Leader Edition

From Farm to Table

With

Dairy and Beef

Developed by: Lana Cardwell

Acknowledgements

Special thanks goes to my advisor, Dr. Andrew Thoron for his guidance throughout my years at the University of Florida.

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This project book was created for my non-thesis project through the University of Florida, College of Agricultural and Life Sciences.

Standards and Expectations:

There are five major categories of expectations of all county 4-H Programs:

County 4-H Programs will offer educational programming that supports the mission of 4-H and the priorities of Initiative 7 of the Extension Roadmap.

All 4-H programs will aim to promote diversity and emphasize inclusiveness of youth and volunteers from all backgrounds.

Faculty will train volunteers to deliver programs.

Emphasis will be placed on medium-and long-term educational experiences.

County 4-H programs will maintain management systems and leadership structures and offer common programs that strengthen the 4-H program locally and provide consistency statewide. (Diem, P.g. 1, 2013).

See more detail at florida4h.org/programs/4HStandardsExpectations

From Farm to Table Mission:

The Farm to Table youth program of the UF/IFAS Charlotte County 4-H Organization is an extension-based educational product that encourages participants to form a foundation of appreciation for agriculture in their lives while utilizing a learn-by-doing approach. A diverse and under-served audience will be ages 8-12. The expertise and resources of the University of Florida and the land grant university system will be the guiding light in the development of this program. The purpose of these non-formal educational lessons is to introduce and expose Florida youth residents to the process of food production which focuses on *'Fresh from Florida'* produce, dairy, and beef products. Participants will be considered a new generation of agricultural stakeholders and decision makers.

From Farm to Table Program Values:

- 4-H professionally developed educational material that includes a youth project lesson book and a leader/ adult guiding lesson book.
- Education and growth in the Florida agricultural industry.
- Participant success in forming their own foundation of agricultural awareness.
- To be administered in an approved safe and inclusive learning environment by caring adults in a diverse, non-discriminatory, equal opportunity manner.

Learning Principles:

- Based on the three stages of experiential learning in order to guarantee cognitive learning transfer is acquired. Pre-Trip Stage (administration, instruction, topic content, vicarious exposure), Trip (role of participants, role of organizer), and Post- Trip (debriefing activity, culminating Activity) (Myers and Jones, p.1, 2004).
- Experiential Learning Model will be the core component of the entire program. Participants will experience the activity, share what is learned/ experiences, process the experience into cooking and consumerism, generalize the experience to their everyday lives, and apply what was learned throughout this project (Norman and Cantrell, p.1, 2006).
- Cooperative learning for youth targeted by the development of life skills- head (thinking/ managing), heart (relating/ caring), hands (giving/ working), and health (living/ being) (Mcintosh and Monroe, p.1, 2014).
- Youth will be exposed to real-life learning experiences to enhance learning and transfer.

Program Description:

The From Farm to Table 4-H Program is a six-lesson youth workshop that provides tools for the education, experience, and awareness of Florida agriculture. This program is to inform youth that their food is not grown in a store. Specific emphasis is placed on the Experiential Learning Method, the Life Skills Model and the 4-H slogan, learn-by-doing. To achieve this goal, a project book guideline that youth can have to keep and help guide themselves and their families in smart consumerism, will be included. The project book guideline is designed to be used in any Florida county with emphasis on product knowledge, ingredient identification, cooking basics, recipe reading and configuring, beef product knowledge and by-product knowledge, and exposure to a farm visit/ farmer visit. Grocery store tour to purchase ingredients will be optional. A guidebook will be included for 4-H leaders/ volunteers to utilize in future programs such as this one.

Rationale:

I chose to begin this non-formal program with *Kitchen Safety, Handwashing, and MyPlate* in order to educate participants about important steps needed to be understood in order to make this experience a safe and enjoyable one. This lesson will teach participants the basics of kitchen safety and what will be expected of them throughout the program. Proper handwashing is extremely important to learn and practice when dealing with food products. The nutritious content provided by MyPlate.gov and the Food and Drug Administration will guide participants into recognizing the nutritious elements of their food consumed on a daily basis.

Next, *What is Dairy* is an introduction to dairy cows and dairy products. Participants will learn nutritional facts and importance of dairy cows in their own lives. Florida's dairy cow breeds will be identified and understood by participants. Learners will have the opportunity to create a dairy food infused product by following the recipe and identifying the nutritional content of dairy products.

The *Dairy Cow Anatomy* comes next because it exposes participants to a more in-depth look at the dairy cow and its major bodily components. This lesson will include a farm/farmer/virtual tour guided by field trip stages: pre-checklist, field trip, and a post-field trip worksheet. Participants will be able to create another dairy infused creation by following recipe instructions and adult guidance. A pre-test will be given at before the introduction to the dairy cow section, and a post-test will be given immediately after this section is completed along with a certificate of completion.

After the dairy portion is covered, next comes the *Introduction to Beef Cattle*. In this lesson, participants will be able to identify and explain the reason beef cattle has its own industry. Learners will explore different cuts of meat as well as the location of the cut of meat on the beef cows body. Participants will earn appreciation for the roots of the beef cattle industry in Florida. This will be achieved through information guiding learners through the timeline. Participants will create a beef meat product for consumption while utilizing and understanding a recipe with instructions.

The fifth lesson will focus on *Breeds of Beef Cattle and By-Product Exploration*. Participants will benefit from this particular lesson mainly because of the identification of common Florida beef breeds and the by-product activity that takes them through their home (with adult guidance) in search of by-products. Participants will also experience a farmer/ farm/ virtual tour of a beef production guided by the field trip stages: pre-checklist, field trip, and a post- field trip worksheet. Learners will be skilled in the creation of a by-product infused creation while utilizing recipe instructions which are provided in the youth project book. A pre-test will be given before the introduction of beef cattle, and a post-test will be given immediately after this section is completed along with a certificate of completion.

Lastly, *Similarities and Differences of Beef and Dairy* will bring everything presented and experienced together in this short review lesson. Participants will explore their books in groups and identify the similarities and differences of dairy cows and beef cows. After reading the fun facts and figures, participants will provide feedback on a survey included on the last page about their experiences being a part of this non-formal educational program provided by Charlotte County 4-H.

Table of Contents

What is Agriculture?

Agriculture is the science or practice of farming. This involves cultivating the soil, producing crops, raising livestock and in varying degrees, the preparation and marketing of the resulting products. Florida 4-H and Cooperative Extension at the University of Florida have used the research of the College of Agricultural and Life Sciences to improve agricultural production practices of Florida producers. As a result of this research-based education, our nation's farmers are producing food and fiber for much of the world. Agriculture is the United States largest industry, but consider this interesting fact: Less than two out of every 100 people in the US are involved in farming.

Could you be one of the two out of 100 farmers? You can help support farmers by simply being an Agricultural Activists.

Lesson Four: Introduction to Beef Cattle

Lesson Five: Products of Beef Cattle

Lesson Six: Similarities and Differences

Calendar of Events

From Farm to Table with Beef and Dairy Objectives

1. **Kitchen Safety, Handwashing, MyPlate**

   a. **Objective 1:** Identify kitchen supplies needed and their specific use in the kitchen.

   b. **Objective 2:** Given specific ingredients for future recipes, compare and contrast the nutritional components of each recipe.

2. **What is Dairy?**

   a. Objective 3: Describe the importance of Florida Dairy Cattle in relation to food products.

   b. Objective 4: Identify the common Florida Dairy breeds and their specific qualities.

   c. Objective 5: Use the recipe instructions to create a dairy infused food.

3. **The Dairy Cow Anatomy**

   a. Objective 6: Complete the dairy cow identification worksheet; identify the anatomy usage of each part.

   b. Objective 7: Experience and then identify the purpose of that particular farm/ farmer/ virtual visit.

   c. Objective 8: Use the recipe instructions to create a dairy infused food.

4. **The Introduction to Beef Cattle**

   a. Objective 9: Identify and Explain the reason why beef cattle is raised.

   b. Objective 10: Define the beef cuts of meat.

   c. Objective 11: Interpret the history of Florida Beef Cattle utilizing a timeline.

   d: Objective 12: Use the recipe instructions to create a beef produce infused food.

5. **Breeds of Beef Cattle/ By-Product Exploration**

   a. Objective 13: Identify the common Florida beef breeds.

   b. Objective 14: Explore and utilize the worksheet to identify and experience beef by-product usage.

   c. Objective 15: Use the recipe instructions to create a beef by-product infused food.

6. **Similarities and Differences of Beef and Dairy**

   a. Objective 16: Utilize the project book to explore and identify the similarities and differences of beef and dairy cattle. Depict what you found on page 45 of the project book.

   b. Objective 17: Reflect and complete the participant feedback survey.

Texts/ References:

2017 From Farm to Table Youth Project Book and Adult Guide Edition. Provided by Charlotte County 4-H.

Marable, M. B., & Biersmith, M. (2014). Farm to Fork. Retrieved from http://www.georgia4h.org/FRIENDS/farmtofork/farm_to_fork_web.pdf

Mcintosh, J., & Monroe, M. (2015, March 10). Cooperative Learning for 4-H. Retrieved June 05, 2017, from http://edis.ifas.ufl.edu/fr390

Myers, B., & Jones, L. (2015, October 27). Effective Use of Field Trips in Educational Programming: A Three Stage Approach. Retrieved June 05, 2017, from http://edis.ifas.ufl.edu/wc054

Norman, M., & Jordan, J. (2016, August 16). Using an Experiential Model in 4-H. Retrieved June 05, 2017, from http://edis.ifas.ufl.edu/4h243

Walley-Stoll, K. (2015). Chautauqua Grown. Retrieved from http://chautauqua.cce.cornell.edu/chautauqua-grown

Cornerstone Tasks:

- **What is in your lunch?** Participants will work in groups to discuss among themselves what they brought that day for lunch. On page 9 in the project book, they will carefully write each product they ate/ brought for lunch that day in the appropriate 'MyPlate' category (Fruits, Grains, Vegetables, Protein, Dairy). Following the activity, the adult/ leader will lead them in discussion regarding their lunch's nutritional contents.
- **Milk Experiment:** In the same work groups, youth will start their science experiment on the first day in the first lesson. On page 10, each group will have four pepper plants. They will feed each plant a different type of milk (whole, low fat, and skim) the control plant will be fed with only water. Observations will be recorded daily.
- **The benefits of dairy products:** youth will identify each major bone in the human body using the word box provided. They will then discuss among their groups each bones job in the body. They will then explore all of the benefits the body receives from dairy products.
- **Dairy Cow Anatomy:** Youth will identify each major bone in a dairy cows' body. They will then apply color to that particular bone.
- **Farm Visit/ Farmer Visit Report:** Youth will have a preparation form to fill out before the field trip or visit and then a debriefing form for after the field trip or visit. (two separate visits/ trips)
- **Color the beef cuts the color or the word:** Youth will explore cuts of beef and then apply color to each part identified.
- **By-products:** Youth will identify each by-product category (hide/ hair, bones/ horns, glands/ organs) and circle each product the color of that category.
- **How many by-products in your home:** youth will explore their homes (with help of a parent/ adult) in a scavenger hunt to find how many by-products they have in their home.
- **Dairy and beef similarities and differences:** youth will work in groups to utilize the project book given at the beginning of the program to fill out the map on page 45 of the project book.

Assessment/ Evaluation:

Two pre- and post-tests will be conducted to assess the participant's individual knowledge gain. The evaluations include a series of definitive questions as well as open-ended questions that relate to the objectives and essential questions. The evaluation is to provide information to program developers on the information transferred. This will help developers and adult/ leaders coin their lessons on continued research in order to receive their desired results. Qualtrics can be utilized for data results. A pilot study will be utilized among a current 4-H club before non-members will experience this program.

The review of participants and their families will help to improve future programs related to From Farm to Table (i.e. poultry instead of beef, fruit instead of vegetables). Future supplemental programs may be integrated into this particular project.

4-H

Non Formal Youth Development Program through the University of Florida IFAS Extension Services

Mission: Florida 4-H creates supportive environments for diverse youth and adults to reach their fullest potential.

4-H Emblem: Green four leaf clover with four white capital H's: Head, Heart, Hands, Health

Motto: "To Make the Best Better"

Pledge: I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health for better living; for my club, my community, my country, and my world.

