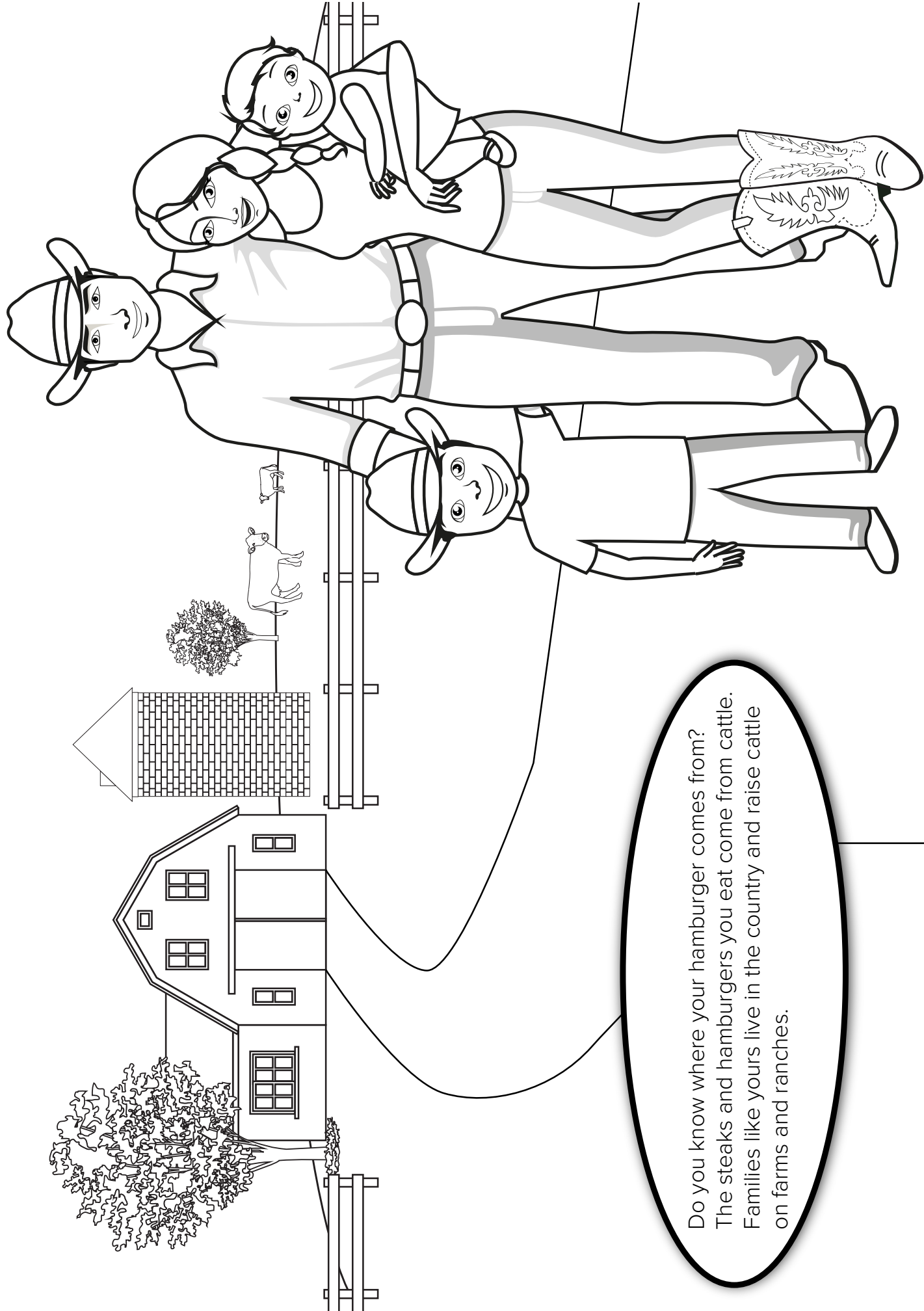