

THE BEEF-it-up

Activity book



Have some fun as you learn about beef...

Which picture is an exact match for "A" - a beef cow licking her calf?



Answer: A is correct. (B) missing lower part; (C) missing ear tag on cow; (D) missing ear tag on calf; (E) missing lower part; (F) missing ear tag on cow.

About BEEF

- There are approximately 6,500 beef producers in Manitoba.
- There are about 410,000 beef cows in Manitoba.
- Cattle are raised in many areas of the province, including as far north in Manitoba as The Pas.
- The beef industry only uses 33% of Canada's agricultural land, but provides 68% of its wildlife habitat. More than 1,000 plant, animal and insect species are found on Canadian rangeland.
- In Manitoba, these include at risk species like the Ferruginous Hawk, Chestnut Collared Longspur, Sprague's Pipit, Baird Sparrow and Loggerhead Shrike.
- Canadian grasslands sequester carbon emissions of 3.62 million cars each year.



mbbeef.ca

BEEF Fact Find

The words used in this crossword can be found throughout this booklet.



ACROSS

- Home Rind Bat and _____
- Cattle chew on this.
- A great natural fertilizer for your garden.
- Name of one of a cow's stomachs.
- Number of calves a cow will usually give birth to every year.
- A doctor for cattle.
- Cattle need between 35 and 65 litres of this each day.
- 5'More! Campfire snack.

DOWN

- The name of the type of field that cattle live in.
- A cow is a _____ animal.
- Beef is a good source of _____.
- In feedlots, cattle are fed a product that looks like this breakfast food.
- Number of stomachs a cow has.
- What do you call a group of cattle?
- Manitoba has 6,500 beef _____.
- What farmers use to tell their cattle apart.

Answers on page 3

Test Your Knowledge!

- What do you call a group of cattle?
 - Flock
 - Herd
 - Crowd
- Which of the following come from beef cattle?
 - Baseball Glove
 - Steak
 - Tires
 - All of the above
- How do beef cattle travel?
 - By horse and buggy
 - By toboggan
 - In special trucks
- What do farmers use to tell their cattle apart?
 - Name tags
 - Licence plates
 - Ear tags
- Many beef cattle live outside because:
 - It's healthy for them
 - They sleep too much if they are kept inside
 - Farmers like to show off their cattle to the neighbours
- Why do beef cattle wear ear tags?
 - So they can be recognized when wearing dark sunglasses
 - To improve their looks
 - To help the farmer tell the animals apart
- What do farmers do to take care of their cattle?
 - Provide fresh water
 - Provide good feed
 - Provide shelter from the weather
 - All of the above
- Where do beef cattle spend most of their time?
 - At the beach
 - Grazing in outdoor pastures
 - At the movies



courtesy of farm2table.ca

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Beef Terminology:

Here are a few terms you should know about cattle:

- To Calve - To give birth
- Bull - An adult male animal kept for breeding purposes
- Steer - An adult male animal that has been castrated
- Heifer - An adult female animal that has not had a calf
- Cow - An adult female animal kept for breeding purposes
- Calf - A newborn animal - usually weighs about 40 to 45 kgs.
- Beef producer - A farmer that raises beef cattle
- Ruminant - An animal with four stomachs like a cow, sheep or goat

TRUE or FALSE???

Circle your answer

- | | | |
|--|------|-------|
| 1. More than 100 medicines used by humans come from cattle. | True | False |
| 2. One cowhide can produce enough leather to make 20 footballs, 18 soccer balls, 18 volleyballs or 12 basketballs. | True | False |
| 3. The average cow has more than 100,000 jaw movements per day. | True | False |
| 4. A cow will spend approximately 6 hours a day eating and 8 hours a day chewing its cud. | True | False |
| 5. A cow stands up and lies down about 3 times a day. | True | False |
| 6. People first domesticated cattle about 5,000 years ago. | True | False |
| 7. Cattle can only see directly in front of themselves. | True | False |
| 8. A cow can detect odours up to 2 miles away. | True | False |
| 9. Cattle have 4 stomachs. | True | False |
| 10. A veterinarian is a doctor for cattle. | True | False |
| 11. Cows have 5 calves every year. | True | False |
| 12. Cattle manure is a great natural fertilizer for your garden. | True | False |
| 13. Cattle like chewing gum. | True | False |



RIB TICKLERS

Q: Where do cows go when they want a night out?
A: To the moo-vies!

