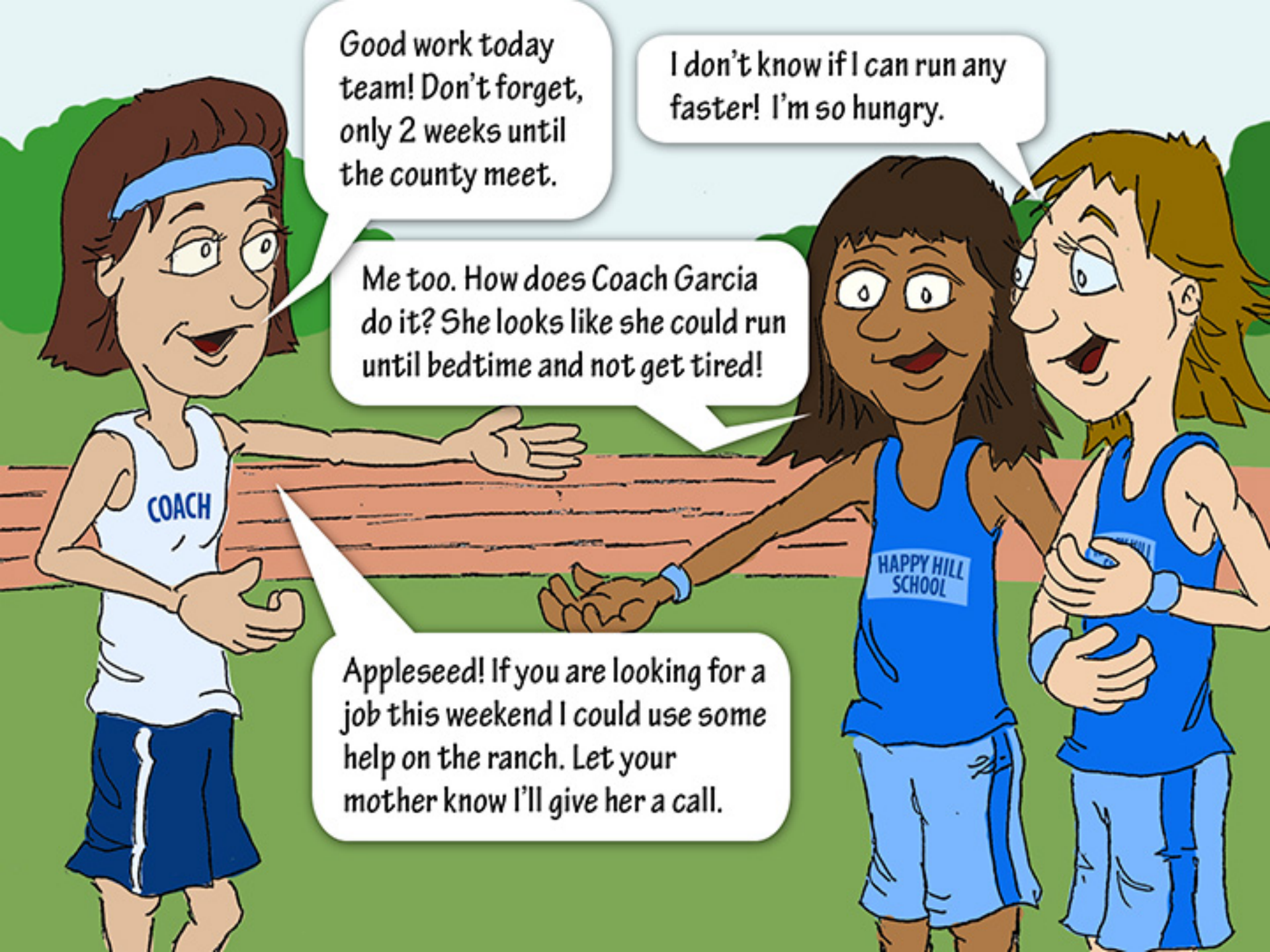


Annie Applesed in



My
American
Farm

BEEF
V[®]



Good work today team! Don't forget, only 2 weeks until the county meet.

I don't know if I can run any faster! I'm so hungry.

