

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?

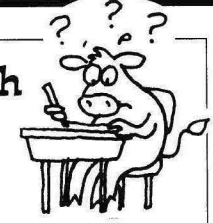
Answer: A & C (B: missing fence post; D: missing ear tag on cow; E: cow missing foot; F: missing ear tag on calf)

More About BEEF

DID YOU KNOW...?

- There are thousands of breeds of cattle in the world but about 20 common breeds in Ontario.
- Ontario has 19,000 beef farmers.
- Alberta is the largest producer of beef cattle in Canada.
- Each Canadian consumes 20 kg of beef a year, or about 35 grams per person per day.
- 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.

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 "Animals and Me" educator's guide

Illustration and Design by Debbie Thompson-Wilson, Illustration

About BEEF

Beef cows and their baby calves spend the spring, summer and fall living in fields that are called pasture fields. Cattle like living in groups (called herds). In Ontario, the average farm has between 20 and 25 cows.

The calf will drink its mother's milk for about five months with its diet gradually changing from about 2 kg of milk every day to one that includes grasses (called forages) and water as the calf gets older. Calves are weaned from drinking their mother's milk at about five months of age. After the calves are weaned, they are called backgrounders or stocker calves.

Cattle are usually moved to special farms called feedlots when they are 15 months old and live there until they are ready for market. Ontario feedlots vary in size.

In feedlots, cattle are fed a product that looks very similar to your breakfast cereal. Their food contains a mix of different types of grasses, grains like corn, barley wheat or oats and vitamins and minerals. Each animal also needs between 35 and 65 litres of water every day depending on the type of feed they're eating and the outside temperature.



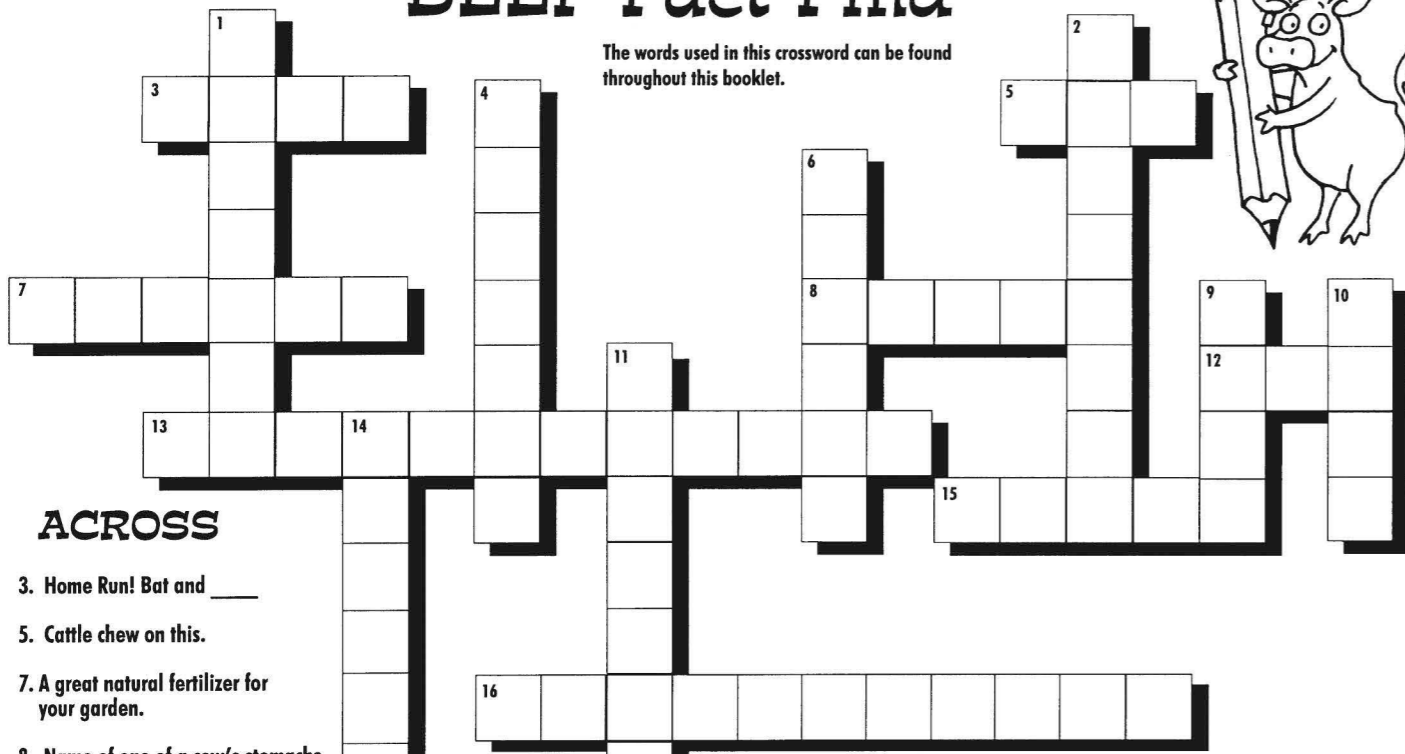
Check out our website for more information about beef cattle:
www.ontariobeef.com