4-H History: 1902– A.B. Graham (Ohio Superintendent) first organized a boys and girls corn club.
1908: The clover emblem was introduced and adopted as the 4-H emblem.
1909: The first 4-H clubs in Florida were established in Alachua, Baker, NA Marion Counties.
1914: Congress passed the Smith-Lever Act which established the land grant universities in the nation. Extension and 4-H clubs became an official function of the United States Department of Agriculture through the land grant universities.

4-H has its roots in agriculture and rural America, but it now covers a range of project areas.

The 4-H Club Leader became, and still is, the most important volunteer position in the Florida 4-H Program. County Extension Agents, in order to expand the 4-H program through the community club program, had to rely on volunteers to get the job done.

IF you are currently reading this you have already:

-Been approved by the county 4-H Agent.
- Completed an application form, provided references and background screened.
-Approved for one year of volunteer service.

Volunteer Benefits:

Liability Insurance Protection, Workman's Compensation, and Vocational skills

Make sure that your youth have up to date participation forms, health forms, and the code of conduct forms signed

Behavior Guidelines: The opportunity to work with youth is a privileged trust that should be held only by those willing to demonstrate behaviors that merit this trust. For these reasons the behavior guidelines are provided for volunteers working in the Cooperative Extension 4-H Youth Program at the URL on the bottom of this page. Failure to comply with these guidelines may be reason for termination as a volunteer.

4-H GROWS HERE

18 USC 707

See more information at http://florida4h.org/volunteers_/resources/vts/

From Farm to Table Adult/Leader Edition

Introduction: This adult/ leader edition was created to assist the person in the leadership position of this project with a better understanding of the youth edition of From Farm to Table project book. This will help you guide youth through each lesson while positively enhancing this experience for all involved. This program is a great introduction to Florida dairy and beef producers for any Florida youth aged 8-12. While exploring different dairy and beef products, youth will also be exposed to nutritious recipes and kitchen safety. Youth will gain an appreciation for Florida agriculture as well as empower them to be agricultural activists in their future years.

Working with youth: According to Keith Diem and Judy Levings (2005), "Even if you're not a teacher by profession, you can successfully guide youth to learn communication, leadership, citizenship, and other life skills, as well as subject matter through their 4-H projects and club participation." (p.g. 1). Some youth may learn better in 4-H than in a formal education setting, and success in 4-H may motivate them to learn better in school.

4-H learning methods and sound curriculum materials are well suited to small groups of youth in a variety of settings, including clubs, camps, schools, home-schooling, and "alternative" learning environments. Using a variety of creative teaching methods is essential for getting the attention of youth and adults. Simply using multiple senses—sight, sound, touch—has been shown to increase learning. The Learn By Doing approach has been a focal point of Florida 4-H since the 1900's.

Remember To:

- Catch the interest of the members.
- Focus their attention on the subject.
- Establish a rapport with the group. You don't have to be a buddy, but you need to have mutual respect. It is fine to admit you don't know the answer and for you to learn along with them!
- Recognize and reward positive behaviors of participants.
- Be enthusiastic and have a sense of humor! It's contagious. Have fun!

The founder of Extension concept, Seaman A. Knapp stated

"*What a person hears, he will probably doubt. What a person sees, he may possibly doubt. But what a person does for himself, he cannot possibly doubt."*

(Diem and Levings, p.g. 1, 2005).

ROLE OF THE 4-H PROJECT LEADER

The roles that you are about to take on consists of instructor, facilitator and encourager.

Your Role as Instructor:

- Is to help members set goals.
- Share your knowledge of the project through meetings and farm/ farmer visits.
- Having six to ten meetings works well.
- Set consistent meeting dates and times with the participants.
- Remind participants of upcoming meetings.
- Invite and involve parents and other leaders when appropriate.
- Keep your skills current through trainings, consultations, and reading.
- Do not be afraid to ask for help or advice as needed from the 4-H agent.

Your Role as Facilitator:

- Use techniques to facilitate (assist) learning.
- Be sensitive and respond to individuals' needs, beliefs and family circumstances.
- Help members find additional learning opportunities and resources.
- Relate project to everyday life and career possibilities.

Your Role as Encourager:

- Recognize the personal growth of members and help them celebrate their successes.
- Help to lead participants into new skills and new ways of thinking.
- Encourage and challenge them to become better persons, yet always accept them and love them as they are now.
- Your classroom is wherever the member must be in order to learn—in a meeting room, or on a field trip.

http://www.maraisdescygnes.k-state.edu/4-h/club-leader-resources/leader-notebooks/Kansas4-HPoultryLeaderNotebookS104.pdf

Experiential Learning

The following has been derived from the 4-H Volunteer Training Series:

Principles of Teaching and Learning:

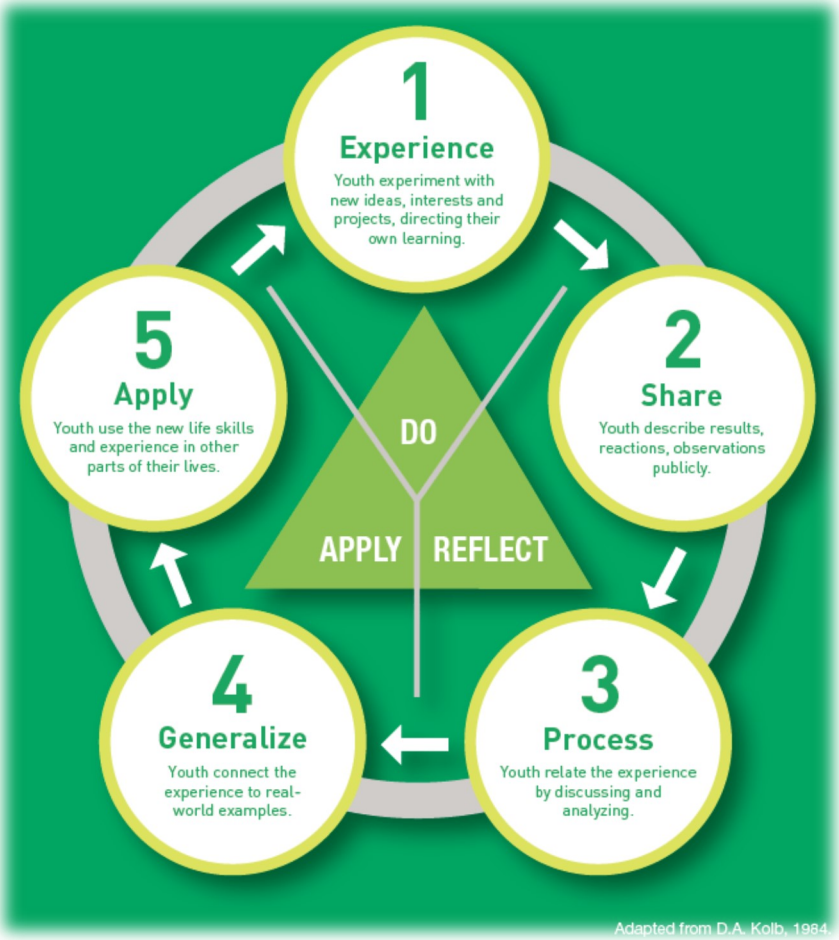
Learning in 4-H can occur in a variety of settings. Here are some principles to keep in mind that will help you be successful with youth wherever and whenever learning takes place:

- Youth learn best in an atmosphere of warmth and acceptance (belonging).
- Youth want to be actively involved in setting their own goals and in planning their activities (independence).
- Youth have different abilities, they learn at their own rate, and yet they want to be challenged (mastery).
- Youth have knowledge and wisdom to share as well.
- Youth respond to both self-motivation and external motivation.
- Self-evaluation is the most meaningful kind of evaluation.

Preparation:

Preparation is important to successful teaching. Keep these points in mind when planning your club activities:

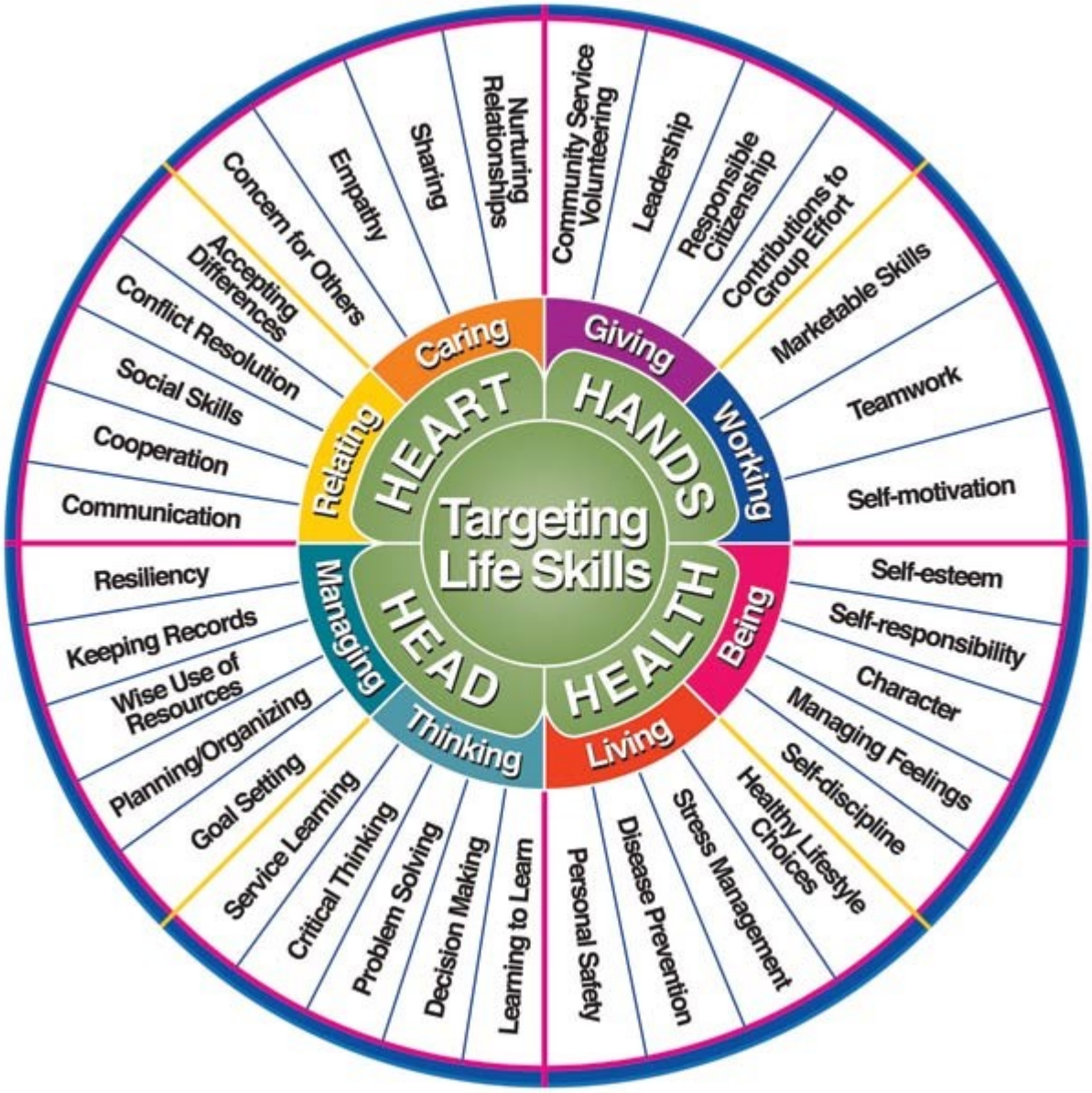
- Know the purpose of the program. What do you want to accomplish?
- Know your audience. What is the size and age range of the group?
- Know the physical set-up. Is the atmosphere conducive to learning? (For example, how are the chairs and tables arranged? Is the lighting adequate?)
- Know what equipment and other materials you will need.



- Be sure the equipment and other materials are all in working order.
- Know the subject you will be teaching. You don't need to be an expert, but you should have resources available.
- Be comfortable. If you are well prepared, you will enjoy teaching young people and will have fun learning along with them.

Other Teaching Techniques: Educational games and simulations, Experiments, Field Trip or Tour, Identification/ Matching, Skill-a-thons, Role-Playing, Skits, Collage/ Bulletin Board/ Graffiti Mural, Group Discussion and Questioning, Debate, Brainstorming, Demonstrations, Presentations, Guest Speaker/ Panels, and Lecture (Diem and Levings, pages 2-4, 2005).

