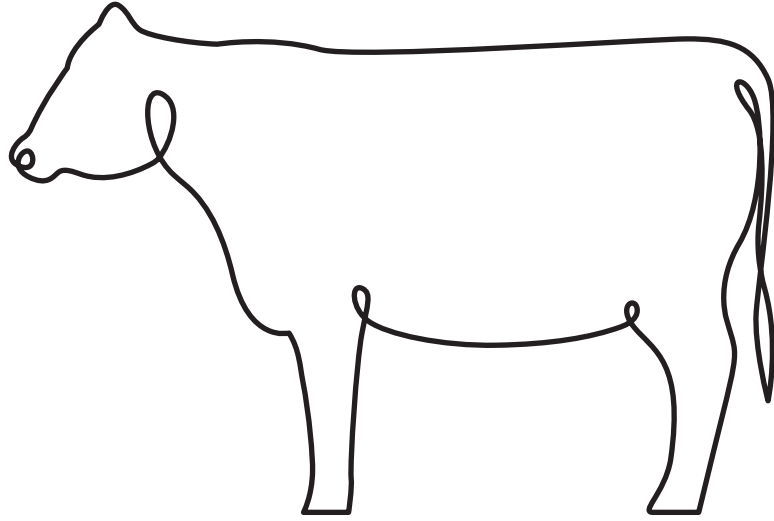


Filament

Activity Pages

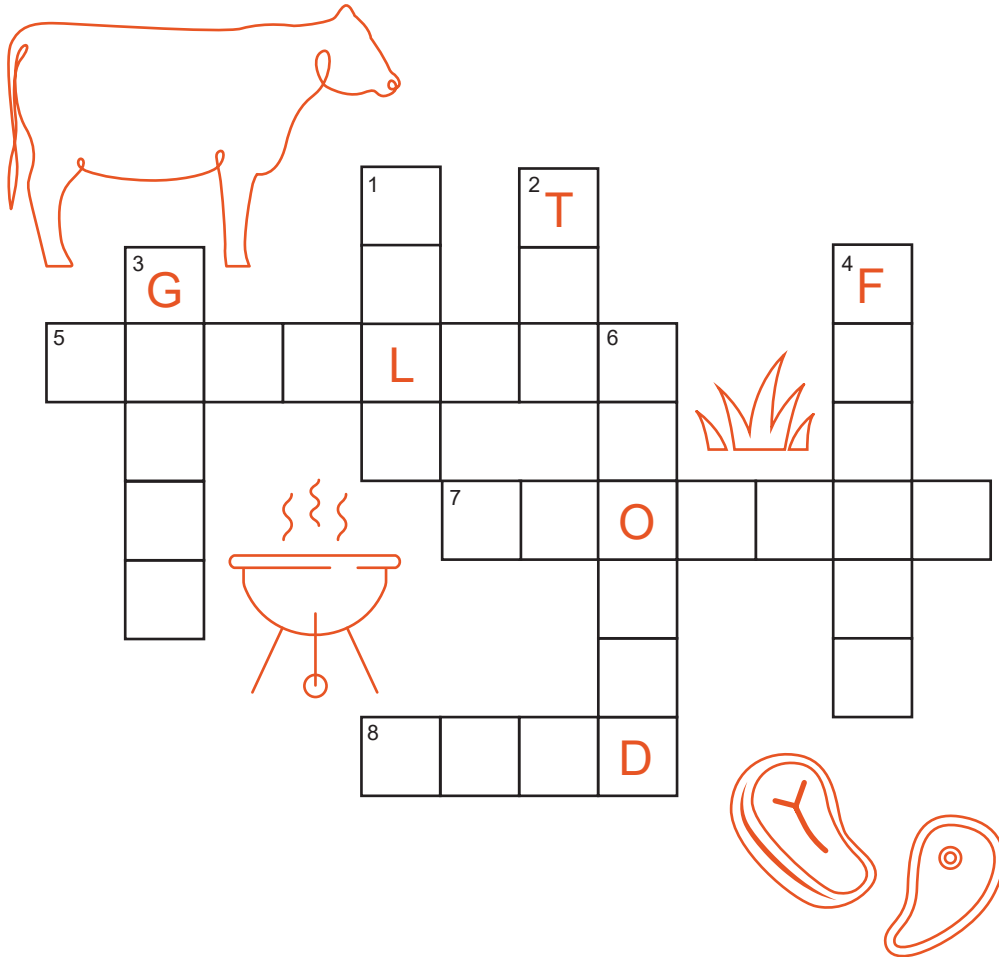
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National
BEEF
MONTH

Beef Month Crossword

Read the clues below. Enter each answer in the corresponding line in the puzzle.



