


PASTURE TO PLATE

A KID'S JOURNEY WITH CATTLE & BEEF

COLORING &
ACTIVITY BOOK





HI THERE! I'M **MADDIE**, AND THIS IS MY BROTHER, **SAM**! WE LIVE ON A LOT OF LAND CALLED A **FARM**, OR **RANCH**, WHERE WE TAKE CARE OF **COWS**!

THAT'S RIGHT!
THESE BIG ANIMALS ARE CALLED **COWS**, AND A GROUP OF COWS IS CALLED A **HERD OF CATTLE**!



CAN YOU HELP US FIND
OUR **5 CATTLE**?

**WE LEARNED ABOUT THE FARM AND RANCH WHERE CATTLE
LIVE. NEXT, LET'S SEE WHERE BABY CATTLE ARE BORN.**



DID YOU KNOW BABY CATTLE
ARE CALLED **CALVES**?
THEY STAY CLOSE TO THEIR
MOMS AND EAT GRASS!

LOOK AT THEM GRAZING!
GRAZING MEANS
EATING **GRASS**!

**WHEN CATTLE EAT
GRASS, THEY ALSO
KEEP THE EARTH
HEALTHY. THEY HELP
PLANTS GROW AND
SHARE THEIR HOME
WITH WILD ANIMALS.**



