Cloverbuds: Cook With Pyramid Chef

Lesson 5: Eating A Variety of Beef Foods and Raising Beef Cows in Virginia

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Hi! My name is Pyramid Chef. My job is to teach you how to make healthy food choices every day. Today, my friends and I will talk about the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group.

You need to eat 2 to 3 servings from this food group every day. These foods help your body stay healthy and active.

Rufffff, Rufffff! My name is Pyramid Pup. I like to eat a variety of foods from all parts of the Pyramid. The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group has many different foods. These foods give your body two main nutrients called protein and iron. We need them to help us play and run.

The Food Guide Pyramid shows you how to eat a variety of foods every day. Where is the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group? Circle it on the pyramid.

I remember to eat 2 to 3 servings of these foods by looking at my paw. You can look at your hand! The palm of the hand is meats. Meat foods come from animals such as cows (beef), pigs (pork), and lamb. The fingers are the poultry, fish, dry beans, eggs, and nuts. Now that is easy to remember!

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Beef foods are my favorite foods to eat. Let's find some of my favorite beef foods. Complete the missing letter game below to correctly spell the names of beef foods.

Where's the Beef?

H M U R E M A T O A E S E K
M E T B A L S A U A E H D O
O A T E F

What is a serving size? It is an amount of food that is equal to one serving of food. For example, one serving of beef is equal to about 4 ounces of uncooked meat. This is about equal to the size of the palm of a woman's hand or the size of a deck of cards.

1 serving size = 1 regular hamburger
= 1 beef hot dog
= 2 slices of beef bologna

What is a protein-rich food? Beef is a great protein-rich food. It is Pyramid Pup's favorite food! Here is my friend Mr. Protein to tell you about how he helps your body.

Hi! I am Mr. Protein. I build and repair your body. I am a "pro" at it! But you have to help me. You need to eat 2 to 3 servings of protein-rich foods, then I can do my work in your body!

Proteins are made of 22 building blocks to build and repair your body. Beef has all 22 building blocks!

Protein is found in animal and plant foods. Proteins in animal foods have all 22 building blocks that your body needs. For example, beef from cows has all 22 building blocks. This also is called a complete protein.

Proteins also are found in some plant foods; for example, nuts, dried beans, and grains. Plant proteins do not have all 22 building blocks. This is called an incomplete protein. You have to eat two plant proteins together to make a complete protein.

Protein Power

1. Circle the foods that come from animals and are a complete protein.

Hamburger  Beans  Steak  Rice  Peanut Butter  Eggs

2. A complete protein has how many building blocks?

5  10  22  25
Hello! My name is Ms. Iron. I am a mineral in every cell of your body. I help carry oxygen to your cells and keep your blood strong. I am found in most foods in the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts group. Animal foods, like beef, are the best sources of iron.

How much iron do you need? Iron is measured in units called milligrams. Boys and girls your age need to eat about 10 milligrams of iron every day. I have a game to help you check your iron power!

### Iron Power Game

Let's see if you are eating enough iron in your diet. The foods below are divided into different star (*) groups. Foods have different amounts of iron. Each star (*) equals about 1 milligram of iron. The more stars a food has, the more iron power it has.

For example: A regular hamburger patty (3 oz.) = 3 stars = 3 milligrams (mg) of iron

### The Iron Power Game has three parts.

1. Think about the foods that you ate today or yesterday. Below find and circle the foods that you ate.
2. Write the number of stars each food gives you in the equation below.
   
   $+ + + + + + =$

3. Add up the number of stars that you got. Did you get at least 10? Yes or No

#### Best sources of iron

- beef liver (3 oz.)
- chick peas (1/2 cup)
- clams (3 oz.)
- deer meat (3 oz.)
- enriched breads (1 slice)
- navy beans (1/2 cup)
- oysters (3 oz.)
- soy flour (1/4 cup)
- tofu (1/2 cup)

#### Foods with about 3 mg of iron

- beans (1/2 cup): including black beans, lentils, lima beans, kidney beans
- corned beef (3 oz.)
- dark meat turkey (3 oz.)
- hamburger patty (3 oz.)
- roast (3 oz.)
- spinach (1/2 cup)
- steak (3 oz.)

#### Foods with about 2 mg of iron

- bagels (1/2 bagel)
- chicken (3 oz.)
- fish (3 oz.): including salmon, tuna
- lamb (3 oz.)
- meatloaf (3 oz.)
- pinto beans (1/2 cup)
- ribs (3 oz.)
- shrimp (3 oz.)

#### Foods with about 1 mg of iron

- broccoli (1/2 cup)
- bologna (3 oz.)
- green beans (1/2 cup)
- hotdog (1 hot dog)
- peanut butter (2 tbsp.)
- pretzels (1/2 cup)

#### Foods that do not contain iron

- bacon
- eggs
- fruits
- milk
- other vegetables
- popcorn
Build a Pyramid Beef Burrito

Choose your favorite bread, beef, and seasonal vegetables to make your burrito.

Suggested Ingredients:
• shredded carrots
• chopped broccoli
• chopped tomato
• green onions, thinly sliced
• lean ground beef
• 7-inch tortilla
• canned pinto beans (drained)
• nonfat ranch salad dressing
• shredded low-fat cheddar cheese

Directions:
Adults Must:
• Chop and shred vegetables.
• Open the can of beans.
• Cook the beef and drain fat.

Kids Can:
• Wash and scrub vegetables under cold running water.
• Combine chopped and shredded vegetables with salad dressing in a mixing bowl.
• Drain canned pinto beans. Mash the pinto beans with a fork until it is rather smooth like a dip.

Now build your burrito pyramid by choosing food from all food groups in the Food Guide Pyramid.
1. Lay tortilla flat on a plate. (Grains Group)
2. Spread the beans and the beef on the tortilla. (Meat and Dry Beans Group)
3. Add vegetable mixture. (Vegetable Group)
4. Add cheese. (Dairy Group)

Wrap each tortilla around the food mixture. Fold the bottom in before rolling up the sides. This prevents food from falling out of the bottom. Ready to eat or heat in the microwave for 30 seconds.
5. Drink a glass of 100% apple or orange juice (Fruit Group) to complete your pyramid meal/snack.

Raising Beef Cattle In Virginia

Raising beef cows is a big farming business in Virginia. Grass grows all over Virginia, and cows love to eat grass. Between 675,000 to 750,000 beef cows eat grass on 23,000 Virginia farms. Beef cows produce at least 400 pounds of lean, tasty beef. Americans eat more ground beef than steaks or roasts. The number one way we eat ground beef is as hamburgers.

Cow College

Test your knowledge! Answer each question.
1. Circle the area on the map where you live. Is it in the north, south, east, or west of Virginia?
2. Does your area of Virginia raise beef cattle? Yes or No.
3. What is a cow's favorite food?
4. One beef cow will produce how many pounds of beef? 200 400 600
5. Kids' favorite beef food is a ____________________________.