

TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on beef. Here is some information on beef.

What is Beef?

Beef is meat that comes from cows. People enjoy beef in many forms like hamburgers, steaks, tacos, and meatballs. **Read trivia for the week.**

Where Does Beef Come From?

Beef comes from cattle raised on farms and ranches. Cows may eat grass in pastures or grains like corn and wheat. Top beef-producing countries include the U.S., Brazil, and China. **Read trivia for the week.**

Health Benefits of Beef

Beef is an excellent source of protein. It also contains iron, potassium, vitamin B12, and zinc—important nutrients for energy and immunity. **Read trivia for the week.**

Fun Facts About Beef & Cattle

Over 1 billion cows exist globally. Texas leads in beef cattle production in the U.S. The largest burger ever made weighed over 3,000 pounds! 99% of a steer is used through by-products like: Crayons, candles, cosmetics, detergents, insulation, and even sports gear. One cow hide can make 11 basketballs or 144 baseballs. 3,000 hides are needed to supply the NFL each year.

Beef in South Dakota

South Dakota has more cows (~4 million) than people (~900,000)—a 4:1 ratio! SD is one of the top 10 beef-producing states in the U.S. Meade County has the most beef cows in the state. Black Hills Highlands conserves land by raising heritage Scottish Highland cattle. South Dakota's beef industry focuses on safe, humane, and sustainable practices. SD is a top milk producer, averaging 23,000 pounds per cow annually.



HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

