Wisconsin Livestock

Use the dairy words you learned to complete this crossword puzzle.

Down
2. Dairy f__ milk their cows at least twice a d__.
6. There are 60 minutes in an h__.
8. The dairy farmer washes a cow's u__ before milking.
10. A dairy cow may d__ a bathtub of water each day.
11. c__ sleep lying down.
13. A t__ truck picks up milk at the farm.
14. W__ is #1 in cheese production.
16. The Brown S__ is a breed of dairy cow.
18. There are six main b__ of dairy cows in Wisconsin.
19. An animal doctor is called a v__.

Across
1. Wisconsin is America's D__
3. Dairy cows produce m__
5. Wisconsin dairy cows produce nearly 3 billion gallons of milk every y__
7. c__ brought the first dairy cow to America.
9. “Pass along our dairy t__”
12. At dairy plants, milk is heated or p__
15. The H__ cow is black and white.
17. The average dairy cow gives n__ glasses of milk a day.
Veal is raised on family farms in many states in the United States including Indiana, New York, Ohio, Pennsylvania and Wisconsin. Today families operate many of the veal farms. The families want to produce the best food for our country. Veal farmers buy their calves from dairy farmers who do not need their male calves since they do not produce milk. Most veal calves are Holstein cattle that are black and white. They weigh about 100 pounds when they are born and grow to 475-500 pounds.

The calves are fed twice a day in a safe and warm barn. A veterinarian helps the farmer keep the calves healthy by visiting the farm and checking each calf for any type of sickness. If the veterinarian finds a sick calf it is treated immediately. A farmer likes to keep all of his calves healthy.

Veal calves provide a nutritious food that tastes good and is packed with vitamins, minerals, and protein. Veal is a nutritious meat that is low in fat and high in protein. Since veal has a variety of nutritious qualities, it is an excellent source of nutrients for healthy people. Veal calves provide other products, which are called by-products. Clothing is a by-product produced from cattle. The leather that is used to make shoes, jackets and belts comes from cattle. Other parts of the animal, such as the bones and hooves, are used to make many useful items. Cattle by-products help make medical supplies and household items such as bandages, medicines, paint and paint brushes, crayons, piano keys, candles, instrument strings and wallpaper.

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**Using the information provided, create a bar graph showing the amount of protein in a serving of each of these meats.**

<table>
<thead>
<tr>
<th>Meat</th>
<th>Protein/3 oz. Serving</th>
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<tbody>
<tr>
<td>Beef, Cooked</td>
<td>23</td>
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<tr>
<td>Lamb, Cooked</td>
<td>26</td>
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<tr>
<td>Pork, Cooked</td>
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<tr>
<td>Veal, Cooked</td>
<td>31</td>
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<tr>
<td>Chicken, Roasted</td>
<td>27</td>
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<tr>
<td>Turkey, Roasted</td>
<td>25</td>
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Which meat has the highest amount of protein? __________

Have you tried all these types of meat? __________

Source: USDA, Home & Garden Bulletin #72, Nutritive Value of Foods, Oct. '02
Hamburger, steaks and roasts are all foods provided to us by beef. Beef is important to our diet for it provides us with zinc, iron, B-vitamins and protein. These nutrients are necessary to keep us healthy. Our body needs zinc to make insulin and for healing. B-vitamins help us use energy, give us healthy skin and good vision in bright light. Protein helps build muscle and iron helps red blood cells carry oxygen to and away from other body cells.

Beef provides twice as much iron as other meats. Lean beef, such as loins or rounds, is low in fat. Fats are needed to move vitamins (A, D & E) into the body and through the walls of our digestive tract.

The Food Guide Pyramid recommends two to three servings of meat each day. A serving is three ounces which is the size of a deck of cards.

*Wisconsin beef is an important part of a healthy diet!*

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**Beefman's Secret Message**

Decode the secret message by matching the code to each letter in the alphabet below.

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It's What's For Dinner!
Beefman Goes to School

Beefman — Bringing zip into the lives of children

Once upon a time came to school a cowboy who wears a big hat and tall boots. He told the children that they should be sure to include BEEF in their diets. The children said, "BEEF are our favorite! We also replied, "BEEF has zip — zinc, iron and protein.

