

# CATTLE COUNTRY



**I SPY**

**CAN YOU  
FIND A...**

**3  
horseshoes  
2 hats  
saddle  
dog  
horse  
bandana  
rope  
stirrup  
bridle  
boot  
5 saddle  
blankets**

**WHAT OTHER  
TOOLS DO  
YOU SEE?**

**BROUGHT TO YOU BY  
KERN COUNTY CATTLEWOMEN &  
THE FENCE POST COUNTRY READER**



One 3 oz. serving of beef has the same amount of iron as 3 cups of spinach.

Hamburger meat from 1 steer would equal 720 quarter-pound hamburgers, enough for a family of 4 to enjoy hamburgers everyday for almost 6 months!

**BEEF . . . GOOD FOOD AND GOOD NUTRITION**  
**WORDSEARCH**

e n y g r e n e e a  
l e d h r o t p n e  
c k o i t e m r i p  
s a b i a l v o i z  
u e s n i m a t i v  
m t p b u r g e r m  
p s z i n c o i h l  
n n n f c z n n i e  
k e e b e e f g a a  
i n o i t i r t u n

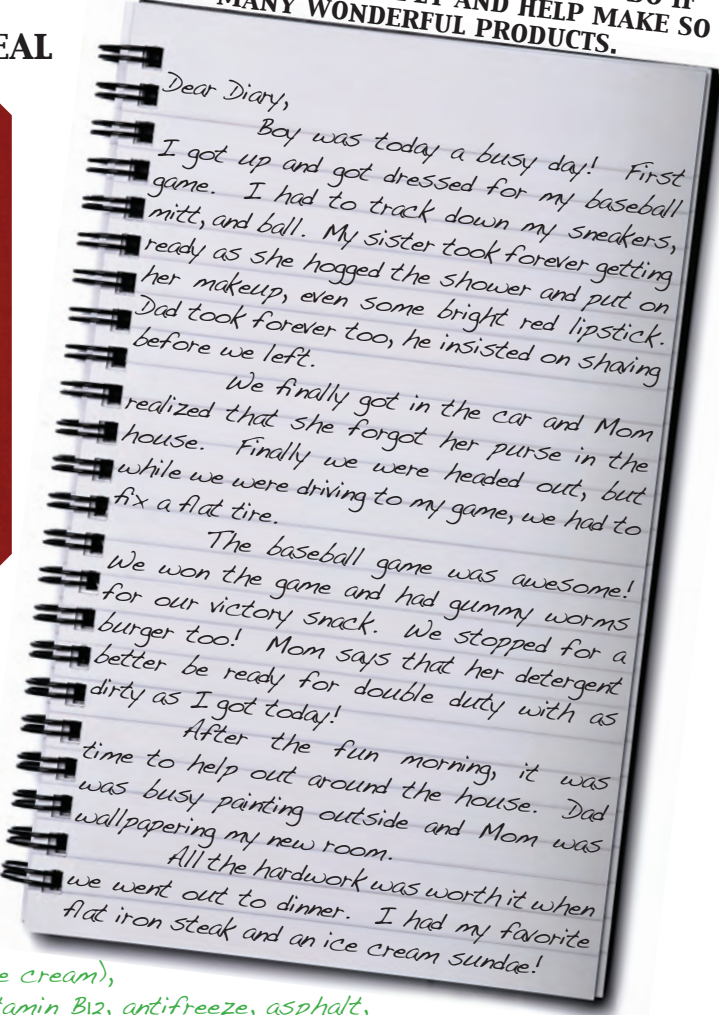
**Word List**  
beef  
body  
burger  
eat  
energy  
healthy  
iron  
lean  
muscle  
nutrition  
protein  
recipes  
steak  
vitamins  
zinc  
zip

**BEEF HAS ZIP!**

**ZINC** - HELPS POWER YOUR BRAIN  
**IRON** - HELPS CARRY OXYGEN IN YOUR BLOOD  
**PROTEIN** - SUPPLIES ENERGY FOR YOUR BODY



**A DAY WITHOUT CATTLE**  
USE THE INFO BELOW TO CIRCLE EVERYTHING  
IN THE DIARY THAT YOU COULD NOT DO IF  
CATTLE DID NOT SUPPLY AND HELP MAKE SO  
MANY WONDERFUL PRODUCTS.



