

FIND THE BEEF TERMS

- Apron

Chili

Grill

Ground Beef
- Hamburger

Iron

Kabob

Marinade
- Protein

Seasoning

Spatula

Steak
- Tacos

Tongs

Zinc

L P C G B A E J N O R I

M R S E A S O N I N G Z

A O K B N F R R P K A L

R T S N O E L E C R L Y

I E G T R E L G N B U A

N I N X P B I R I R T G

A N O E A D R U Z R A S

D S T B L N G B Y Z P O

E F S F U U S M V C S C

S T E A K O K A B O B A

O G R L N R V H R P H T

G Y N G B G I L I H C U

WORK YOUR BUNS OFF

Can you rearrange the letters to spell ingredients of a

burger?

- unb
- telucte
- omatoe
- eseche
- urgreb
- ionon
- iclepk



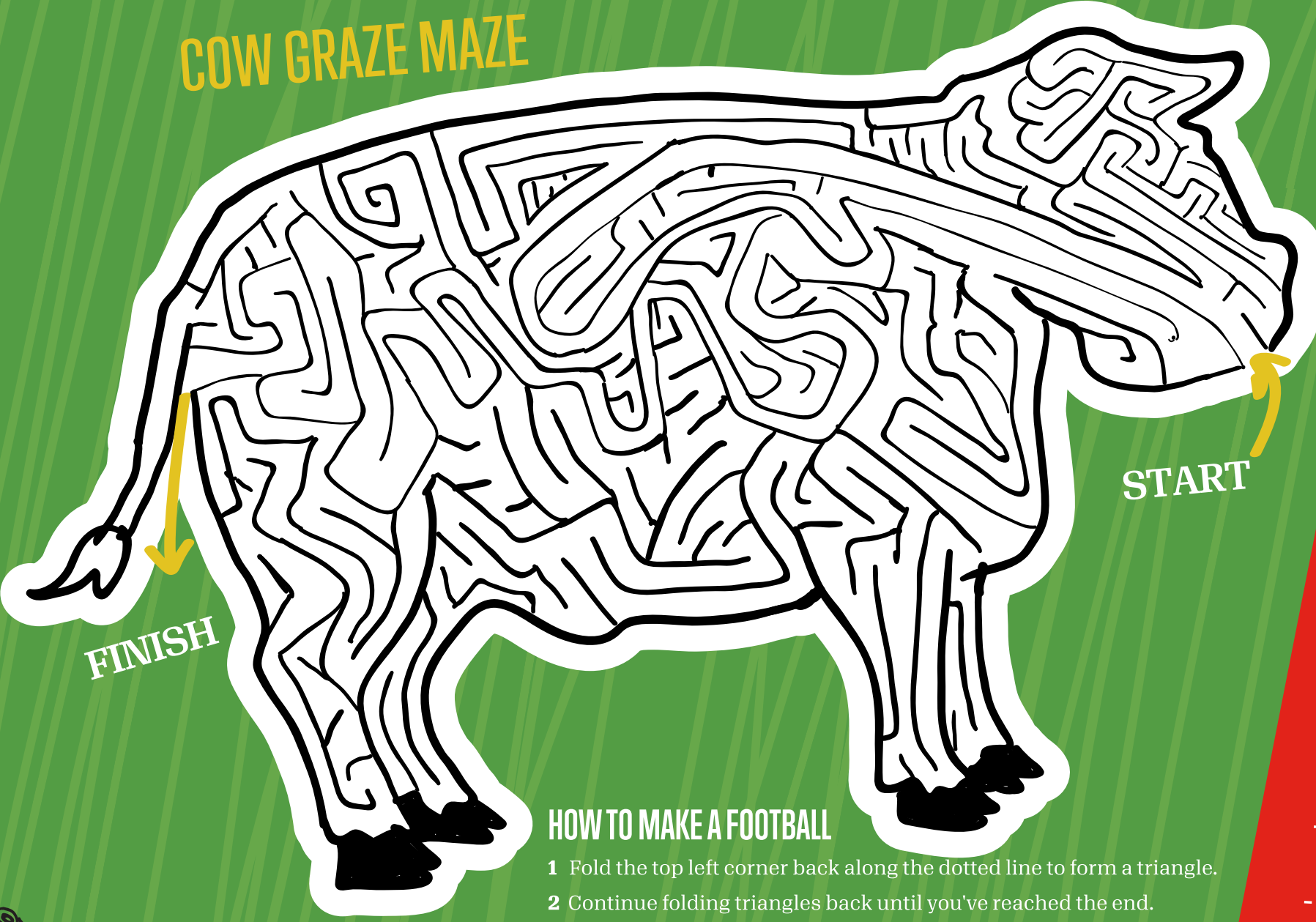
THE STARS AT NIGHT...

