

## BEEF UP YOUR NUTRITION

### LESSON SNAPSHOT

#### RELATED “MY AMERICAN FARM” GAME



Grocery Grab  
Available at [www.myamericanfarm.org](http://www.myamericanfarm.org)

**GRADE LEVELS:** Third - Fifth

**CONTENT AREAS:** Science, English Language Arts

#### STANDARDS

3-5-ETSI-2 Generate and compare multiple possible solutions to a problem based on how well each is likely to meet the criteria and constraints of the problem.  
(Reference:

3-LS1-1 Develop models to describe that organisms have unique and diverse life cycles but all have in common birth, growth, reproduction, and death.

*Next Generation Science Standards*

W.3.8 Recall information from experiences or gather information from print and digital sources; take brief notes on sources and sort evidence into provided categories

*Common Core, English Language Arts*

5.5.5 Choose a healthy option when making a decision.

*National Health Education Standards*

#### WHAT WILL YOU DO?

By the end of this activity students will:

- Explore the nutritious benefits of lean beef cuts within a daily diet through transforming a Beef Bingo card into a nutritious meal!

#### SUPPLIES YOU’LL NEED

- Paper plate (1 per student, plus one for an example)
- Coloring utensils
- Scissors (1 per student)

- Glue/glue stick (1 per student)
- Printed or visual Beef Bingo - Contents sheet (attached)
- Printed or projected visual of USDA My Plate graphic (available at [www.choosemyplate.gov](http://www.choosemyplate.gov))
- Beef Bingo Cards (1 per student plus example)
- Bingo chips (optional, may use a marker instead)
- Bingo caller (online apps available), random number/letter generator, or teacher choice!
- Projector and screen
- (Optional) Computers and internet access – 1 per student or pair, \*This is only necessary if you wish to do the My American Farm game in class.
- (Optional) Headphones – 1 per student, \*This is only necessary if you wish to do the game individually in class.

### PREPARATION

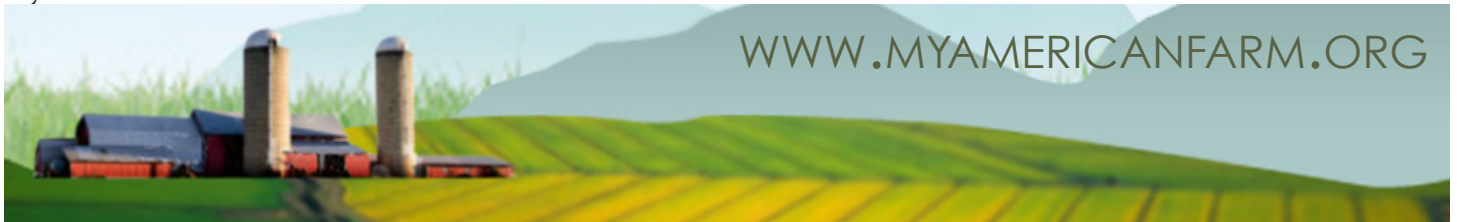
- Visit My American Farm online ([www.myamericanfarm.org](http://www.myamericanfarm.org)) to preview the “Grocery Grab” game.
- Beef is part of a nutritious diet! This activity begins with a beef BINGO game to get the students familiar with different nutritious food available, including lean beef cuts. After playing Beef BINGO, the students will choose and cut out their card items to fill up their individual plate with a nutritious and balanced meal, based on the USDA MyPlate guidelines.
- To prepare for the lesson, set a bingo card, bingo chips, markers, paper plate, scissors and glue at each student spot. Bring up the USDA My Plate website, and print or display the My Plate graphic for the students to see.
- Areas of the lesson that are available to modify are marked with an asterisk (\*).

### INTRODUCTION

#### Step 1: Beef Bingo

- Explain the concept of bingo: the teacher/facilitator will call a letter (B-I-N-G-O) and an item. If the student has that item in the letter-column, they get to mark it off. The first person to get five items marked off in a row/column/diagonally wins! All students get the center space





as a “free space”.

