# FUN FARM FACTS

## HOW WELL DO YOU KNOW YOUR BREEDS?

Match the breed name with the picture that it belongs to.

A___

D___

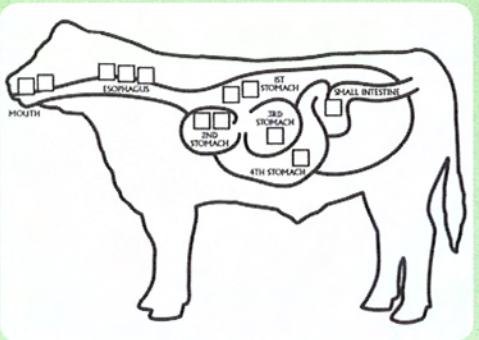
B___

1. Hereford
2. Brahman
3. Longhorn
4. Angus
5. Simmental

C___

E___

## RUMINANTS RECYCLE AND CONSERVE




Cattle and other ruminants are nature's models for food energy conservation. Ruminants have unique stomachs with four cavities that allow them to eat products that other animals find inedible

COLOR ME

## BEEF VOCABULARY

**These words are common in the beef industry but uncommon to you:**

**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
**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
**Cloven Hooves** — hooves split in the center or a two-toed hoof
**Wean** — process of removing a mammal from nursing on milk

## BEEF NUTRITION

### BEEF HAS ZIP!

**Nutrients** in some of your favorite foods actually **help your brain grow and develop**. So, get your ZIP every day!

**Zinc** helps you think and improves things like memory and paying attention. At the same time it's helping to increase your brain power, zinc helps heal your injuries and strengthens your body to fight colds.

**Iron** helps your brain by supplying oxygen. People with less iron in their diet score lower on problem-solving tests. You also need iron to fuel everyday physical activity. Without enough iron in your diet, it's hard to perform your best on the field and in the classroom.

ZIP 4 Tweens

**Protein** builds and repairs all your body's tissue and keeps your muscles strong. Protein can also be a source of energy for your body.

## 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.

### DID YOU KNOW?

One cowhide can either be made into 144 baseballs, 20 footballs, 18 soccer balls, 18 volleyballs, or 12 basketballs.

BEEF Brought to you by the Beef Checkoff Program

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