Life Skills



Above is the Targeting Life Skills Model developed by Patricia Hendricks of the Iowa 4-H Program. With this model, skills that are needed for the positive growth and development of a young person are aligned with the four components of the 4-H pledge: head, heart, hands, and health. The model is utilized by 4-H professionals and volunteers as a framework to organize the delivery of 4-H experiences that teach the life skills identified in the model. Each life skill component compiles two skills. The From Farm to Table program allows youth to learn thinking, relating, caring, giving, working, being, and living. Utilize this model for each lesson.

Things to Consider:

- Volunteer recruitment.
- Volunteer screenings must be completed before-hand.
- Monetary resources needed.
- Participant waivers/ health forms need to be signed by parents.
- Transportation vans/ drivers needed for farm visits.

Materials needed:

- Project book for each participant.
- Project book for each leader/ volunteer.
- Local farmer contact information.
- Completion certificates.
- Kitchen access for recipe cooking at the end of the project.
- Cooking Utensils
- Chairs/ tables
- Appropriate learning environment
- Paper supplies
- Crafting supplies
- Pre/ post-test (produce, beef)

18 USC 707

How to:

Day by day and step by step plans will be included in the From Farm to Table project book for participants and leader guideline book.

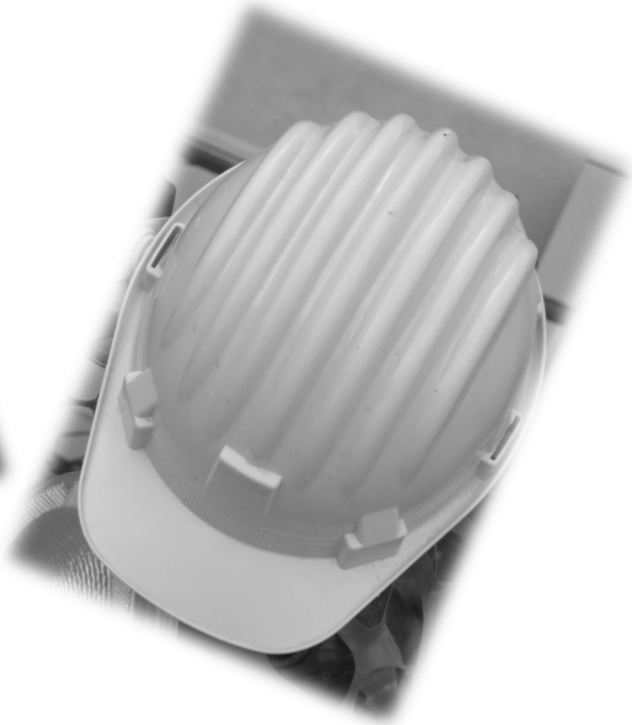
Outcome:

- Publications on youth enrichment through agriculture awareness.
- Repeatable program.
- Recipe book that can be used for a fundraiser.
- A new generation of agricultural activists in society.

Lesson One:

Kitchen Safety, Handwashing,

MyPlate



<u>As a Result of Completing This Lesson, Learners Will be able to:</u>

1. **Learners will know how to differentiate nutritional ingredients from non-nutritional ingredients.**
2. **Learners will be able to utilize the correct supply in order to enhance their cooking experience.**
3. **Learners will be skilled in understanding and selecting of nutritional food products.**

Instructions:

Page 11 YB: Instruct participants to have parents fill out the allergy list and sign it. Youth will not be allowed in the kitchen until this form is completed.

Page 11 YB: Inform participants the importance of kitchen safety.

Kitchen Safety

1. Kitchen Appliances: Please do not touch

2. Knife Usage: Do not carry knife. Knife never leaves the cutting board. Only use knife to slice food products.

3. Pot Holders: Always use when food is expected to be warm or hot. Only use for food products.

4. Hair needs to be up and off of the shoulders.

5. Shirt sleeves need to be rolled up past the elbow.

6. Aprons will be worn at all times in the kitchen.

7. Closed toe shoes only allowed in the kitchen.

8. No eating or drinking while preparing food.

9. Wash Hands or wear gloves when touching food products.

10. All spills need to be cleaned up immediately.

Instructions:

Page 12 YB: Read over how to properly wash hands with participants.

Page 12 YB: Inform participants on when they should wash their hands according to the CDC.

What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4. Rinse your hands well under clean, running water.

5. Dry your hands using a clean towel or air dry them.

When should you wash your hands?

-Before, during, and after preparing food

-Before eating food

-Before and after caring for someone who is sick

-Before and after treating a cut or wound

-After using the toilet

-After changing diapers or cleaning up a child who has used the toilet

-After blowing your nose, coughing, or sneezing

-After touching an animal, animal feed, or animal waste

-After touching garbage

Instructions:

Page 13YB: Instruct participants to draw a line from the Kitchen Supply List word to the picture.

Kitchen Supply List:

Measuring Cups

Bowls

Knives

Cutting Board

Dry Measuring Device

Apron

Blender

Spoons

Cups

Mixing Spoons

Silicone Spatula

Baking Sheet

Paper towels

Plates

Soap

Pot Holders

Liquid Measuring

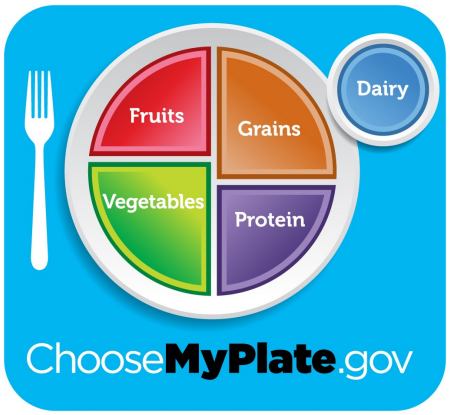
Rolling Pin

Plastic Spatula

Instructions:

Page 13YB: MyPlate: Instruct participants to write their lunch in the appropriate box and then write the Farm source.

"Remember Food is not grown at a store!"



What foods contain dairy?

All milk products and many other foods made from milk are considered part of the dairy food group. Most Dairy food choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are included in the dairy food group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not a beneficial dairy product.

What foods contain protein?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of this group.

Understanding a Food Label

Instructions:

Page 15YB: Bring in a variety of Nutrition Facts labels (at least 3). Separate learners into three groups with one label. Groups should place the label given to them on a piece of white paper to make notes around it. Using the below label map, participants should highlight and identify each part of the label.

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day

Found on all packaged foods and beverages

Use it to compare foods!

Choose the foods that are high in nutrients to get more of, and low in nutrients to get less of.

If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high; **100** calories per serving is moderate.

Calories

Check the serving size on food packages. The information listed on the Nutrition Facts Label is based on **one** serving. Servings are shown in common measurements like cups, ounces, or pieces.

One package may contain more than one serving! If you eat multiple servings – you're getting "multiples" on calories and nutrients, too.

Serving Size & Servings Per Container

2SERVINGS=CALORIESX2

Nutrition Facts

Serving Size 1 package (272g)
Servings Per Container 1

Amount Per Serving	
Calories 300	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8**%
Saturated Fat 1.5g	**9**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 430mg	**18**%
Total Carbohydrate 55g	**18**%
Dietary Fiber 6g	**25**%
Sugars 23g	
Protein 14g	
Vitamin A	80%
Vitamin C	35%
Calcium	6%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrients

Nutrients To Get More Of

Get 100% DV of these:

- Calcium
- Dietary Fiber
- Iron
- Vitamins A & C

Nutrients To Get Less Of

Get less than 100% DV of these:

- Cholesterol
- Saturated Fat
- Sodium

TIP Sugars and *Trans* Fat are nutrients to get less of, but they have no %DV. Use grams to compare!

To meet these goals, eat a variety of foods, including:

- fruits and vegetables
- whole grains
- fat-free or low-fat milk/ milk products
- lean meats and poultry
- eggs
- seafood
- beans and peas
- soy products
- unsalted nuts and seeds

%DV

When comparing nutrients in foods, use %DV.

%DV = Percent Daily Value

5% DV or less per serving is low

20% DV or more per serving is high

%DV is based on **"Daily Values"** – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

Nutrition Facts Read the Label

FDA

www.fda.gov/nutritioneducation

Percent Daily Values on the **Nutrition Facts Label** are based on a 2,000 calorie diet; however, your Daily Values may be higher or lower depending on your calorie needs. Calorie needs vary according to age, gender, and physical activity level. Visit **www.choosemyplate.gov** to find your caloric needs.

Instructions:

Page 16YB: Milk Experiment: Divide participants into two equal teams. Remind participants of spills and messes and this being a team activity. Two sets of everything will be needed.

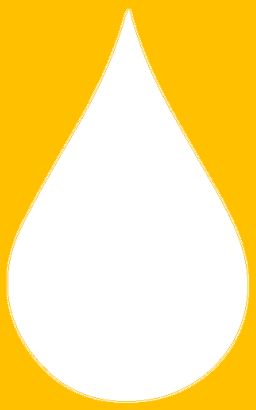
Youth should record their hypothesis and observations daily on Page 10.

Milk Experiment

Feeding a Pepper Plant Milk

Purpose: To determine the effects of "watering" a pepper plant with different types of milk.

Hypothesis: (form your own hypothesis)



Materials:

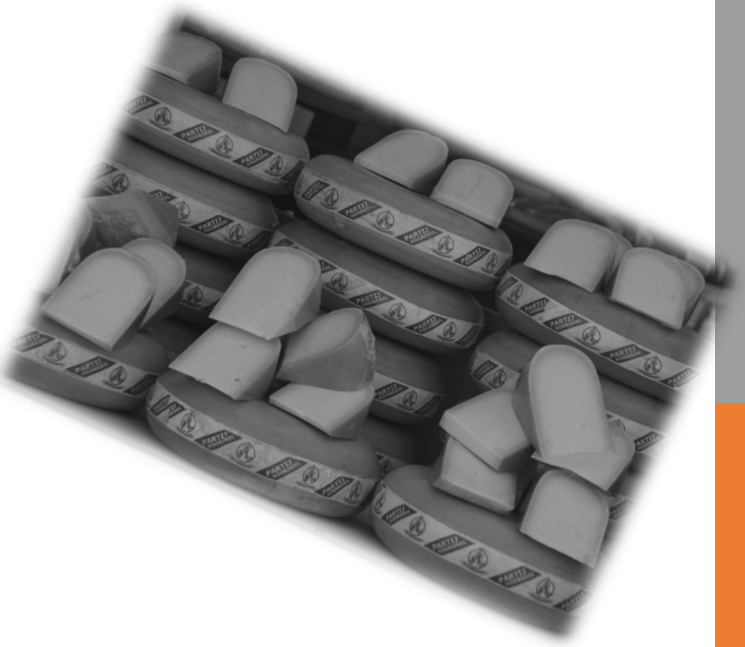
1. Four 10 cm tall pepper plants (or another produce bearing plant)
2. Lactaid, regular, evaporated milk, and water
3. 406 cm measuring tape
4. 500ml beaker
5. Lab or outdoor location

Procedure:

1. Feed three plants with 50ml of one type of milk each day (whole, low fat, and skim milk), and feed the fourth plant water as a control.
2. Record observations daily

Lesson Two:

What is Dairy?



<u>As a Result of Completing This Lesson, Learners Will be able to:</u>

1. **Learners will be able to identify and describe specific breed characteristics.**
2. **Learners will be skilled at defining dairy's role in their diet.**
3. **Learners will be skilled at creating a dairy product in the kitchen by utilizing recipe instructions.**

Instructions:

Page 19YB: Instruct participants to take the Pre-Dairy Test. Explain to them that it is okay if they don't know the answers but to pay attention to the lessons because there will be a Post-test on both dairy and beef.

Page 21YB: Below you will find the same information that youth have in their project books. Review this page with them after they complete and turn in the pre-test.

"Florida Dairy Cattle:

There are about 123,000 dairy cattle in the sunshine state, also known as your home state– Florida!

Cows are not native to Florida, they were brought over by pilgrims because of the English law that required one cow per five passengers. The Contagious Bovine Pleuropneumonia (CBPP) was a disease introduced to cattle in 1843 but was later cured in the 1890's thanks to the USDA.

Florida has six different dairy cattle breeds: Ayrshire, Brown Swiss, Guernsey, Holstein, Jersey, and the Milking Shorthorn. Each of these breeds have their own origin, color, size, temperament, and production.