- Display the Beef BINGO Contents sheet, or recreate on a white board. Ask students to describe what they see. (Listen for students to identify food groups: fruits, vegetables, grains, protein, dairy) Tell students that these are several food options. There are many sources of protein, but today we will focus on beef as the primary protein source.
- Ask students where beef comes from. Allow answers and/or discussion if questions of beef origin arise. Clarify that beef is one of the many products that we harvest from cattle. Beef is protein packed meat! A 3 oz serving of beef is also an excellent source of protein, zinc, selenium, niacin, vitamin B6 and vitamin B12 and a good source of iron, riboflavin, phosphorus and choline.
- Have student copy each food item listed into any of their BINGO squares. Each student should have each food item listed only once.
- Use an online bingo caller or teacher choice to begin calling letter/number combinations. Students will fill in their cards as called. Stop when student calls “bingo!”; Ask them to tell the class what meal options were in their winning line. Congratulate the winner(s). Play more rounds as time and attention allows.

## BODY

### MAIN CONTENT

#### Step 2: USDA MyPlate Activity

- Inform students that they will be using their Beef BINGO card to create a meal. There will be challenges during the activity!
  - » Each student will create an individual meal based on their taste.
  - » The students will have to choose their meal selections based on USDA’s My Plate healthy guidelines.
  - » The students will have to be careful in their choices so as not to overindulge in a certain category.



- Display the USDA MyPlate visual so that all of the students can see. Go over the general categories (Protein, Dairy, Vegetables, Fruits, Grains) and ask students what type of foods might fall in the different categories. Assist or clarify as needed.
- Ask students to get their paper plate and write the 5 USDA MyPlate categories on their plate. Protein, Dairy, Vegetables, Fruit, and Grains. Tell students that they can incorporate dairy onto the items onto their plate, or assume they have a dairy drink, such as milk!
- Tell students that they may begin to cut and glue their Beef BINGO board items to make their plate/meal.

\*If time allows, students may color their picture meal choices after they cut and glue them onto their plate while waiting on the rest of the class to complete their plate.

- Once students have finished the activity, allow students to pair and share. Encourage students to tell their classmate why they chose the food in each category.

\*If time allows, allow student volunteers to share their plate and why they chose the food in each category.

#### Step 3: Play Game

- At this point you may elect to have students play “Grocery Grab”, available at myamericanfarm.org. Students can work individually or in pairs.
- Inform students that they’ll now have a chance to discover more fun facts about beef cattle and nutrition by playing a game.

\*You may choose to have students play this game before you arrive, after you have left, or at home with adult permission.

\*The game is supported by audio. You may wish to secure headphones for students, or play the game as a class while displaying on a large screen.