OUR **CALVES** ARE LOST!
HELP GUIDE THEM FROM
THE BARN TO THEIR MOMS
IN THE **PASTURE!**

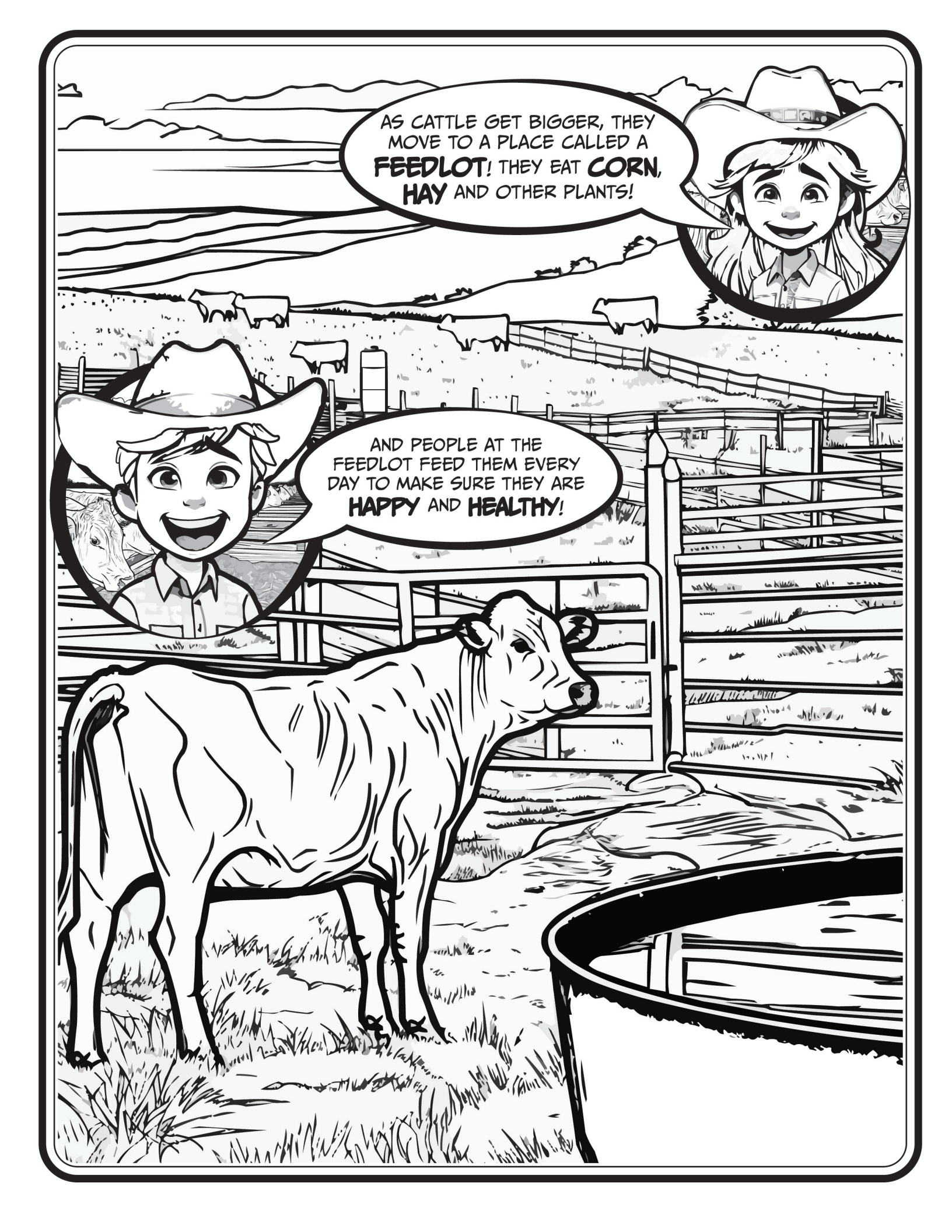


START



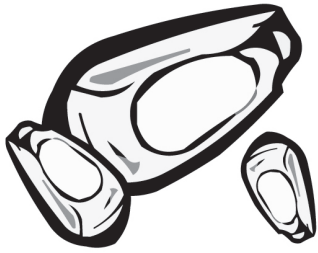
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WE HELPED THE CALVES FIND THEIR MOMS.
NOW, LET'S SEE WHAT HAPPENS AS THEY GROW UP.



AS CATTLE GET BIGGER, THEY
MOVE TO A PLACE CALLED A
FEEDLOT! THEY EAT **CORN,**
HAY AND OTHER PLANTS!

AND PEOPLE AT THE
FEEDLOT FEED THEM EVERY
DAY TO MAKE SURE THEY ARE
HAPPY AND **HEALTHY!**



CORN


HAY



CAN YOU FIND THE
5 PIECES OF
CORN AND HAY?



**WE LEARNED HOW CATTLE GROW UP AND WHAT THEY EAT.
NEXT, LET'S FIND OUT HOW BEEF HELPS US STAY STRONG.**



BEEF IS MORE THAN JUST YUMMY! IT GIVES US **PROTEIN** TO BUILD MUSCLES!