are big and bright *clap clap clap* deep in the heart of Texas

The Texas sky is famous for bright stars. Groups of stars are called constellations. One of the most famous is Taurus. Connect the dots to see what it is.



COW GRAZE MAZE



HOW TO MAKE A FOOTBALL

- 1 Fold the top left corner back along the dotted line to form a triangle.
- 2 Continue folding triangles back until you've reached the end.
- 3 Tuck the last triangle into the pocket created by the first triangle.

THIS AIN'T! NO BULL

Cows can...

- chew 40,000 TIMES a day
- smell things 6 MILES away
- chew food 8 HOURS a day
- sleep while STANDING UP
- make 2,000 BURGERS
- makes 125 POUNDS of spit
- make 144 BASEBALLS



Last week, when the weather was _____ and _____ (adjective) _____ out, _____ (adjective) _____ (name) and I planned to go to _____ (place) . So we made a(n) _____ (vehicle) _____ out of the _____ (noun) _____ (adjective) box. We had to pack our _____ (noun) _____ (adjective) journey. We ate frozen _____ (food - plural) because a _____ (noun) was jammed into our stove. We went to _____ (verb) the mountains. I _____ (verb - past) into a puddle and got my _____ (type of clothes) all muddy. It made a _____ (noise) sound every time I _____ (verb - past) . We spent the night in our _____ (same vehicle) . That night, we saw a(n) _____ (adjective) _____ (noun) in the stormy sky over the mountains. _____ (same friend) loved the show. The next day at _____ (time of day) we went to _____ (place) to eat. They only had _____ (insect plural) and _____ (food - plural) with _____ (color) gravy. Luckily, a guy in the parking lot was grilling burgers. After eating, I hollered " _____ (something you shout) !" It is time to head back home. Our _____ (animal) needs _____ (drink) . So we all packed up our _____ (noun - plural) and _____ (verb - past) home.

ONE COW HIDE CAN MAKE 20 FOOTBALLS

MEAL TIME MEMORIES



Meatloaf Monday



Taco Tuesday



Wacky Wednesday with Breakfast for Dinner



Crock Pot Thursday



Pizza Friday



GATHER 'ROUND

A Texan, Charles Goodnight, invented the chuckwagon in 1866. This custom wagon had a cupboard at the rear. The back swung down to form a table. With shelves and drawers, this mobile kitchen had everything to prepare and serve three meals a day for the hungry crew.

The trail boss, the cook and crew, all endured wicked weather and beastly working conditions. It was a hard life as they worked long days and slept short nights. At the chuckwagon cowboys gathered to eat, rest and to tell stories... just like your dinner table.



MY PLATE

Label each section of MyPlate:
Dairy, Fruits, Vegetables,
Grains, Protein.
Can you name
2 examples of each?



Across

1. Product used to make shoes and purses

5. A collective name for a group of cows

6. A person who raises cows

7. Cooking beef outside in the summer

9. Directions on ways to prepare beef

10. A large place where cows are raised

Down

2. America's favorite beef dish

3. Beef supplies our bodies with many of these

4. A male cow

7. Term for meat from cows

8. An essential nutrient beef gives our bodies



Activity Guide



How many burgers
CAN A COW MAKE?

HOW FAR AWAY
can a cow
smell?

NOW THAT YOU KNOW ALL ABOUT BEEF,
WE WANT TO HEAR FROM YOU!

With the help of a parent, share your favorite meal-time memory to receive a special Beef Loving Texans kids' gift pack. It can be silly, sweet, or anywhere in between, just as long as it's yours!

BeefLovingTexans.com/family-mealtime
TO ENTER!



BeefLovingTexans.com



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