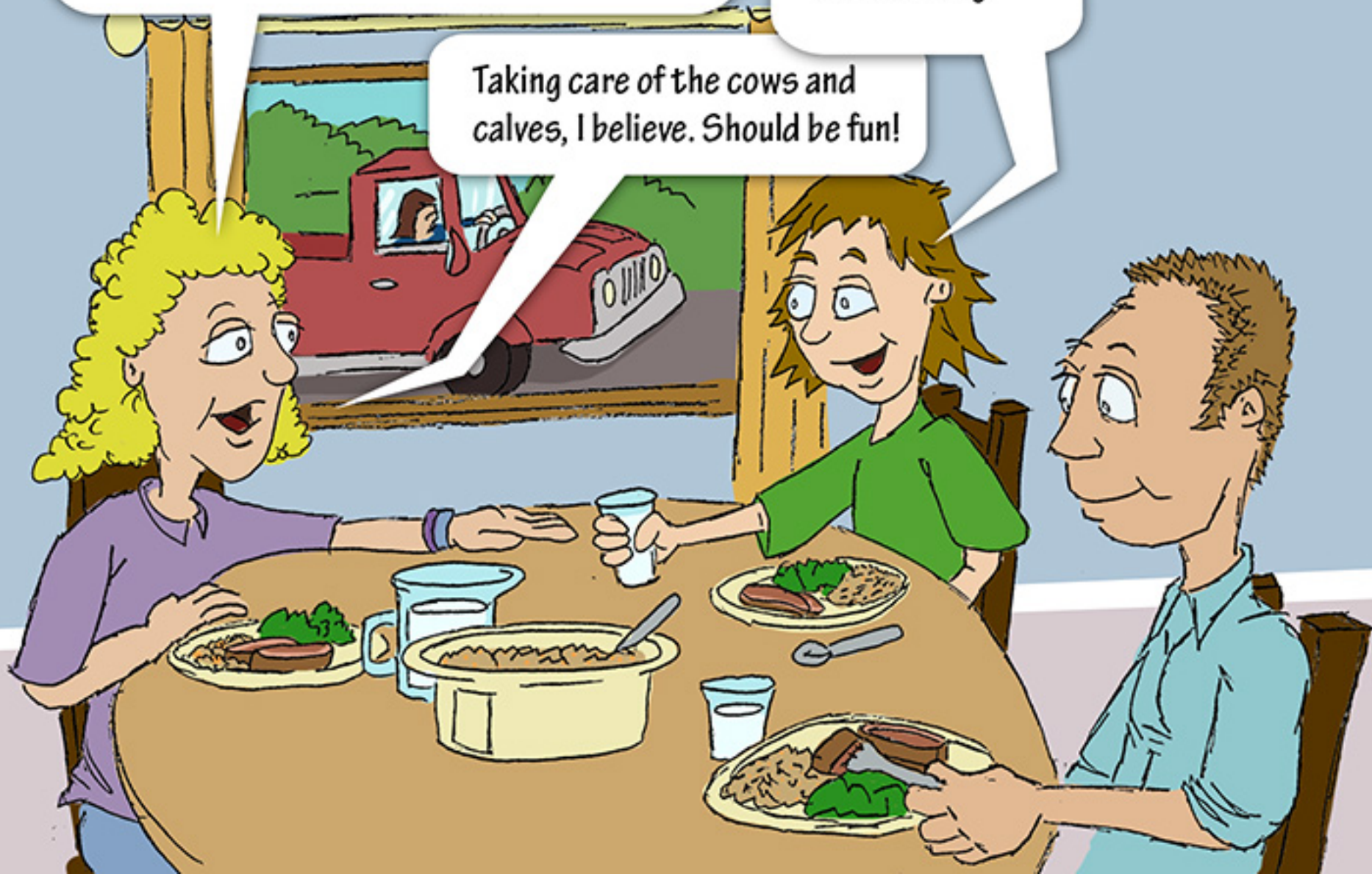
Me too. How does Coach Garcia do it? She looks like she could run until bedtime and not get tired!

Appleseed! If you are looking for a job this weekend I could use some help on the ranch. Let your mother know I'll give her a call.

Coach Garcia called, Annie. She needs some help on the family ranch down the road. Would you like to work there this weekend?

Sure mom. What are we doing?

Taking care of the cows and calves, I believe. Should be fun!