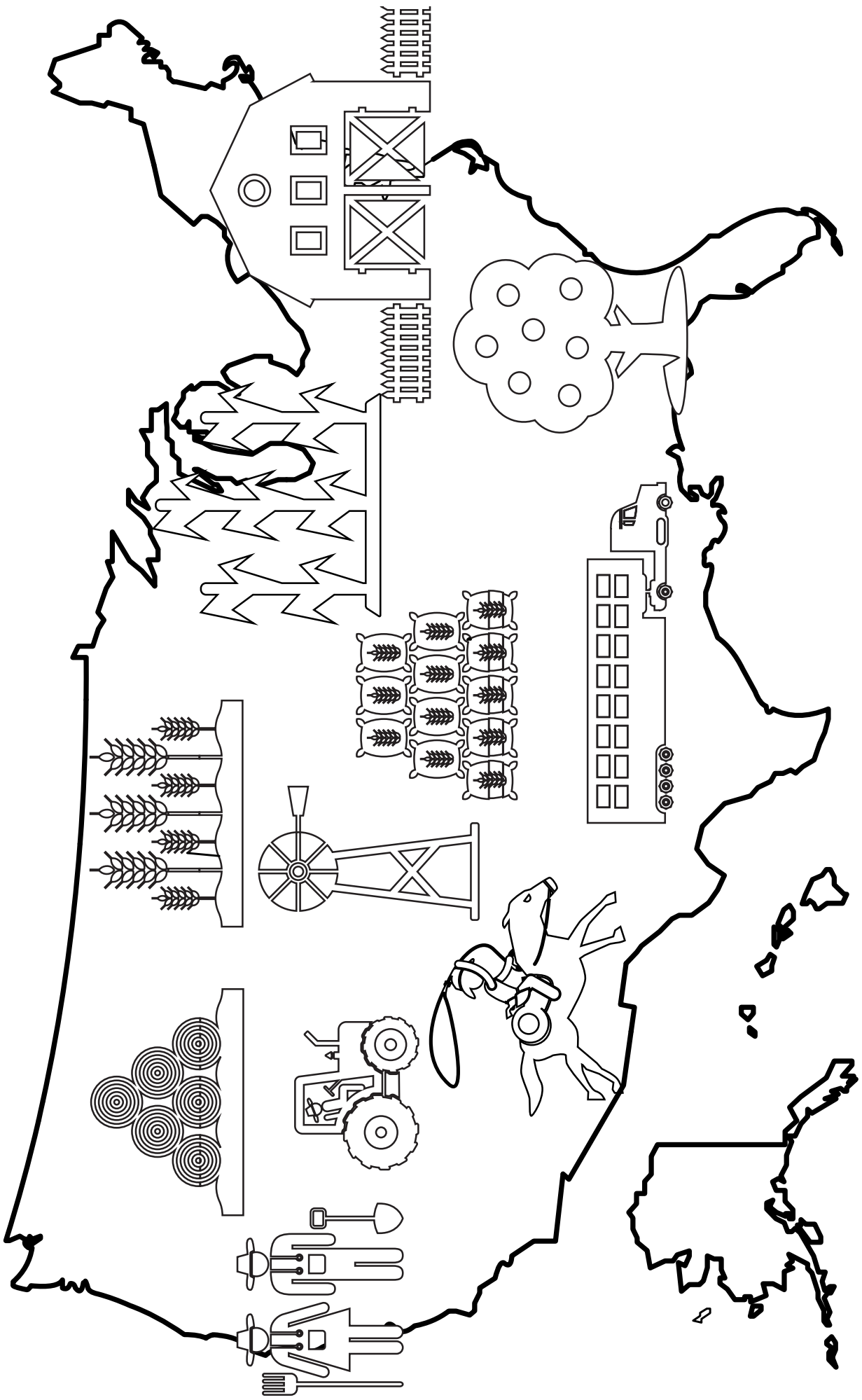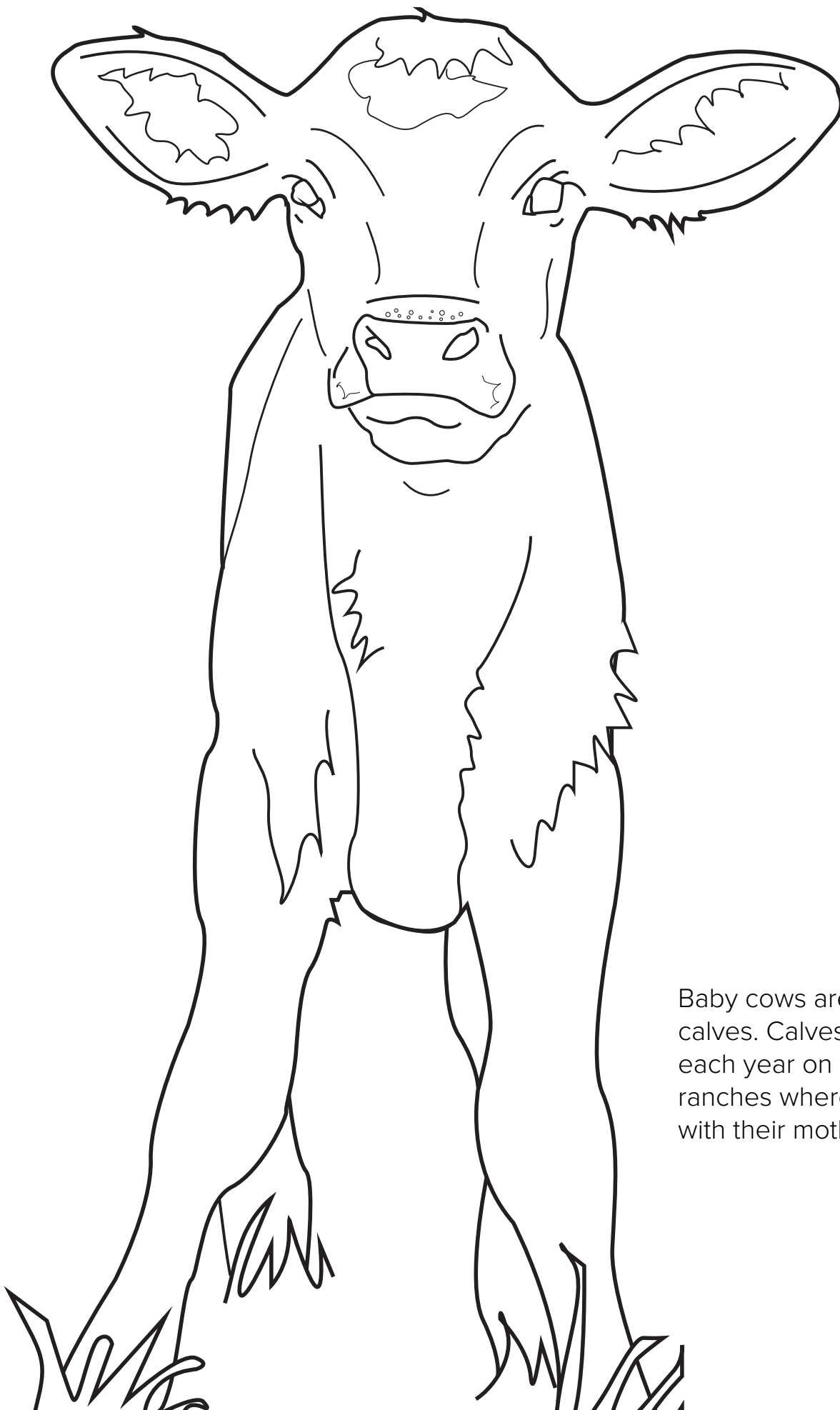# BEEF.
IT'S WHAT'S FOR DINNER.®