**DRAW A PICTURE OF YOUR FAVORITE BEEF MEAL**



**WOW THAT COW!**



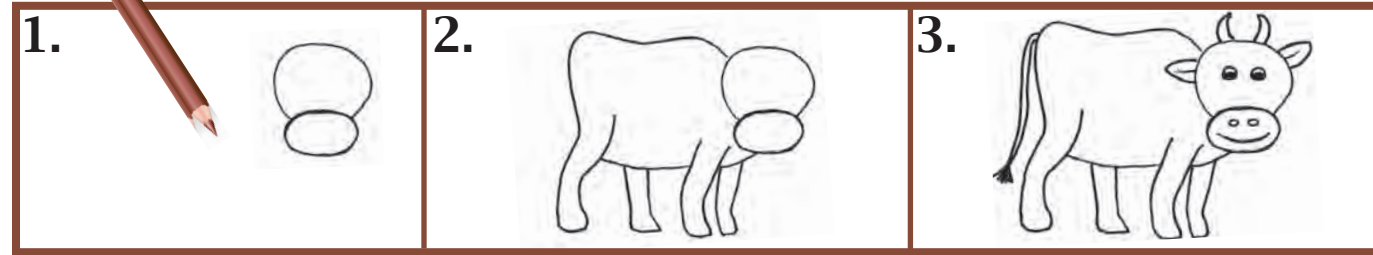
WE USE 98% OF EVERY COW, BUT  
LESS THAN HALF IS MEAT. HERE ARE  
JUST A FEW OF THE OTHER THINGS  
THAT COWS HELP TO MAKE . . .

ceramics, insulation, crayons,  
linoleum, lotion, paper, deodorant,  
shaving cream, detergents, sports  
equipment, dog food, soap, gelatin  
(ingredient in gummy candy, jello, ice cream),  
glue, medicines like cortisol and vitamin B12, antifreeze, asphalt,  
biofuels, tires, and leather for shoes, purses, sports equipment, and furniture upholstery.

One cowhide can produce enough leather to make 20 footballs or 18 soccer balls or 18 volleyballs or 12 basketballs or 144 baseballs!

Cattle are fire fighters . . . cattle "mow" the area that they graze, reducing the fuel for wildfires!

**STEPS TO DRAW YOUR OWN COW**



**IS IT A COW?**

**COW & CALF**



**BULL**



**STEER**



**DID YOU KNOW THAT ALL  
CATTLE CAN HAVE HORNS!**

**BRANDS ARE LIKE A COW'S ADDRESS.  
THEY TELL WHAT RANCH THEY LIVE ON.  
PRACTICE READING THE BRANDS BELOW.**

Rules:  
1. Left to Right    2. Top to Bottom    3. Outside to Inside

- |            |                  |           |
|------------|------------------|-----------|
| R "R"      | Quarter Circle R | Circle R  |
| Tumbling R | Half Diamond R   | Diamond R |
| Lazy R     | Rafter R         | Box R     |
| Reverse R  | Bar R            |           |
| Walking R  |                  |           |
| Flying R   |                  |           |
| Running R  |                  |           |

Name the Brand?

