



PASTURE TO PLATE EDUCATION COMPONENT:

As part of the **Mo Beef Mo Kids program**, students can learn about beef production from pasture to plate. Three 45-minute sessions provide an overview of the beef industry and benefits of beef as part of a healthy and active lifestyle. Each unit is designed to connect the dots between food we eat and the farm families who provide and raise our food. Mo Beef Mo Kids team members will deliver lessons in classroom or virtually through online platform.

OBJECTIVES OF THE THREE-PART SERIES

LESSON 1

-  Students will learn about the importance of agriculture and overview of Missouri's beef industry.
-  Students will learn about the roles farm families play in providing beef on our plate.
-  Students will learn about the four on-farm stages of the beef life cycle.

LESSON 2

-  Students will identify the journey of beef between feed yards and consumers.
-  Students will learn about beef byproducts and their place in our world.
-  Students will compare careers involved in beef production.
-  Students will learn about today's technology and the role it plays on the farm.

LESSON 3

-  Students will learn about beef cuts and cooking/eating application.
-  Students will identify beef's essential nutrients and the role protein plays in supporting overall health.

Each lesson has a hands-on component designed to reinforce lesson in a fun and engaging way.

ABOUT

The **Mo Beef Mo Kids Mo Fit (MoBKF)** program connects schools and their food service professionals to cattle farmers and ranchers to “beef” up school lunches. Our goal is more beef, more often, while implementing food and nutrition education in the classroom. This powerful partnership highlights the important message and journey of food and nutrition, while adding important protein to a student's diet.



For more information about the program or to participate, please contact us at info@mobeeffkids.com.
MoBKF is supported through the beef checkoff and by more than 50,000 Missouri farmers and ranchers