Q: What was the bull doing in the pasture with his eyes closed?
A: Bull-dozin'

Q: How does a farmer count a herd of cows?
A: With a Cowculator

Q: What do cows wear in Hawaii?
A: Moo-moos

Q: What do you call a cow that has just had a calf?
A: Decalfinated

Q: Why did the cow wear a bell around her neck?
A: Because her horn didn't work

(Jokes courtesy of <http://www.viking.com>)



ANSWERS

BEEF Fact Find



How can you help Canadian beef farmers?

L L U B C O R N E P M N A F
E V E T E R I N A R I A N E
F R T D E C R D T O L I A R
E N U F R E A L O T K D D T
E H I T E E R E L E F A I I
D E O T L E H I D I L N R L
H A S O H U N F E N A A U I
B E S T F E C F E M C C M Z
H E A L T H Y I F D G O I E
R E R E M R A F R R U C N R
L E G O N R A B A G O C A F
E R U T S A P I T W A E N N
R E T A W G N W A R T S T H
Y A H C A T T L E C B E E F

Circle the following words in the puzzle

AGRICULTURE	HERD
BARN	HOOF
BEEF	LEATHER
BULL	MILK
CALF	PASTURE
CANADIAN	PROTEIN
CATTLE	RUMINANT
CORN	STEER
COW	STRAW
CUD	VETERINARIAN
FARMER	WATER
FEED	
FEEDLOT	
FERTILIZER	
FIELD	
GRAIN	
GRASS	
HAY	
HEALTHY	
HEIFER	



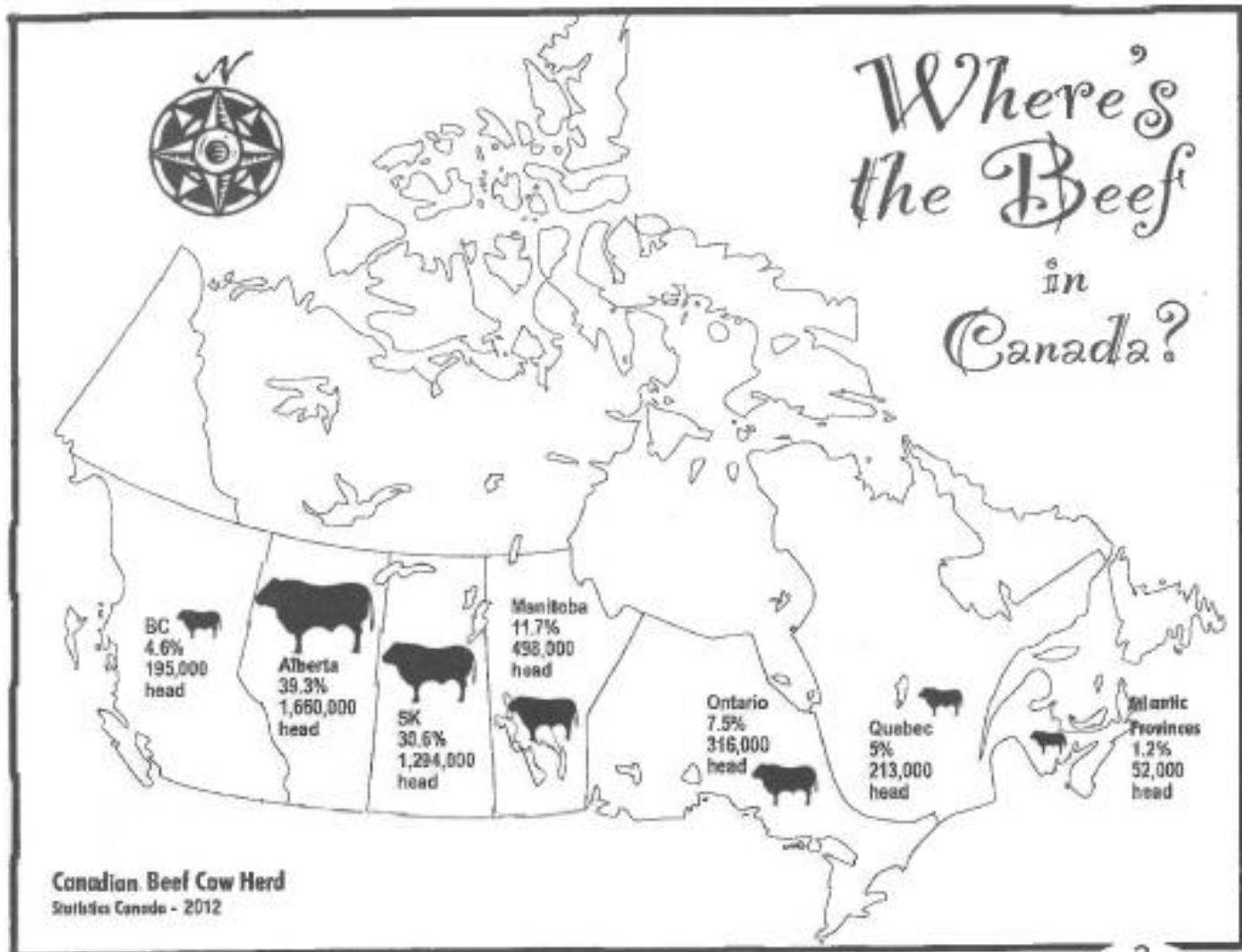
Use the letters left to fill in the blanks to reveal the hidden message.