Cows have four stomach compartments, the Rumen, Omasum, Reticulum, and the abomasum. Cows are ruminants which means they regurgitate their food from the first compartment of the stomach: the Rumen and re-chews the recently ingested food in order to better digest it. Cows can drink an average of 35-40 gallons of water a day. They consume an average of 90-95 pounds of feed per day. Cows may smell up to 4 miles away and can see in color! Cattle are allelomimetic, which means they follow the leader. In order to become the LEADER, cows will physically push and shove in order to be in the lead.

Machines are used in order to milk the 123,000 dairy cattle in Florida that produce about 2.34 billion pounds of milk a year. These milking machines were invented in 1894 which can now milk more than 100 cows per hour! Computers are also utilized to keep track of the quality and quantity of milk. Dairy cows can produce 6-8 gallons of milk per day and are usually milked 2-3 times per day. Depending on the breed, dairy cows can weigh up to 1400 pounds. Dairy cows have a life expectancy of 20 years.

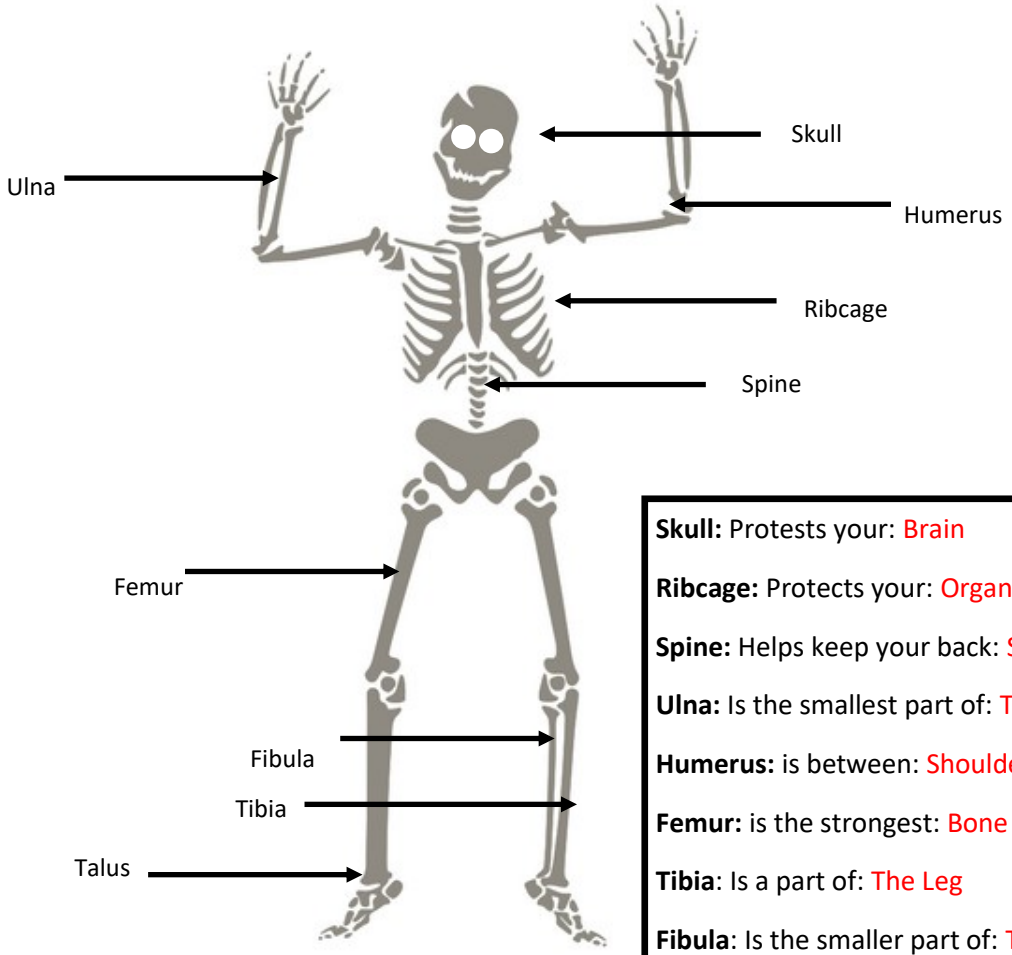
Identification tags are used to keep track of the cows activities and health in the DHIA records keeping system. A Holsteins spots are like a human fingerprint or a snowflake because no two cows have exactly the same pattern of spots.

A cow family consists of a bull, a dairy cow, and a calf. Can you name the different breeds in the pictures below? A cow will carry her calf for 9 months.

Can you find the new baby calf?"

Instructions:

Page 22YB: Below you will find the answer key to the youth activity. Guide participants through the process without giving them answers. Youth may work in groups if preferred.



Skull: Protests your: Brain

Ribcage: Protects your: Organs

Spine: Helps keep your back: Straight

Ulna: Is the smallest part of: The Arm

Humerus: is between: Shoulder/ elbow

Femur: is the strongest: Bone

Tibia: Is a part of: The Leg

Fibula: Is the smaller part of: The Leg

Talus: Connects to the: Tibia

- Vitamin A: helps your Eyesight
- Protein: grows your tissues and muscles
- Potassium: helps with blood pressure and movement
- Vitamin D: Deposits calcium into teeth and bones
- Vitamin B-12: Produces Red blood cells
- Carbohydrates: Produces energy for muscles
- Niacin/ Riboflavin: Produces energy for cells
- Phosphorous: Energy to cells and strength to bones
- Water: Regulated body temperature and carries nutrients/ oxygen to cells

Instructions:

Page 23YB Guide participants through the recipe below. Have them circle the dairy products within the ingredient list.

Answer Key to the riddle on the bottom of their page: **Thank You Dairy Farmers**

Fresh From Florida Orange Dream Shake

Serving Size: 5 Cups

You Will Need:

Ice Cream Scoop or large Spoon
Serving Cups
Liquid Measuring Cup
Electric Blender

Ingredients:

6 ounces of Fresh From Florida Orange Juice
3 large scoops of vanilla ice cream
3 cups of cold milk

Directions:

1. **Spoon or pour orange juice into a blender container.**
2. **Put scoops of ice cream in blender.**
3. **Pour milk over ice cream.**
4. **Put top on blender. Hold top with hand.**
5. **Press BLEND button and let mix until smooth and frothy.**
6. **Carefully pour into glasses. Serve immediately.**

Dairy F**AR**mers are i**M**po**R**tant. Wi**T**hout them, **Y**ou would **N**ot be **A**ble to find **D**a**I**ry pr**O**duct**S** e**A**sil**Y**. Let's show ou**R** s**U**pport by ma**K**ing t**H**em feel appreciated!

Unscramble words to make: THANK YOU DAIRY FARMERS

Photo Credit: Canva

Lesson Three:

Florida Dairy Cattle

<u>As a Result of Completing This Lesson, Learners Will be able to:</u>

1. **Learners will be able to identify the importance and reasons why farms/farmers exist.**
2. **Learners will be able to identify each bones usage and importance**
3. **Learners will be skilled at creating another dairy product in the kitchen by utilizing recipe instructions.**

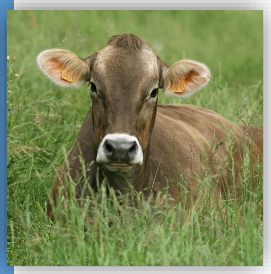
Florida Dairy Breeds

Page 27YB

Holstein: The most common breed in Florida, Holstein cows originally came from Holland. Holsteins are typically black and white with clearly defined markings. They are noted for high milk production and their large size. The mature weight of a Holstein is around 1,500 pounds, and they can produce up to 2,600 gallons of milk each year.

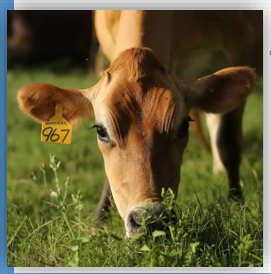
Milking Shorthorn: These cows originated in England. The Milking Shorthorn is an average sized breed with mature cows weighing nearly 1,250 pounds. Their color is either red, red and white or roan. Shorthorns are known for high levels of fertility, grazing efficiency and are highly suitable for many different environments. They are also popular among farmers for their durability, longevity and ease of calving.

Ayrshire: Ayrshires are strong and robust cows with distinctive red and white markings that originated in Ayrshire, Scotland. They are regarded as a medium sized breed and can grow to a mature weight of approximately 1,200 pounds. The breed can efficiently produce large quantities of high quality milk, and is known for their grazing abilities.



Brown Swiss: The Brown Swiss is the oldest of the pure dairy breeds. They are native to Switzerland and their color is solid brown which can vary from light to dark. Brown Swiss cows are strong and vigorous, but with a velvet-like coat. They have strong legs and milking persistency and can quickly adapt to different environments which makes them prepared for Florida summers.

Guernsey: These are a shade of fawn with clearly defined white markings that originated on the Isle of Guernsey (off the coast of the British Isles). They are known for their golden yellow pigmentation and great size and strength. A mature Guernsey cow typically weighs around 1,100 pounds.

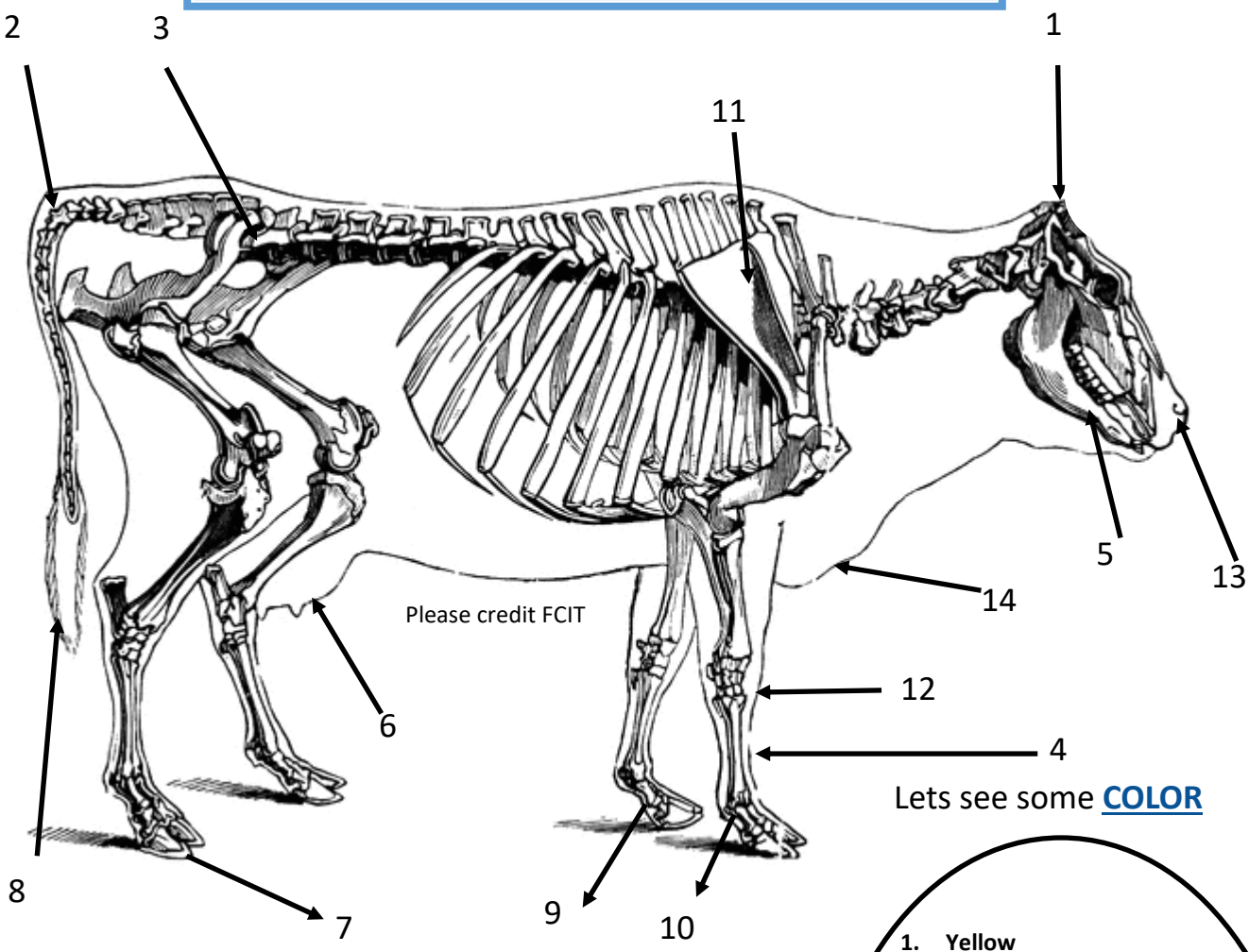


Jersey: This breed also originated on the island of Jersey (off the coast of the British Isles). Their color is a beautiful shade of fawn or cream with black muzzles. Jerseys are the smallest in body size of all dairy breeds but they mature quickly and are noted for producing the highest level of milkfat among dairy animals which makes them popular among cheese and ice cream makers.