COLORING BOOK

Do you know where your hamburger comes from? The steaks and hamburgers you eat come from cattle. Families like yours live in the country and raise cattle on farms and ranches.

The families that raise cattle take good care of the land and water.
They use crops, trucks, tractors and horses to help raise healthy beef.

Baby cows are called calves. Calves are born each year on farms and ranches where they live with their mothers.
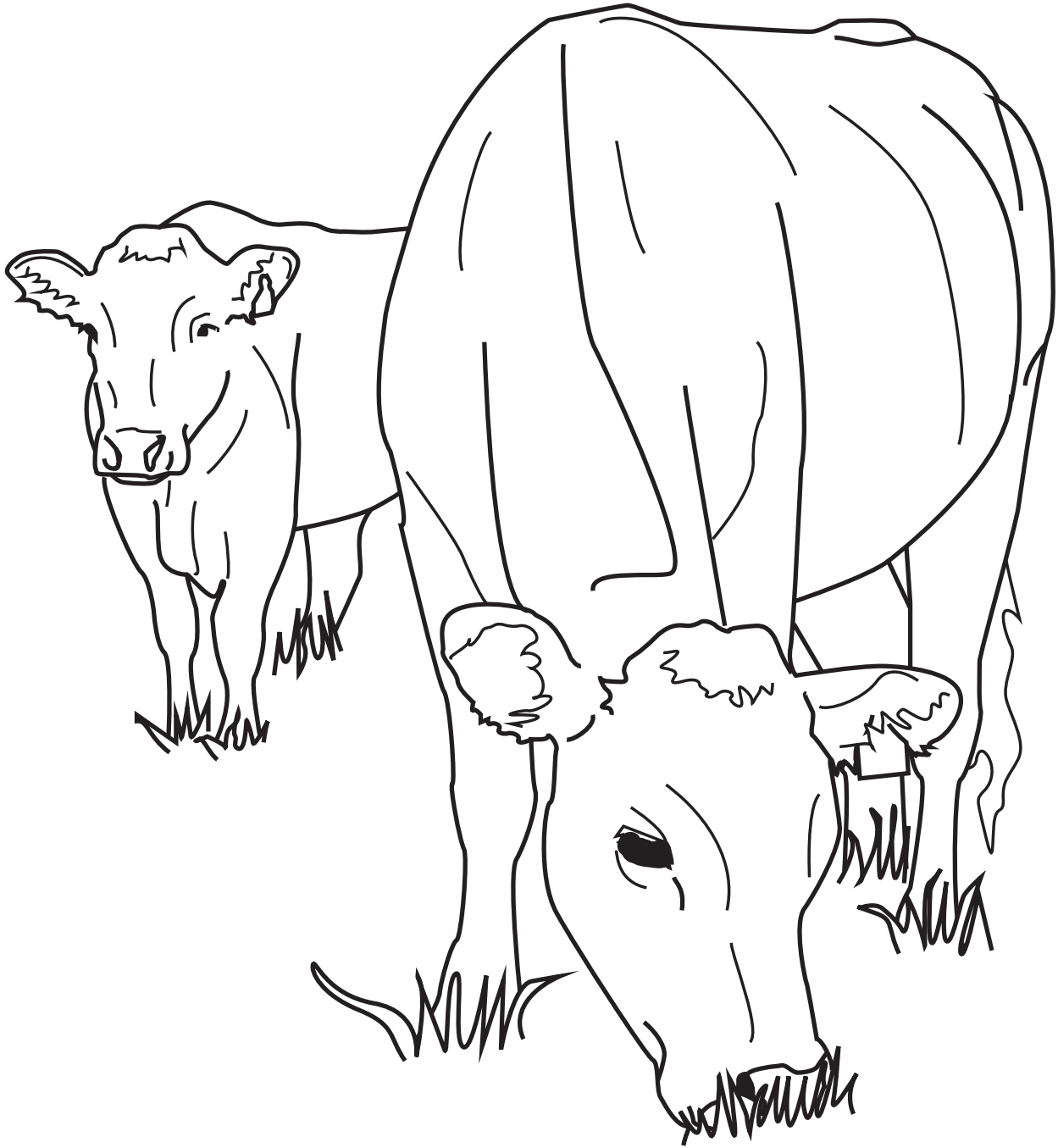
Mother cows and their calves eat grass in pastures. Cows graze and watch over their calves.

After growing up in the pasture, some calves are moved to a feedyard. They are fed a mixture of corn, hay and other plant foods called forage. This mixture is called a feed ration. They are fed at the same time every day in a feed bunk and people who work in feedyards take good care of the cattle to make sure they are healthy.