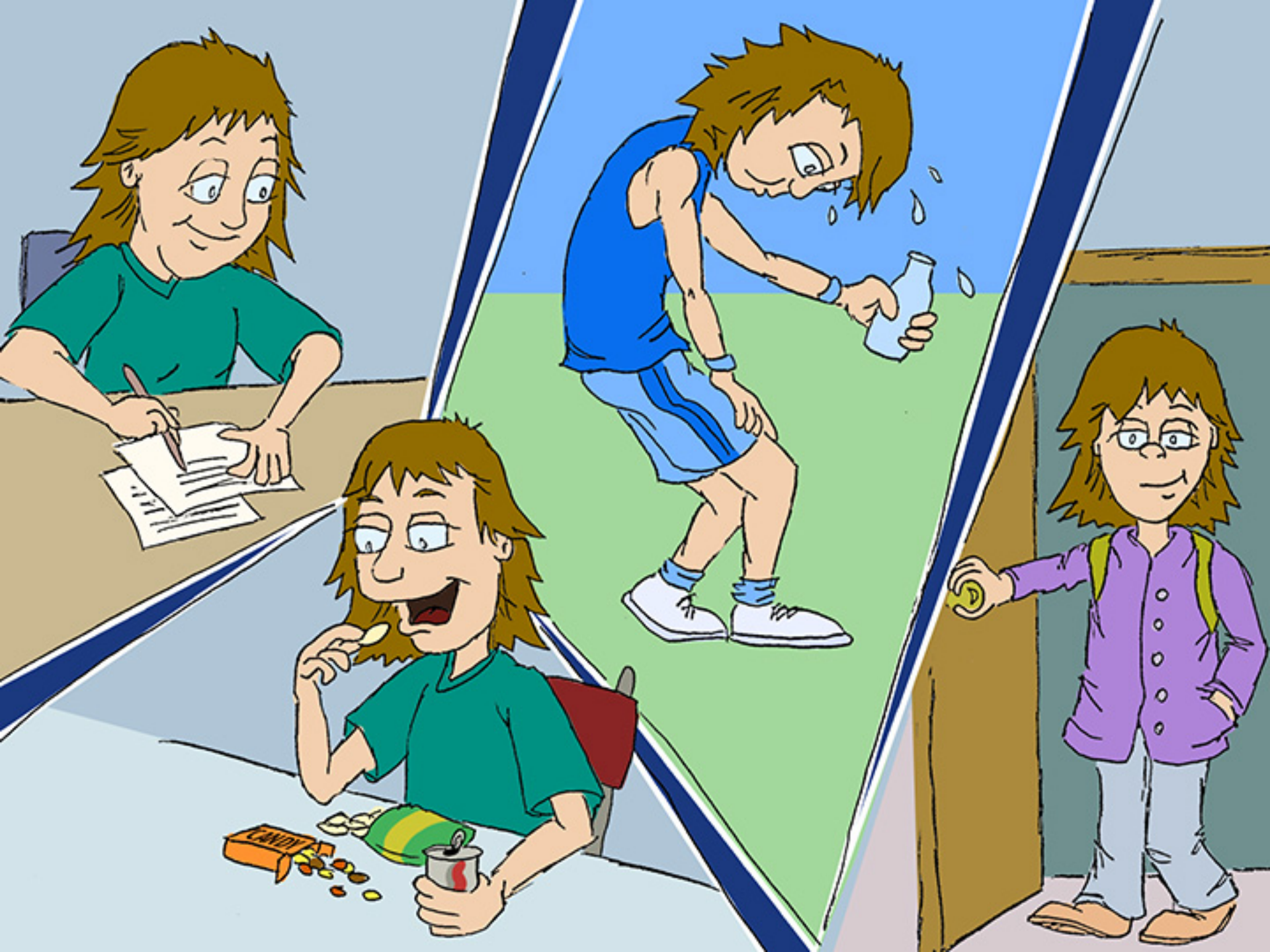


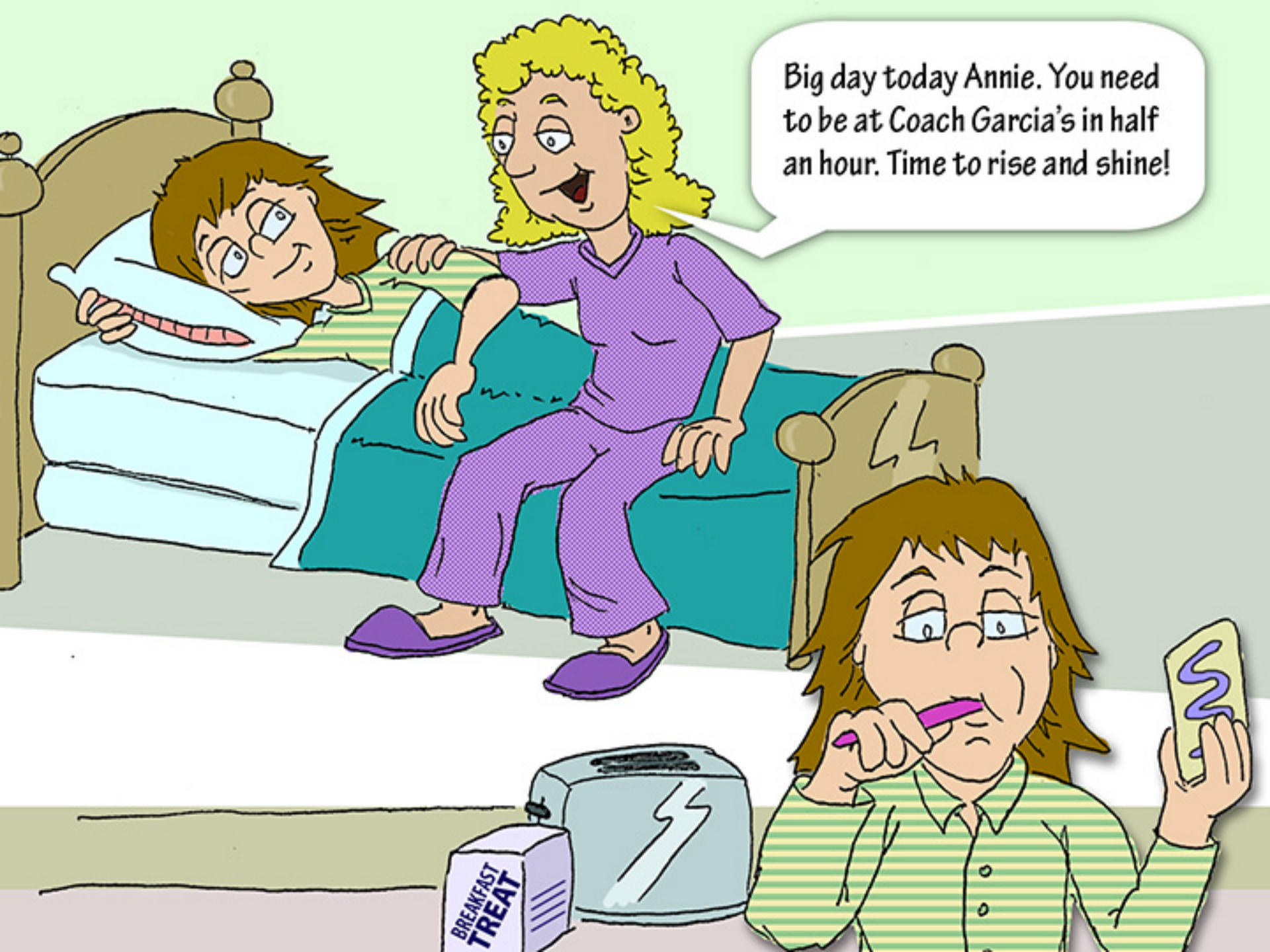
Don't forget to take lunch, Annie.

I'll get something at school mom.
'Gotta run. School bus is coming.

Keep an eye out for
Coach Garcia. She