AND, OTHER GOOD STUFF LIKE **ZINC** AND **IRON** TO KEEP US **STRONG!** IT HELPS OUR **BRAIN, TOO!**

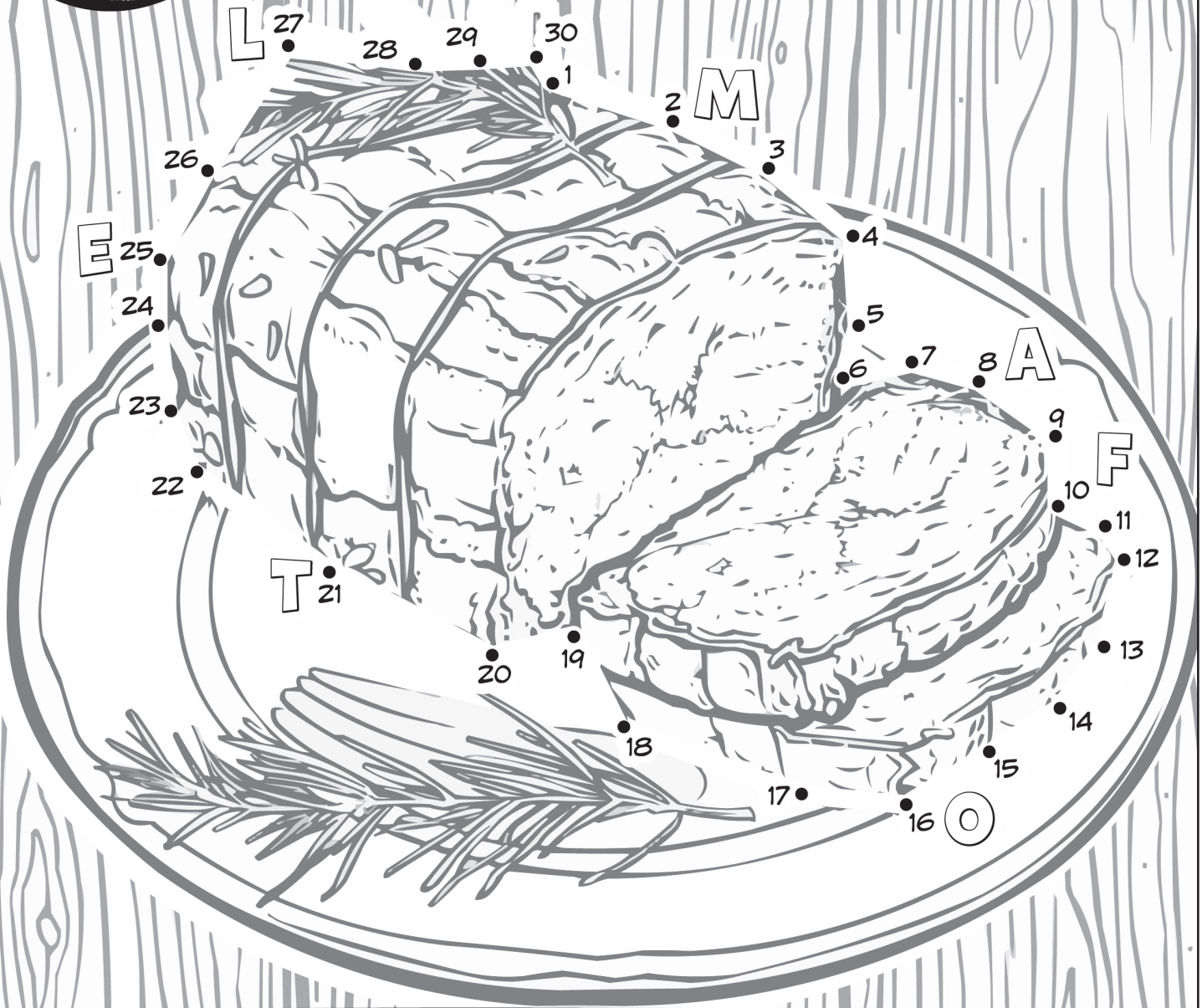
COOKING WITH BEEF IS
FUN AND YUMMY! WE HAVE
A LOT HERE TO COOK WITH!

WE HAVE **GROUND BEEF**,
KETCHUP, **BREADCRUMBS**, AN
ONION, AN **EGG**, SAUCES AND A
LOT OF **SEASONINGS!**





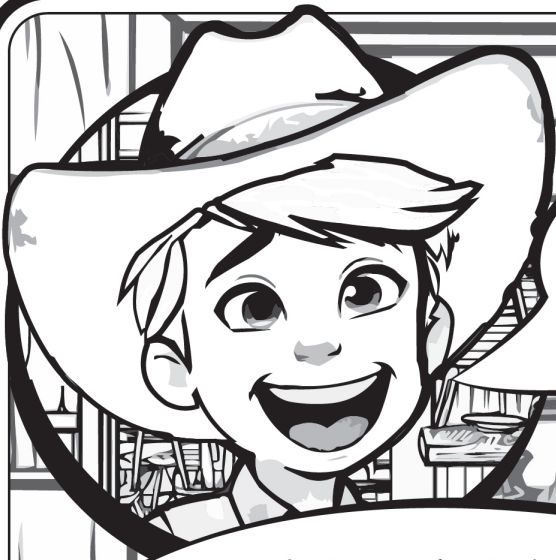
IT'S COOKING TIME!
 WE'RE MAKING A YUMMY BEEF RECIPE!
 CAN YOU **CONNECT THE DOTS**
 AND USE THE LETTERS TO FIND
 OUT WHAT WE'RE COOKING?



WHAT ARE WE COOKING?

