



KANSAS CORN  
**STEM**

5

KANSAS  
**BEEF**  
.ORG



KANSAS CORN  
**STEM**

8

KANSAS  
**BEEF**  
.ORG



KANSAS CORN  
**STEM**

3

KANSAS  
**BEEF**  
.ORG



KANSAS CORN  
**STEM**

6

KANSAS  
**BEEF**  
.ORG

## ANGUS

Black Angus - Angus is one of the most recognized cattle breeds, characterized by their black hides. They are popular with farmers and ranchers because they are good mothers and are very good at converting their feed into high-quality meat.

Red Angus - Yep, you read right. There are red Angus cattle! Although they are not raised as widely as black Angus, the beef Red Angus cattle provide offers similar marbling and flavor. These cattle are more heat tolerant than their black-hided relatives and are a docile cattle breed with good mothering traits.



## CHAROLAIS

Charolais cattle, (pronounced “char-lay”) originated from France and were brought to the U.S. in the mid-1930s. Charolais are generally white or creamy white in color. Charolais cattle can withstand cold temperatures relatively well and they are more heat tolerant than darker hided breeds.



## HEREFORD

The Hereford breed, (pronounced “her-furd”) was developed in England nearly 250 years ago by farmers who needed cattle that were good at converting native grass into lean muscle. They are generally a reddish-brown color with white markings, especially on their face.



## SIMMENTAL

The Simmental cattle breed is one with multiple color variations – there are both red and black Simmentals. They were introduced to the United States in the late 19th century because of their docility and mothering abilities.



## Red, Black or Cream – All Beef is Nutritious

While there are many physical differences between the various cattle breeds in the United States, they have one thing in common: all breeds yield nutritious, wholesome beef that can be part of a healthy dietary pattern. So, don't get hung up on the breed of beef on the menu, focus on the cut you are choosing and remember to pair it with a variety of whole grains, fruits and veggies for a well-rounded, delicious meal.

Sources:

<https://www.beefitswhatsfordinner.com/raising-beef/production-story>

<https://www.beefboard.org/producer/161227Popular-Cattle-Breeds-Landing-Page.asp>



# Do you know your **ABC's**? Try it out with cattle breeds!

## Beef Lifecycle

Scan the QR code or go to:

<http://www.beef.org/beef-lifecycle/index.html>





Hundreds of thousands of cow-calf farms and ranches, most family owned and located in all 50 states, breed cattle and raise calves.

The cows nurse their calves and eventually the calves graze on grass pastures within sight of their mothers.



Many calves leave the farm or ranch where they were born and are sold at livestock auction markets to stockers and backgrounders between six and twelve months of age. Advances in technology now allow auctions to be hosted through video and the internet, as well as in person.




Calves transition from a diet of mostly milk, to eating a variety of grasses, hay and other plant-based feeds. Calves may move to stocker or backgrounder farms and ranches, where supplemental feed is provided, including vitamins and minerals, to meet their changing nutritional needs as they grow.



Mature cattle spend four to six months at a feedyard being fed a scientifically-balanced diet and receiving daily care from nutritionists, veterinarians, and pen riders. Cattle have constant access to water and eat at feed bunks containing a balanced diet that may include grains (eg: corn, wheat, soybean meal), roughage (eg: hay and grass) and local renewable byproducts (eg: distillers grains and beet pulp). Some spend the rest of their lives on a pasture being grass finished.







