What do cattle eat?

Cattle raised on ranches graze on the range, and cattle raised on farms graze on pasture. Calves gain 50-70% of their final weight before they are weaned from their mother by consuming primarily their mother’s milk and grazing on the same land that their mother’s graze. After weaning, cattle are fed hay, silage, grain and food processing by-products such as cottonseed meal, citrus pulp, tomato pulp, potato peels, sugar beet pulp, almond hulls, cereal by-products, soy hulls, or canola seed hulls. Most cattle feed is produced on non-irrigated land.

Beef Vocabulary

Heifer – young female from the time she is born to just before she has had a calf
Cow – female after she has had a calf
Bull – male
Steer – neutered male
Polled – without horns
Cloven hooves – Hooves split in the center or a two-toed hoof
Feedlot – a fenced-in area where cattle are fed concentrated feed for the last 300-400 pounds of their growth
Cud – cattle graze or eat quickly and then bring up a small amount of food to chew into very tiny pieces. They spend many hours chewing this food, which is the cud
Wean – process of removing a mammal from nursing on milk
Four Parts in One

Pretend you are going to the fair today. What would you eat? Two hot dogs? Four caramel apples? How about 320 cans of soda? What? You can’t drink 320 cans of soda at once! A steer can! On average, a beef animal drinks 30 gallons of water a day. That equals about 320 cans of soda! A full grown steer eats about 25 pounds of feed each day too! They eat corn and hay though… not hot dogs and caramel apples.

Cattle, sheep and goats are called ruminants (ROOM•IN•UHNTS). They have a special stomach so they can digest roughages (grass or hay). There are four compartments in the ruminant stomach called the 1) rumen (ROOM•EN), 2) reticulum (REH•TICK•YOU•LUM), 3) omasum (OH•MAY•SUM), and 4) abomasums (AB•OH•MAY•SUM).

Have you ever eaten these cuts of beef?
See if you can find them at your grocery store.

Pot Roast • Sirloin Steak • Ground Beef • Rib Eye Steak
Tenderloin Steak • Round Roast
Read About Breeds

Just as there are different breeds of dogs, there are different breeds of cattle. Today’s cattle are often crossbred to produce certain characteristics. This helps improve the quality of the farmer’s product. Write the correct picture number next to the breed descriptions below.

Hereford: Red body with a white face, belly, feet, and tail switch ___

Angus: Black (but sometimes red) ___

Shorthorn: Red, white, red-and-white spotted, or roan (red and white mixed) ___

Charolais: White and thick-muscled ___

Simmental: Yellow-brown with white markings ___

Cattle Toss

Many fairs and carnivals have special places where you can ride Ferris wheels and play games. Did you know that you can find cattle there too?

That’s right. The balls you throw to knock down glass bottles are probably made from leather, which comes from cattle. The hide from one steer can make 144 baseballs, 20 footballs, or 12 basketballs. Companies that make sports equipment use more than 100,000 hides each year.

Make a list of other sports equipment that you think is made from cows. Compare the size of the equipment on your list to size of the baseball, football, and basketball. How many pieces of your equipment do you think come from one hide?
Beef Has ZIP

Nutrition News

Beef is a good source of ZIP! What is ZIP? ZIP stands for Zinc, Iron, and Protein. These three nutrients are especially important for girls and boys in their growing years.

Zinc is a mineral the human body needs to grow, learn, heal, and keep itself healthy. Zinc is also important for attention, short-term memory, and problem solving. Lean beef is one of the best sources of zinc.

Iron is another mineral important to human health. Iron is needed for the blood to carry oxygen to cells. Without enough iron humans get tired, weak and grouchy. Older girls need extra iron and only 40 percent get enough.

Protein is needed to build muscles, nerve tissue, blood, enzymes, hormones, antibodies, and organs. Protein is needed to build, repair and maintain the body. Protein is made up of amino acids. About 20 different amino acids can be found in protein. The body makes all but 9 of these amino acids. These are considered essential amino acids. No single plant food contains all of these essential amino acids. Animal sources of protein do contain all 9 essential amino acids. Animal sources of protein are considered complete protein while plant sources of protein are considered incomplete.

Does beef provide any other nutrients? Yes, beef also provides B complex vitamins such as niacin, riboflavin and B\textsubscript{12}. B vitamins are needed to release the energy in foods eaten. Beef also provides selenium and phosphorous.

THE NUTRITIONAL ADVANTAGE OF BEEF

**ZINC**
3 ounces of beef = Almost 12 (3 ounce) servings of tuna

**B\textsubscript{12}**
3 ounces of beef = 7 (3 ounce) servings of chicken breasts

**IRON**
3 ounces of beef = 3 cups of raw spinach

**RIBOFLAVIN**
3 ounces of beef = 2\(\frac{1}{3}\) (3 ounce) servings of chicken breasts

**THIAMIN**
3 ounces of beef = 1\(\frac{3}{4}\) (3 ounce) servings of chicken breasts

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