1. H \_\_\_\_\_

2. K \_\_\_\_\_

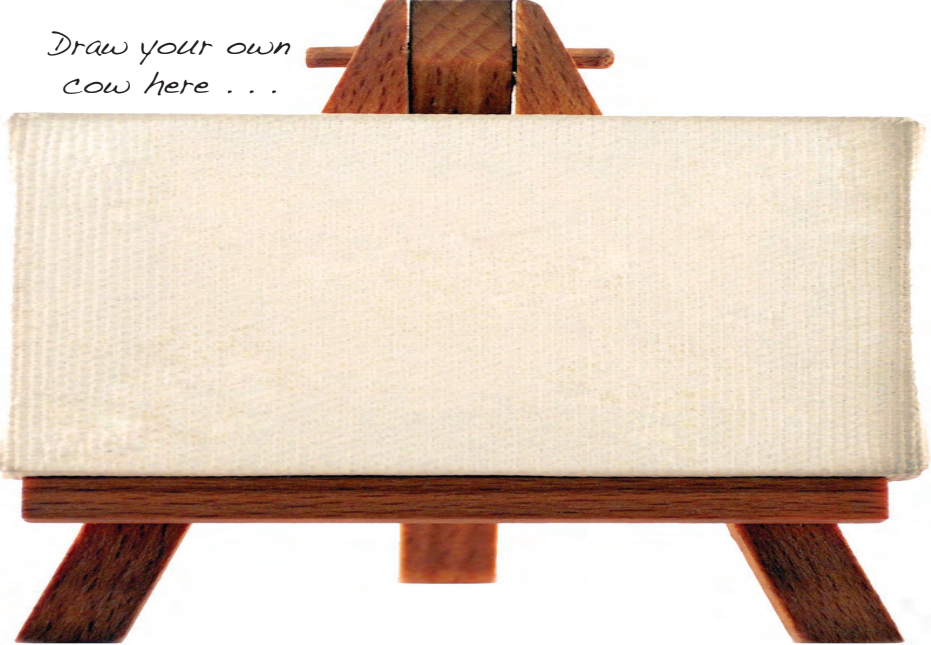
3. E \_\_\_\_\_

4. T \_\_\_\_\_

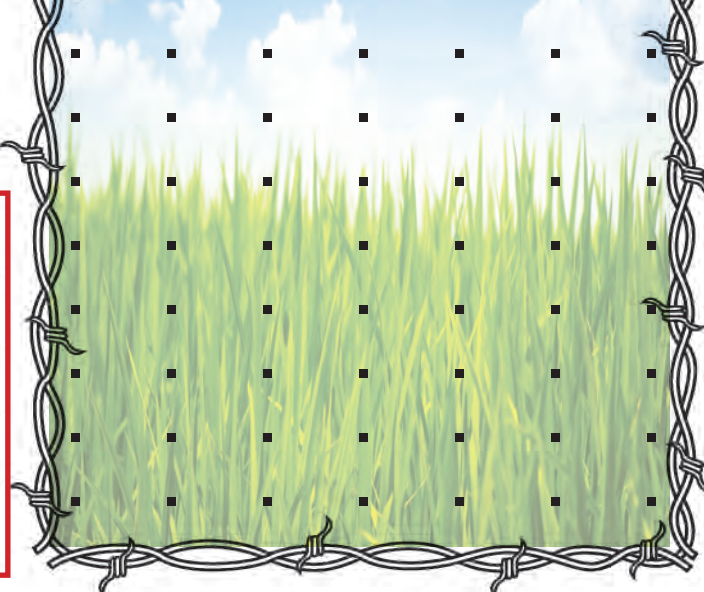
5. S \_\_\_\_\_

**MAKE UP YOUR OWN  
BRAND AND ADD IT TO  
YOUR PICTURE ABOVE.**

Draw your own  
cow here . . .



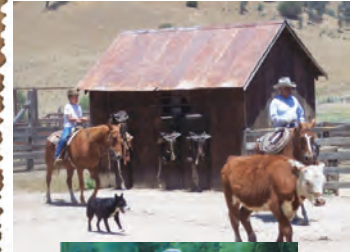
**YOUR CATTLE ARE GOING TO MIX WITH YOUR  
NEIGHBORS IF YOU DON'T FENCE THEM IN.  
TAKE TURNS DRAWING LINES BETWEEN DOTS.  
WHEN A SQUARE IS COMPLETED YOU PENNED  
ONE OF YOUR ANIMALS, MARK THE SPACE  
WITH YOUR BRAND. PEN THE MOST TO WIN.**



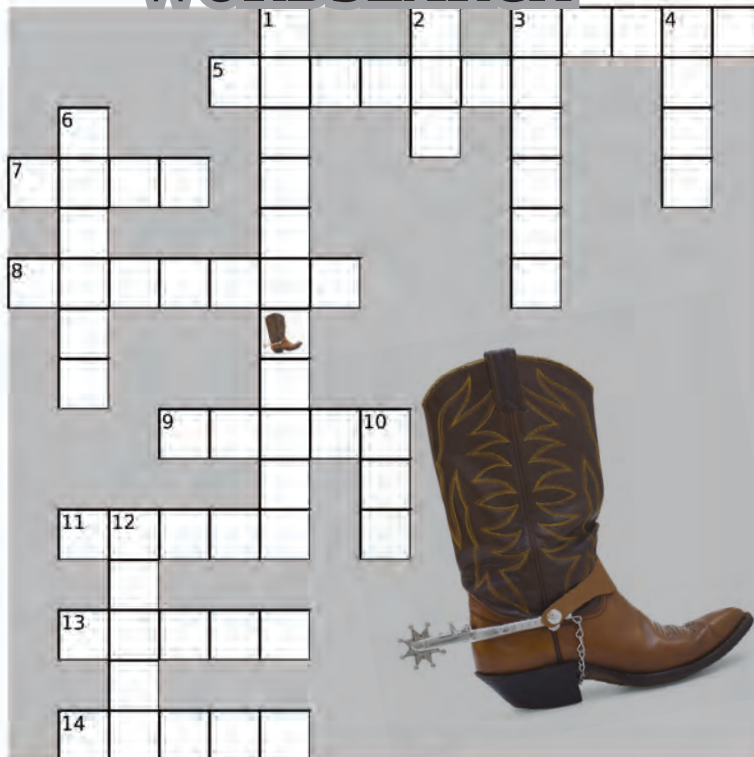


Cattle have 4 stomach compartments and that enables them to digest grass.

# A COWBOYS WORK IS NEVER DONE



## COWBOY TOOLS WORDSEARCH



### ACROSS

- 3 Worn on cowboys' boots to help control and train a horse
- 5 Used to block dust from a cowboy's nose and mouth
- 7 Worn on cowboys' feet.
- 8 Pulled behind a truck to haul cattle or horses.
- 9 A mark to show the ranch who owns the cow.
- 11 Protects a cowboy's legs from brush and branches.
- 13 Used to drive around a ranch.
- 14 Used to steer a horse.

### DOWN

- 1 Used to carry tools and lunch on a saddle.
- 2 Shades a cowboy's face from the sun.
3. Put on a horse for a cowboy to sit on.
- 4 Used to catch a cow.
- 6 Used to contain cattle in one place.
- 10 Helps move cattle and a cowboy's best friend.
- 12 Four legged way for cowboys to move around ranch.

For more info and beef recipes, visit CA Beef Council at [www.calbeef.org](http://www.calbeef.org)

A cow spends 6 hours a day eating and 8 hours a day chewing its cud.

Cattle are recyclers. They eat fruit pits, potato peels, almond hulls and sugar beet pulp.