Word Bank

ten
grass
calf
herd
family
grilling
protein
ground

Down:

1. The name for a baby cow
2. Number of essential nutrients from beef
3. Beef cattle eat this most of their life
4. Ninety-six percent of cattle operations are _____ owned
6. America's all-time favorite beef cut

Across:

5. Cooking beef outside in the summer
7. An essential nutrient beef gives our bodies
8. A collective name for a group of cows

Did you know?

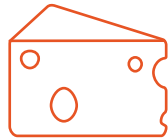
In just three ounces of cooked beef, you're getting 10 essential nutrients — about half your daily value for protein!

Burger Toppings

What do you like to put on your burger? Build your burger by coloring in only the food items that you would want on your burger. Then draw your burger on the next page!



lettuce



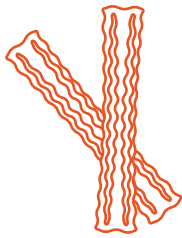
cheese



onion



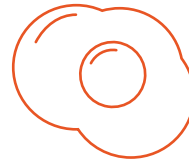
tomato



bacon



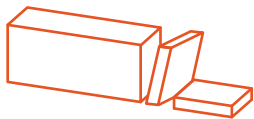
ketchup



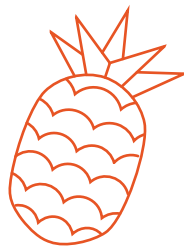
egg



apple



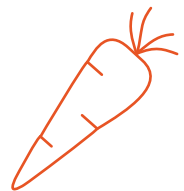
butter



pineapple



mustard



carrot



avocado



jalapeño



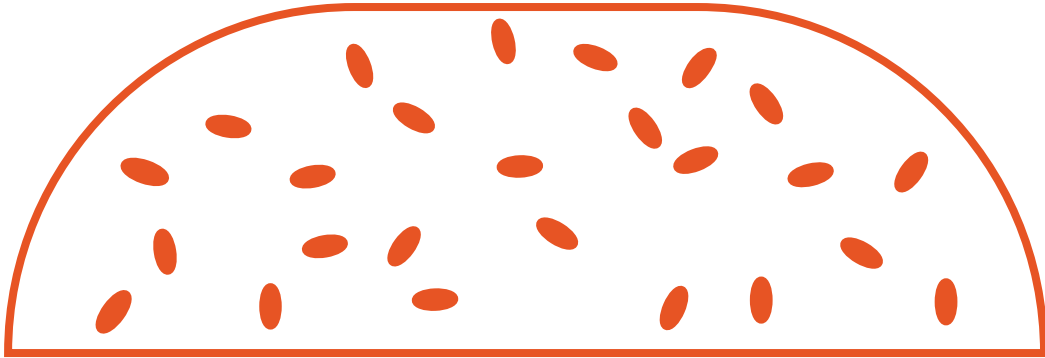
pickles



mushroom

Build Your Burger

Draw your perfect burger in the box below. See the previous page for topping ideas. Then share your burger on Facebook and tag [@FilamentAg](#) with your [#burgergoals](#).