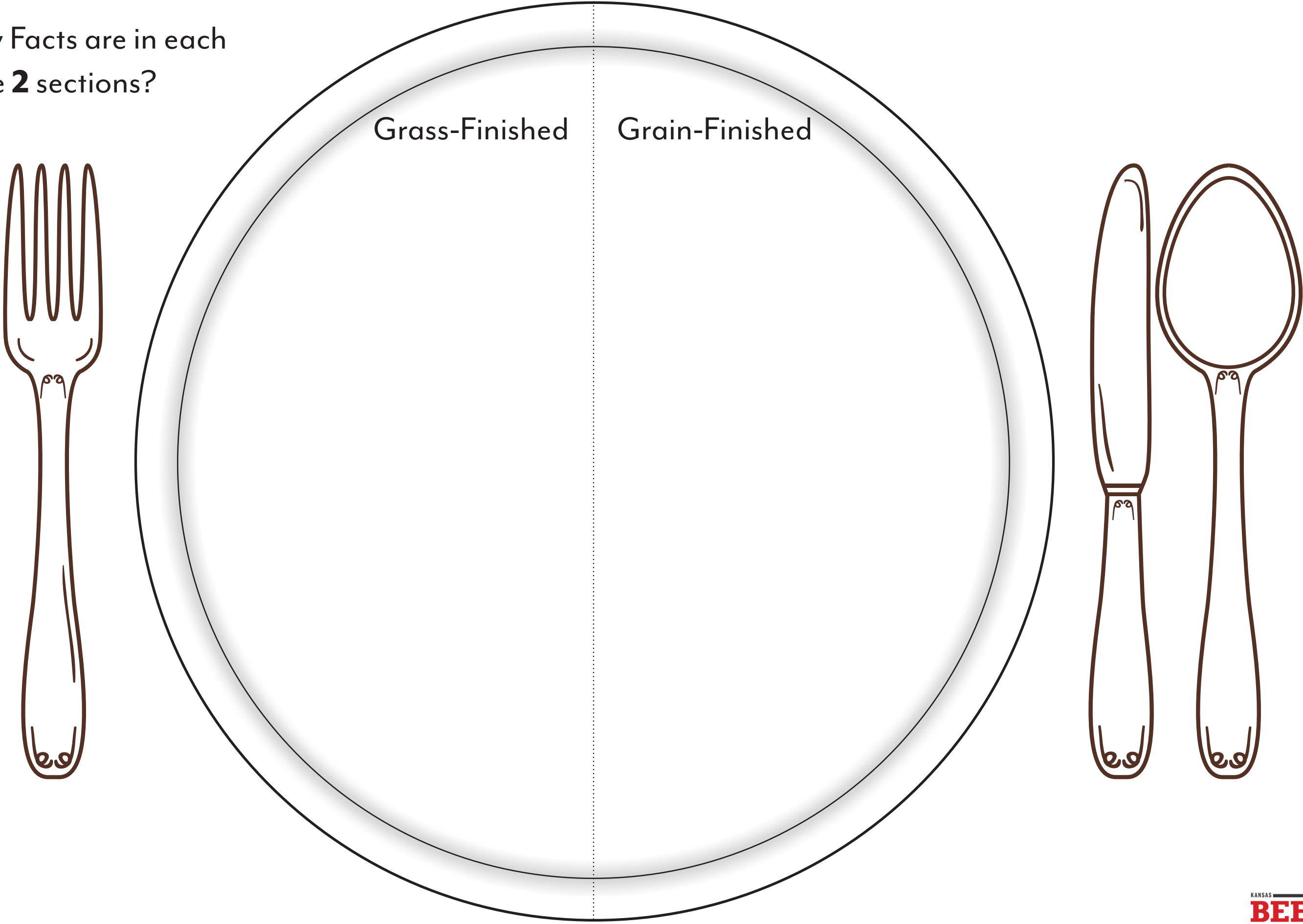
Once cattle reach market weight at 18 to 24 months of age, they are sent to a packing plant, also called a processing facility. United States Department of Agriculture (USDA) inspectors oversee the implementation of safety, animal welfare and quality standards from the time animals enter the plant until the final beef products are shipped to grocery stores and restaurants in the U.S. and abroad.



Retailers and foodservice operators sell beef in supermarkets and restaurants. Consumers can be assured that all beef provides an excellent source of high-quality protein and supplies 9 other essential nutrients including B-vitamins, zinc, and iron that support an active and healthy lifestyle.



How Many Facts are in each of the **2** sections?





Spend 4-6 months at a feedyard eating a balanced diet of grains, local feed ingredients, like potato hulls or sugar beets, and hay or forage



Spend the majority of their lives eating grass or forage



Most beef is raised this way and likely doesn't have a specific label claim.



May or may not be given FDA-approved antibiotics to treat, prevent or control disease and/or growth-promoting hormones



