

## **Cattle:**

Q: What beef cattle breed was first introduced into the U.S.?

A: **The first “beef on the hoof” were Longhorns, brought into the southwest by the Spaniards in the early 1500’s.**

Q: Which Iowa county has the most beef cattle?

A: **Sioux County.**

Q: Beef cattle are raised in how many Iowa counties?

A: **All 99.**

Q: What breed of cattle was started in Iowa, near St. Mary’s?

A: **Polled Herefords.**

Q: Where does Iowa rank compared to other states for the number of all cattle and calves?

A: **Seventh**

Q: Where does Iowa rank compared to other states for the number of cattle on feed?

A: **Fourth**

Q: What was the total cattle inventory in Iowa on January 1, 2017?

- 1.) 1.50 million
- 2.) 2.50 million
- 3.) 3.00 million
- 4.) 3.85 million
- 5.) 4.50 million

A: **3.85 million**

Q: Cattle numbers outnumber the human population in how many states?

- 1.) 5
- 2.) 9
- 3.) 13

A: **9 states;** Idaho, Iowa, Kansas, Montana, Nebraska, North Dakota, South Dakota, Oklahoma & Wyoming.

Q: What is the length of gestation period for a cow?

- 1.) 5 months
- 2.) 7 months
- 3.) 9 months

A: **About 9 months;** approximately 283 days is the normal gestation length for a cow – equivalent to the gestation length for a human pregnancy.

Q: Name the top two beef producing countries in the world.

A: **Brazil and the United States.**

## **Meat Cuts:**

Q: What is the most tender cut of beef available?

- 1) Tenderloin
- 2) Ribeye
- 3) Strip Steak
- 4) Sirloin

A: **Tenderloin** is the most tender cut of beef from the entire carcass

Q: What is the second most tender cut of beef from the entire carcass?

- 1.) Flat Iron
- 2.) Ribeye
- 3.) Petite Tender

A: The **flat iron**, from the chuck of a carcass, is the second most tender cut of beef.

## **Nutrition:**

Q: One 3-ounce serving of beef provides how many essential nutrients?

- 1.) 3
- 2.) 8
- 3.) 10

A: **Ten**; protein, iron, zinc, selenium, phosphorus, vitamin B12, vitamin B6, riboflavin, niacin, and choline.

Q: Beef has Z.I.P. What does ZIP stand for?

A: **Zinc, Iron, and Protein: Beef is a good source of these nutrients.**

Q: True or false? There is more cholesterol in a 3-oz serving of 93% lean ground beef vs. 93% lean ground turkey?

A: **False**; there is only 68mg in 93% lean ground beef compared to 90mg in 93% lean ground turkey.

Q: According to the USDA MyPlate, a serving size of beef is how many ounces?

A: **A serving of beef is 3 ounces, cooked and trimmed. This is about the size of a I-Phone.**

Q: One 3-ounce serving of beef provides how much of your daily recommended protein?

- 1.) 10%
- 2.) 25%
- 3.) 51%

A: **The correct answer is (3); a 3-ounce serving of beef provides 51% of your daily recommended protein**

Q: To what minimum temperature should ground beef be cooked?

- 1.) 135°F
- 2.) 150°F
- 3.) 160°F

A: **Ground beef should be always be cooked to a safe and savory temperature of 160°F (3) - the center of the burger is no longer pink and the juices run clear**

Q: How many lean cuts of beef are there available for you to always enjoy?

- 4.) 10
- 5.) 20
- 6.) 30+

A: There are more than **30 lean cuts of beef** available today.

Q: How many tablespoons of peanut butter (564 calories) would it take to get the same amount of protein provide by one 3-ounce serving of lean beef (150 calories)?

- 1.) 2 tablespoons
- 2.) 4 tablespoons
- 3.) 6 tablespoons

A: **6 tablespoons** of peanut butter are required to get the equivalent amount of protein, but also at 3.5 times the amount of calories of beef.

### **Just for Fun:**

Q: What is the current nationally advertised slogan for beef?

A: **“Beef. It’s What’s for Dinner.”**

Q: Top quality leather basketballs are made from cowhides. How many basketballs can be made from 1 cowhide?

A: **11- according to Wilson Sporting Goods Company.**

Q: How many top quality leather baseballs can be made from just 1 cowhide?

A: **144**

Q: What are NFL footballs actually made of?

A: **Cowhide.**

Q: What is the most popular holiday for barbecuing?

- 1.) Memorial Day
- 2.) Fourth of July
- 3.) Labor Day
- 4.) Thanksgiving
- 5.) Christmas

A: **The correct answer is (2). A majority (70%) of grill owners barbecue on the Fourth of July. Memorial Day is the second most popular with 62% while Labor Day is third with 55%.**

Q: Name at least three beef cattle breeds found in Iowa?

A: **Angus, Belted Galloway, Charolais, Chianina, Gelbvieh, Hereford, Limousin, Lowline, Maine-Anjou, Red Angus, Salers, Shorthorn, Simmental, South Devon**

Q: Name at least three household products that are partially or fully derived from cattle by-products?

A: **Crayons, creams and lotions, deodorants, detergents, gelatin, glue, insulation, linoleum, musical instrument strings, paper, shaving cream, soaps, shoes, boots, belts, purses, wallets, gloves, sports equipment, automobile and furniture upholstery, and many pharmaceutical/medical products.**

## **Additional Beef Facts**

- In the United States, Texas has the most beef cows. Iowa ranks 9<sup>th</sup> (tied) in the number of beef cows.
- It takes the leather from 3.8 steers to manufacture the 72 footballs used in the Super Bowl.
- U.S. agricultural land provides FOOD and habitat for 75% of the nation's wildlife.
- Christopher Columbus brought the first cattle to the western hemisphere on his second voyage in 1494.
- 98.3% of U.S. farms are owned by families, family-held corporations or family partnerships.
- Adding lean beef to the most recommended heart-healthy diet (DASH) can lower heart disease risk by reducing levels of total and LDL "bad" cholesterol.
- The beef community directly or indirectly accounts for more than 1.4 million jobs and contributes more than \$188 billion in output to the national economy.
- One farmer or rancher today raises enough food to feed 155 people compared to just 19 in 1940. In fact, less than 1 percent of the U.S. population raises our food.
- Approximately 85 percent of U.S. grazing lands are unsuitable for growing crops. Grazing cattle on this land more than doubles the area that can be used to raise food.