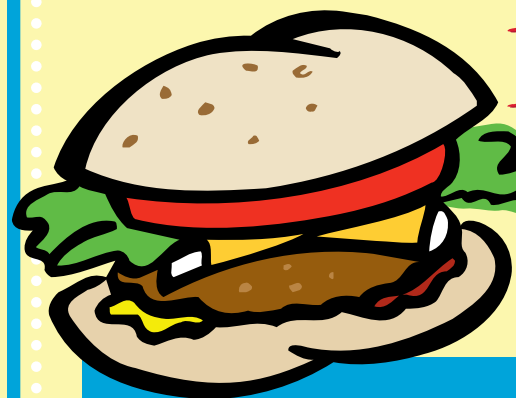
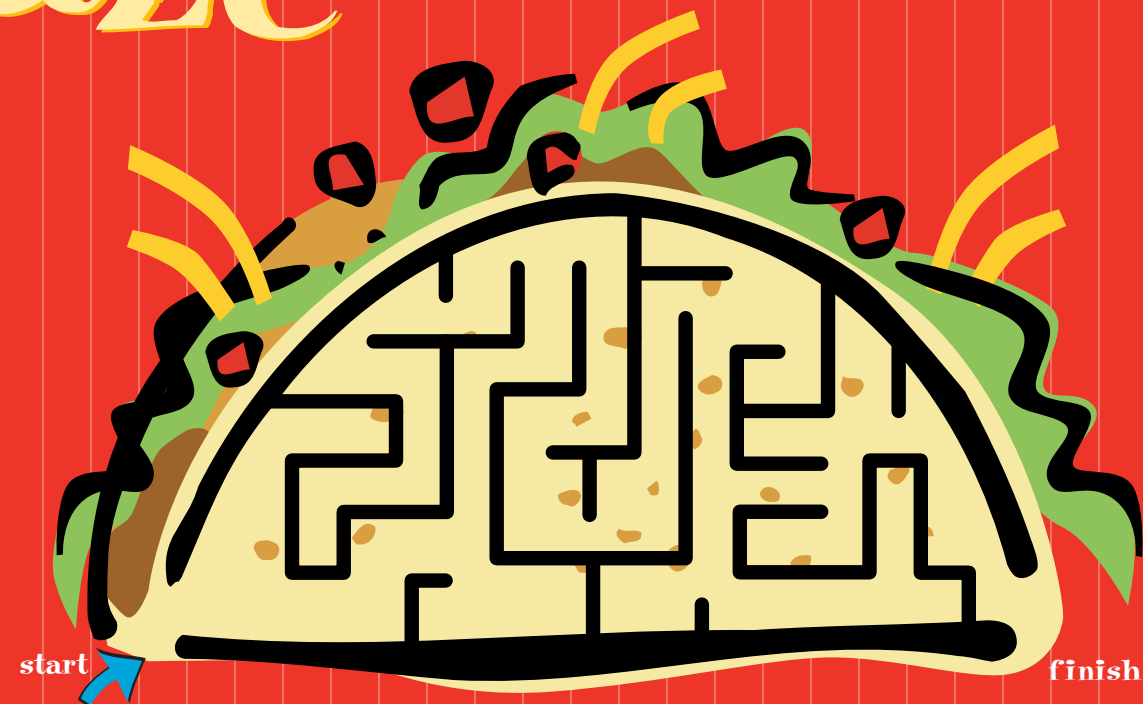


taco maze



kids in the kitchen

Burger Builders

get your parents to help you make these delicious burgers!

Reuben Burger:

Top your hamburger with Swiss cheese, Thousand Island dressing, and put it on a marble rye bun.

Pizza Burger:

Top your hamburger with pizza sauce, mozzarella cheese, and pepperoni.

Island Burger:

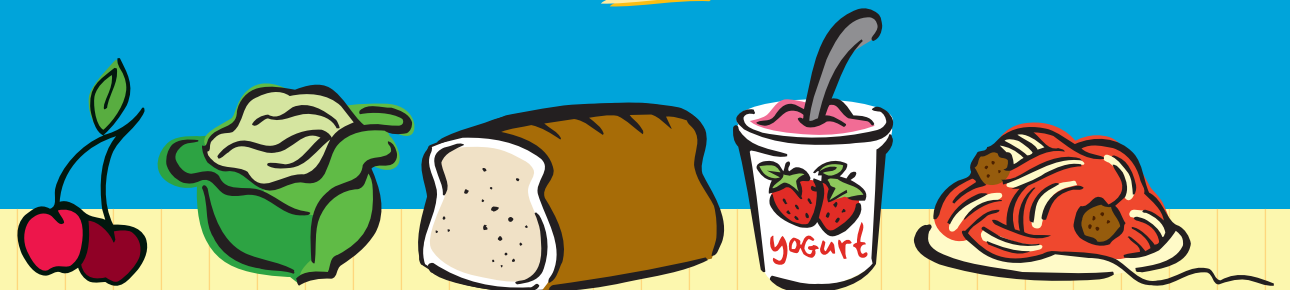
Top your hamburger with mozzarella cheese, pineapple slices, and shredded coconut.

