

Junior Ag Mag

Beef: A Cut Above the Rest

There are lots of beef cattle in Illinois. Beef cattle give us meat called beef. Eating beef is good for your body! Beef keeps you strong and healthy.





Benefits

Beef is full of nutrients. Nutrients make it healthy for your body. Beef gives you **zinc** to keep you from getting sick. Beef gives you **iron** to help your body use oxygen. Beef gives you **protein** to make you strong. **What is your favorite way to eat beef?**



CARING FOR CATTLE

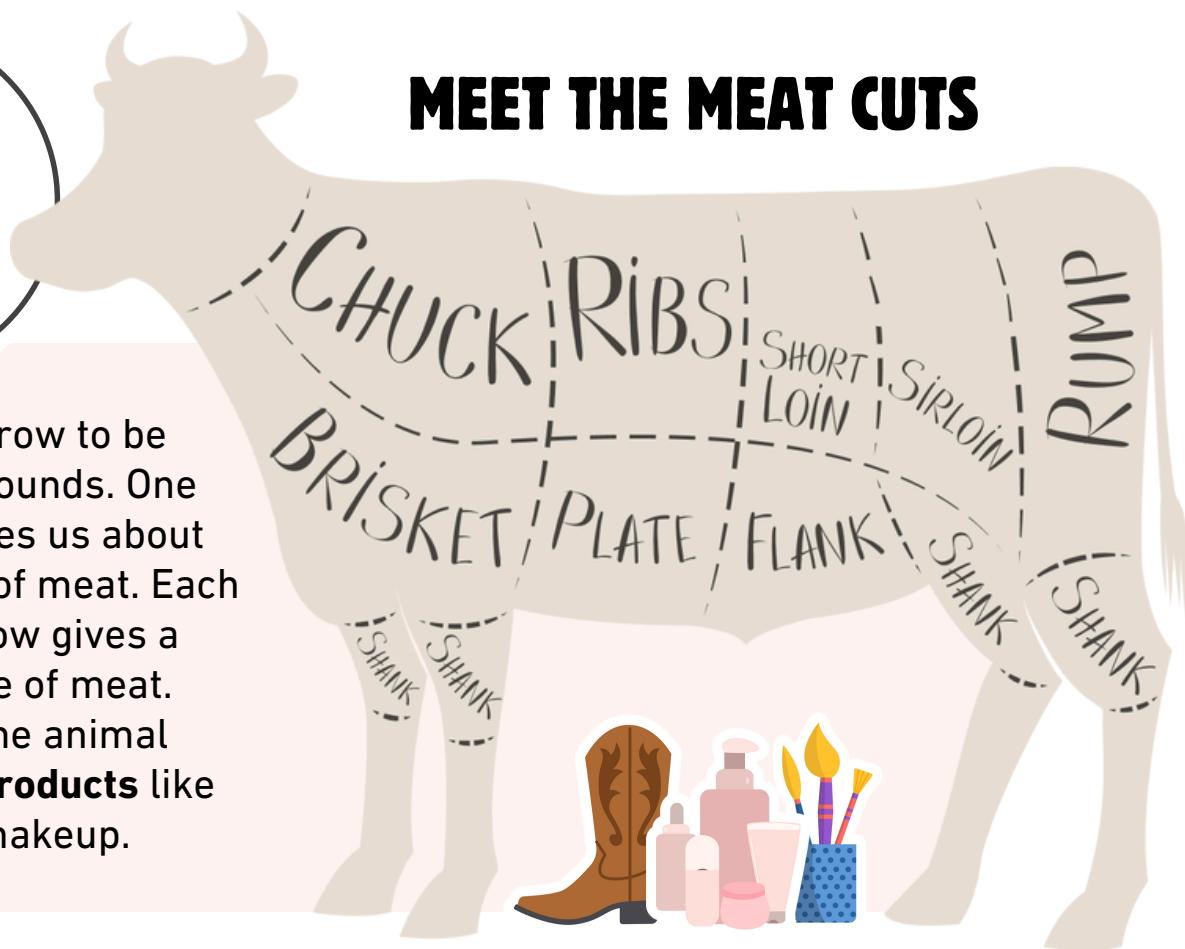
There are 330,000 beef cows in Illinois. Farmers work hard to keep them happy and healthy. Some cattle are raised on grass pasture. Some cattle live in big groups on **feedlots**. Beef cattle eat grass hay and a mix of ground up soybeans and corn. Cattle are **ruminants**. They have a special stomach. This is why they chew their cud. Cattle chew cud for 8 hours a day!





