



Beef & Veal in the Classroom In-Class Toolkit

The In-Classroom Toolkit for the Beef & Veal in the Classroom Program is designed to supplement your protein unit.

If you are interested in receiving a toolkit, please complete the toolkit affidavit found, [here](#) or email Kaitlyn Swope, kswope@pabeef.org.

Additional Resources – found on USB Flash Drive and within the toolkit box

Worksheets:

- Beef in the Classroom Student Worksheet – *meant to accompany the Beef in the Classroom PowerPoint Presentation/Lesson*
 - Students can complete the worksheet during or following the presentation
- Veal in the Classroom Student Worksheet – *meant to accompany the Veal in the Classroom PowerPoint Presentation/Lesson*
 - Students can complete the worksheet during or following the presentation
- Answer Keys for both student worksheets
- BINGO Review Game – *a fun and interactive way to review the concepts learned during the beef/veal lesson*
 - BINGO Cards
 - Educator Instructions
 - BINGO Chips
- Recipe Contest Guide – *a fun recipe contest designed to get students excited and engaged in the beef/veal lesson*

Print Resources:

- Beef Cut Chart – *comprehensive cut chart, which shows common beef cuts, where they come from on the animal, suggested cooking methods, etc.*
- Veal Cut Chart -*shows the most common cuts of veal, as well as some nutrition information*
- Various Nutrition Infographics
 - Beef's Big 10 – *visually shows the ten essential nutrients provided by beef and the importance they have within our health and well-being*

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- Proteins Are Not Created Equal – *explains the power of high-quality protein and the caloric cost of various sources of protein*
- Myth vs. Fact Surprising Facts About Lean Beef – *busting some common myths associated with lean beef*
- Various Cookery Infographics
 - Ground Beef Thawing
 - 3 Simple Steps to Broiling, Skillet Cooking, Stewing, Grilling, Oven Roasting, Stir-Frying, Pan-Frying, Braising/Pot Roasting
 - Understanding Marbling – *explains the USDA Quality Grades for marbling*
 - Understanding Beef Quality Grades – *explains USDA Quality Grades for beef*
- NEW Veal Recipes
 - Shephard's Pie Baked Potatoes – *using ground veal*
 - Veal Stroganoff – *using veal stew meat*

Video Resources:

- Beef. It's What's for Dinner Anthem Video – *30-second glimpse into the people behind beef*
- Freezing Beef – *short video that walks through the process of freezing beef*
- Thawing Beef – *short video that walks through the process of thawing beef*

Visit the Beef. It's What's for Dinner YouTube [Channel](#) for additional videos.

Comprehensive PowerPoint Presentations:

- Beef in the Classroom – *a comprehensive beef lesson designed to be presented by the educator*
- Veal in the Classroom – *a comprehensive veal lesson designed to be presented by the educator*

**Please reach out if you have any questions prior to delivering one of these presentations.*

Pre-Lesson Survey: <https://www.surveymonkey.com/r/8P6SZ7Z>

Post-Lesson Survey: <https://www.surveymonkey.com/r/LK7P7GN>

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Surveys are also included on the USB Drive and can be scanned and sent to kswope@pabeef.org

Additional Resource can always be found on the Beef. It's What's for Dinner website, www.beefitswhatsfordinner.com.

Please print resources for students as you are able, if you are in need of additional hard copies of any resource please reach out to the PA Beef Council at kswope@pabeef.org.

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