



The healthy proteins in meat, beans and nuts function as building blocks for bones, muscles, cartilage, skin and blood. They are also building blocks for enzymes and hormones.

B vitamins found in this food group serve a variety of functions in the body. They help the body release energy and build tissue.

Nuts and seeds are excellent sources of essential fatty acids and vitamin E. Beans are an excellent source of fiber.

(Source: healthyeating.org)

HEALTHY EATING, SMART LEARNING!

Nevada's School Meal Pattern has a number of benefits. It is designed to improve the health of Nevada's children. It encourages:

- **Healthy eating habits**
- **Increased consumption of fruits, vegetables and whole grains**
- **Right-sized meal portions**

Nevada Academic Content Standards supported by this resource:

Language Arts: RI.3.1, RI.3.2, RI.3.4, RI.3.5, RI.3.7, RI.4.1, RI.4.2, RI.4.4, RI.5.1, RI.5.2

Health: 1.5.1, 1.5.4, 5.5.1, 6.5.2, 7.5.2

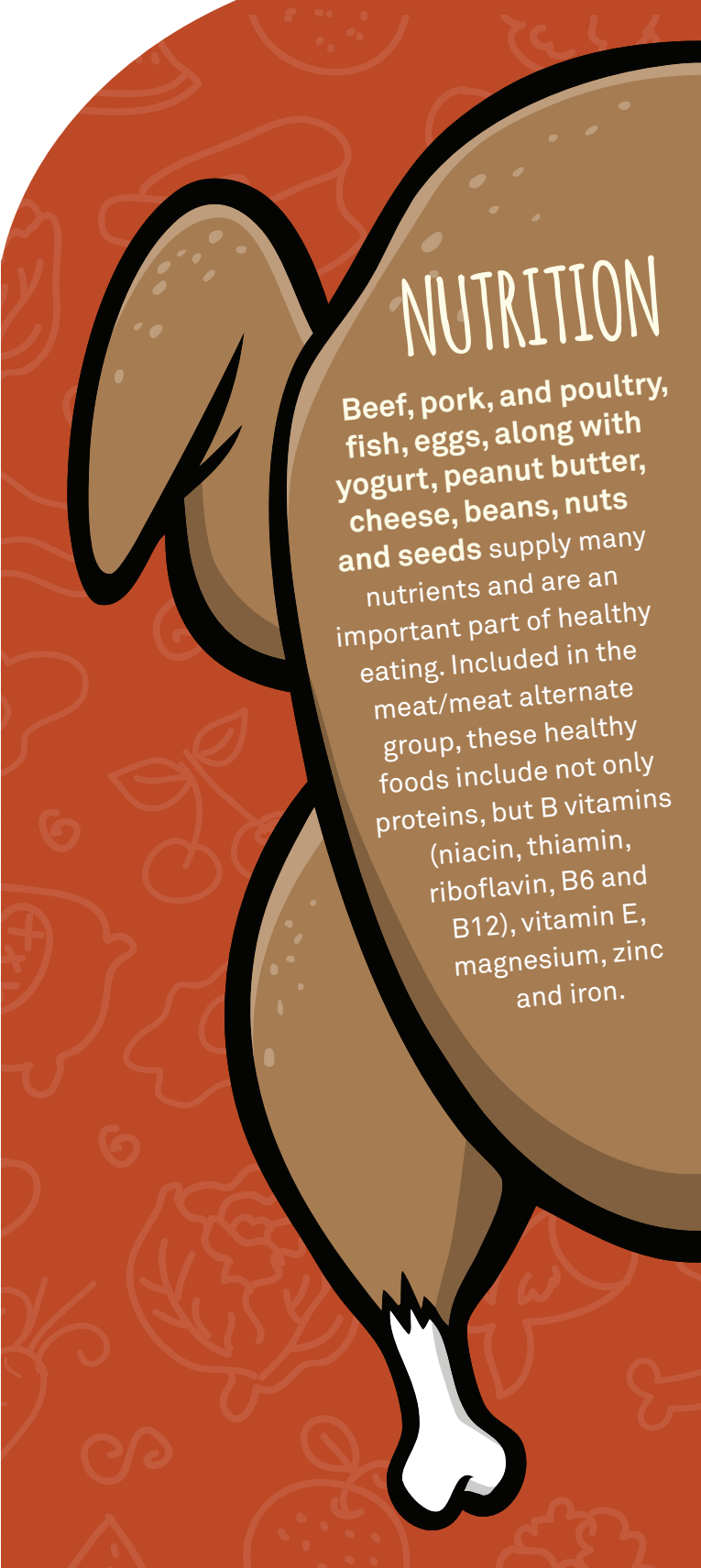
Social Studies: G6.3.4, G8.3.3, E11.4.3, G6.4.3

