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
1. Is it a cow?

Cow & Calf

Bull

Steer

Did you know that all cattle can have horns!

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

Dear Diary,

Boy was today a busy day! First I got up and got dressed for my baseball game. I had to track down my sneakers, mitt, and ball. My sister took forever getting ready as she hogged the shower and put on her makeup, even some bright red lipstick. Dad took forever too, he insisted on shaving before we left.

We finally got in the car and Mom realized that she forgot her purse in the house. Finally we were headed out, but while we were driving to my game, we had to fix a flat tire.

The baseball game was awesome! We won the game and had gummy worms for our victory snack. We stopped for a burger too! Mom says that her detergent better be ready for double duty with as dirty as I got today!

After the fun morning, it was time to help out around the house. Dad was busy painting outside and Mom was wallpapering my new room.

All the hard work was worth it when we went out to dinner. I had my favorite flat iron steak and an ice cream sundae!

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!

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!

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.

1. 

2. 

3. 

4. 

5. 

Word List

beef
body
burger
eat
energy
healthy
iron
lean
muscle
nutrition
recipes
steak
vitamins
zinc
zip

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


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BEEF HAS ZIP!

WORDSEARCH

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1. What is the word for the address of a cow?

BEEF . . . Good Food and Good Nutrition

BEEF wordsearch:

1. Brand is 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

Brands are like a cow's address.

They tell what ranch they live on.

Practice reading the brands below.

Make up your own brand and add it to your picture above.

Wow that Cow!

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

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.

Across
3 Worn on cowboy's boots to help control and train a horse
5 Used to block dust from a cowboy's nose and mouth
7 Worn on cowboy's 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