should be on her
morning run about
now. Have a good
day at school!







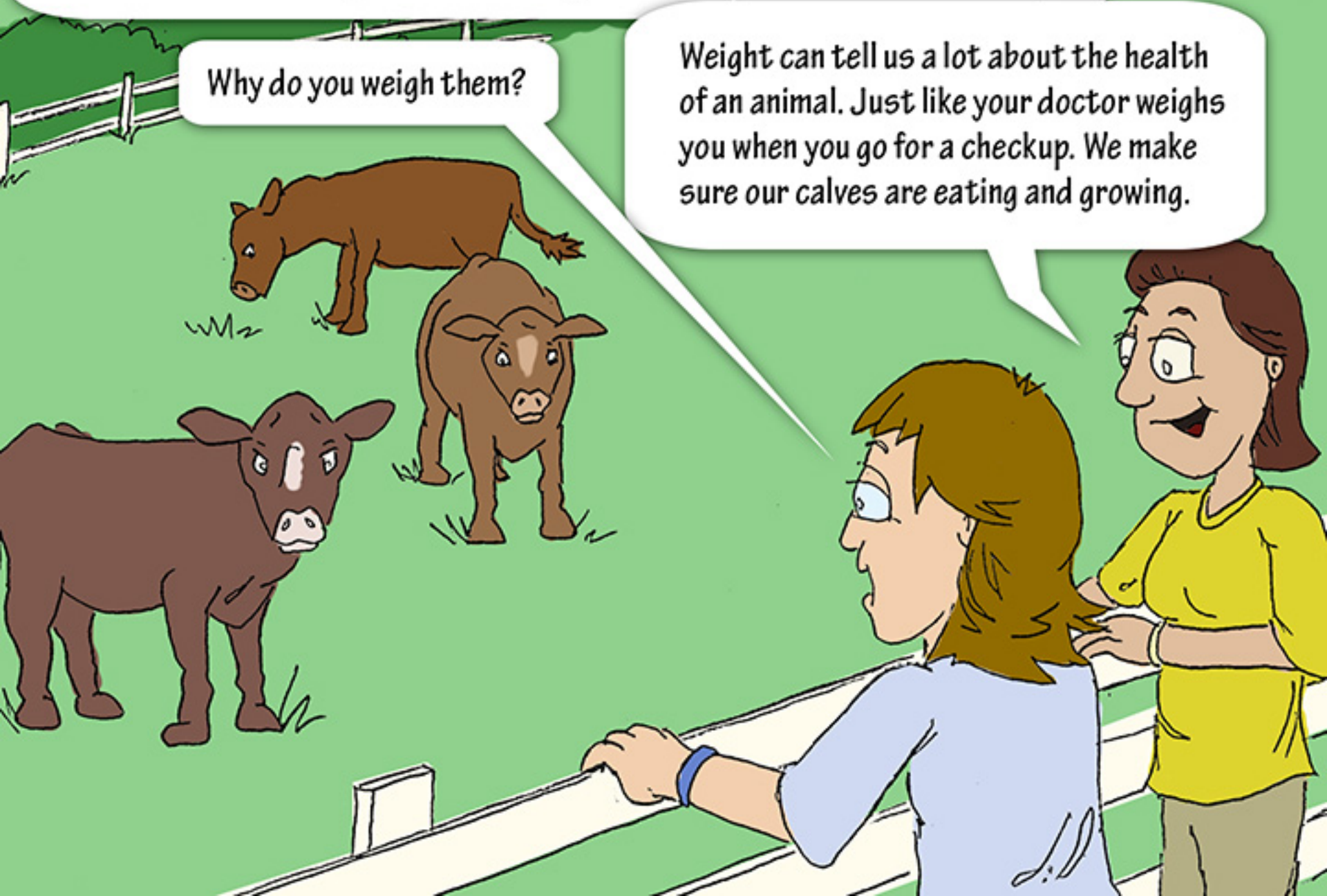
Big day today Annie. You need to be at Coach Garcia's in half an hour. Time to rise and shine!