Grain feeding can result in beef with increased levels of monounsaturated fat



Spend their whole lives eating grass or forage



May also eat grass, forage, hay or silage at a feedyard

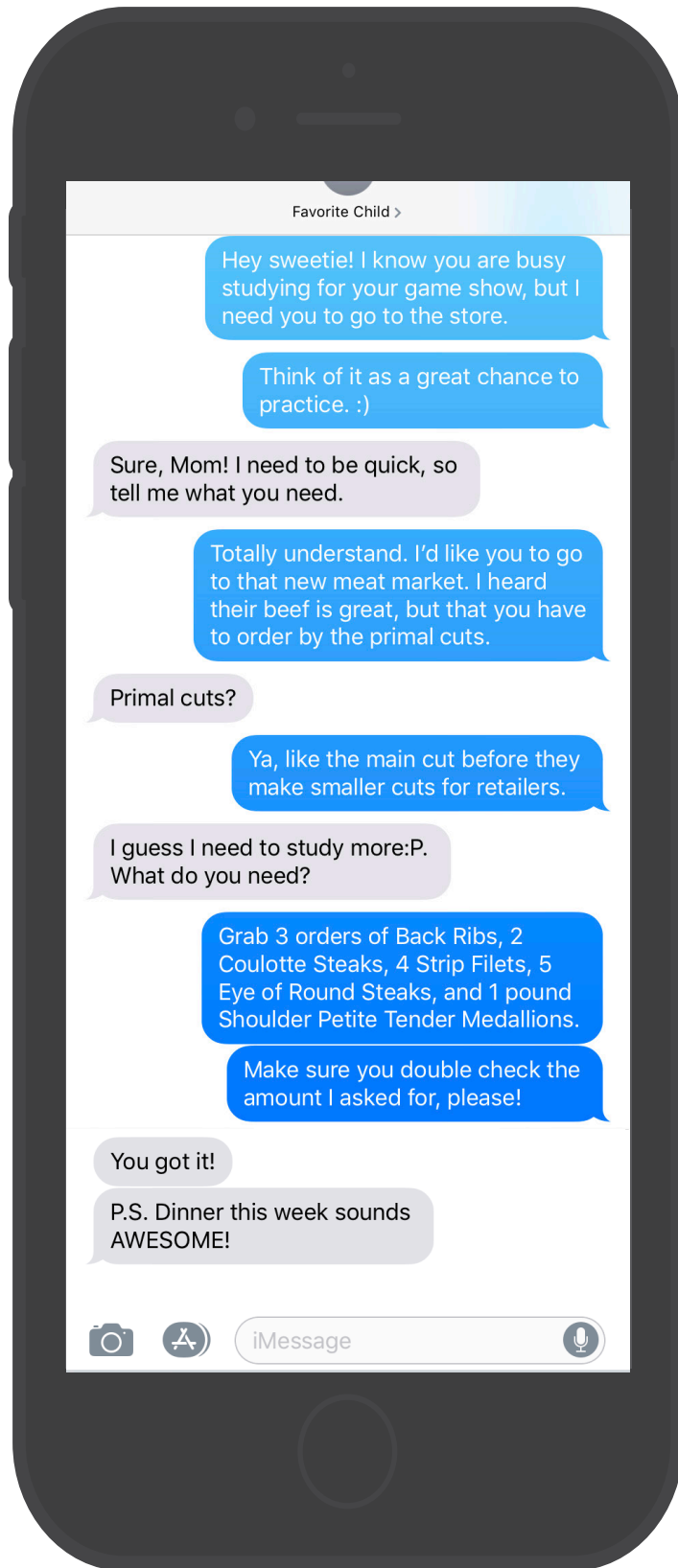


May or may not be given FDA-approved antibiotics to treat, prevent or control disease and/or growth-promoting hormones