These nutrients make you have big muscles and help you grow. The children liked it. They want to visit their cafeteria again!

—The End

Did You Know?

- Cows have 4 stomachs.
- Hamburger was first made in Russia.
- The first cheeseburger was served in a restaurant in 1924.
- Besides food, cows help to give us: soap, leather, makeup, brushes, & medicines.

Tasty Beef Recipes:

Pepperoni Pizza Burger
Grilled burger covered with pepperoni, Mozzarella Cheese & pizza sauce.

Beefman Burger
American cheese, lettuce, tomato, pickle, ketchup & mustard

Sticky Burger
Grilled burger spread with peanut butter, bacon and Jack cheese

Breakfast Omelet Burger
Grilled ground beef patty, piled high with diced ham, Cheddar cheese, mushrooms, & green peppers, served on a toasted English muffin

Simple Cheeseburger
Seasoned beef with salt & pepper & topped with your favorite cheese

Island Burger
Beef patty smothered with Thousand Island dressing, with lettuce, tomato & pickle
The farmers who raise hogs call themselves pork producers. Their main job is to make sure the pigs they raise are healthy and well fed. Pigs like to eat foods like ground up corn, soybeans, wheat, and grain sorghum. The pork producer checks his animals twice daily to be sure they are healthy, and have plenty of feed and water.

They keep their pigs in buildings to protect them from severe weather. That way, the animals are in a cool, comfortable environment all of their lives, much like you are in your house or school. Wisconsin farmers now raise 871,000 hogs each year.

Pork chops, ham, bacon and sausage all come from hogs. Pork in our diet is important. It has high amounts of protein, B-vitamins and thiamin. In fact, pork has three times as much thiamin as any other food. Thiamin changes our food into energy and is important for our nervous system. Today's pork is lean which means its low in fat.

Pigs are very much like us. Their heart and other organs work the same way ours do. That's why doctors can use a pig's heart valve in a human when a human's wears out. Pigskin can also be used to treat people who have been badly burned. These useful products are also known as by-products. Other pig by-products are used to make items that you probably use daily, including buttons, crayons, chalk and glue. Hogs are very important to all of us. They keep us healthy when we eat pork in our diet and also help doctors cure us when we are ill or hurt.

**Food we get from pigs.**

**Ways pigs help people who are sick.**

**Byproducts we get from pigs.**

**Nutrients we get from eating pork.**

**Things pigs eat.**

**How farmers take care of pigs.**
Sheep were one of the first domesticated animals. They provided their herder with his basic needs of food, clothing, and shelter. Columbus brought the first sheep to America. In fact, the sale of wool helped pay his way.

Sheep in Wisconsin are raised in flocks of just a few to 3,000 animals. The female sheep is called a ewe and each year she has 1 to 3 lambs. The male sheep is called a ram. Once each year before summer, the farmer shears his sheep. Shearing is like giving the sheep a haircut. The wool comes off in one piece which is called the fleece. The wool is then washed, dyed, and spun into yarn to make clothing, rugs, and blankets.

Sheep are also raised to provide meat and milk. The meat from a grown sheep is called mutton and that from a young sheep is called lamb. The milk from sheep is used to make special cheeses. Most of the sheep in Wisconsin are raised for meat.

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**The wool industry has added to our language. Try this mix and match activity to learn some of the ways.**

| A. Lamb   | E. Sheepish  |
| B. Meek   | F. Sheepskin |
| C. Pull the wool over their eyes | G. Weaver |
| D. Sheep  | H. Wild and Woolly |

1. When a person has a timid or guilty look we say they look ____________________.
2. March comes in like a lion and goes out like a ____________________.
3. To fool someone is to ____________________.
4. We sometimes refer to the Old West as ____________________.
5. Years ago, a college diploma was sometimes called a ____________________.
6. If your name is ____________________, one of your ancestors probably operated a loom.
7. Sometimes we say people are “__________________ as a lamb.”
8. To go to sleep, some people count ____________________.