

Beef Nutrition Round-Up

Background Knowledge:

We need a balanced diet, with all food groups, to ensure that our bodies get all the energy and nutrients we need to remain healthy and active. Beef cattle are raised and cared for specifically to produce meat for people to consume. Beef cattle provide us with beef products like steak, roasts and ground beef. Beef provides 10 essential nutrients. Three of these nutrients, zinc, iron and protein, are often referred to as ZIP. Beef farmers take great pride in knowing that they are providing a safe, nutritious quality meat product for their consumers.

Preparation:

Stuff 10 balloons of one color with the 10 nutrient cards from the Beef Round-Up Nutrition Cards and the other 10 balloons with the nutrition benefits from the Beef Round-Up Nutrition Cards. Inflate the balloons and tie them. Place each set of colored balloons in separate garbage bags to contain them until ready for the lesson activity.

If you have more than 20 students, you can either have students pair up later in the activity, or prepare additional balloons

Procedure:

1. Ask the students, "Why are beef cattle raised by farmers?" Discuss their responses and guide them to the fact that beef cattle are raised for their meat as food for us.
2. Ask students, "Why do we need food?" Discuss their responses and lead them to the fact that foods provide us with nutrients our bodies need to function and survive.
3. Ask students, "What are some of the nutrients that food can provide to us?" Collect responses and discuss the benefits of those nutrients.
4. Explain to students that beef provides ten essential nutrients:

Iron	helps your body use oxygen
Choline	supports nervous system development
Protein	helps preserve and build muscle
Selenium	helps protect cells from damage
Vitamin B6	helps maintain brain function
Vitamin B12	helps give you energy
Zinc	helps maintain a healthy immune system
Phosphorus	helps build bones and teeth
Niacin	supports energy production and metabolism
Riboflavin	helps convert food into fuel
5. Take the class to gym or open outdoor area and set boundary to represent the pasture. Tell students they are going to play "Beef Nutrition Round-Up" where they will need to round-up the all of the balloons in their designated color. Determine the method of round-up (hands to gather, feet to kick, fly swatters to nudge, or of balloon) and explain any necessary guidelines for the round-up.
6. Divide class into two groups and have them line up on opposite sides of the pasture area. Dump the balloons out of the garbage bags and scatter them around the pasture area. Assign each group a different colored balloon. Give each group a garbage bag where all of their balloons will need to be placed.
7. Have teams race to round-up their balloons.

Objectives: Students will

- Identify the nutritional benefits of including beef in their diets.

Materials:

- 20 Balloons (10 each of two different colors)
- Beef Round-Up Nutrition Cards, cut apart
- 2 Garbage bags
- Fly swatters (1/student), optional

Standards: This lesson assists in meeting the following PA standards:

4.1.C; 4.4.A; 4.4.B; 4.5.A; 10.1.C

8. Once balloons are gathered, have each student take a balloon from their team's bag (*if you have more students than balloons, have some students pair up in each team*). Have students harvest their facts by popping their balloons. Each student should then look for the person from the opposite team who has the fact that matches them (i.e., one student may have a fact that shows one serving of beef has 12% DV of Iron, so they are looking for the student on the other team who has the matching nutrition benefit fact of helping your body use oxygen)
9. Once students match themselves up, have each team share their match and correct any mismatched nutrients.
10. Explain to students that the percentage on each nutrient are the percentage of the daily value (DV) or adequate intake (AI) in one serving of beef.

Extension:

Give each student their own Beef Round-Up Nutrition Card sheet. Have students draw themselves doing an activity they enjoy (dancing, playing a sport, riding bike, etc.) and use beef nutrition facts as labels to show how those nutrients keep them healthy and allow them to do that activity.