



# Beef

## The Beef Project

Are you responsible? Do others trust you to follow through with a commitment? Being responsible is a skill everyone should have. Learning to be responsible can start by caring for an animal. When you care for an animal, you are responsible for providing everything the animal needs. To do this, you need to know about your animal and how to take care of it.

Raising beef can be fun. Beef projects are suitable for young people of any age. Search for the best beef animal for your budget. Set goals for your project, and select an animal to achieve those goals. The most expensive beef animals are not always the best. You will not go out and buy a guaranteed champion. Develop your champion with your hard work at home.

### Beef Cattle Care Facts

- Farmers provide their beef cattle with drinking water every day.
- All beef cattle spend the majority of their lives grazing on green grass.
- Beef cattle eat corn and hay on the farm.
- Farmers and ranchers provide care for their beef cattle 24 hours a day, 7 days a week, 365 days a year.
- Animal health is a top priority for farmers and ranchers.
- Farmers and ranchers give beef cattle medicine when they are sick, just like kids get medicine when they are sick.
- More than 97% of beef cattle are raised on family farms and ranches.

Find the following words in the word search

WATER	R	M	H	B	K	N	R	H
GRASS	D	E	S	A	R	C	E	S
CORN	S	D	T	O	Y	A	C	S
HAY	A	I	C	A	L	Z	Z	A
CARE	Y	C	U	T	W	Y	W	R
HEALTH	J	I	H	S	Y	L	X	G
MEDICINE	O	N	Y	L	I	M	A	F
FAMILY	I	E	C	A	R	E	Z	N



### Did You Know?

- Beef cattle have four parts to their stomachs.
- The U. S. supplies 25% of the world's beef with only 10% of the world's cattle.
- The salivary glands of cattle, located beneath the tongue, produce 15-20 gallons of saliva per day.
- One cowhide can produce enough leather to make 20 footballs, 18 soccer balls, 18 volleyballs or 12 basketballs.

What do you call a sleeping bull?

- A bull dozer

What do you call it when one bull spies on another bull?

- A steak-out

# Beef has ZIP

Nutrients in some of your favorite foods, like beef, helps your body grow strong. So get your ZIP every day.

- **Z**inc helps you think and improves your memory.
- **I**ron carries oxygen to your blood to give you energy.
- **P**rotein keeps your muscles strong.

Have an adult help you in the kitchen to prepare this yummy beef recipe.

## Little Pizzas

Makes 8 pizzas

### Ingredients:

- 1/2 pound lean ground beef
- 16 ounces pizza or spaghetti sauce
- 1 can refrigerator biscuits
- 1 cup shredded mozzarella cheese



### Preparation

1. In a skillet, brown ground beef over medium heat 8 to 10 minutes or until meat is no longer pink, stirring occasionally. Pour off drippings. Add pizza or spaghetti sauce and simmer until warm.
2. Flatten each biscuit into an individual pizza crust and place on a baking sheet. Spoon sauce over the dough. Top with shredded cheese.
3. Bake for 15 to 20 minutes at 350 degrees.

# Fun Facts about Beef

- Beef cattle produce about 25 billion pounds of meat each year.
- On an average a calf (baby) will weigh 70-80 pounds at birth.
- Beef cattle eat about 40 pounds of food and drink 30 gallons of water every day.
- Beef cattle have an excellent sense of smell. They can detect odors up to six miles away.



Visit our website: [www.LSUAgCenter.com](http://www.LSUAgCenter.com)

**William B. Richardson, LSU Vice President for Agriculture**  
 Louisiana State University Agricultural Center  
 Louisiana Agricultural Experiment Station  
 Louisiana Cooperative Extension Service  
 LSU College of Agriculture

Pub. 3506 (250) 8/17 rep.

The LSU AgCenter and LSU provide equal opportunities in programs and employment.

# Cowboy Code

1. Beef is a good source of  $\frac{\quad}{16} \frac{\quad}{18} \frac{\quad}{15} \frac{\quad}{20} \frac{\quad}{5} \frac{\quad}{9} \frac{\quad}{14}$ .
2. Protein helps build strong  $\frac{\quad}{13} \frac{\quad}{21} \frac{\quad}{19} \frac{\quad}{3} \frac{\quad}{12} \frac{\quad}{5} \frac{\quad}{19}$ .
3. Beef is a part of the  $\frac{\quad}{13} \frac{\quad}{5} \frac{\quad}{1} \frac{\quad}{20}$  group.
4. Beef is part of a  $\frac{\quad}{8} \frac{\quad}{5} \frac{\quad}{1} \frac{\quad}{12} \frac{\quad}{20} \frac{\quad}{8} \frac{\quad}{25}$  diet.
5. For good health, you need to  $\frac{\quad}{5} \frac{\quad}{24} \frac{\quad}{5} \frac{\quad}{18} \frac{\quad}{3} \frac{\quad}{9} \frac{\quad}{19} \frac{\quad}{5}$  every day.

Use this chart to decode the answers in the puzzles above

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Reference: 2013 LSU AgCenter Livestock Handbook; Beef2live.com; [www.extension.purdue.edu](http://www.extension.purdue.edu); [www.farmers-care.com](http://www.farmers-care.com); [www.ohiobeef.org](http://www.ohiobeef.org)



Visit our website: [www.LSUAgCenter.com/4hprojects](http://www.LSUAgCenter.com/4hprojects)

Louisiana 4-H is an educational program of the LSU AgCenter.