Photos and descriptions provided by Florida Dairy Farmers

Instructions:

Page 28YB: Instruct participants to match the word that matches the part of a Dairy Cow. They may work in groups if preferred. Youth will then color each part the color assigned to the number of the word. The answer key is below



Lets see some **COLOR**

Match the Numbers to the parts of the Dairy Cow

1. Poll
2. Tail Head
3. Hip
4. Pastern
5. Jaw
6. Udder
7. Hoof
8. Switch
9. Heel
10. Dew Claw
11. Shoulder Blade/ Withers
12. Knee
13. Muzzle
14. Dewlap

1. **Yellow**
2. **Red**
3. **Black**
4. **Blue**
5. **Purple**
6. **Brown**
7. **Green**
8. **Pink**
9. **Orange**
10. **Red**
11. **Yellow**
12. **Blue**
13. **Green**
14. **Brown**

Instructions:

Page 29YB: Below you will find a list of Farmers on the board of the *Florida Dairy Farmers* Association. Please utilize their contact information for visits or webcam talks!

Rex Run Dairy: Was originally established in the 1960's by John and Nancy Mims. They have 200 Jersey Dairy Cows. They also own Cypress Point Creamery which produces different types of cheese.
Address: 18825 SE 24th Ave. Hawthorne, FL 32640
Phone: 352-481-2806

Lake Branch Dairy: Was originally founded in 1991 by Kevin Moore. They have over 2200 dairy cows.
Address: 7160 W. County Line Rd. Bowling Green, FL 33834
Phone: 863-773-0555

Milking R Dairy: Founded in the 1930's by Sutton and Kris Rucks. They have over 1200 dairy cows.
Address: 6300 State Road 710 East Okeechobee, FL 34974
Phone: 863-763-8103

Alliance Dairies: Originally founded in 1990 by Jan Henderson and Ron St. John. They have over 6,000 acres and 5,800 dairy cows.
Address: 4951 NW 170th St. Trenton, FL 32693
Phone: 352-463-6613

CR Melear Dairy: Founded in the 1970's by Tommy and Kara Watkins. They have dairy cattle on over 7600 acres.
Address: 2602 Parnell Rd. Zolfo Springs, FL 33890
Phone: 863-453-6114

V&W Farms: Was founded in the 1920's by a distant relative to Joe Wright. These 1200 dairy cows are pasture based on more than 1335 acres.
Address: 8798 Co. Rd. 64 Avon Park, FL 33825
Phone: 863-452-2747

Milk-A-Way Dairy: Originally founded by Johan Heijkoop's father in Holland, has 1300 dairy cows.
Address: 1549 Co Rd 740 Webster, FL 33597
Phone: 352-793-7930

Shenandoah Dairy: Originally founded in 1987 by James and Carol Henderson. There are over 3700 dairy cows on 2750 acres.
Address: 16540 68th Place Live Oak, FL 32060
Phone: 386-362-6849

Larson Dairy Inc.: Originally founded in 1942 by Louis Larson. This is the largest dairy family in Florida with over 10,000 dairy cows.
Address: 400 NW 5th Street Okeechobee, FL 34972
Phone: 863-763-7330

Lussier Dairy: Founded by Matt Lusier. This farm has over 600 cows with 80% Holsteins and 20% Holstein/ Jersey Cross.
Address: 4203 SE 41 Lane Hawthorne, FL 32640
Phone: 352-481-5207

M&B Dairy: was founded over 30 years ago by Dale McClellan. This dairy farm has over 700 dairy cows.
Address: 8760 S. Lecento Hwy Lecanto, FL 34461
Phone: 352-634-4524

Tower Dairy: Was started in 1951 by Jeff and Sammy Busciglio. They have over 100 Holstein and Jersey dairy cows on 250 acres of land.
Address: 4221 South 78th St. Tampa, FL 33619
Phone: 813-626-0600

Instructions:

Page 30YB: Below you will find a list of Farmers on the board of the *Florida Dairy Farmers* Association. Please utilize their contact information for visits or webcam talks!

Butler Oaks and B-4 Dairy: Founded in the 1930's by a relative of Ben and Bob Butler. They have over 1500 acres and 2,000 dairy cows.
Address: 172 Shady Oaks Lane Lorida, FL 33857
Phone: 863-763-4389

HC. Dairy Farms: .Was established over 100 years ago by a distant relative of Freda Pirkle-Caney. There are over 400 Holsteins on 79 acres of land.
Address: 4802 Log Cabin Dr. Lakeland, FL 33810
Phone: 863-687-4866

Fieser Dairy: Founded in the 1980's by Gerald Fieser. This farm consists of 700 dairy cows and 21,500 acres of preserved land (20% of land is for wildlife habitat).
Address: 5886 Lake Winona Rd. DeLeon Springs, FL 32130
Phone: 386-985-4504

Cindale Farms: Was founded in 1994 by Cindy and Dale Eade. It is now ran by Meghan and Brad Austin. They raise Jersey and Jersey/ Holstein crosses on a 467 acre farm.
Address: 3958 Old U.S. Rd. Marianna, FL 32446
Phone: 850-594-1009

North Florida Holsteins: Established in 1980 by Don Bennink.
Address: 2740 W. Co Rd. 332 Bell, Fl 32619
Phone: 352-463-7174

Burnham Farms Inc.: Originally established in Texas by Douglas, Randy, Aubrey, and Wanda Burnham. This farm has 560 acres that 1200 dairy cows call home. This is a pasture based farm.

Address: 2411 NE 54th Trail Okeechobee, FL 34972
Phone: 863-763-5087

Have youth complete this check list in their project book:

Farm Visit/ Farmer Visit/ Virtual Field Trip
Preparation Check List

Where:

When:

What I need:

Activities Planned:

Permission Slip Signed:

Questions that I have:

My Group:

Find the Dairy Farms of Florida! Descriptions are on Pages 27-28.

Instructions:

Page 31YB: Instruct youth to circle the counties that have dairy farms on the Florida map below.

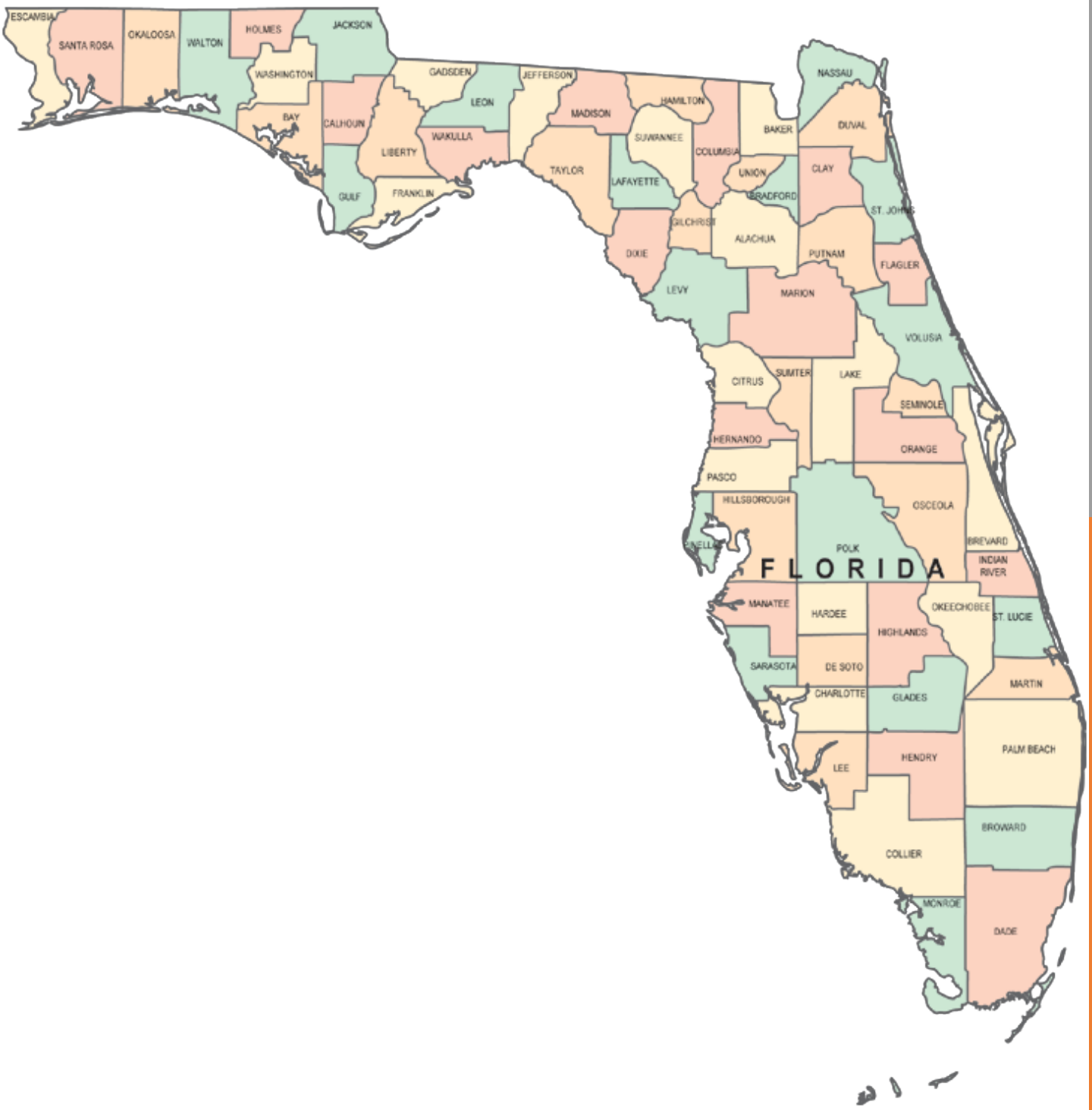


Photo Credit: http://www.dmvflorida.org/florida-county-map.shtml

Instructions: **Page 32YB** Have participants fill this form out after the visit/ trip.

Date:

Location:

What I saw:

What I learned:

Picture or Drawing:

Questions I still have:

Instructions:

Page 33YB Guide participants through the recipe below. Have them circle the dairy products within the ingredient list.

Fresh From Florida *Strawberry* Parfait

Ingredients:

- 2 cups fresh Florida strawberries, rinsed, hulled and sliced
- 8 ounces low-fat cream cheese, whipped
- 2 tablespoons natural Florida sugar
- 1/2 cup low-fat vanilla yogurt
- 4 graham crackers, crushed
- 1 lemon, juiced
- 4 sprigs fresh mint for garnish

Can you CIRCLE the dairy products in this recipe?

Directions:

In a medium-sized mixing bowl, combine whipped cream cheese, sugar and lemon juice. Fold the yogurt into the cream cheese mixture. In four wide-mouth glasses, evenly layer cream cheese mixture, strawberries and crushed graham crackers. Garnish with sprigs of fresh mint. Serve chilled.

Instructions:

Page 34YB Below are the instructions for the Zap game. Write the questions provided on popsicle sticks and place in a cup.

1. Separate into teams of 3.

2. You will have 5 minutes to answer as many questions as you can!

3. Going clockwise and without looking, draw a popsicle stick out of the cup and answer the question.

4. If answered correctly, hold on to your popsicle stick to be counted at the end of the game.

5. If you draw a ZAP! Popsicle stick, you MUST return ALL of your popsicle sticks.

6. At the end of 5 minutes whoever has the most popsicle sticks in their hand gets a prize!

Questions and Answer Key

About how many dairy cattle does Florida have? **About 123,000**

How many stomach compartments does a cow have? 4

How many bones does the human body have? **206**

How many gallons of water does an average cow drink every day? 35-40

How much food does an average cow eat a day? **90-95 pounds**

True or False: Cows cannot smell very well. False

True or False: Cows can see color. **True**

What does allelomimetic mean? Follow the leader

How does a cow get to be the boss of the herd? **Pushing and Shoving**

True or False: Holstein cows have different markings from one another. True

True or False: Cud chewing helps cows to digest their food. **True**

True or False: USDA did not help cure CBPP. False

True or False: You can show dairy and beef cattle in 4-H. **True**

True or False: You can ONLY get calcium from milk. False

True or False: You can only get protein from Dairy products. **False**

True or False: Cheese is a beneficial dairy product. **True**

Instructions:

Page 34YB Below are the instructions for the Dairy stomp game. Print out one picture per page of the common dairy breeds. Laminate in order to preserve pictures for future games.

