

## AFTER SCHOOL RESOURCE KIT: BEEF EDUCATION

Related My American Farm Games available at [MyAmericanFarm.org](http://MyAmericanFarm.org)



My American Farm is a great tool for after school programs. Here are some fun activities for schools, teachers and families in your community to start the conversation about beef. Support these activities with relevant information found in the My American Farm beef games, or online at [FactsAboutBeef.com](http://FactsAboutBeef.com).

### STRATEGIES FOR INCORPORATING MY AMERICAN FARM GAMES

- Pair an older student up with a younger student and have them play the Beef Heritage or Beef Nutrition game found at [www.myamericanfarm.org](http://www.myamericanfarm.org).
- If you have access to multiple computers, playing a game could be a reward for students after they have completed a project or a set homework time.
- If you have access to a computer with speakers and a projector, play a My American Farm game with the entire group! Students can take turns coming to the front of the room to operate the game.

### ACTIVITIES

#### THERMOMETER COLORING SHEET

Explain that ground beef (hamburger) should be cooked to 145 degrees. Provide students a handout with a blank thermometer, with markings labeled every 10 degrees. Have students color the thermometer to the correct temperature for ground beef preparation.

#### BUILD A BRAND

Have students look on their papers, binders, folders, and books. How do you know which ones are yours? Most likely you put your name somewhere on these items. That's the mark you put on them so you know which item belongs to you. Cattle producers do the same thing to mark their cattle, but instead of putting their name on cattle, they put a brand. A brand is usually placed on the shoulder or hip of the cattle. A brand is normally one or two letters or symbols arranged in a specific way. Each cattle producer has his or her own brand that is different from everyone else's. They put this brand on cattle so they know which cattle belong to which producer.

Show students sample brands found online. Have students choose from letters, numbers, or symbols (such as arrows going in any direction, straight bars, squiggly lines, hearts, etc.) to create their own brands.

#### COW ORIGAMI

Have students make simple origami cow heads. Simple instructions can be found at: <http://www.origami-make.com/easy-origami-cow.php>

Explain to students that cattle ranchers often use ear tags to identify specific animals. Depending on their system they'll use a combination of letters and numbers.





Show students a picture of an ear tag online, and have students design one out of paper to attach to their origami cow head.

### **HERD TAG**

Herd tag is a variation of the popular group game Amoeba Tag.

Two people start as “it”. They hold hands or link arms and chase people. They are the cow herd and the rest of the people are cows that are not part of the herd. Any person they catch joins the chain by linking hands or arms. When another person is caught they can stay together or split two and two, but they must split into even numbers. They can re-link together at will. This game is played until no one is left.

### **BREED SCRAMBLE**

Find pictures of common cattle breeds online (Examples: Angus, Hereford, Charolais, Brahman, and Shorthorn). Print 8x10 sized pictures of four or five common breeds. Cut them into puzzle shaped pieces (4-5 pieces per breed of cattle).

Give each student a puzzle piece and have them move around the room to piece together the breeds. The first team to have an entire picture pieced together wins.

After all the puzzles are put together, tell students the name of each breed. Explain that some breeds of cattle do better in different environments and each have different traits.

### **HERDING CATTLE**

This game should be played outside. Set up four cones that represent a holding pen for cattle.

Explain to students that sometimes ranchers need to move their cattle from rangeland (large open spaces) to smaller pens. They move their cattle by herding them, often on horses or with dogs.

Choose two students to be herders, the rest of the students will be cattle. The goal of the game is for the herders to move all the cattle into the holding pen. Share with the students that ranchers work hard to keep animals calm and safe at all times, and student “herders” must do the same. The cattle have to always move away from the herder, never towards them. You can have the students acting as cattle walk or crawl on their hands and knees. Once an animal is in the holding pen, he or she must stay there until the next round. You can play multiple rounds where there are more herders.

### **BEEF BY-PRODUCTS: WHEN IS A COW MORE THAN A COW?**

Go to [FactsAboutBeef.com](http://FactsAboutBeef.com) and download “There’s a Cow in My Marshmallow” found at <http://factsaboutbeef.com/2013/12/19/theres-a-cow-in-my-marshmallow/>.

Explain to students that there are beef by-products in many household items in addition to food! Share the “There’s a Cow in My Marshmallow” graphic.

Break students up into teams and have them go on a scavenger hunt to see how many items they can find around the room that have beef by-products in them. Have each group share what they found when the time allotment is over.





## COOKING PROJECTS

### TRAIL MIX FEED RATIIONS

Explain to students that when cattle are fed in feedlots, the feed is mixed according to a ration. A ration is like a recipe which provides the exact nutrients an animal needs. Some examples of cattle feed ingredients include: corn, alfalfa hay, grass, barley, and minerals.

Have students mix their own trail-mix using the following recipe:

2 cups pretzel sticks, 2 cups toasted oat cereal, 1 cup mini marshmallows, 1/2 cup milk chocolate candies, 1/2 cup raisins

Wrap Up: Remind students that, just like each ingredient has different nutritional value, so does each part in a cattle feed ration. It is important that we have a balanced diet. Cattle nutritionists work hard to ensure cattle have a balanced diet as well!

### BEEF TACO IN A BAG

- 1 pound lean ground beef
- 1 (1 ounce) package taco seasoning mix
- 4 (2.5 ounce) packages corn chips
- 2 cups shredded lettuce
- 1 chopped fresh tomato
- 1 cup shredded Cheddar cheese
- 1/3 cup salsa
- 1/2 cup sour cream

Place ground beef in a large skillet. Cook and stir over medium heat until browned. Drain excess oil. Mix in the taco seasoning and prepare according to the directions on the package.

With the bags unopened, gently crush the corn chips. Snip the corners off the bags using scissors and slit open the bags along the side edge. Spoon equal amounts of the beef mixture, lettuce, tomato, Cheddar cheese, salsa and sour cream into the bags on top of the crushed chips. Serve in the bag and eat using a fork.

Recipe source: <http://allrecipes.com/recipe/taco-in-a-bag/>

## FOUNDATION CONTACT INFORMATION

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