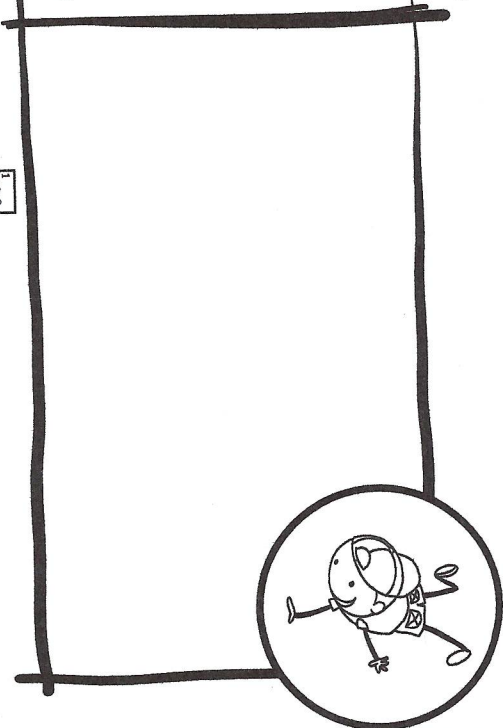
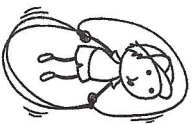


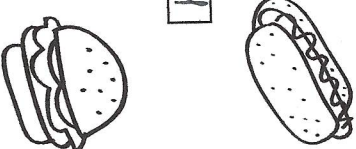
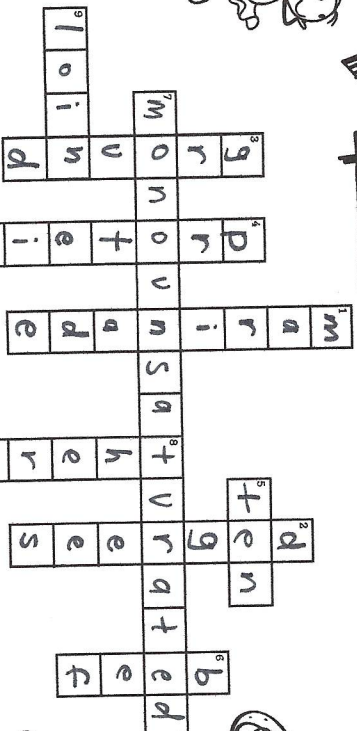
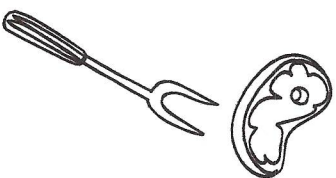
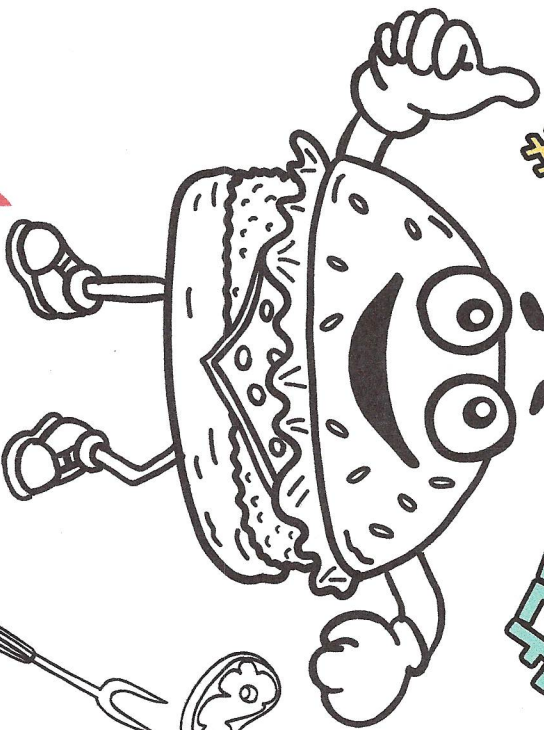
BEEF GIVES YOU

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
monounsaturated
loin
marinade
degrees
ground
protein
beef
thermometer

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.

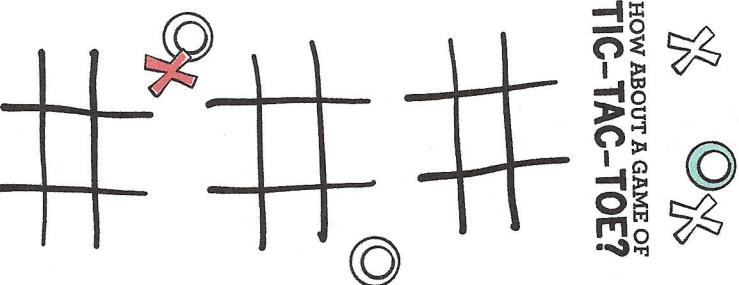
3. The most popular cut of beef among Americans is _____ beef.

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 _____.

HOW ABOUT A GAME OF TIC-TAC-TOE?



JOKE TIME

ZZZ



What do you call a Sleeping Bull?
A Bull Dozer!

What's a cow's favorite musical note?
Beef-flat!

What do you call a cow on the barnyard floor?
Ground Beef!

HA HAI!

Source: <http://www.igbee.com/firstclassmeats/jokes/foodjokes/beeftakes.html>