

# Beef Ag Mag Family Guide

We're glad you have found the Beef Ag Mag! This is a great tool for teachers and students in the classroom, but it is also fun for parents and children to dive into at home!



## Family Activities

» Learn more about 4H and FFA on page 2 of the Ag Mag. Then, search [www.4-h.org/get-involved/find-4-h-clubs-camps-programs](http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs) for a 4H program near you! Check with your local middle or high school to see if they offer FFA. If you don't have a 4H or FFA program near you, think about ways to incorporate agricultural activities into Boys and Girls Clubs, Boy Scout/Girl Scout meetings, after school programs, or church groups.

» Set out on a Grocery Store Scavenger Hunt! Use the information from "Decode the Label" on page 2 of the Ag Mag to discover what different labels on beef mean. Take your children to the grocery store and race to find each type of label. Talk to an employee at the meat counter to learn more.

» Before you prepare beef to eat, have your children create a checklist from the "Food Safety at Home" guidelines using a combination of words and pictures. Encourage children to check items off the list as you prepare the meal together.

» Help your children complete the "Activities to Beef Up Your Knowledge" on page 4 of the Ag Mag.

Available at [AgFoundation.org](http://AgFoundation.org)

## Beef Buying Guide

Most children love being a decision-maker in the grocery store, so let them help pick out your beef for the week! Here's a Beef Buying Guide to help them along the way:

Teach children the acronym **CMD**.



**C:** Find the right cut!

**M:** Look for marbling.

**D:** Read sell-by date.

## Cut

Using beef samples, show students where to find the name of the beef cut (like Flank Steak) on the packaging.

Tell your children that different cuts are used for different recipes. Visit [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com) to explore the virtual butcher counter and find out more!

## Marbeling

Look at a steak with your children. Point out the white intramuscular fat in the steaks. We call this marbling. This is good for flavor and tenderness, and actually makes the steak taste better. Marbeling is caused by genetics (traits inherited) and also by the environment (what the animals eat while they are growing).

## Sell-by Date

Look at a package of meat with your children and identify the sell-by date. Meat can be frozen three to five days past its sell-by date.



**Get the facts!** Check out [FactsAboutBeef.com](http://FactsAboutBeef.com) for research and resources, many from farmers and ranchers themselves!

## Recipes

Now, using your newfound knowledge in beef buying, pick a recipe and head to the store with your children!

# ROCK & ROLL BEEF WRAPS

A colorful way to introduce quinoa to your kids with ranch-seasoned Ground Beef and slaw.



TOTAL RECIPE TIME: 35-45 minutes



SERVES: 4

## INGREDIENTS:



1 pound  
Ground Beef  
(93% lean or  
leaner)



1 cup  
water



1/3 cup  
uncooked  
quinoa



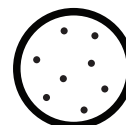
2 tablespoons  
dry ranch  
dressing mix



1/4 teaspoon  
black pepper



2 cups  
packaged  
broccoli or  
coleslaw mix



4 medium  
whole grain  
or spinach  
tortillas  
(7 to 8-inch  
diameter)

# ROCK & ROLL BEEF WRAPS

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in water, quinoa, ranch dressing mix and pepper; bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until quinoa is tender. Stir in slaw; cook, uncovered, 3 to 5 minutes or until slaw is crisp-tender, stirring occasionally.
3. Divide beef mixture evenly among tortillas; garnish with toppings, as desired. Fold over sides of tortillas and rolling up to enclose filling.

### Toppings (optional):

Apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds or chow mein noodles

FOR MORE GREAT RECIPES, VISIT

[www.BeeftsWhatsForDinner.com](http://www.BeeftsWhatsForDinner.com)

Print your set of kid-friendly beef recipes at [AgFoundation.org/resources/learn-about-beef](http://AgFoundation.org/resources/learn-about-beef).  
Find more great recipes at [BeeftsWhatsForDinner.com](http://BeeftsWhatsForDinner.com) and [VealMadeEasy.com](http://VealMadeEasy.com)!



AMERICAN FARM BUREAU  
FOUNDATION FOR AGRICULTURE

A Contractor to the Beef Checkoff



Funded by  
the Beef Checkoff.