



Beef & Veal in the Classroom

Digital Lesson Tool Kit

September 1, 2022 – June 30, 2023

Digital Classroom Lesson Tool Kit

The PA Beef Council is excited to offer an assortment of high quality, easy to use educational materials at no cost to you or your school for your participation in the Beef & Veal in the Classroom Program! As you are planning for the rest of the school year, keep in mind the materials offered to Family and Consumer Science instructors are an excellent resource for teaching nutrition, meat preparation and safe food handling practices, as well as providing recipes to your students. Whether you teach food preparation classes or more general lifestyle classes, you will find materials that fit your curriculum.

Beef on a Budget

Beef is delicious, nutritious and oh-so-easy to prepare. And affordable too! Explore some budget-friendly recipes, leftover ideas and cooking tips to make the most out of any meal.

- Beef on a Budget [Landing Page](#)
- Budget-Friendly [Recipes](#)
- Affordable [Beef Cuts](#)

Raw Truth About Beef

The [Raw Truth About Beef](#) is an engaging online experience that provides a unique opportunity to go behind the scenes to learn about each stage in the beef lifecycle. This video-based experience focuses on getting to know ranchers and industry experts that can answer the questions you've always had about beef and beef production. Join along on the journey from pasture to plate. Find the activity guide, [here](#).

True Beef Documentary

The Beef Council will provide all new classrooms with a copy of the ["True Beef: From Pasture to Plate"](#) documentary to be view during your beef or veal lesson. The documentary is an innovative educational documentary that follows Pflugerville ISD agricultural science and culinary arts students as they learn about the entire process of beef production. The documentary is designed to teach culinary arts students where their food comes from while learning the importance of farming and ranching from agriculture students. Make the farm to fork connection with this series of lesson plans that supports the documentary "True Beef". The guide contains 8 lessons designed for the High School Culinary Arts or

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Family and Consumer Sciences program, however, STEM connections have been included for all lessons making it easy for teachers to make connections across the curriculum. The "True Beef" documentary was produced by Pflugerville Independent School District (TX). Download the comprehensive lesson plans, [here](#).

Ag Mag

The beef ag mag is made available through a partnership with the American Farm Bureau Foundation and the Beef Checkoff. It is perfect non-fiction text which includes section on beef breeds, nutrition, beef lifecycle, career profiles, food safety, label reading information and other suggested activities. The Ag Mag is available free of charge online at, <http://www.agfoundation.org/files/BeefeReaderFLIP/#p=1>. You can also request hard, printed copies if interested.

MyMeatUp App

In early 2017, the North American Meat Institute (NAMI) release the first-of-its-kind mobile app aiming at helping consumers become more confident when buying meat and poultry. The free MyMeatUp app is the only available app with a full guide to **beef**, pork, lamb and **veal** retail meat cuts. The app draws on content from www.MyMeatUp.org, a popular resource that was launched in 2016. This dynamic, interactive app offers consumers a convenient, go-to guide that will equip shoppers with essential tips when buying, preparing and cooking meat and poultry products. It is a great resource, especially for younger shoppers just starting to navigate the grocery store on their own for themselves and their family, to answer questions they have about the meat in the case.

Virtual Farm Tours

The PA Beef Council hosted virtual farm tour experiences to PA Beef Farms and a PA Veal Farm. Learn more and view them here:

[Virtual Farm Trip to a Pennsylvania Beef Farm – 10/4/18](#)

[Virtual Field Trip to a Pennsylvania Veal Farm – 10/23/18](#)

[Virtual Field Trip to a Pennsylvania Beef Farm – Beef Feedlot – 4/24/19](#)

[Virtual Field Trip to a Pennsylvania Beef Farm – Beef Marketing – 5/2/19](#)

[Virtual Field Trip to a Pennsylvania Beef Farm – East Coast vs. West Coast Beef Production – 5/10/19](#)

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Additional Resources

To further enhance your beef or veal lesson, please visit the below webpages for additional resources. If there are any additional resources you would like to request, please note the amount and name of the handout when submitting your Application Form.

- <https://www.beefitswhatsfordinner.com/nutrition>
- Veal.org
 - [Veal Farm Videos](#)
 - [Resource Page](#)
- Beefitswhatsfordinner.com
 - [Beef Lifecycle](#)
- [Beef It's What's For Dinner – YouTube](#)
- Kid-Friendly Recipes – American Farm Bureau Foundation
 - http://myamericanfarm.org/files/Recipe_PDFs/KidFriendly_Beef_Recipes.pdf
- <http://www.mymeatup.org/>

For Questions or Concerns Please Contact:

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