BREAKFAST TREAT

We are checking and vaccinating calves today Annie. I need you to help as we move the calves through the scale. Our job is to keep them calm and healthy.

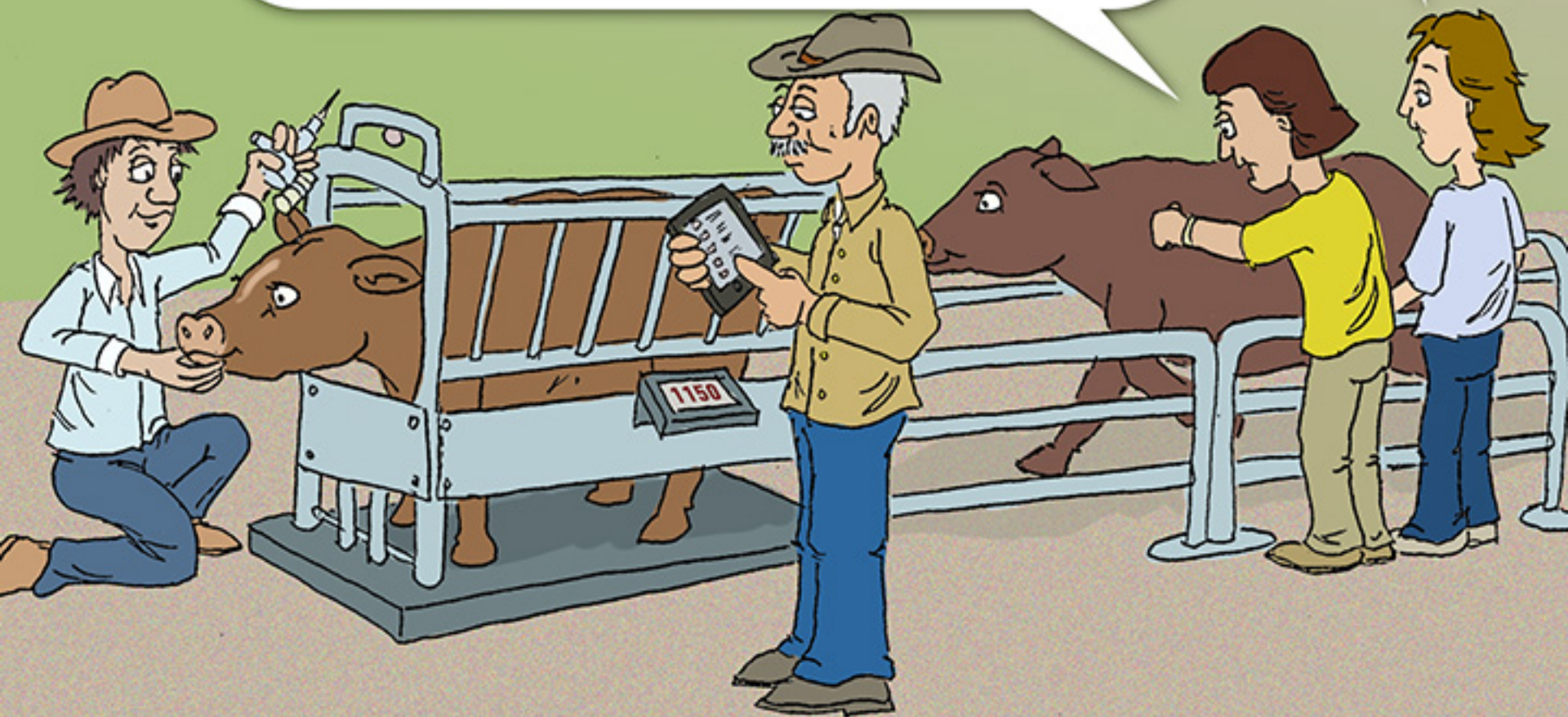
Why do you weigh them?