True or False Answers:

- True. Animal products are used to produce hundreds of things we use in all areas of life, like medicines. We depend on animals every day.
- True. Leather is only one of many byproducts that come from cattle.
- False. Cattle have more than 40,000 jaw movements every day.
- True. It takes a lot of work to digest the grass they eat and turn it into a high quality protein product like beef.
- False. A cow stands up and lies down about 14 times a day.
- True. Most Canadian cattle are descendants of breeds that came from Great Britain and Europe.
- False. Cattle have almost total 360 degree panoramic vision (making them tough to sneak up on).
- False. A cow can detect odours up to 5 miles away.
- True. An animal with 4 stomachs is called a ruminant. The stomachs are called the rumen, reticulum, omasum and abomasum. The 4 stomachs allow them to convert the food they eat, like grass or hay, into high quality protein.
- True. Farmers work closely with veterinarians to ensure that their cattle receive the best care possible.
- False. Cows are pregnant for about 280 days - nine months - before giving birth. They generally have one calf each year and may have between 5 and 10 calves in their lifetime.
- True. When applied in the right quantities, cattle manure makes a great natural fertilizer that helps crops and flowers grow and helps to improve the soil.
- False. They like chewing their cud.

Answer: Eat Canadian Beef Now Often

Where's the Beef in Canada?



Canadian Beef Cow Herd
Statistics Canada - 2012

More About BEEF

DID YOU KNOW...?

- A mature cow will eat approximately 80-100lbs of feed per day
- An average beef calf weighs between 80-90lbs at birth
- The protein content in a single serving of beef is equivalent to 3.5 servings of peanut butter.
- Each Canadian consumes 25 kg of beef a year.
- Cows are generally ready for market when they weigh about 544 kg.
- Beef is a great source of protein and is low in fat. One doughnut contains twice as much fat as a 100 gm trimmed sirloin steak.
- Lean beef supplies 14 essential nutrients including: protein, niacin, vitamin B12, selenium, zinc, iron, riboflavin, vitamin B6 and phosphorus, magnesium, potassium and vitamin D.

Beef Math



Subtraction:

The height of a calf at six months 95 cm

Minus (-)

The height of a calf at birth 75 cm

Add:

The weight of a small calf 40 kg

Plus (+)

The weight of a large calf 45 kg

courtesy of "Beef and Me" educator's guide

Illustration and Design by Debbie Thompson-Riley, MBP/Manitoba



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Check out our website for more
information about beef cattle:
www.mbbeef.ca

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