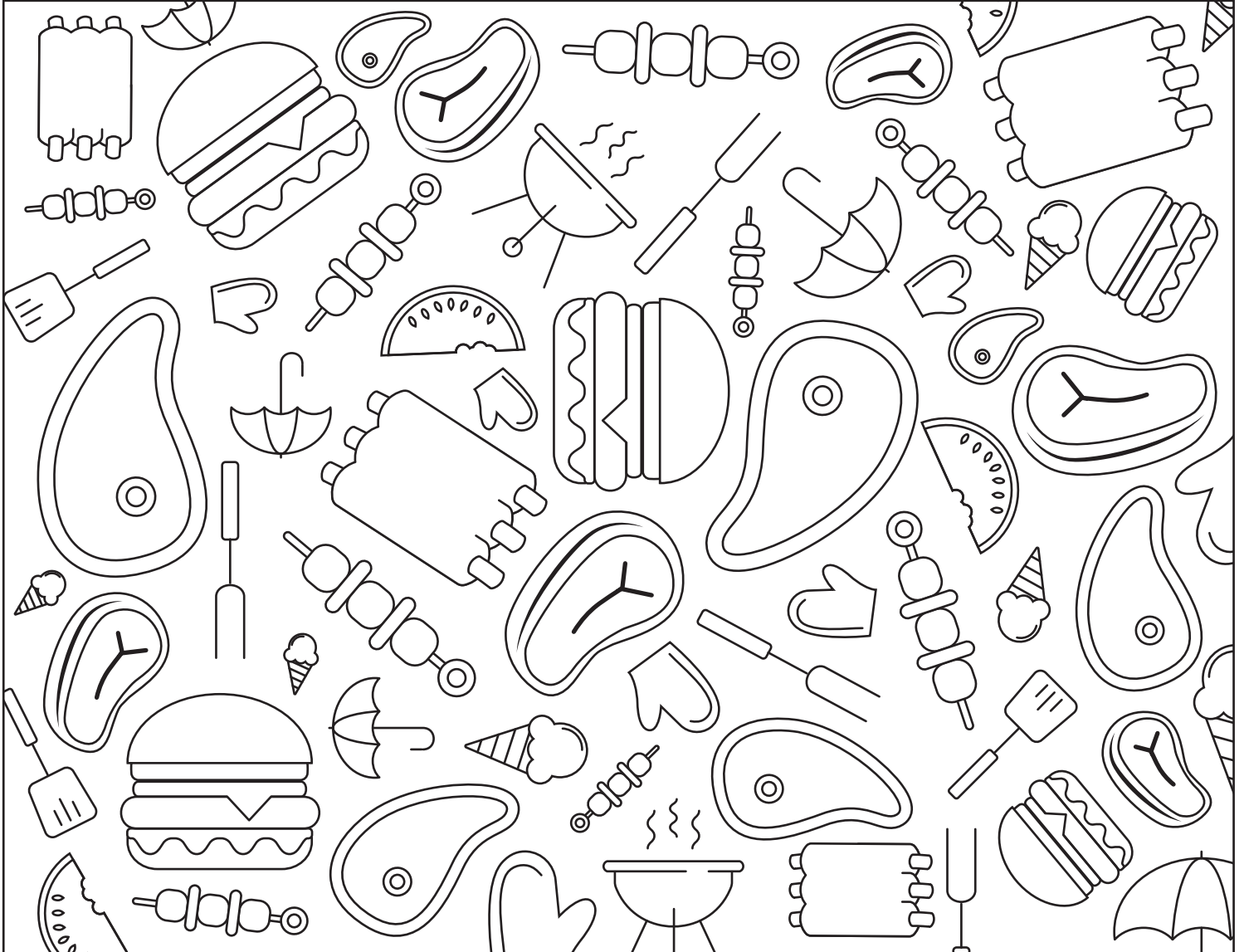


Fun Fact:

The largest cheeseburger ever made in the world weighed in at 777 pounds and featured 50 pounds of cheese!

Find the Beef

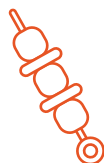
See how many of each beef product you can find on the page, and then write your totals in the boxes below! Check the answers at the bottom of the page to see if you found them all.