Weight can tell us a lot about the health of an animal. Just like your doctor weighs you when you go for a checkup. We make sure our calves are eating and growing.



How do you do it, coach? How do you run in the morning, work all day out here, and then coach us?

A healthy diet is the start of a healthy life, Annie.
What did you have for breakfast? What about lunch?
Food is fuel for our day!

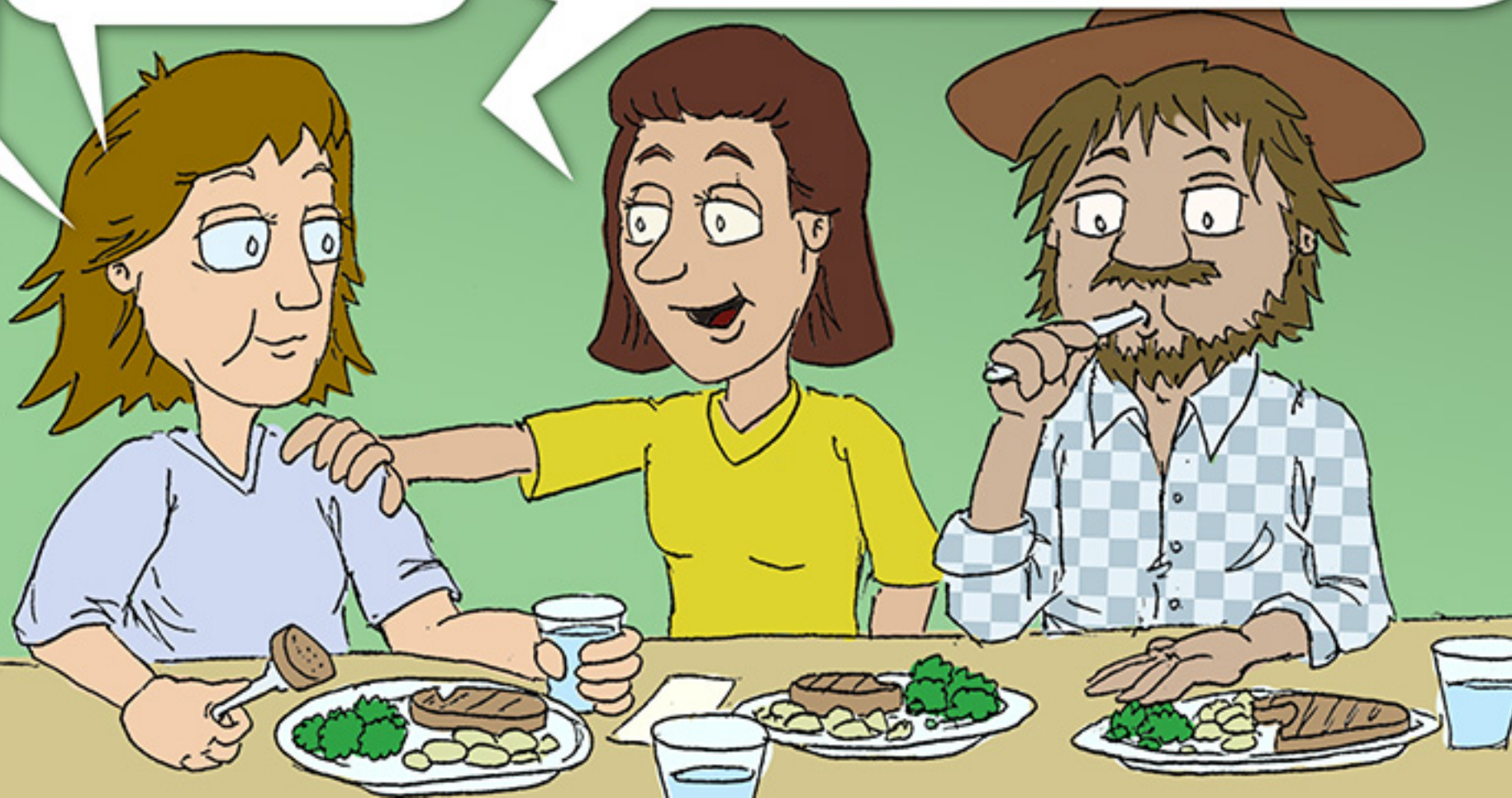


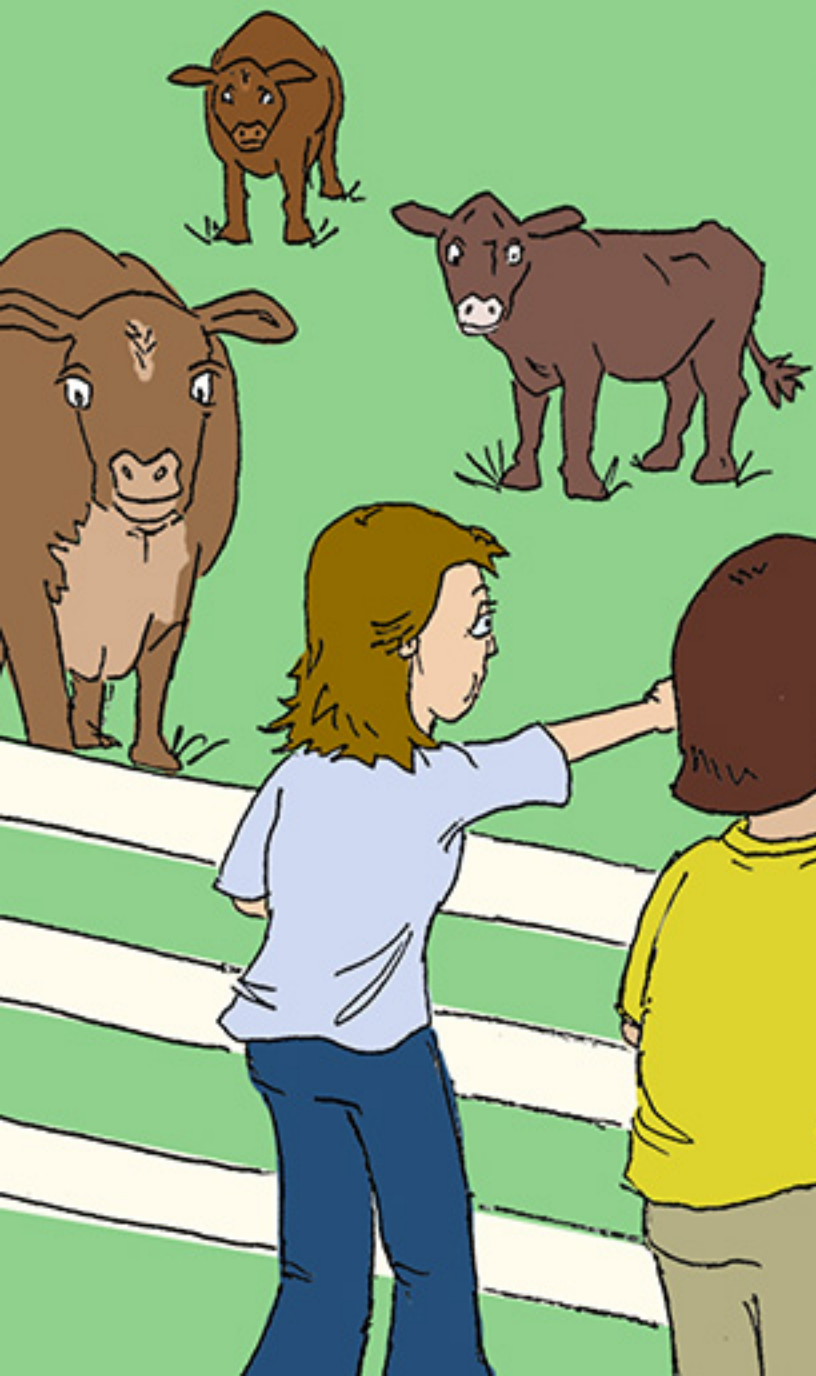
Is beef a nutritious option?

You bet. It is easy to fit lean beef into a healthy diet. A 3 oz serving of beef, like we're eating here, is an excellent source of protein, zinc, selenium, niacin, vitamin B6 and vitamin B12 and a good source of iron, riboflavin, phosphorus and choline.

That's a lot to remember. Why is that important?

Let me help you with a trick I learned. Just remember ZIP+B. That stands for Zinc, Iron, Protein and B vitamins!





Zinc helps our immune system. Our immune system is what fights off illness.



Iron helps our move oxygen through our body.



Protein is crucial for muscle growth. It also helps curb hunger, which can help us keep a healthy weight.