Dairy Cattle Breed Stomp Gain

1. Separate into teams of 2.
2. Line your team up shoulder to shoulder. One team on the left and another team on the right.
3. Pictures of dairy cattle breeds will be placed on the floor by your teacher or leader.
4. Going in order, the first person from each group will find the beef breed mentioned (see page 17) and place their foot on the picture.
5. Whoever gets there first, their team will receive a point.
6. This game will continue until the last person on each team have competed.
7. The team with the most points, win.
8. The leader or teacher may rearrange the photos in between turns or for a new game!

GOODLUCK!






1

Instructions:

Page 35YB: Instruct participants to take the Post-Dairy-Test. The answers are on page 25 of the adult guidebook. Utilize excel for data results.

2

Instructions:

Page 37YB: Sign and date the completion certificate in the youth project book. Place a photo of them or the participation group on the bottom of the page.

3

Instructions:

Page 40YB: Have participants complete the Pre-Beef-Test. Collect the tests before the introduction to beef cattle.

4

Instructions:

Page 41YB: Below is the introduction to beef cattle. Review the below with the participants after the Pre-Beef-Test has been taken and collected.

What are beef cattle raised for?

There are two primary reasons beef cattle are raised— meat and by-products. There are many different breeds of beef cattle but the main ones are Black Angus, Red Angus, Charolais, Hereford, Limousin, Santa Gertudis, Belted Galloway, Brahman, Texas Longhorn, Cracker Cattle and many more. Humans have selectively been breeding cattle for desirable traits for over 10,000 years. Humans consume approximately 67 pounds of beef a year. The United States alone devours over 50 billion hamburgers a year!

The beef industry is very important for Florida's economy and human health. Since beef contains complete proteins with balanced amino acids, this is a great source for humans to build muscle, nerves, and organ tissue. Beef is also a good source of zinc, iron, B-12, and protein. Cows are able to convert plant cellulose into a high-quality source of food for humans.

Beef cattle are also very important in maintaining the land. They are ruminants and digest foods that humans cannot. They are beneficial in pastures and rangelands where they can eat grass in areas where it would be very difficult to grow other produce.

The beef cattle that are raised for beef production will spend four to six months at a feedlot where they are fed a grain diet to help them gain weight. This is known as the "finishing stage". Once market weight is reached they will go to a processing facility. An average beef cow will weigh 1200 pounds when finished and will produce 520 pounds of meat. Once all the meat is used, the rest of the cow will be used for by-products such as medicine, paint, adhesives, soap cosmetics, detergents, and many other useful products. As much as 99% of the cow will be used.

Lesson Four:

Introduction to Beef Cattle

Photo Credit: Canva

<u>As a Result of Completing This Lesson, Learners Will be able to:</u>

1. **Learners will be able to understand and explain the reason why beef cattle are raised.**
2. **Learners will be able to identify the importance behind the beef industry and its influence on Florida's history.**
3. **Learners will be skilled in identifying the whereabouts of certain cuts of meat on a beef cows body.**
4. **Learners will be skilled in creating their first beef infused food and review with the rest of the class while utilizing recipe instructions.**

Instructions:

Page 44YB: Review the History of Florida Beed Cattle with participants. Emphasize the importance beef cattle has had on Florida's economy. Participants are responsible for completing the timeline on the dame page in their book. Groups may be formed if preferred.

Florida's cattle industry is one of the oldest and largest in the United States. The men and women who have worked with cattle were known as "cowmen" before the 1800's. After the 1800's they were called "cow hunters" because they would hunt their cattle on vast amounts of land. These cattle workers were also known as "Florida Crackers" because of the sound the cattle whip would make when they would round-up their herd. Today, you may know them as "cowboys".

The first breed of cattle brought to the United States, was the Andalusian/ Caribbean cattle in Florida. After cattle was first introduced by Spanish settlers in 1521, it wasn't until 1565 when cattle farming was introduced to St. Augustine, FL. When the United States took possession of Florida (1821), it was described as land of great vast wilderness with wild cattle. These wild cattle were names "Cracker Cattle" which were a mix of Spanish and British cattle breeds. Could you imagine being a cowman in the 1800's where there were bears, panthers, wolves, and severe heat?

The Florida Cracker Cattle got its shape from natural causes. They lived in an environment that is not the best for cattle. This breed is tolerant to heat, resistant to parasites and diseases, and can survive on the low quality forage found in Florida. The development of the famous Florida Brahman breed wasn't until the 1900's. This breed is very popular in Florida today because of their heat tolerance. It wasn't long after this that crossbreeding occurred in cattle. Florida's beef industry continued to grow thanks to the revolution of railroads which could transfer cattle easily. Ranches were formed all over Florida and towns developed around the ranches. The cattle industry helped to employ blacksmiths, shoe-keepers, and cowboys in Florida. Florida played a significant role in the Civil War by providing meat and leather.

Florida cattle ranchers are known for being "stewards of the land" because of their role as caretakers of acreage. Land used for cattle production are a great place for bird and wildlife populations to thrive.

Instructions:

Page 45YB: Review the beef cuts of meat with participants. They should then be instructed to color each part the color of the word.

There are **ten** different beef cuts in one cow. These are the Chuck, Rib, Short Loin, Tenderloin, Sirloin, Round, Shank, Flank, Plate, and Brisket. The **Chuck** is where you will find the chuck eye roast, boneless top blade steak, boneless arm pot roast, boneless mock tender roast, under blade pot roast, flanken-style ribs, cross rib, pot roast, 7-bone roast, blade roast, and short ribs. The **Rib** is where you will find the rib roast, large end rib roast, small end rib steak, small end rib eye roast, and back ribs. The **Short Loin** is where you will find the top loin steak, boneless T-bone steak, porterhouse steak, tenderloin roast, and the tender-loin steak. The **Tenderloin** is where you get tenderloin. **Sirloin** is where you get top sirloin steak, sirloin steak, tenderloin roast, tenderloin steak, and beef tri-tip. **Round** is where you get round steak, top round roast, top round steak, bottom round steak, top roast cap off, eye round roast, tip steak, and boneless bump roast. **Shank** is where the shank cross cut is found. **Flank** is where the flank steak and flank steak rolls are found. The **Plate** is where skirt steak is found. Lastly, the **Brisket** is where you can find whole brisket, brisket, point half, corned brisket, and flat half.

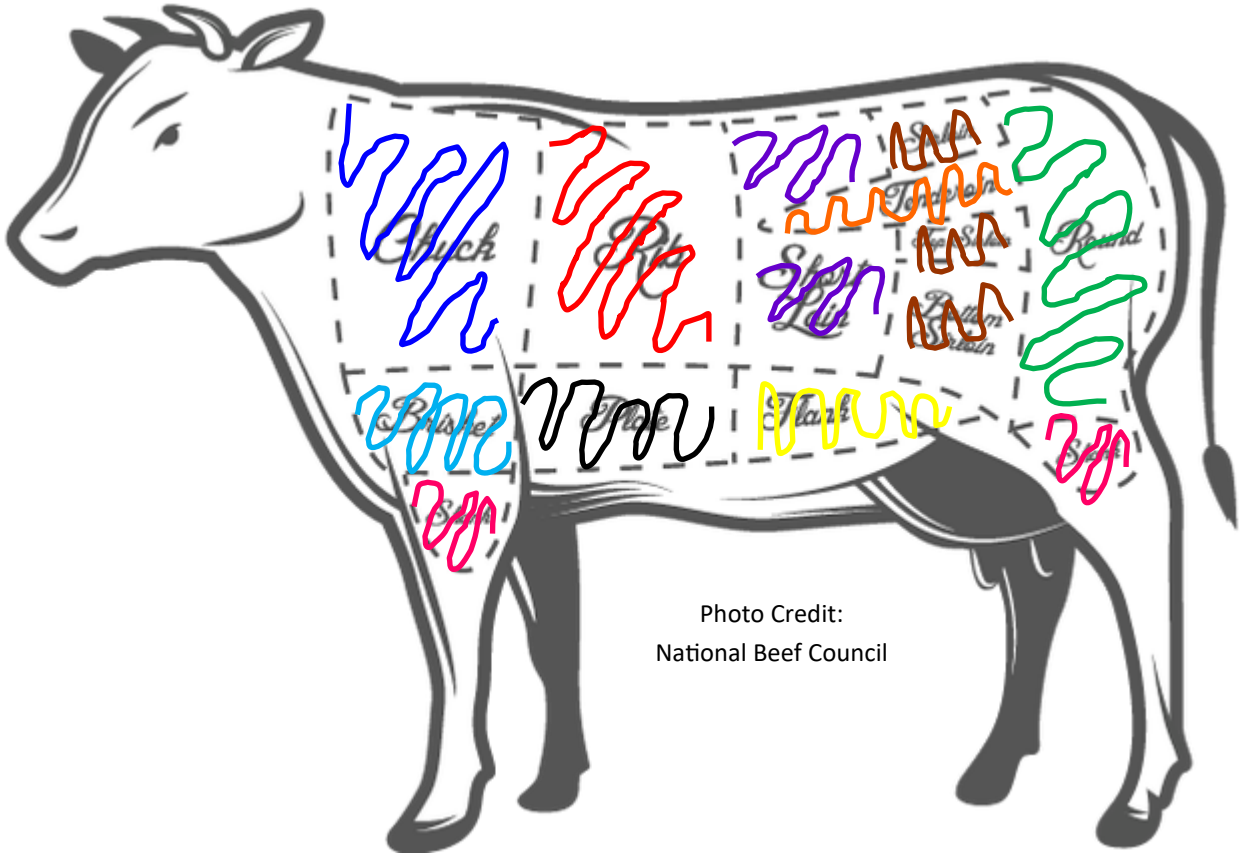


Photo Credit:
National Beef Council

Solution

```
+ + + + + + C + + + S + + + +
+ + N O R I + H + + T + + + +
+ + + + + + + + O + N + M + +
+ + + + + + + + + L E U + + +
S U R O H P S O H P I + + + +
N V I T A M I N S N R N + + +
+ I + C + + I + E + T + E + +
+ + V + N A + L + P U + + + +
+ + + A C I E + + R N + + + +
+ + + I L S Z + + O + + + + +
+ + N + + F + + + T + + + + +
+ + + + + + O + + E + + + + +
+ + + + + + N B + I + + + + +
+ + + + + + E + I N + + + + +
+ + + + + + T + + R + + + + +
```

(Over,Down,Direction)

CHOLINE(7,1,SE)

IRON(6,2,W)

NIACIN(8,6,SW)

NUTRIENTS(11,9,N)

PHOSPHORUS(10,5,W)

PROTEIN(10,8,S)

RIBOFLAVIN(10,15,NW)

SELENIUM(6,10,NE)

TEN(7,15,N)

VITAMINS(2,6,E)

ZINC(7,10,NW)

Beef Burrito: Page 47YB

INGREDIENTS

12 ounces Ground Beef (96% lean)
1 medium red bell pepper, chopped
1 small onion, finely chopped
2 teaspoons ground ancho chile powder
1/2 teaspoon ground cumin
4 eggs, beaten
2 tablespoons water
1 tablespoon finely chopped fresh cilantro
1/4 teaspoon salt (optional)
1/3 cup reduced-fat shredded Mexican cheese blend or shredded Cheddar cheese
4 medium spinach or plain flour tortillas (10-inch diameter), warmed

Can you CIRCLE the beef products in this recipe?

INSTRUCTIONS FOR BEEF BREAKFAST BURRITO

1. Combine Lime-Cilantro Cream ingredients in small bowl, if desired. Set aside.

2. Heat large nonstick skillet over medium heat until hot. Add Ground Beef with bell pepper, onion, chili powder and cumin; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Remove from beef mixture from skillet; keep warm.

3. Combine eggs, water and 1 tablespoon cilantro in medium bowl. Spray same skillet with cooking spray. Pour into skillet; cook over medium heat 2 to 3 minutes or until scrambled, stirring occasionally. Season with salt, if desired. Stir in beef mixture and cheese; cook 1 minute or until heated through, stirring occasionally.