Burger



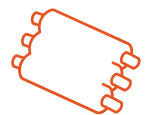
Ribeye



Kebab



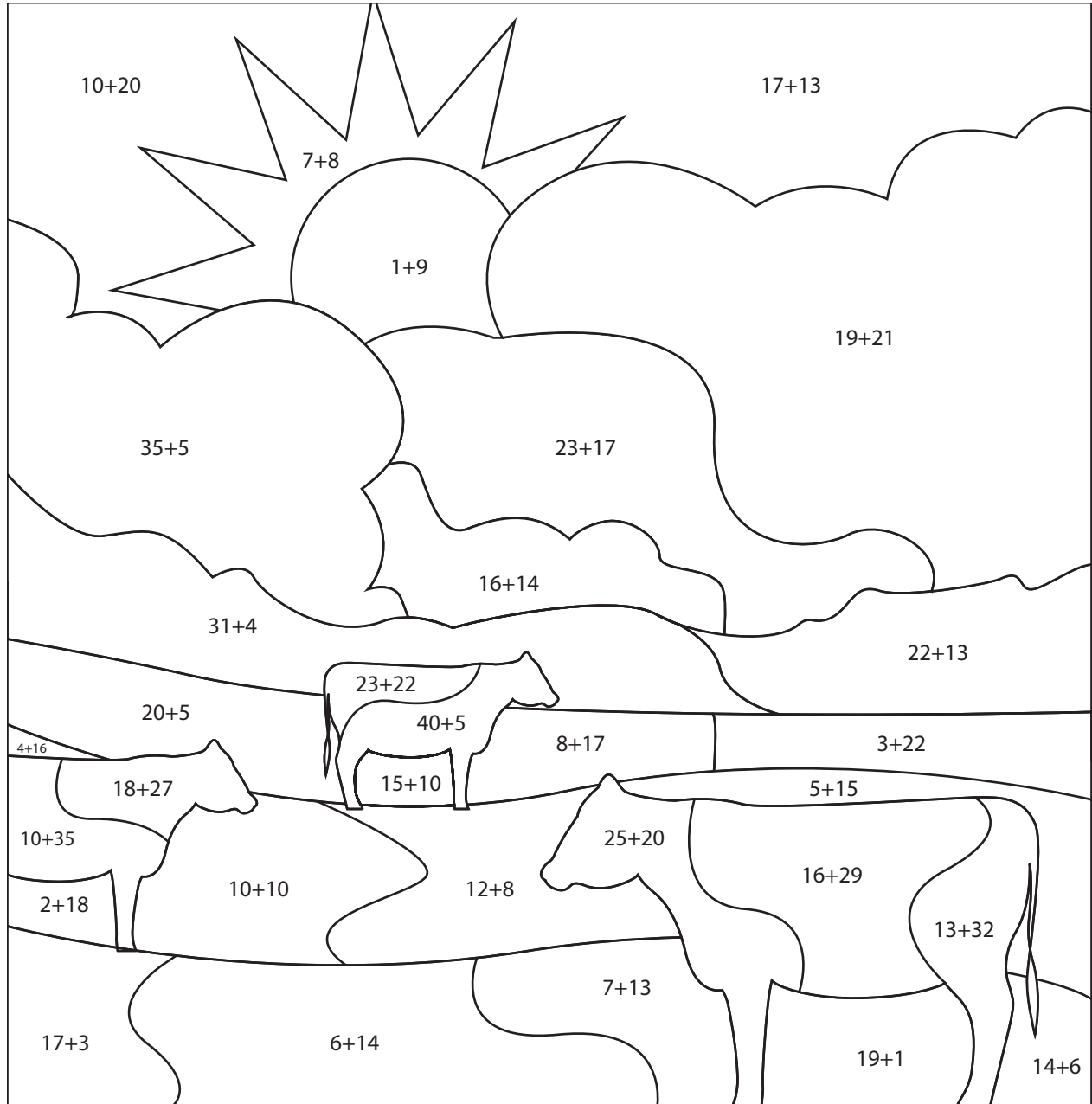
T-Bone



Ribs

Cow-culations

Add up each section of the drawing. Then use the color key to match up the correct color with its corresponding section and complete the picture!



Color Key

10 = yellow

20 = light green

30 = light blue

40 = white

15 = orange

25 = dark green

35 = dark blue

45 = black

Did you know?

Beef cattle spend the majority of their lives grazing on grass in a large area of land called a pasture. There are 655 million acres of pasture and rangeland in the U.S., making it the single largest land use in the country.