Corn

Forage/Hay
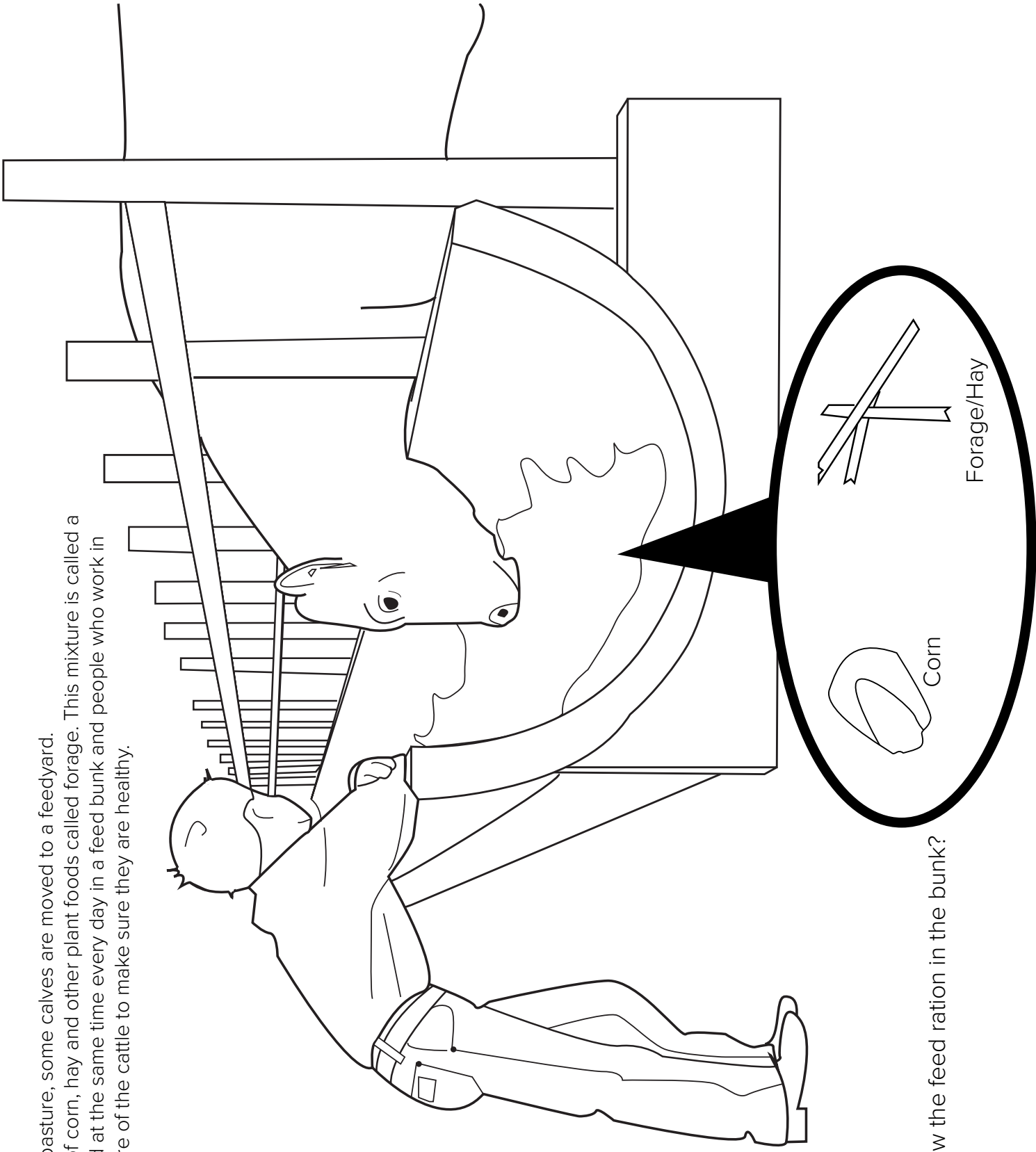
Can you draw the feed ration in the bunk?
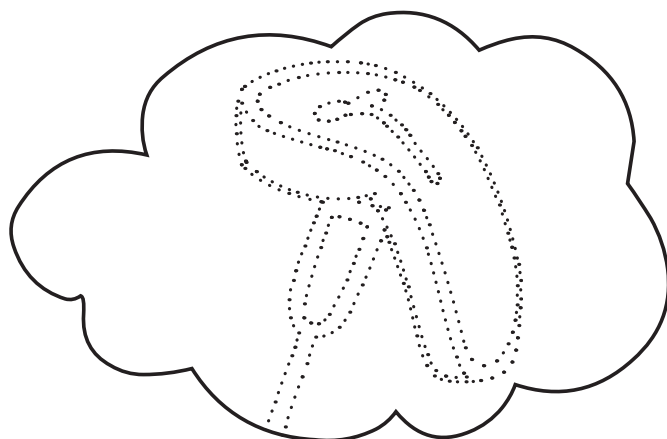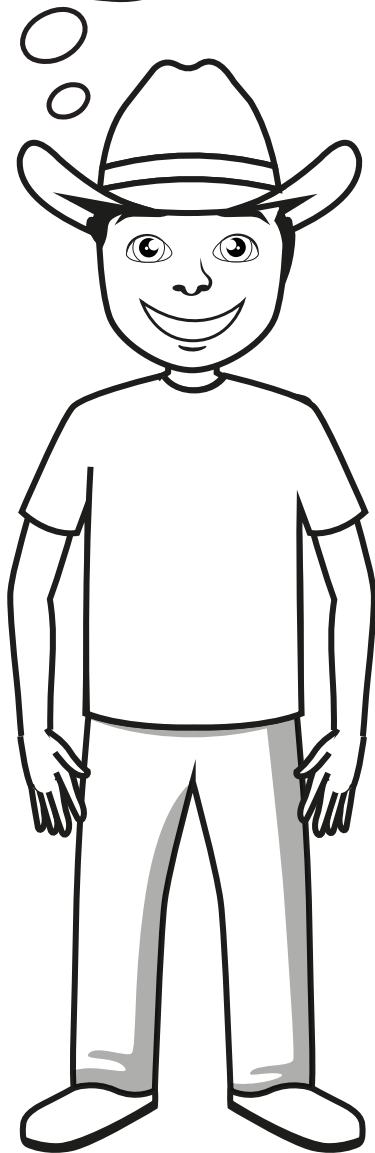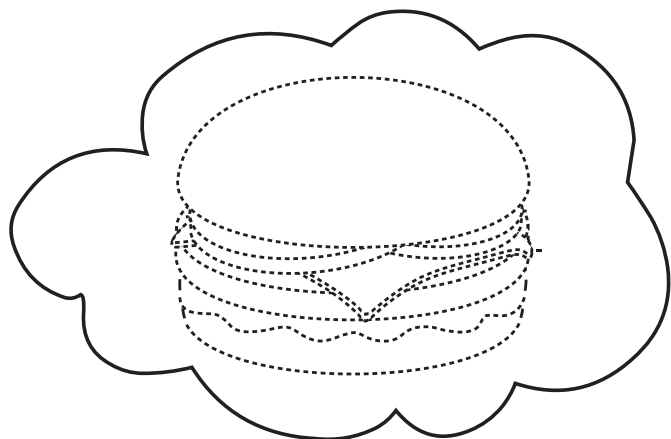
Beef gives people an important nutrient called protein. Protein helps you grow strong and after a long day helping his Dad on the ranch Timmy and his dog Gus are hungry for a food with lots of protein. Can you connect the dots to see what they are craving?