4. Spoon beef mixture evenly in a row across center of each tortilla, leaving 1-inch border on right and left sides. Fold right and left sides of tortilla over filling. Fold bottom edge up over filling and roll up; cut diagonally in half. Serve with Lime-Cilantro Cream and salsa, as desired.

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160ºF. Color is not a reliable indicator of Ground Beef doneness.

http://www.beefitswhatsfordinner.com/recipe.aspx?id=3907#NutritionalTab

Lesson Five:

Products of Beef Cattle

<u>As a Result of Completing This Lesson, Learners Will be able to:</u>

1. **Learners will be able to identify the characteristics of different beef breeds of cattle and their usage.**
2. **Learners will be skilled in identifying products made from beef by-product.**
3. **Learners will be skills in creating a beef by-product food and review with the rest of the class while utilizing recipe instructions.**

Common Florida Beef Cattle Breeds– Page 51YB

Black Angus: Solid black polled breed that originated from Scotland. The U.S. has the most Black Angus over any other breed. They are known for their high quality carcasses.

Red Angus: A solid reddish-brown breed. The color of this breed breaks down to a recessive gene.

Charolais: This is a large breed that is solid white from France. They are known for their fast growth rates and lack of coloring.

Hereford: This breed is a red color with a distinct white face. These cattle have both polled and horned bloodlines. They are docile, great mothers, and foraging. They are the second most popular in the U.S.

Limousin: This breed is large muscled, red/ gold coloring. They originated from Limousin and Marche, France.

Brahman: This breed is very heat tolerant. It is known for its resistance to disease, and hardiness.

Cracker Cattle: This is a small framed breed. The Florida Cracker is a breed of cattle developed in the state of Florida, and named for the Florida Cracker culture in which it kept.

Texas Longhorn: This breed originated in Texas. They are breed of cattle known for its characteristic horns. They are also known for their heat tolerance, drought tolerance, and unique coloring.

Instructions:

Page 52YB: Find the by-product items and circle them the color of the category they fall under. “Did you know that 99% of the Beef Cow is used?”

Hide and Hair:

- Baseball Gloves
- Car Upholstery
- Drum Heads
- Leather Coats
- Violin Strings
- Shoes
- Felt Hats
- Luggage
- Wallets
- Leather Watchbands
- Rawhide Softballs

Bones and Horns:

- Bone China
- Ice Cream
- Piano Keys
- Candies
- Knife Handles
- Vitamin Capsules
- Chewing Gum
- Lipstick
- Wallpaper Paste
- Comb
- Photo Film

Glands and Organs:

- Asphalt
- Cosmetics
- Fertilizer
- Insulation
- Medicines
- Paint
- Plastic
- Soap
- Tires

Instructions:

Page 53YB: Instruct participants to take their books home with them and count the by-products listed in their homes. They must have an adult to help them with this activity. The next day discuss with them how many beef products they may have used in one day and how many things one hide of a beef cow can make.

Edible:

___: Oleo Margarine

___: Oleo Shortening

___: Chewing Gum

___: Sausage Casings

___: Blood Sausage

___: Ice Cream

___: Yogurt

___: Candies

___: Flavorings

___: Marshmallows

___: Mayonnaise

___: Cake Mixes

___: Pasta

___: Imitation Sea-

Household:

___: Candies

___: Cellophane

___: Ceramics

___: Cosmetics

___: Crayons

___: Deodorants

___: Detergents

___: Insecticides

___: Insulation

___: Freon

___: Perfumes

___: Paints

___: Plastics

___: Show Cream

___: Shaving Cream

___: Soaps

___: Textiles

___: Pet Foods

___: Floor Wax

___: Bandages

___: Wallpaper

___: Sheet Rock

___: Emery Boards

___: Glues

___: Paint Brushes

___: Leather Sporting Goods

___: Luggage

___: Boots and Shoes

___: Combs

___: Piano Keys

___: Photographic Film

Transportation:

___: Hydraulic Brake Fluid

___: Airplane Lubricants

___: Runway Foam

___: Machine Oils

___: Viscious Fluids

___: Steel Ball Bearings

___: Car Polishes and Waxes

___: Car Upholstery

___: Antifreeze

___: Tires

___: Glue

One Hide of a Beef Cow can make:

144 Baseballs

20 Footballs

18 Volleyballs

12 Basketballs

12 Baseball Gloves

Photo Credit: Canva

Please ask an adult to help you with this

How many products total in your home?

How many beef products have you used today?

Instructions:

Page 54YB Below are the instructions for the Zap game. Write the questions provided on popsicle sticks and place in a cup.

1. Separate into teams of 3.

2. You will have 5 minutes to answer as many questions as you can!

3. Going clockwise and without looking, draw a popsicle stick out of the cup and answer the question.

4. If answered correctly, hold on to your popsicle stick to be counted at the end of the game.

5. If you draw a ZAP! Popsicle stick, you MUST return ALL of your popsicle sticks.

6. At the end of 5 minutes whoever has the most popsicle sticks in their hand gets a prize!

Questions/ Answers

True or False? Cattle are only used for meat and the rest of the body is wasted after slaughter. **False**

True or False? Beef cows eat meat. **False**

True or False? There is a cow in my marshmallow. **True**

There are **TEN** different Beef cuts.

What is a by-product? **Parts of the animal used to make products other than the meat.**

The two colors that Angus cattle can be are:1. **Black** **2. Red**

Beef cows were domesticated **over 500 years** ago.

True or False? Different breeds have different traits. True

Is it important that cattle graze? **Yes**

True or False. A feedlot is known as a grain-based diet to help them gain weight. True

What are Rangelands? **Areas where cattle live**

An Average American consumes about 67 pounds of beef each year.

True or False? Humans need protein which beef can provide. **True**

Beef cattle plays a significant role in Florida's Economy.

True or False: Beef cows are a ruminant animal? **True**

True or False? Humans also have four compartments in their stomach. False

Florida has it's own unique breed of beef cattle. What are they known as? **Cracker Cattle**

Instructions:

Page 54YB Below are the instructions for the Dairy stomp game. Print out one picture per page of the common dairy breeds. Laminate in order to preserve pictures for future games.

Beef Breed Stomp Gain

1. Separate into teams of 2.
2. Line your team up shoulder to shoulder. One team on the left and another team on the right.
3. Pictures of beef cattle breeds will be placed on the floor by your teacher or leader.
4. Going in order, the first person from each group will find the beef breed mentioned and place their foot on the picture.
5. Whoever gets there first, their team will receive a point.
6. This game will continue until the last person on each team have competed.
7. The team with the most points, win.
8. The leader or teacher may rearrange the photos in between turns or for a new game!

GOODLUCK!








Instructions:

Page 55YB: Below you will find a list of Florida Beef Cattle producers. Please utilize their contact information for visits or webcam talks!

Johnsons Farm LLC: Lowline Angus beef cattle. This farm was founded in October 2013 by Allen Johnson. This farm offers grass fed beef cattle and offers community partnership opportunities.
Address: 1332 3rd Ave. West Bradenton, FL 34205
Phone: 941-228-2346

Olivor Heritage Farms: This family owned farm was named after owners, John and Chrysti's grandsons. They offer grass-fed beef cattle.
Address: 341 Sydney Washer Rd. Dover, FL 33527
Phone: 813-494-6751

Lake Circle Ranch: Owners, Dr. William LaRosa and wife, Dorothy raise grass-fed Barzona Cattle. They founded this farm in Tarpon Springs in 1977.
Address: 8485 Croom Rital Rd. Brooksville, FL 34602
Phone: 352-238-6625

Pastene Prime Wagyu: This is a family operated farm, founded in 1973 and owned by the Siverson family. They raise Wagyu cattle which originated in Japan.
Address: 4141 SE 180th St. Summerfield, FL 34491
Phone: 352-266-2660

Fifth Generation Farms: This farm was founded over 100 years ago and is still family owned. They raise black angus which are grass-fed.
Address: 3739 W. U.S. HWY 90 Lake City, FL 32055
Phone: 386-243-8335

Arrowhead Beef, LLC: Offers grass-fed beef. Owners George Fisher and Tim Pellizzetti founded this farm in 2010.
Address: 982 Hutchins Ln. Chipley, FL 32428
Phone: 954-428-4525

Cognito Farm: Offers grass-fed beef and was originally founded in 2006 by Jerry and Sam Williams but is now owned by the Griffs family.
Address: 18806 NE 21st Place, Starke, FL 32091
Phone: 904-796-8040

Deseret Ranches: This ranch offers many different breed of beef cattle: Angus, Brahman, Simmenta, Red Poll, and South Devon Cattle. It was founded over 60 years ago by Farmland Reserve Inc. and now has over 42,500 beef cows.
Address: 13754 Deseret Ln. St. Cloud, FL 34773
Phone: 407-892-3672

Cypress Cattle and Produce: Offers grass-fed beef and was founded in 1923.
Address: 16564 US. 331 Freeport, FL 32439
Phone: 850-880-6955

Adams Ranch: Offers grass-fed beef cattle and a single bloodline of cattle that they founded known as " The Adams Ranch Braford". This type of mixed breed is Brahman and Hereford. This ranch was founded in 1937 and is still family owned to this day.
Address: 26003 Orange Ave. Fort Pierce, FL 34945
Phone: 772-461-6321

Williamson Cattle Company: This farm consists of over 8,000 Brangus Cattle. This family also has cattle ranches in Alabama and Texas. Originally founded in the 1940's by Frank John Williamson, it is now operated by Frank Sonny Williamson and his son, Frank Wes Williamson.
Address: 9050 NE 12th Dr. Okeechobee, FL 34972
Phone: 863-763-4740

Instructions:

Page 56YB: Below you will find a list of Florida Beef Cattle producers. Please utilize their contact information for visits or webcam talks!

Sampson Family Farm: Jeff and Jane Sampson raise Black Angus on their family owned and operated farm which was founded over 30 years ago.
Address: 17790 96th St. Live Oak, FL 32060
Phone: 386-330-2302

Three Suns Ranch: This family owned and operated ranch consists of grass-fed Cracker Cattle, Mixed breeds of Angus/ Brahma and Brahma/ Hereford, they also raise Bison. One of the only ranches left in Florida that raise, harvest, and package their own meat under the U.S.D.A inspection. Established in June 2012.
Address: 2351 Fl 31 Punta Gorda, FL 33982
Phone: 941-639-7070

Rosy Tomorrows Heritage Farm: Owners Rosie and Gary O'Dell King raise grass-fed Texas Longhorns on their ranch. Rosie is also the founder of Slow Food Southwest Florida.
Address: 8250 Nalle Grade Rd. N. Fort Myers, FL 33917
Phone: 239-567-6000

Strickland Ranch: Raise Cracker Cattle, Angus, Brangus, Brahman, Charolais, and Serepols. Owner Renee Strickland is well known for exporting beef cattle to other countries as well as traveling to other countries to learn about Agriculture. This ranch is family owned since 1938.
Address: 24615 Oak Knoll Rd. Myakka City, FL 34251
Phone: 941-720-2635

Legends Natural Beef: This family owned farm have grass-fed Beefmaster and Santa Gertudis beef breeds. It is family owned and operated.
Address: 4166 McKethan Rd. Dade City, FL 33523
Phone: 352-608-4148

The Dam Ranch: Family owned and operated. Owners Steve and Kathy offer a co-op option for their grass fed beef.
Address: 1356 Dam Rd. Bradenton, FL 34212
phone: 941-685-2516

Have youth complete this check list in their project book:

Farm Visit/ Farmer Visit/ Virtual Field Trip Preparation Check List

Where:

When:

What I need:

Activities Planned:

Permission Slip Signed:

Questions that I have:

My Group:

By-Product Surprise Game!

In five separate cups, place different by-products in each one. Cut the toe-end of a long sock off and place it over the top of the cup with the open-end guiding to the by-product in the cup.

One at a time, participants with put their hand in each cup and guess what the item is without looking at the item.

If answered correctly, the participants should earn a prize.

Find the Dairy Farms of Florida! Descriptions are on Pages 27-28.

Instructions:

Page 57YB: Instruct youth to circle the counties that have beef producers on the Florida map below.