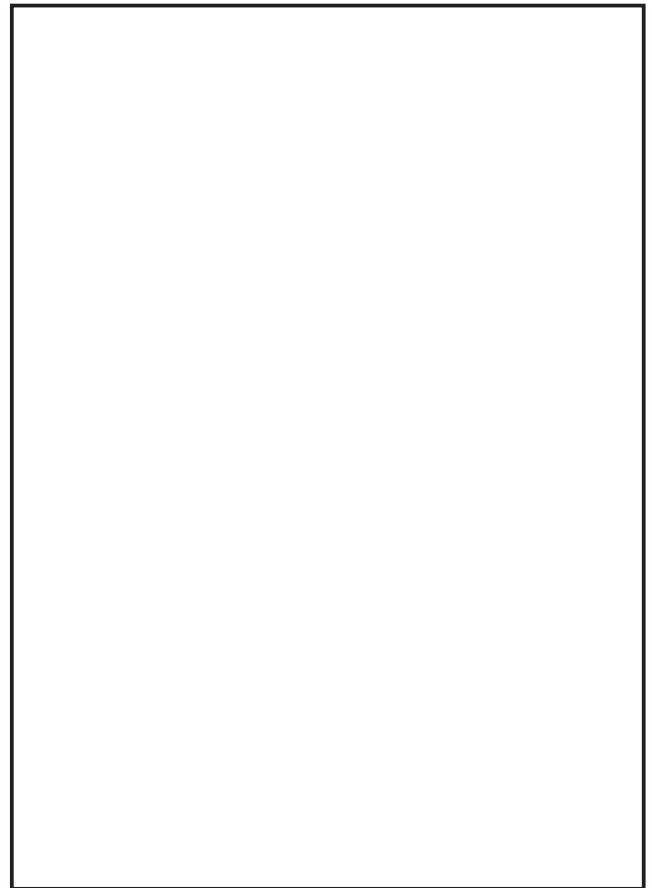
## WRAP UP

### REVIEW, ASSESS, CHALLENGE

#### Step 4: Bring it Back to BINGO

- Display/reference the USDA MyPlate graphic so that all students can see. Remind students that lean beef is a nutritious source of protein that can be incorporated in daily meals.
- Verbally list the beef meal items represented on the Beef Bingo card. Ask students to raise their hands and share additional beef meal items that they may eat at school or at home.
- Encourage students to think about balance and nutrition when they sit down to a meal. Don't forget to reference the USDA's My Plate as a guideline!
- If you are a classroom teacher, reach out to your county Farm Bureau or State Beef Council for recommendations of people in the industry to connect with your class.
- If you are a volunteer educator, brainstorm contacts you have in the industry and serve as a resource for a local school!

### TEACHING NOTES



### MODIFICATIONS AND CONSIDERATIONS

\*To add on the lesson, post the beef choices sheet available from BeefNutrition.org here: <http://www.beefnutrition.org/CMDocs/BeefNutrition/ChoicesOfBeef2013FINALApproved.pdf>. Scroll to the second page and talk about the nutrients available in a serving of lean beef. Emphasize the vitamins and minerals that are within beef, as well as their benefits to our bodies.

\*If questions arise during the lesson about the way beef is raised, reference the first page of the resource above and the graphic detailing beef feed and lifestyle, or refer to the ExploreBeef.org graphic here: <http://www.explorebeef.org/CMDocs/ExploreBeef/Lifecycle%20Handout.pdf>

\* Be conscious of possible cultural or religious restrictions involving beef within your class. If special situations arise, be ready to speak to available alternate protein sources (other meats, cheese, meat substitutes, beans, etc.).

\* This lesson provides a great opportunity to connect students with men and women who work in the beef industry.

### FOUNDATION CONTACT INFORMATION



Funded by Beef Farmers and Ranchers

American Farm Bureau Foundation for Agriculture, A Contractor to the Beef Checkoff

600 Maryland Ave SW

Suite 1000w

Washington D.C 20024

E-mail: [Foundation@fb.org](mailto:Foundation@fb.org)

Phone: 1.800.443.8456

Fax: 202.406.3756



BEEF BINGO - CARD

|   |   |                                     |   |   |
|---|---|-------------------------------------|---|---|
| B | I | N                                   | G | O |
|   |   |                                     |   |   |
|   |   |                                     |   |   |
|   |   | OUT TO<br>PASTURE!<br>FREE<br>SPACE |   |   |
|   |   |                                     |   |   |
|   |   |                                     |   |   |

## BEEF BINGO - CONTENTS

# FILL YOUR CARD!

Write each word in a single square on your BINGO card before you play!

Strip Steak  
Brisket  
Hamburger\*  
Tri-Tip  
T-Bone

Apples  
Grapes  
Mangoes  
Oranges  
Pineapple

Milk  
Cheese  
Yogurt  
Cottage Cheese  
Broccoli  
Corn  
Kale  
Spinach  
Carrots

Rice  
Quinoa  
Tortillas  
Pasta  
Bread

\* 93% Lean ground beef (hamburger) is considered lean