Classic Beef Sloppy Joes

🕒 35 minutes

🍽️ 4 servings

🔥 290 calories

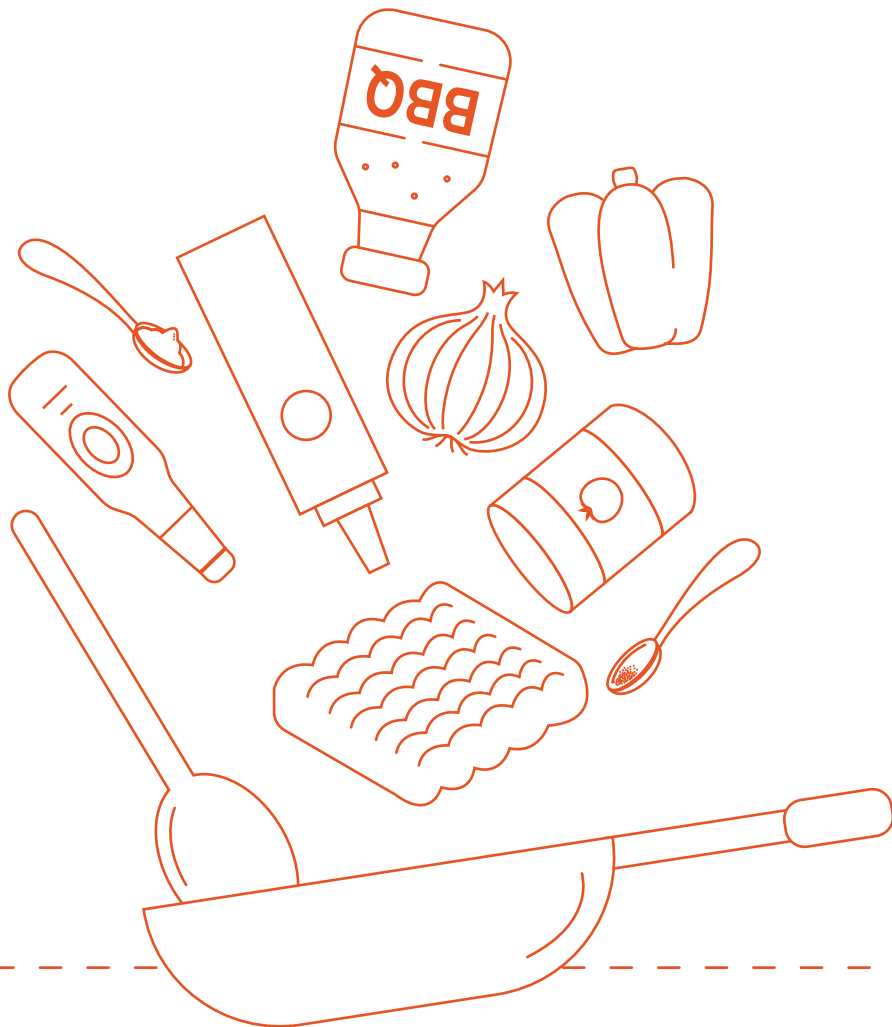
🍗 28 g protein

INGREDIENTS

1 lb ground beef (93% lean or leaner)	1/4 c ketchup
1 c minced sweet onion	1 tbsp Worcestershire sauce
1 c minced green bell pepper	2 tsp packed brown sugar
1 can unsalted tomato sauce	1 tsp dry mustard
1/4 c bbq sauce	4 whole wheat hamburger buns or 8 slider buns

Toppings:

Dill pickle slices, coleslaw, American or Cheddar cheese slices (optional)



COOKING:

- 1 Heat large nonstick skillet over medium heat until hot.
- 2 Add onion, cook 3 to 5 minutes until golden brown.
- 3 Add ground beef and bell pepper; cook 8 to 10 minutes, breaking beef into 1/2-inch crumbles and stirring occasionally.
Cook's Tip: *Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*
- 4 Stir in tomato sauce, barbecue sauce, ketchup, Worcestershire sauce, brown sugar and mustard; increase heat to medium-high.
- 5 Bring to a boil; cook 5 to 10 minutes or until sauce is thickened, stirring occasionally.
- 6 Season with salt, as desired.
Cook's Tip: *You may add an additional 2 tablespoons barbecue sauce for sweeter, richer flavor.*
- 7 Divide beef mixture evenly among buns. Top with pickles, coleslaw and cheese, if desired. Close sandwiches.
Cook's Tip: *You may serve the beef mixture over hot cooked whole wheat pasta instead of buns.*