

Lean Beef – An Important Part of Adolescent Growth

Lesson Plan

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Unit Summary and Rationale: Within the 8th grade study of nutrition, these lessons will focus on how the consumption of lean beef can contribute to an adolescent's health and wellness.

Unit Standards: Nutrition and Physical Activity is a **strand** of the Health Education Content Standards for 8th grade students within the Clark County School District in Nevada. There are 8 content standards that are applicable to all strands of health education objectives.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access reliable health information, products, and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health enhancing behaviors to avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to support/promote family, personal, and community health.

Objectives within Nutrition and Physical Activity these lessons will address:

3.1 Examine how physical activity and diet are essential in maintaining a healthy body.

3.2 Classify food using the components of MyPlate.

3.3 Identify the main nutrients essential for good health.

Unit Connection College and Career Ready Descriptions:

- Students will demonstrate independence.
- Students will value evidence.
- Students will build strong content knowledge.
- Students will respond to the varying demands of audience, task, and discipline.
- Students will critique as well as comprehend.
- Students will use technology and digital media strategically and capably.
- Students will develop an understanding of other perspectives and cultures.

Essential Questions: How does the consumption of lean beef contribute to the health and wellness of an adolescent? Which essential nutrients are in lean beef? What does lean mean? Why is beef a good source of protein? How does the way in which cattle are raised contribute to the nutritional value of the beef? Which types of beef should I be consuming and what are the ways I should be preparing the beef to retain its nutritional value?

Big Ideas: As a result of instruction and learning activities, students will be able to demonstrate their understanding that the consumption of lean beef is a part of a healthy adolescent and adult lifestyle, lean beef is a nutrient dense food, lean cuts of beef are accessible, and beef farmers and ranchers are actively employing sustainable farming methods to ensure our beef production maximizes nutritional value.

Learning Tasks:

Language/Vocabulary and Discussion Task:

Beef Vocabulary Match Up, Cuts of Beef Picture Cards

Reading, Writing, and Discussion Tasks:

Beef Myth v Fact

Language/Vocabulary, Reading, Writing, and Discussion Tasks: The Great Debate

Skills: Students will be able to: describe where the consumption of lean beef fits into the myplate.gov graphic, discuss how much lean beef an adolescent should be consuming in order to maintain health and wellness, enumerate the 10 essential nutrients found in beef and explain why these nutrients are essential, discuss the cuts of beef that are the leanest and the best ways to prepare these cuts to provide the most nutritional value, and explain how beef farmers, ranchers, and processors work together to meet the consumer demand for sustainable, lean beef.

Key Terms / Vocabulary: (Use these terms for Vocabulary cards)

USDA-Inspected
Aged
All-natural
Antibiotic free
Hormone free
Humanely raised
Lean
Low-in-cholesterol
Low -in-saturated-fat
Marbled
Marinated
Broiled
Certified
Center-Cut
Charbroiled
Char-grilled
Charred
Chef's Choice
Ethical
Medium
Medium rare
Open Pasture
Organic
Premium
Prime
Prime-aged
Ranch-raised
Rare
Rendered
Richly Marbled
Free range
Genetically superior
Grade A
Grain-fed
Grass-fed
Steroid-free

Assessments:

Summative:

Menu Planning: You are opening a family style restaurant. Create 2 breakfast entrees, 3 lunch entrees, and 5 dinner entrees that feature lean beef. In creating your menu selection, be sure to write a description for your customer that appeals to their senses and conveys that the entree is a healthy, nutrient dense choice. While your entree features lean beef, you also need to include at least 2 side items to coincide with the myplate.gov graphic.

Beef Fashion Show: Students will create costumes for and participate in a beef fashion show. Costumes and runway commentary will illustrate how the nutrients in beef provide nourishment essential for growth and maintenance of life. (See attached drawings for inspiration)

Learning Activities:

Beef Vocabulary Match Up: Teacher will greet students at the door by giving them either a vocabulary word or a definition. Then students will be tasked with finding the match to either their word or definition. Once matched, the two students approach the teacher for confirmation that “they go together.” Once they receive confirmation, they post the word and definition on the poster size vocabulary graphic organizer hanging on the wall. For ELL students, pictures can and should be provided. Once all the vocabulary words are defined and posted, the teacher will review the list of words with the class.

Cuts of Beef Picture Cards: Teacher will distribute cuts of beef picture cards to students, and students will work with each other to identify the cuts of beef after the teacher explicitly instructs on the cuts of beef using a prezzi, padlet, peardeck, powerpoint, google slide, or video presentation. After receiving confirmation that identifications are correct, students will determine which methods of preparation are best for each cut of beef in order to retain and promote nutritional value and flavor. (Beef check off - Beef U - module 5)

Myth v Fact: Students will be given beef statement cards and will determine (through research) if the statements are myths or facts. Students work in their collaborative groups or by themselves. Once students are finished, they will check their work with the teacher. Once the entire class is finished, teacher will review all of the answers and probe class for questions.

The Great Debate: Divide students up into 4 groups. Group 1 will represent farmers and ranchers who produce grain finished cattle. Group 2 will represent farmers and ranchers who produce grass-finished or grass-fed cattle. Group 3 will represent farmers and ranchers who produce certified organic cattle. Group 4 will represent farmers and ranchers who produce naturally raised cattle. Each group will research the method of raising they have been

Resources / Text Selections:

<https://health.gov/dietaryguidelines/2015/resources/2015-2020-Dietary-Guidelines.pdf>

<https://www.fda.gov/downloads/Food/FoodScienceResearch/ToolsMaterials/UCM483350.pdf>

“This Man Wants You to Eat More Meat” by Barry Estabrook in Eating Well
January/February 2018

Orbiting Jupiter by Gary D. Schmidt
(Adolescent realistic fiction) Dairy Farming interwoven into the story - cattle behavior

<https://www.nal.usda.gov/fnic/curricula-and-lesson-plans>

<https://www.choosemyplate.gov/teens>

http://classroom.kidshealth.org/6to8/personal/nutrition/food_labels.pdf

<https://www.exploratorium.edu/cooking/meat/NT-proteins.html>

<http://www.pbs.org/pov/foodinc/lesson-plan-1/>

<https://www.etr.org/healthsmart/assets/File/sample-lessons/MS-NutritionAndPhysicalActivityLesson.pdf>

http://www.pe4bodymindspirit.santacruz.k12.ca.us/coursePlans/cagi/04_cagiLesson2.pdf

http://www.minneapolismn.gov/www/groups/public/@health/documents/webcontent/convert_264742.pdf

http://www.nourishlife.org/pdf/Nourish_Short_Films_Guide_2013.pdf

<http://sciencenetlinks.com/tools/muscles/>

assigned and create a campaign to inform and/or persuade their classmates that their method of production is the best. Each group will present their campaign to the class.

Additional Notes:



The American Farm Bureau is a contractor to The Beef Checkoff. The Beef Checkoff Program funded development of this educator guide. The Beef Checkoff Program, MyBeefCheckoff.com, was established as part of the 1985 farm bill. The checkoff assesses \$1 per head on the sale of live domestic and imported cattle, in addition to a comparable assessment on imported beef and beef products. In states with qualified beef councils, states may retain up to 50 cents of the dollar and forward the other 50 cents per head to the Cattlemen's Beef Promotion and Research Board, which administers the national checkoff program, subject to USDA approval.

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