cattle are quickly put down, or killed, and cut into large pieces. These large pieces of meat are further processed and put into big boxes and shipped to grocery stores where the local butcher, or meat cutter, cuts the large pieces into the specialty cuts like loin, t-bones, rump roasts, etc. These meat cuts are then wrapped, weighed, and priced to be put on the shelves for consumers to buy.

*Adapted from M.E. Ensminger's **The Stockman's Handbook, section 14.***

STEP-BY-STEP INSTRUCTIONS

1. Discuss beef processing, using the background information.
2. Pass out Student Worksheet A. Have students color the puzzle pieces red.
3. Pass out Student Worksheet B. Have students glue the puzzle pieces where they fit on the outline of the steer. There is no puzzle piece for the head.
4. Go over the names for the wholesale cuts of beef. Ask students if they recognize any of the names.

RELATED ACTIVITIES

1. Ask a local meat cutter to make a class visit to explain his or her job.
2. Enlarge the steer outline on Student Worksheet B, and place it on a bulletin board. List the cuts of beef in the lower left corner of the bulletin board. Attach a string to each word. Have students connect the words to the correct spaces on the steer outline.
3. Invite a dietitian to class to discuss the place of meat in a balanced diet.

RESOURCES

Student Books

Cousins, L. (1991). Farm Animals. Tambourine.

Kaizuki, K. (1990). A Calf is Born. Orchard.

Teacher Resources

Ensminger, M.E. (1983). The Stockman's Handbook Interstate Publishers. This book provides information regarding production animal agriculture and husbandry.

Related Internet Websites

Cattle and Beef Handbook-- Facts, figures and quotes on Food Safety, Nutrition and Health, Environment, Animal Welfare and Economics. http://www.ncanet.org/beef_handbook/nca4700.html

EVALUATION

Were the students able to match the beef puzzle pieces to the outlines on the steer? Are students now familiar with the names of some cuts of beef?

ACKNOWLEDGMENT

This lesson adapted from Oklahoma Ag in the Classroom Department of Agricultural Education, Communications and 4-H Youth Development, Oklahoma State University, Stillwater, OK 74078.

Name _____

Where's the Beef?

A

Color the puzzle pieces red. Cut out and follow the directions on worksheet B.



Adapted from Oklahoma Ag in the Classroom.



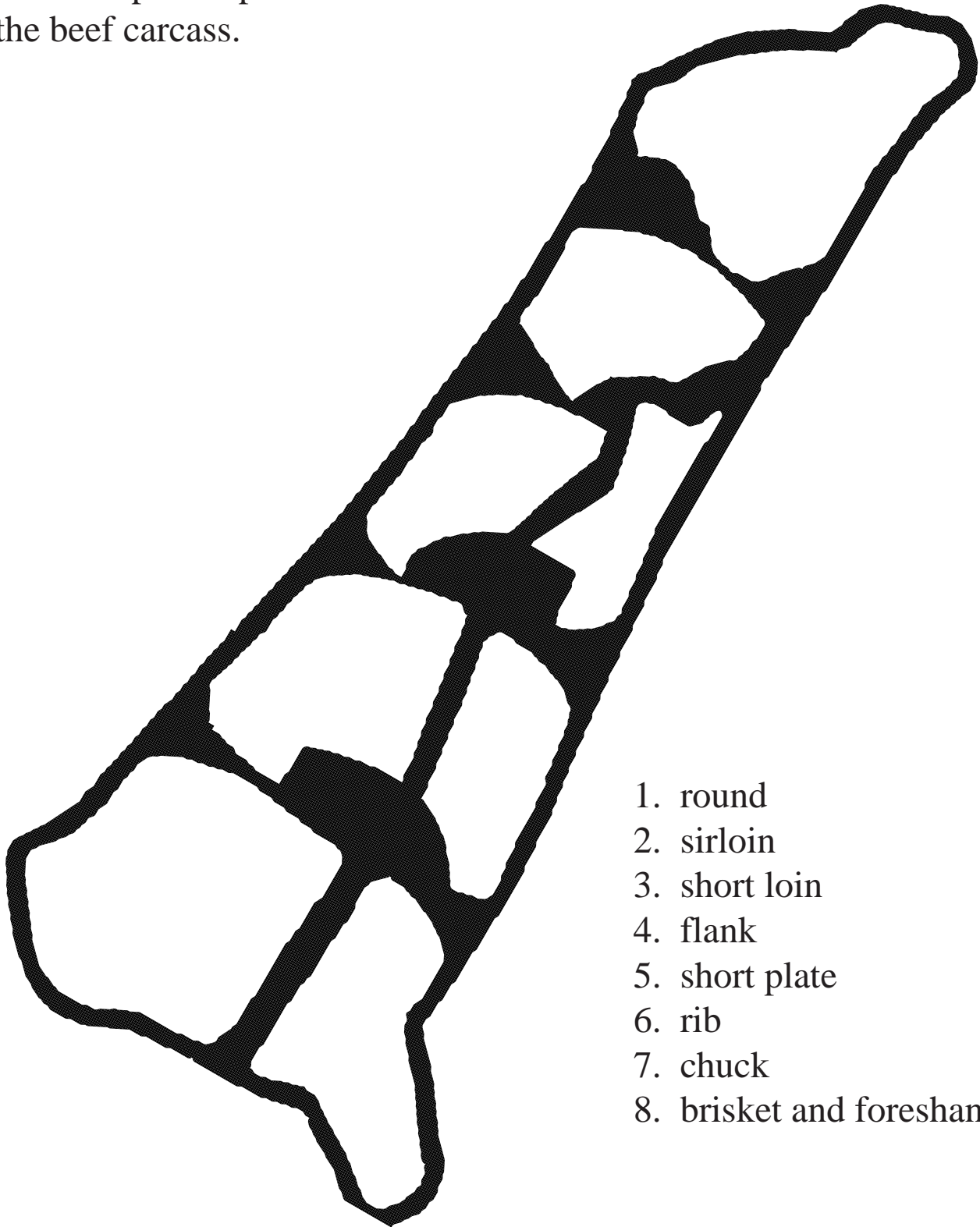
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Name _____

Where's the Beef?

B

Glue the puzzle pieces onto the outline of the beef carcass.



1. round
2. sirloin
3. short loin
4. flank
5. short plate
6. rib
7. chuck
8. brisket and foreshank



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