**Beef in the Classroom Lesson – Student Worksheet**

**\*TEACHER’S KEY\***

**Date:**

**Name:**

**Please answer these questions during/after the Beef in the Classroom Lesson.**

1. The Wisconsin Beef Council works on behalf of Wisconsin’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ farmers.

**Answer: Beef and Dairy**

2. When selecting lean cuts of beef look for cuts with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the name.

**Answer: Loin and Round**

3. Name two pieces of information that can be found on the label of beef in the grocery store.

• \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Answers can include:**

• The kind of meat

• The wholesale (primal) cut

• The cut’s name

• The weight of the package

• The price per pound

• Total price

• Sell by date

• Safe handling instructions

• Grade

• Nutrition information

• Preparation information

• Country of origin

• Ground Beef labels include the lean to fat percentage

4. If ground beef is labeled 80/20, what does that mean?

**Answer: 80/20 represents the lean-to-fat ratio that is formulated when the ground beef is processed. This ground beef would be 80% lean and 20% fat. 80/20 is the most commonly found variety of ground beef.**

5. Name one way to save money when buying beef.

**Answers can include:**

• Consider the cost per serving

• Buy Family Packs/Bundles

• Go Small – buy just the amount you need to avoid wasting

• Buy larger cuts and slice your own

• Hunt for bargains – look through weekly ads to find sales

• Ask your butcher for help

6. Beef contains \_\_\_\_\_\_ essential nutrients that support a heart-healthy lifestyle.

**Answer: 10**

7. Name 3 of the essential nutrients provided by beef.

• \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Answers can include:**

• Zinc

• Iron

• Protein

• Choline

• Selenium

• Riboflavin

• Niacin

• Phosphorus

• Vitamins B6 and B12

8. One 3 oz. serving of beef provides you with about half of your Daily Value of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Answer: Protein**

9. The BEST way to determine the doneness of beef is…

**Answer: The best way to determine the doneness of beef is to use a meat thermometer.**

10. Ground beef needs to be cooked to an internal temperature of \_\_\_\_\_\_\_\_\_\_ °F.

**Answer: 160**

11. The average herd size is \_\_\_\_\_\_\_\_\_\_\_ head.

**Answer: 40**

12. **Circle the correct answer:** What nutrient does beef provide, that helps our blood carry oxygen to our cells?

**Answer: Iron**

13. **True or False:** Today’s Beef is leaner than ever before.

**Answer: True – through genetic selection and better management of feeding cattle beef producers have been able to produce leaner carcasses yielding a leaner end product.**

14. Where should you defrost beef?

**Answer: In the Refrigerator**

15. **Circle the correct answer:** What grade of beef has the most marbling?

**Answer: Prime**