Taco Burger:

Top your hamburger with lettuce, sour cream, olives, and taco seasoning.

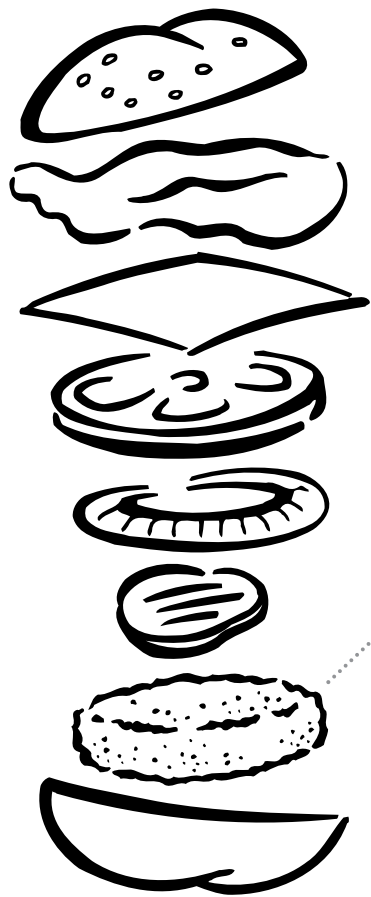


Power Up!



nutrient rich lean beef activity booklet

www.txbeef.org/healthyliving



pickle
 cheese
 top bun
 onion
 beef
 tomato
 lettuce
 bottom bun

burger match

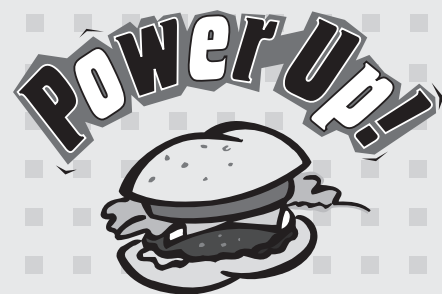
match the part of the hamburger on the left to the word on the right. (the first one has been done for you)

healthy hunt

circle the words in the puzzle...

zinc
 iron
 protein
 beef
 nutrients
 healthy
 steak
 muscles
 energy
 tacos
 active

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



Lean Beef gets its **Power** from **ZIP!**

Zinc = Brain Power and Immunity

Iron = Oxygen to your body's cells

Protein = Energy!

...energy to do the things you love!

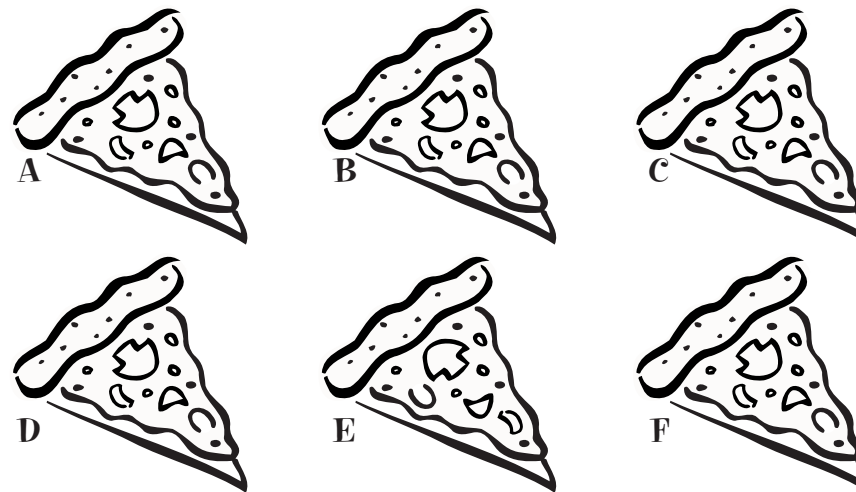
can you answer the questions below?

- To help build strong muscles you need
 a. protein b. fruit juice c. music
- American's favorite burger topping is
 a. leather b. pickles c. ketchup
- For energy to make it through the day, you need
 a. lightbulbs b. iron from beef c. sleep
- To help keep skin healthy, you need
 a. B vitamins b. sun c. clothes

Answers: 1. a 2. c 3. b 4. a

which pizza is different?

color the pizza slice that is different.



Answer: E

fun fact... did you know?

To absorb the same amount of iron you'd get from 3 ounces of cooked sirloin, you would have to eat 10 1/2 cups of fresh broccoli.



with these Power Foods...

Fruits



Vegetables



Whole Grains



Lowfat Milk & Dairy



Lean Beef

