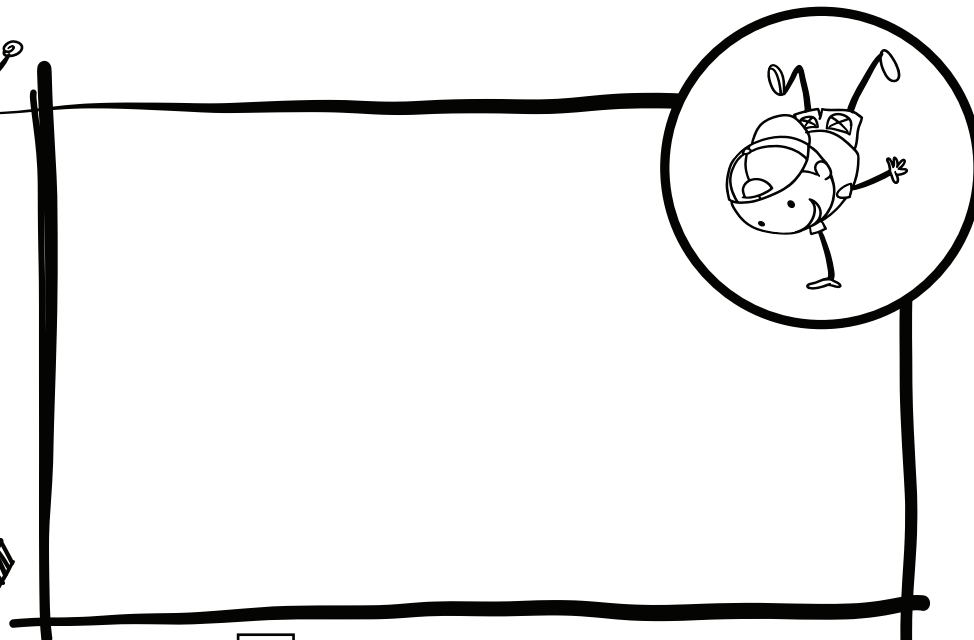
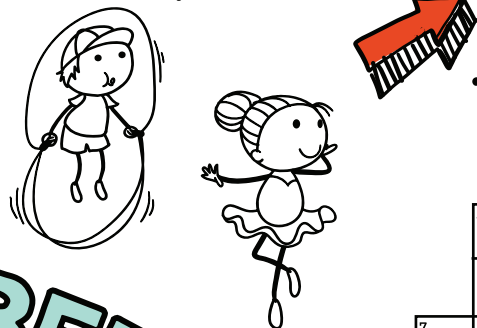
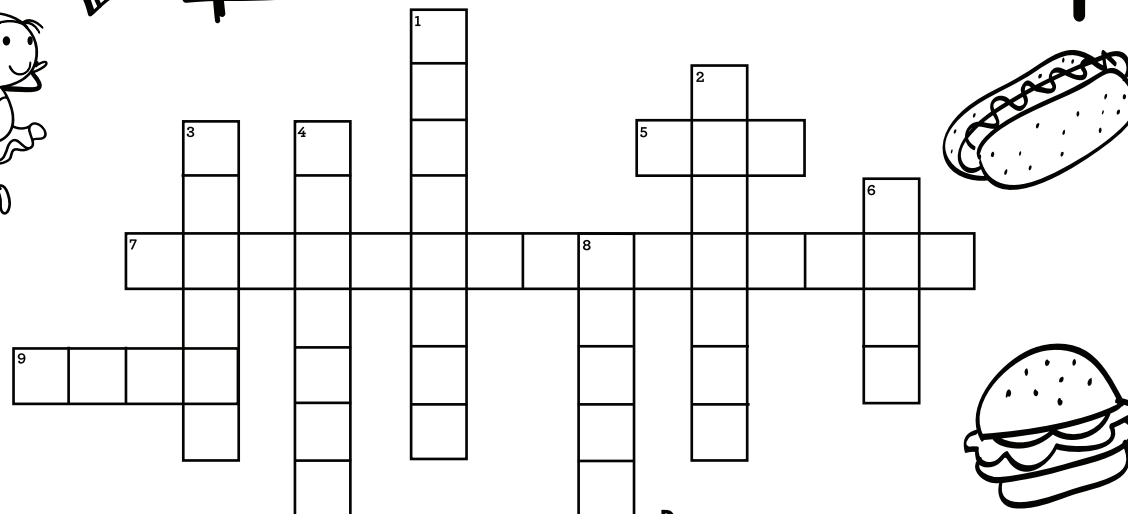
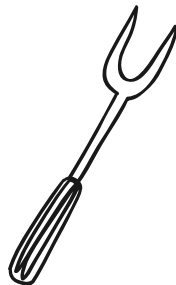
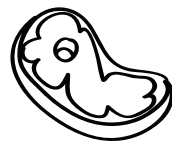
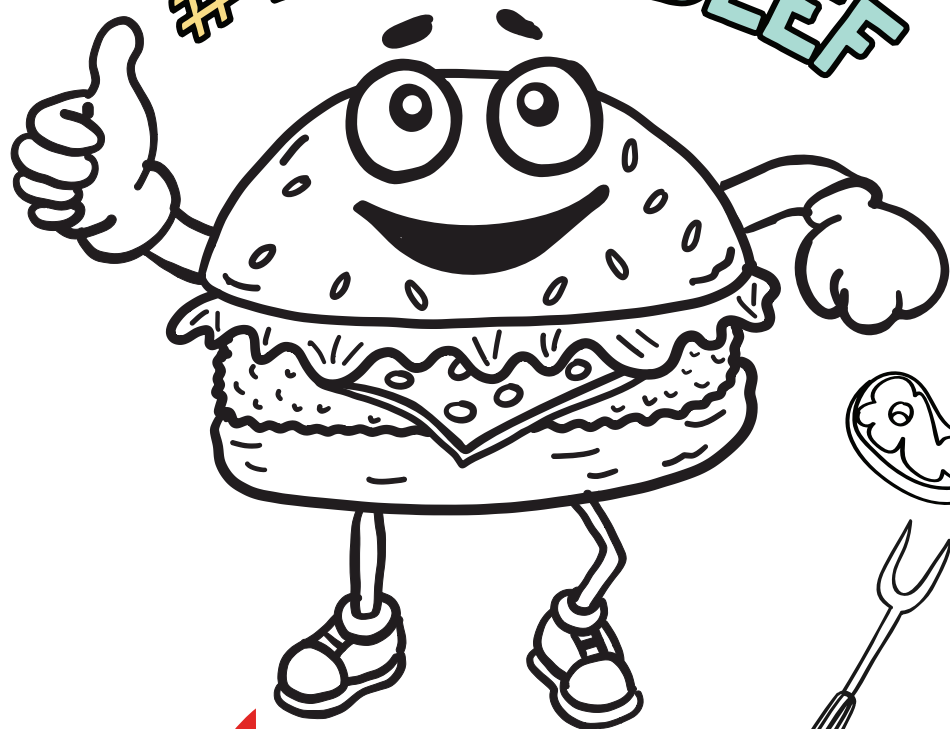