MEET THE MEAT CUTS

Beef cattle grow to be over 1,000 pounds. One beef cow gives us about 500 pounds of meat. Each part of the cow gives a different type of meat. The rest of the animal gives us **byproducts** like clothing or makeup.



MEET A MOO-VELOUS BEEF FARMER

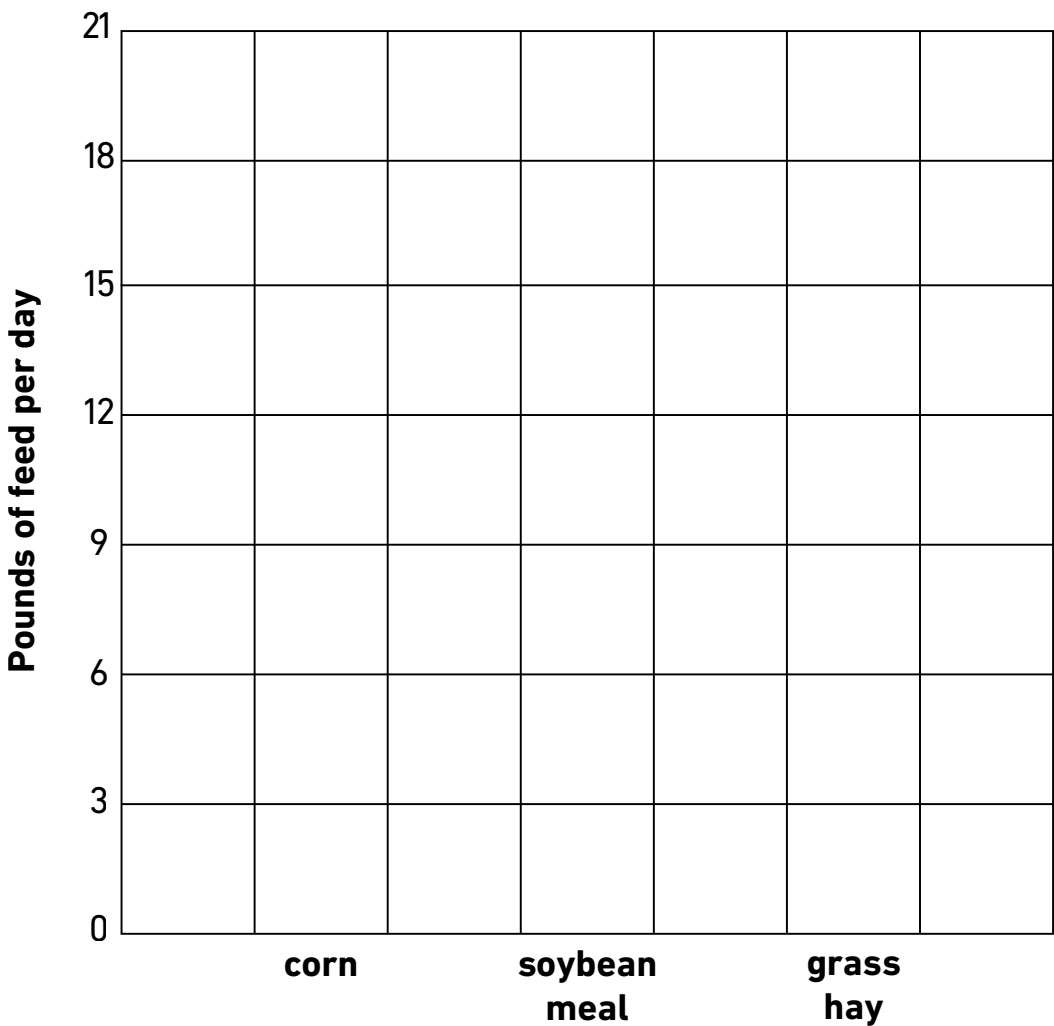


This is Carl O'Connor. He raises Angus cattle for beef in Wataga, Illinois. His favorite part of cattle farming is keeping his cows healthy and safe.

NAME: _____

MOO MATH


Using the key below, fill in the bar graph to show how much a beef cow eats in a day.



KEY

In one day, a 1,000-pound beef cow eats...

3
pounds of
 **corn**
(grain)

3
pounds of
 **soybean meal**
(protein)

20
pounds of
 **grass hay**
(forage)