



# Food & Nutrition Education Materials

## Family Consumer Science Teachers

### Grades 7—12

09/2012

Quantity Requested	Materials Available
	<b>Basics About Beef</b> — A comprehensive booklet covering information on beef nutrition, beef cuts, food safety, cooking methods and more. Recommended for grades 7-12. <i>(1 booklet per student)</i>
	<b>Beef Retail Cuts Notebook Charts</b> — Color Beef Cut Chart showing retail and primal cuts. Also includes recommended cooking methods for cuts. <i>(1 chart per student)</i>
<b>Tear Pads:</b>	
<i>(# of pads)</i>	<b>MyPyramid Tear Pad</b> — Illustrates the new MyPyramid guide. On the back of each sheet, detailed information is provided about estimating your own food pattern based on individual needs and determining serving size for your favorite foods. <i>(1 sheet per student — 100 sheets per pad)</i>
<i>(# of pads)</i>	<b>Kids MyPyramid Tear Pad</b> — Illustrates the children's version of the new MyPyramid guide. Provides detailed information about estimating your own food pattern based needs and determining serving size for your favorite foods. <i>(1 sheet per student — 100 sheets per pad)</i>
<i>(# of pads)</i>	<b>My Plate Tear Pad</b> — Highlights finding your balance between food and physical activity as well as how to choose a healthy plate with lean beef and a delicious stir-fry recipe to help meet MyPlate goals. <i>(1 sheet per student — 100 sheets per pad)</i>
<i>(# of pads)</i>	<b>BEEF: Nutrients That Work As Hard As You Do</b> — Detailed information on beef's power pack of nutrients. <i>(1 sheet per student — 100 sheets per pad)</i>
<i>(# of pads)</i>	<b>The Tween Scene</b> — Discusses unique characteristics and dietary needs of 8 to 12 year-olds including detailed information about important nutrients for this age group. <i>(1 sheet per student — 100 sheets per pad)</i> <i>(Also available in Spanish)</i>
<i>(# of pads)</i>	<b>Eating For 2</b> — Reviews eating smart as the foundation to a healthy pregnancy. <i>(1 sheet per student — 100 sheets per pad)</i> <i>(Also available in Spanish)</i>
<i>(# of pads)</i>	<b>Childhood Nutrition</b> — Provides information on good nutrition essential to helping children grow in mind and body. <i>(1 sheet per student — 100 sheets per pad)</i> <i>(Also available in Spanish)</i>
<i>(# of pads)</i>	<b>The Fitness Connection</b> — Reviews physical fitness as part of a healthy lifestyle in combination with good nutrition. <i>(1 sheet per student — 100 sheets per pad)</i> <i>(Also available in Spanish)</i>
<b>Posters:</b>	
	<b>MyPyramid Poster</b> — 34" X 22" poster depicts the MyPyramid, which was developed by the USDA. <i>(1 poster per classroom)</i>
	<b>Kids MyPyramid Poster</b> — 34" X 22" poster depicts children's version of the MyPyramid USDA. <i>(1 poster per classroom)</i>
	<b>Beef Retail Cuts Chart</b> — Large laminated wall poster. Retail cuts are named in accordance with Uniform Retail Identity Standards. Chart includes primal cuts and recommended cooking methods. <i>(1 poster per classroom)</i>

### Please Mail Requested Materials To:

Teacher Name: \_\_\_\_\_  
 School Name: \_\_\_\_\_  
 School Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Mail or FAX Request to:

**Idaho Beef Council**  
 2118 Airport Way  
 Boise, ID 83705  
 FAX: 208-376-6002  
 Phone: 208-376-6004

Email: [beefcouncil@idbeef.org](mailto:beefcouncil@idbeef.org)

(Please Print & Fill Out Completely)