**BEEF GIVES YOU
ZIP!**

Beef gives you **ENERGY** and **BUILDS STRONG MUSCLES!** Draw yourself doing an activity you like to do fueled by **BEEF!**



I HEART BEEF



Across

- 5. Beef provides ____ essential nutrients, including zinc, iron and protein.
- 7. The majority of fat found in beef is _____ fat, which is the same fat found in heart-healthy olive oil.
- 9. If looking for lean cuts of beef, find those with _____ and round in the name.

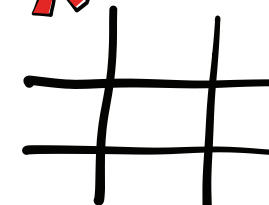
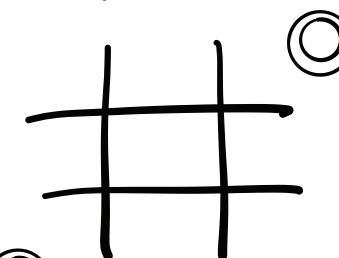
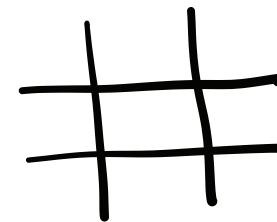
Word Bank

- | | |
|-----------------|-------------|
| ten | ground |
| monounsaturated | protein |
| loin | beef |
| marinade | thermometer |
| degrees | |

Down

- 1. Use a _____ with less tender cuts, such as Flank Steak.
- 2. Ground beef needs to be cooked to an internal temperature of 160 _____ Fahrenheit.
- 3. The most popular cut of beef among Americans is _____ beef.
- 4. One 3 oz. cooked serving of beef provides about 50% of your Daily Value (25 grams) of _____.
- 6. _____. It's What's for Dinner!
- 8. The best way to determine the doneness of beef is using a meat _____.

X O X
HOW ABOUT A GAME OF TIC-TAC-TOE?



JOKE TIME



What do you call a Sleeping Bull?

A Bull Dozer!

What's a cow's favorite moosical note?

Beef-flat!

What do you call a cow on the barnyard floor?

Ground Beef!

HA HA!



Funded by Beef Farmers & Ranchers

Learn more at www.BeefItsWhatsForDinner.com

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