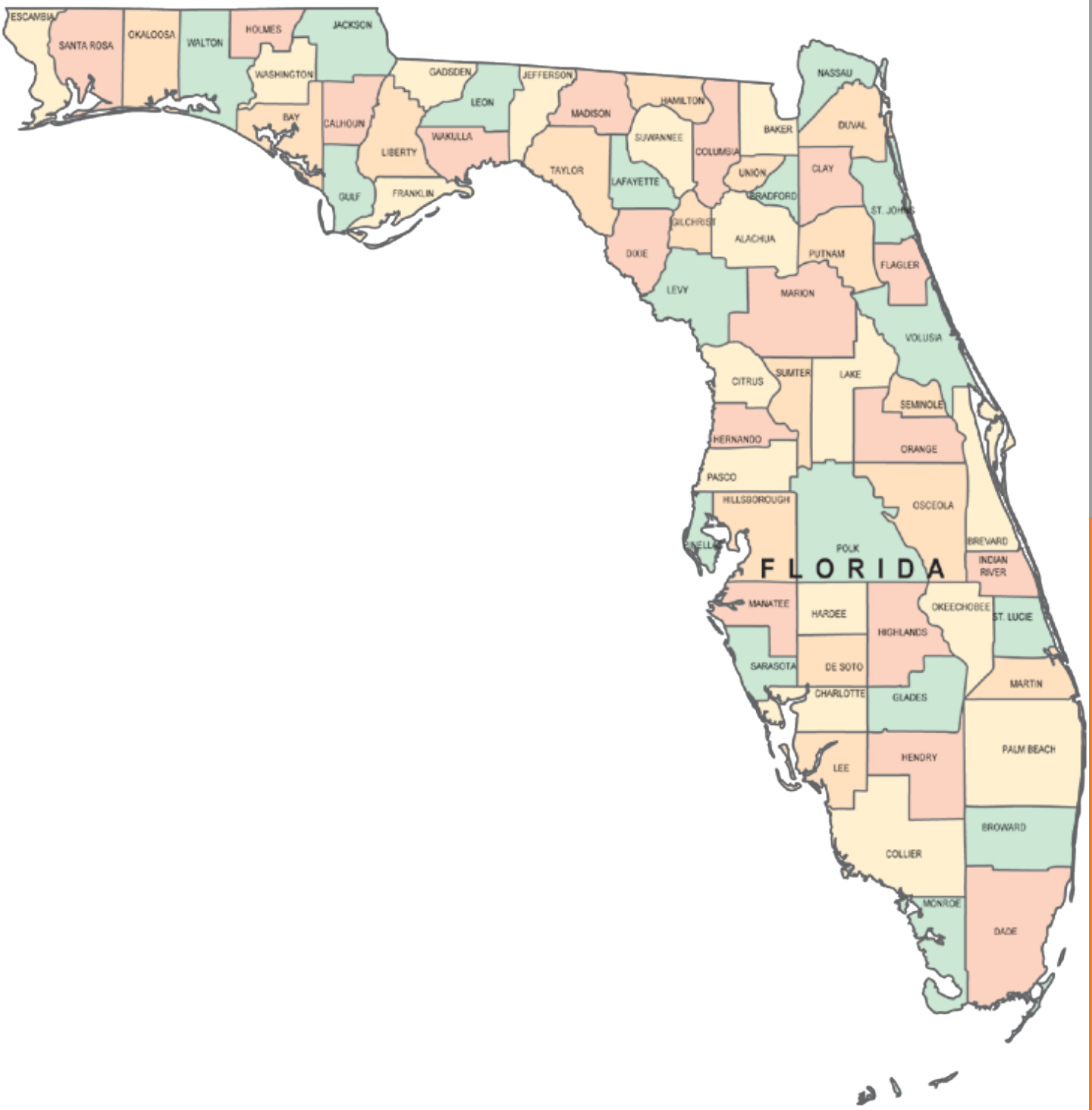


Photo Credit: http://www.dmvflorida.org/florida-county-map.shtml

Instructions: **Page 58YB** Have participants fill this form out after the visit/ trip.

Date:

Location:

What I saw:

What I learned:

Picture or Drawing:

Questions I still have:

Ice Cream in a Bag: Page 59YB

Serving Size: One

Ingredients:

Ice Cubes
1 cup half and half
1/2 cup Kosher salt
2 tablespoons sugar
1/2 teaspoon vanilla extract
1 pint-size plastic bag
1 gallon-size plastic bag
Any of your favorite ice cream mixings

Can you CIRCLE the beef products in this recipe?

Directions:

1. Combine the half and half, sugar and vanilla extract in the pint-size bag. Seal the bag tightly, so that none of the liquid will leak out.

2. Fill the gallon-size plastic bag halfway with ice cubes. Sprinkle Kosher salt over the ice cubes.

3. Insert the pint-size bag filled with ingredients into the bag of ice and salt. Seal the gallon-size plastic bag. If the bag begins to leak, don't hesitate double bagging it to reduce the mess.

4. Shake the bag for 5-10 minutes until the ice cream mixture begins to harden. Feel the small bag to determine the consistency of your ice cream. Once satisfied with the consistency, remove the small bag from the bag of ice.

5. Open the small plastic bag and add any desired mixings that you want. I added raspberries to mine. Feel free to eat the ice cream right out of the bag or, if you prefer, scoop it into a bowl.

Enjoy!

Lesson Six:

Dairy and Beef

Similarities and Differences

<u>As a Result of Completing This Lesson, Learners Will be able to:</u>

1. **Learners will be able to quickly identify the differences and similarities of dairy and beef cattle**
2. **Learners will be skilled in identifying the needs of these livestock animals.**
3. **Learners will be skilled at reflecting their opinion and experience of participating in this program. This will help future programming.**

1

Instructions:

Page 61YB: Instruct participants to take the Post-Beef-Test. The answers are on page 34 of the adult guidebook. Utilize excel for data results.

2

Instructions:

Page 63YB: Sign and date the completion certificate in the youth project book. Place a photo of them or the participation group on the bottom of the page.

3

Instructions:

Page 67YB: Using their books, youth should complete the similarities and differences of Florida Dairy Cattle and Florida Beef Cattle.

Instructions: Page 66YB Review the below with participants.

Florida 4-H animal science programs provide the opportunity for youth to raise and show their cattle. The 4-H beef project can be selected from a breeding or market aspect. Breeding animals allow you to start your own herd while market animals produce meat products for people. Dairy cattle are usually raised as their own class and are exhibited in their own class. This program allows youth to learn basic principles of animal science by owning, caring for, and keeping records on their animals.

Youth books will provide more information about showing beef and dairy cattle. Page 66YB Youth should follow directions below.

Photo Credit: Canva

Which cow is healthy?
Which cow is unhealthy?
Why?

1

Instructions:

Page 69YB This is the last part of the project book. Review the fun facts and figures of beef and dairy cattle.

2

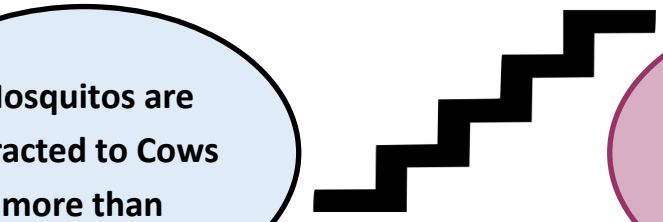
Instructions:

Page 71YB: Youth should complete the survey on the next page. Collect this upon the final exit of the program.

ALL RESULTS SHOULD BE SENT TO LCARDWELL@UFL.EDU

Photo Credit: Canva

Mosquitos are attracted to Cows more than



Cows clean their noses with their tongue.

You can lead a cow upstairs, but not downstairs.

A cow has four compartments with-in their stomach: Rumen, Reticulum,

4

Most dairy cows give produce more milk while

Cows can smell up to 6 miles

Cows are pregnant for 9 months like

Cows befriend and hold grudges against other

Glossary of Terms

Abomasum: Is the fourth compartment in a cows stomach. This is known as the true stomach, it is comparable to a humans stomach where digestion is completed.

Agriculture: The art or science of cultivating the soil, producing crops, and raising livestock and in varying degrees the preparation and marketing of the resulting products.

Amino Acids: Organic compounds containing amine and carboxyl functional groups, along with a side chain specific to amino acid.

Blacksmith: An occupation for someone who creates objects from wrought iron or steel by forging the metal, using tools to hammer, bend, and cut.

Bull: Male cow used for breeding, beef, or other processed items.

Calcium: An important nutrient in milk and other dairy products, necessary for strong bones and teeth.

By-Products: an incidental or secondary product made in the manufacture or synthesis of something else.

Calf: A baby cow.

Career: A profession for which one trains and which is undertaken as a permanent calling.

Cheese: The fresh or ripened product resulting from the coagulation of the milk protein, which is called casein. This process produces curds, which can be eaten immediately after draining the liquid or can be stored to make aged cheese.

Consumer: A person who used goods or services to satisfy his/her needs.

Cow: Female animal about two years old which has had a calf and can now be milked.

Cud: The regurgitated (burped up) mouthful of feed a cow chews on during the digestive cycle.

Desirable: Wanted or wished for as being an attractive, useful, or necessary course of action.

Environment: The surroundings or conditions in which a person, animal, or plant lives or operates.

Forage: Food such as grass or hay for cattle, horses, fodder.

Glossary of Terms

Heifer: A young cow that has not produces a calf.

Hypothesis: A supposition or proposed explanation made on the bases of limited evidence as a starting point for further investigation.

Market Weight: The optimal weight that beef cattle should typically weigh in between 18-22 months when they are sent to a processing facility to be harvested.

Milk: Liquid source of nutrition for mammals, one of the best sources of calcium, protein and other vitamins.

Mineral: Any naturally occurring substance that is neither vegetable nor animal.

Nutrient: To function, the human body must have nutrients. The nutrients known to be essential for human beings are proteins, carbohydrates, fats, oils, minerals, vitamins, and water.

Nutrition: Nourishing or being nourished; the series or processes by which an organism takes in and assimilates food for promoting growth and replacing worn or injured tissues.

Observation: The action or process of observing something carefully or in order to gain information.

Omasum: This is the third stomach and is known as the manypiles. This compartment grinds the food.

Parasites: An organism that lives in or on another organism (host) and benefits by deriving nutrients at the hosts expense.

Plant Cellulose: Plants contain cellulose, an important structural component of the primary wall of green plants.

Producer: A person who produces (to bring forth, manufacture, bear, or yield the product) goods and services. A farm operation or producer produces milk to be sold to the processor.

Processing Facility: Commercial operation that manufactures, packages, labels, or stores food for human consumption.

Glossary of Terms

Protein: One or more chains of amino acids that are essential in the diet of animals for the growth and repair of tissue and can be obtained from foods such as meat, fish, eggs, milk, and legumes.

Reticulum: This is the second stomach or "honeycomb" which receives food after it has been rechewed as cud.

Rumen: This is the first stomach and is also known as the paunch or storehouse. It is the largest chamber, and in a mature cow can take up 80% of the stomach capacity. Food will passes the Rumen where it is broken down by million of microorganisms that live in the cows rumen.

Robust: Strong and healthy.

Shoe keeper or shoe smith: One who shoed horses.

Tolerance: The ability or willingness to tolerate something, in particular the existence of options or behavior that one does not necessarily agree with.

Udder: The "bag" under the cow where the milk is held.

USDA: Is known as the United States Department of Agriculture. This is the U.S. federal executive department responsible for developing and executing federal laws related to farming, agriculture, forestry, and food. It aims to meet the needs of farmers and ranchers, promote agricultural trade and production, work to assure food safety, protect natural resources, foster rural communities and end hunger in the United States and internationally.

Vitamin: A complex organic substance found in most foods and essential, in small amounts, for the normal functioning of the body.

Yogurt: A mixture of milk, skim milk and/or cream and friendly bacteria, often blended with fruit or other flavorings.

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Notes

Notes

I pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service, my Health to better living, for my Club, my Community, my Country, and my World.

Florida 4-H Mission, Vision, Motto, and Slogan

Mission: The UF/IFAS Extension 4-H Youth Development Program uses a learn-by-doing approach to help youth gain the knowledge and skills they need to be responsible, productive citizens. This mission is accomplished by creating safe and inclusive learning environments, involving caring adults, and utilizing the expertise and resources of the University of Florida and the nationwide land grant university system.

Vision: Florida 4-H aspires to be the leading youth development program that creates positive change in youth, families, and communities.

Motto: To make the Best Better

Slogan: Learn By Doing