**Beef & Veal in the Classroom BINGO**

**Purpose:** This Beef & Veal in the Classroom Bingo game was developed as a tool to review concepts taught during your beef and/or veal protein lessons.

**Supplies Needed:**

* One Bingo card per student
* 20 bingo markers or chips per student
* Educator Review Questions and Instructions

**Educator Instructions:**

1. Give every student a bingo card and at least 20 chips/markers.
2. Explain to your students the ground rules of how you are going to play.
3. Call out the definition, word, phrase or question from corresponding list of review questions.
4. Students must then identify the word or picture on their bingo card and cover that space.
5. If a student has all words or pictures covered diagonally, across a row or vertically in a column, they should call out BINGO.
6. If a student claims they have BINGO and they are incorrect, they are disqualified from that round.

**Suggestions:**

* You can focus on one question topic area or pick and choose some questions from each category.
* You can either play in rounds and keep playing until there is one student remaining or you can play to see who is the first to get BINGO.
* If playing multiple rounds have students switch cards with their neighbors in between rounds.

**Rules for Students Playing:**

1. Take one Bingo card and 20 chips.
2. Teacher calls out the definition, word, phrase or question.
3. Place on chip on the corresponding word or picture that corresponds to the definition, word, phrase or question on your bingo card.
4. Call out BINGO if you have all words or pictures covered diagonally, across a row or vertically in a column.

**Review Questions and Answers:** *Educators, use the following questions to review your beef/veal protein lessons.*

**Beef Nutrition:**

What does ZIP stand for? **Zinc, Iron, Protein**

What is the role of vitamin B12 in our body? **Maintain Brain Function**

What is the benefit of zinc? **Healthy immune system**

What is the benefit of protein? **Preserve & build muscle**

What nutrient does beef provide, that helps our blood carry oxygen to our cells? **Iron**

What is the recommended serving size of beef? **3 ounces**

This fat is found in beef, avocados and olive oil? **Monounsaturated**

True or False – Today’s beef is learner than ever? **True**

About how many calories are in a 3 oz. serving of lean beef? **150**

What does a 90/20 ratio represent for ground beef? **Lean to fat**

Fresh beef is the number one source of what nutrient(s) in the American diet? **Protein, Vitamin B12, Zinc**

When selecting lean beef cuts, look for cuts with what two words in the name? **Loin & Round**

A 3 oz. serving of Lean beef has less than how many grams of fat? **10**

One, cooked 3 oz. serving of beef provides you with approximately what percent of your daily protein? **50% (25 grams)**

One serving of beef is about the size of a? **Smart Phone**

**Cooking Beef:**

One of the oldest methods of food preservation is drying. What popular beef snack food is made by this method? **Beef Jerky**

Where should you defrost beef? **In the Refrigerator**

Ground beef should be cooked to an internal temperature of? **160 degrees F**

What are the visible white flecks of fat within the lean called? **Marbling**

The most accurate way to determine meat doneness? **Use meat thermometer**

What is one way of cooking beef that is very popular during the summer months? **Grilling**

What step is vital to ensure food safety prior to and after handling raw meat? **Washing hands**

**Beef Production:**

True or False – All cattle eat grass for most of their lives. **True**

What state produces the most beef cattle? **Texas**

The average cow herd size in the US is how many head? **40**

True or False – not all grass finished beef is organic. **True**

All Beef, regardless of production practices, is a natural source of how many essential nutrients? **10**

What grade of beef has the most marbling? **Prime**

What is market weight for a beef animal? **1200-1400 pounds**

The average beef animal takes \_\_\_\_ months to reach market weight? **20 (18-22 months is the industry range)**

Beef from cattle who spent their whole life on pasture/grass would be called? **Grass-finished beef**

Beef from cattle who spend a majority of their life on pasture/grass, but then spend 4-6 months in a feedyard would be called? **Grain-finished beef** (Conventionally-raised beef)

Beef calves are weaned from their moms at what age? **6-8 months**

What is the length of gestation period for a cow? **9 months (approximately 283 days – equivalent to the gestation length for humans)**

How many compartments does a cow’s stomachs have? **Four (cows are ruminants, therefore they have a specialized four-chamber stomach – this allows them to digest forages)**

**Beef General:**

What percent of farms are family-owned? **97%**

Each Pennsylvania farmer feeds another \_\_\_\_ people in the world. **155**

In how many states do cattle outnumber people? **9** (ID, IA, KS, MT, NE, ND, SD, OK, & WY)

How many basketballs can be made from 1 cowhide? **12**

What restaurant chain coined the phrase, “Where’s the Beef?” **Wendy’s**

What percent of beef processed in federally inspected packing plants is inspected by USDA United States Department of Agriculture)? **100%**

What is the most popular beef cut in the United States? **Ground Beef**

What is the current nationally advertised slogan for beef? **“Beef. It’s What’s for Dinner!”**

**Veal:**

What is a nutritious and nutrient-rich meat that is produced from the male offspring of dairy cows? **Veal**

What do veal producers monitor to ensure that their calves are not anemic? **Iron**

A typical veal farm is a small family farm that raises how many calves? **200**

Most veal calves are fed a special diet that is? **Milk-based**

There are a variety of ways that veal can be cooked including, sautéing, stir-frying, braising, stewing, grilling and broiling. Regardless of the method you choose to prepare veal, the key to veal is not to….**Overcook.**

A trimmed, cooked, 3 oz. portion of veal contains how many calories? **166**

A trimmed, cooked 3 oz. portion of veal provides you with 27 grams of protein, which is \_\_\_\_ percent of your recommended daily intake? **61%**

What color is raw, uncooked veal meat, like you would find at the grocery store? **Light Pink**

What is the average weight of veal calves at the time of harvest? **500 pounds**

Veal calves are raised for how many weeks? **20-22 weeks**

**On the Farm:**

Meat produced with the \_\_\_\_\_\_\_\_\_\_\_\_ label means that the animal that products comes from grazed primarily on grass and have continuous access to a pasture during the entire lifecycle of the animal. **“Grass-Fed”**

Refers to the process used to enhance crops to give them more favorable traits, like pest resistance and drought resistance. **Genetic modification**

The Food and Drug Administration (FDA) requires that foods with the “\_\_\_\_\_\_\_\_\_\_\_\_” label contain no artificial flavors, colors or substances. **All-Natural**

Livestock animals are treated with these when they are sick in order to keep them healthy. This prevents harmful bacteria from entering our food supply. **Antibiotics**

Foods that are that are certified \_\_\_\_\_\_\_\_\_\_ follow a specific set of guidelines set by the USDA. These crops cannot be grown with synthetic fertilizers, synthetic pesticides or sewage sludge. These crops cannot be genetically engineered or irradiated. Animals must eat only \_\_\_\_\_\_ grown feed (without animal byproducts) and can’t be treated with synthetics hormones or antibiotics. Animals must have access to the outdoors, and ruminants must have access to pasture. **USDA Organic**