BREAKFAST SKILLET BEEF TACOS

INGREDIENTS

8 ounces cooked (leftover) beef Steak or Roast, chopped (about 1-1/2 cups)
2 teaspoons vegetable oil
4 large eggs, beaten
1 cup frozen Mexican vegetable blend
8 small flour tortillas or taco shells (about 6-inch diameter), warmed
Crumbled queso blanco or shredded reduced-fat Mexican cheese blend (optional)

Toppings (optional):
Salsa, guacamole, dairy sour cream, chopped fresh cilantro, chopped avocado

INSTRUCTIONS

1. Heat oil in large nonstick skillet over medium heat until hot. Add eggs and vegetables; cook 1 to 3 minutes or until eggs are scrambled and just set, stirring occasionally.

2. Stir in beef Steak; cook and stir 1 minute or until beef is just heated through.

3. Evenly divide beef mixture between tortillas; top evenly with cheese, if desired. Serve with Toppings, if desired.
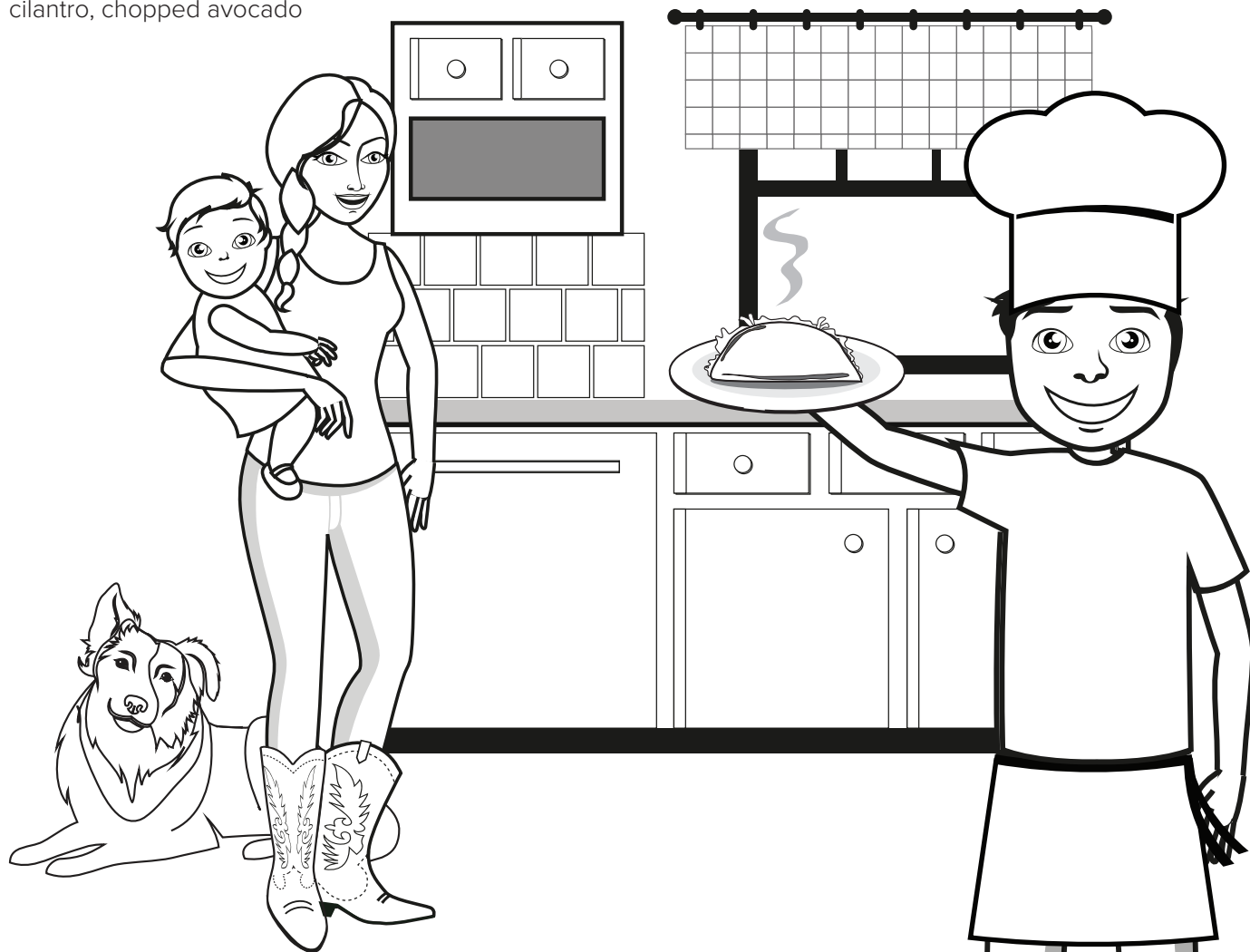
Timmy loves beef! He also loves when he gets to help cook.
You can make beef breakfast tacos like Timmy!
Be sure to ask your mom or dad, follow the recipe and
enjoy this yummy beef dish!

CHUCK KNOWS BEEF
WORDSEARCH

BEEF

DINNER

CHUCK

STEAK

BURGER

ZINC

IRON

PROTEIN

HEALTHY

RECIPE

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R K B P Y R M P G H I C J S A
X E A R O J V G D E A R X U G
Q J N Y N T K T M A B E O U W
R H U N A V D K R L S G D N U
S O R W I P P K I T M J E H K
R F J Q V D P B B H G P E K Z
P R X N J S F P H Y P X N C I
Q R L V R T B P X A G Q N U N
F X O K D U P Z N D C P W H C
T O M T R P O D X I A K I C U
H G P G E L F C C W A F P T B
R I E E P I C E R E I A X N F
G R T W B L N G T A S O D C P
U X N F G R E S Y N W O W S Q
N H B E E F O Z C C Z O K O R
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HEY PARENTS!

From recipes to cuts to cooking tips and more, Chuck Knows Beef is your go-to guy — or robot — for all the beefy answers. Powered by Google Artificial Intelligence, Chuck can provide all the information found on Beef. It's What's For Dinner. through the ease of your computer, mobile phone, Amazon Alexa or Google Home Assistant.

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