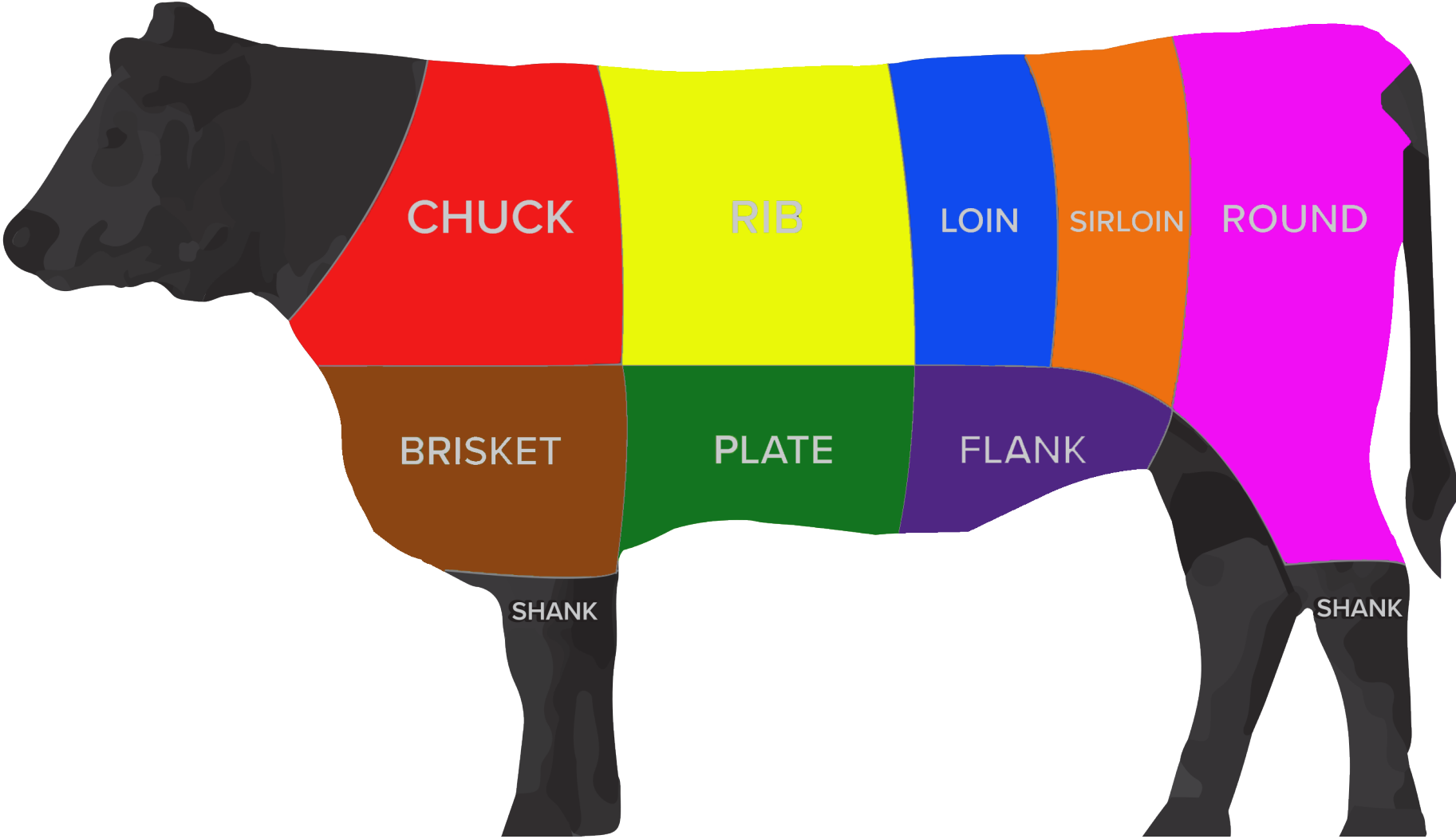


Beef cuts tend to be marginally lower in fat than those from grain-finished beef, mostly at the expense of monounsaturated fats, the heart healthy fats found in olive oil.









CHUCK

RIB

LOIN

SIRLOIN

ROUND

BRISKET

PLATE

FLANK

SHANK

SHANK

**We were “udderly” awesome!**



**We're also good  
at "cow-culus"!**



# Beef Masters!



**Our teacher “steered” us  
in the wrong direction!**





**We are not “amoosed!”**



**The “steaks” were too high.**





**Just call me “Sir-Loin”!**



# PRODUCTS MADE FROM CATTLE

## BRAIN

Anti-aging cream  
Medicine

## BONES

Refined sugar  
Charcoal  
Fertilizer  
Glass

## HAIR

Hair  
Air filters  
Brushes  
Felt  
Insulation  
Plaster  
Textiles

## SKIN

Gelatin  
Flavorings  
Sheetrock  
Adhesives  
Medicines  
Candies & confectionary

## FAT

Chewing gum  
Candles  
Detergents  
Fabric softener  
Deodorant  
Shaving cream  
Perfume  
Cosmetics  
Creams & lotions  
Crayons  
Paint  
Oils & lubricants  
Biodiesel  
Plastics  
Waterproofing agents  
Cement  
Ceramics  
Chalk  
Explosives  
Fireworks  
Matches  
Fertilizer  
Antifreeze  
Insulation  
Linoleum  
Rubber  
Textiles  
Medicines

## BLOOD

Imitation eggs  
Cake mixes  
Dyes and inks  
Adhesives  
Minerals  
Medicines  
Laboratory research materials

## HOOVES/HORNS

Adhesives  
Plastics  
Pet food  
Plant food  
Photo film  
Shampoo  
Conditioner  
Lamination  
Wallpaper  
Plywood

## INTERNAL ORGANS

Instrument strings  
Tennis racket strings  
Hormones, enzymes,  
vitamins & other  
medical materials

## MILK

Adhesives  
Plastics  
Cosmetics  
Medicines

## MANURE

Fertilizer  
Nitrogen  
Phosphorus