this booklet has been provided to you by the
Beef Farmers of Ontario
130 Malcolm Road, Guelph, Ontario N1K 1B1



BEEF Fact Find

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



ACROSS

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

DOWN

1. The name of the type of field that cattle live in.
2. A cow is a _____ animal.
4. Beef is a good source of _____.
6. In feedlots, cattle are fed a product that looks like this breakfast food.
9. Number of stomachs that a cow has.
10. What do you call a group of cattle?
11. Ontario has 21,000 beef _____.
14. What farmers use to tell their cattle apart.

Answers on page 3

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

Test Your Knowledge!

1. What do you call a group of cattle?
a) Flock
b) Herd
c) Crowd
2. Which of the following come from beef cattle?
a) Baseball Glove
b) Steak
c) Tires
d) All of the above
3. How do beef cattle travel?
a) By horse and buggy
b) By toboggan
c) In special trucks
4. What do farmers use to tell their cattle apart?
a) Name tags
b) Licence plates
c) Ear tags



5. Many beef cattle live outside because:
a) It's healthy for them
b) They sleep too much if they are kept inside
c) Farmers like to show off their cattle to the neighbours
6. Why do beef cattle wear ear tags?
a) So they can be recognized when wearing dark sunglasses
b) To improve their looks
c) To help the farmer tell the animals apart
7. What do farmers do to take care of their cattle?
a) Provide fresh water
b) Provide good feed
c) Provide shelter from the weather
d) All of the above
8. Where do beef cattle spend most of their time?
a) At the beach
b) Grazing in outdoor pastures
c) At the movies

courtesy of farmissues.com

Answers: 1 b; 2 d; 3 c; 4 c; 5 a; 6 c; 7 d; 8 b

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 |



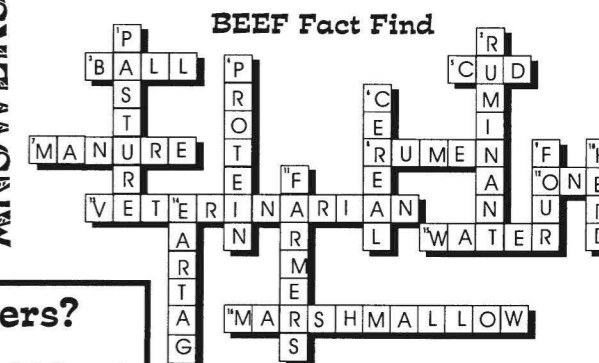
RIB TICKLERS

- 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-doizin'
- 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.vtliving.com>)

ANSWERS



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.

Answer: Eat Canadian Beef More Often

True or False Answers:

1. **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.
2. **True.** Leather is only one of many byproducts that come from cattle.
3. **False.** Cattle have more than 40,000 jaw movements every day.
4. **True.** It takes a lot of work to digest the grass they eat and turn it into a high quality protein product like beef.
5. **False.** A cow stands up and lies down about 14 times a day.
6. **True.** Most Canadian cattle are descendants of breeds that came from Great Britain and Europe.
7. **False.** Cattle have almost total 360-degree panoramic vision (making them tough to sneak up on).
8. **False.** A cow can detect odours up to 5 miles away.
9. **True.** An animal with 4 stomachs is called a ruminant. The stomachs are called the rumen, reticulum, omasum and obomasums. The 4 stomachs allow them to convert the food they eat, like grass or hay, into high quality protein.
10. **True.** Farmers work closely with veterinarians to ensure that their cattle receive the best care possible.
11. **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.
12. **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.
13. **False.** They like chewing their cud.