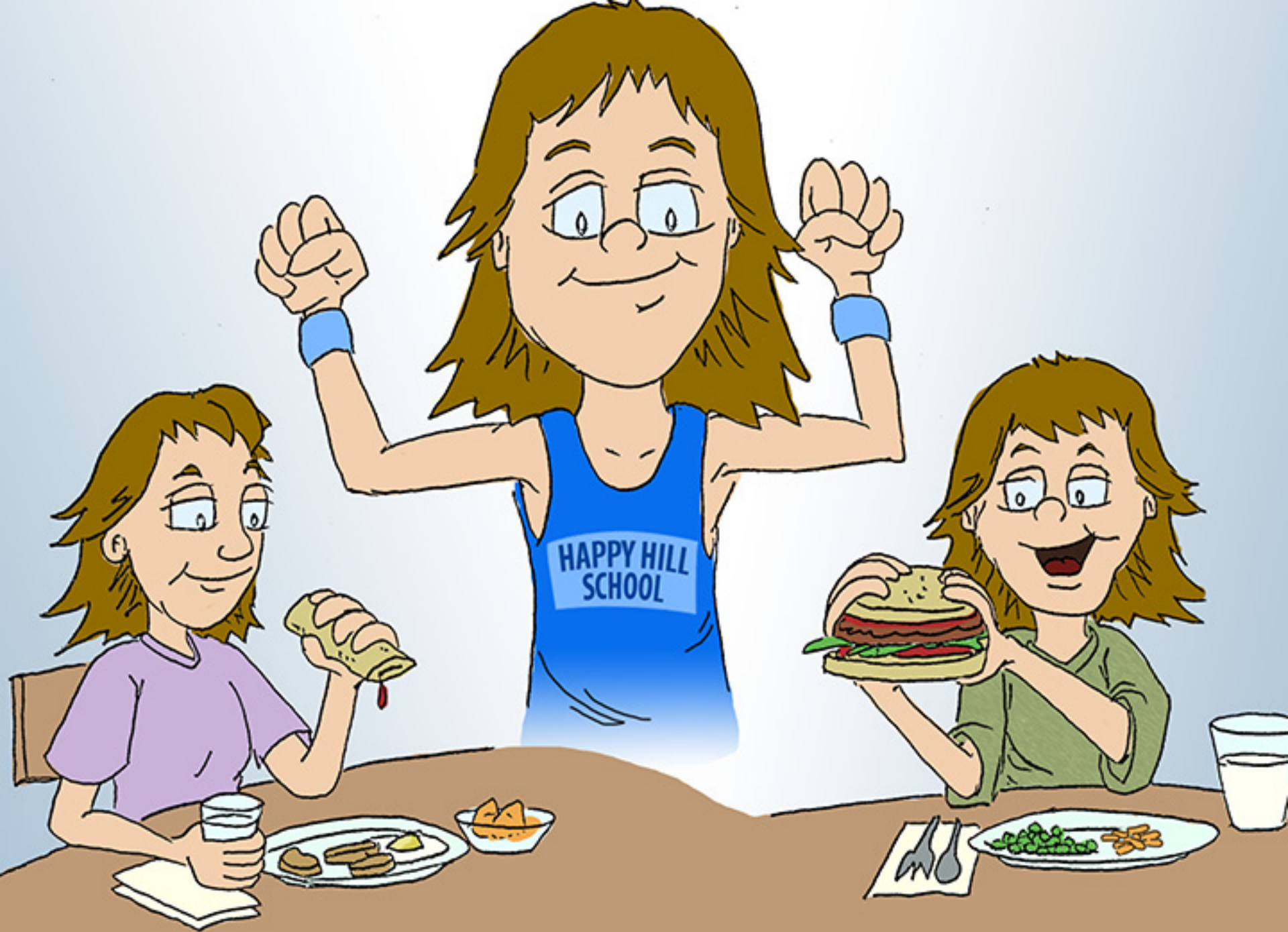



B vitamins are needed for healthy metabolism. Metabolism is our body's process for breaking down food. Its how we get energy!



See you at practice Monday, Annie. And think about what you eat before you come, ok? The big race is next weekend.

Ok Coach. See you then.



A cartoon illustration of two female athletes at a school track meet. They are both wearing blue athletic gear with "HAPPY HILL SCHOOL" printed on the front. The athlete on the left has dark hair in a ponytail and is looking towards the other athlete. The athlete on the right has brown hair in a ponytail and is pointing towards the background. In the background, there is a "START" banner on the left and a crowd of other athletes in various colored uniforms. Two speech bubbles contain their conversation.

Where is coach? I haven't seen her today.

I don't know.
Maybe she's
racing today too!

Coach! We didn't know you were racing.

I love a good race Annie.
And I'm fueled to finish.
Have you been getting
plenty of nutrients
from your food?

Yes ma'am. Mom has
been helping me eat a
nutritious breakfast,
lunch and dinner.

Well let's go then!





TEAM
BEEF

HAPPY HILL
SCHOOL

FINISH

LINE



The End

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