

Educational Materials Item Descriptions

Kids MyPyramid Poster and Tear Pad - A [kid friendly food guide](#) which was developed by the United States Department of Agriculture. This kid-friendly guide targets children aged six to eleven.

Safe Food Journey Poster – Detailing the journey food makes from the farm to student’s homes, this colorful educational poster provides processes to promote a safe food supply at every stop. This includes instructions for proper handling of food once the food arrives home.

Beef-A-Gram – Four-sided activity sheet

Things We Can Learn From A Cow And A Worm – The educational poster with accompanying activities demonstrates the positive role ruminants, especially cattle, play in our environment.

The Zip Team Adventure Activity Comic- This is a fun comic booklet for kids. The booklet includes a word search, word scramble, matching game on beef nutrition and food safety plus two fun kid recipes.

Celebrate America -This program is designed to supplement the social studies curriculum. It provides students the opportunity to explore the foods and traditions of their own individual cultural backgrounds and gather information about how and when their families came to America. The kit includes a video, leader’s guide containing activity masters, and a full-color food pyramid poster.

Choose Well Toolkit – Teach 4th and 5th grade students about healthy eating and fitness with eight activities, all aligned to the standard math curriculum. The kit also includes a teacher backgrounder, the video, *Food!*, an action computer game, and handouts for parents.

Fueled For Flight – The kit helps 5th and 6th grade students learn math and science skills using a space shuttle as the theme. To relate these skills to their everyday lives, nutrition and exercise are often used to make analogies between key concepts.

Beef in Brief – Along with background information on how cattle came to America, Beef in Brief tells the farm-to-fork story of beef production. Topics covered include nutrition, food safety, animal welfare, environmental impact and by-products. This kit can be used in social studies, science or language arts middle school classes. The six activities include language arts exercises to improve skills.

MyPyramid – Both the poster and tearpad sheet depict the new MyPyramid, which was developed by the United States Department of Agriculture and the Department of Health and Human Services.

Take a Cook on the Wild Side - This video kit is designed to help junior and senior high students learn about food safety and nutrition and also includes information on beef preparation. Each of the five lessons align with the National Standards for FACS Education (1998). The kit includes a 20-minute video, a 16-page leader’s guide, eight blackline masters, a beef Retail Cuts poster, and the Basics About Beef booklet.

Basics About Beef - This colorful 24-page booklet for FACS students covers the nutritional benefits of beef as well as all aspects of buying, storing, preparing and serving beef. The booklet also contains word puzzles, which offer an interesting way to reinforce and review the information found in the booklet.

What’s Up With ZIP 4 Tweens Bookmark – This bookmark displays the Zip 4 Tweens website for girls and boys. A recipe for Taco Beef Nuggets with Sombrero Dipping Sauce is on the back.

Fight BAC brochure – Demonstrates the four simple steps to food safety including clean, separate, cook and chill. Also gives table showing correct internal temperatures for properly cooked proteins, including beef, veal, lamb, pork, poultry and eggs.

Choose Your Calories By the Company They Keep – A detail of the nutrients that a 3 ounce serving of lean beef contributes to a 2000 calorie diet.

Beef Has a Competitive Advantage – A nutritional comparison of a 3 ounce serving of beef versus other nutrient sources.

Twenty-Nine Ways to Love Lean Beef – A graph that compares the 29 cuts of beef that meet the Government Labeling Guidelines for Lean or Extra Lean.

Popular Beef Cuts are Leaner than You Thought – Provides information on popular cuts of beef found in restaurants and the grocery store that meet government guidelines for lean; Graph of nutrients in beef that carry the “excellent” or “good” distinction.