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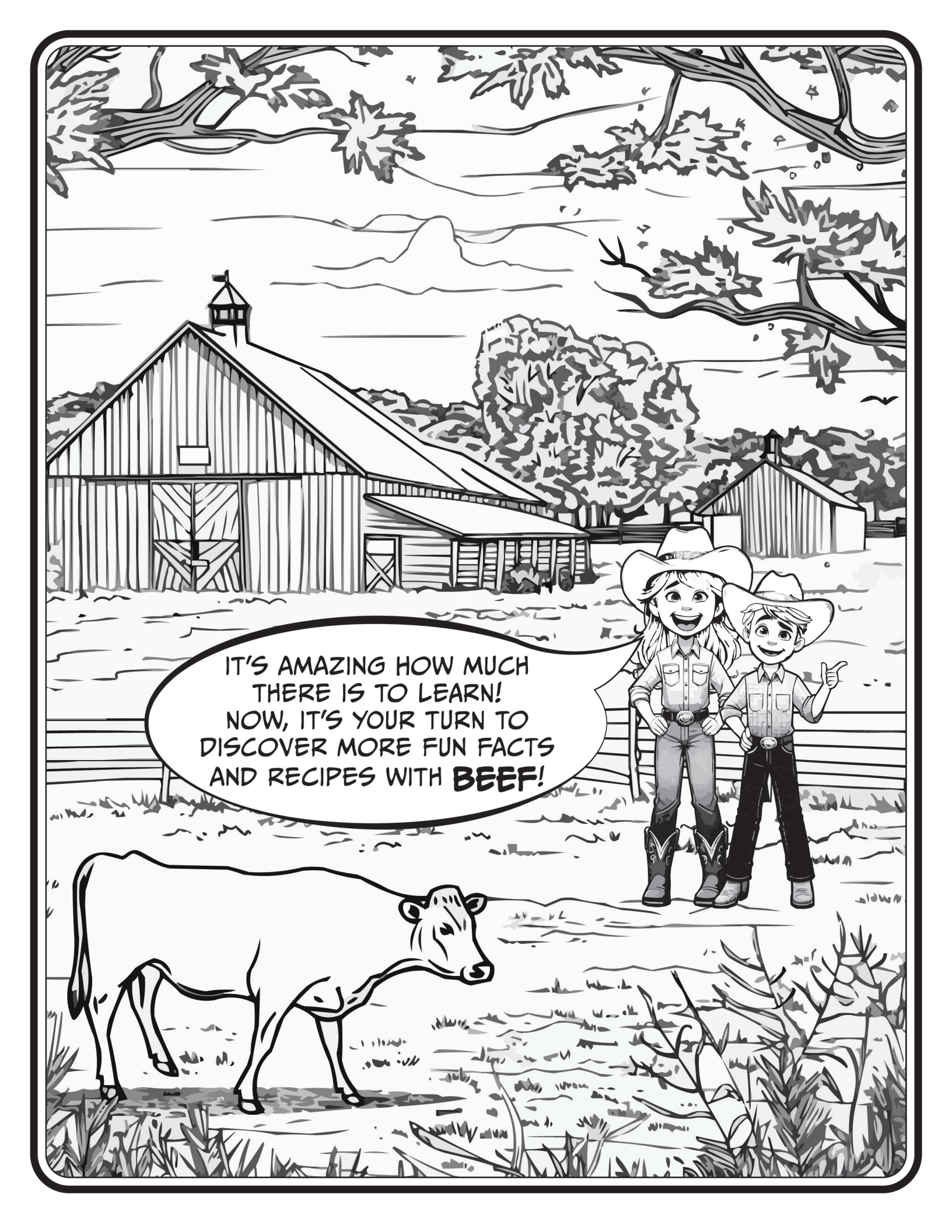
WOW, WHAT A JOURNEY! DO YOU REMEMBER ALL THE THINGS WE LEARNED ABOUT **CATTLE & BEEF?**

CAN YOU HELP US REMEMBER BY COMPLETING THIS **WORD SEARCH** WITH THE WORDS WE LEARNED?



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

BEEF
 CALVES
 CATTLE
 CORN
 FARM
 FEEDLOT
 GRAZING
 HAY
 IRON
 PASTURE
 PROTEIN
 RANCH



IT'S AMAZING HOW MUCH
THERE IS TO LEARN!
NOW, IT'S YOUR TURN TO
DISCOVER MORE FUN FACTS
AND RECIPES WITH **BEEF!**

BEEF.

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