Visit agclassroom.org and agri.nv.gov for more resources.






The USDA is an equal opportunity provider.



NUTRITION

Beef, pork, and poultry, fish, eggs, along with yogurt, peanut butter, cheese, beans, nuts and seeds supply many nutrients and are an important part of healthy eating. Included in the meat/meat alternate group, these healthy foods include not only proteins, but B vitamins (niacin, thiamin, riboflavin, B6 and B12), vitamin E, magnesium, zinc and iron.

VOCABULARY

MEAT ALTERNATES
Any non-animal protein food source such as nuts, seeds, beans, soy, processed nut and soy products like tofu.

NUTRIENT
A substance that plants, animals, and people need to live and grow.

OMNIVORE
An animal that eats both plants and other animals.

POULTRY
Describes any winged meat such as chicken, turkey or duck.

PROTEIN
Proteins are long chains of amino acids. Protein is needed to build, repair and maintain the body.

RURAL
Sparsely populated areas of land, away from big cities.

SOYBEAN/SOY
Soybeans are a variety of edible bean and a meat alternate that can be eaten cooked or processed into other products such as tofu, milk, flour and oil.

URBAN
More populated areas such as cities and towns.

VEGETARIAN
A person who does not eat meat.

AMINO ACIDS
Amino acids are special organic molecules used by living organisms to make proteins. The main elements in amino acids are carbon, hydrogen, oxygen, and nitrogen. There are twenty different kinds of amino acids that combine to make proteins in our bodies. Our bodies can actually make some amino acids, but the rest we must get from our food.

CARNIVORE
An animal that eats meat.

DAILY VALUE
Nutrition specialists know how much of each food group kids and adults should get every day to have a healthy diet. The daily value (DV) tells you how much of this food you should eat to meet these daily goals.

ENZYMES
Breaks down your food so it can get into your cells (Basic unit of life).

HORMONES
Special chemicals your body makes to help control how cells and organs do their work.

LEGUMES
A kind of vegetable, or edible plant, that contains its fruit in pods, or two-part casings. Beans, peas, peanuts, and lentils are considered legumes. They are very healthy because they are low in fat, and very high in protein, fiber, and other nutrients. They may often be used as a substitute for meat.

MEAT
Any animal eaten for food such as beef, chicken, fish, pork, lamb, veal, turkey, etc.

CIRCLE ALL THE MEAT AND MEAT ALTERNATES BELOW.



MEAT



In Nevada, ranching and meat production are important industries to the economies of many of our communities. Cattle are the primary livestock in Nevada and cattle ranching is a major contributor to the agriculture industry. In 2013, there were 260,000 calves and cattle counted in Nevada cattle herds. Most of these animals will eventually be sold for meat for products such as steaks, ribs, roasts and hamburgers. From the time a calf is born, it is almost a year before it is ready to be sold for processing into meat and other products. Younger calves are used to make veal.

Second to cattle production in Nevada is the raising of sheep. Sheep are raised for meat as well as the wool that can be sheared from their skin and made into various textiles such as yarn and fabric. An estimated 70,000 sheep are managed in Nevada in large flocks, mostly in Elko, White Pine, Humboldt, Lander and Lyon counties. Small flocks can be found in almost every county in the state. Some other common animals raised in Nevada for meat include pigs, goats, chickens, ducks and turkeys. Some of them live on big ranches and others on smaller farms in more rural parts of the state.

While much of the state's ranching industry is conducted in more rural areas, it's becoming more common even in urban areas to find people with big yards and fields raising a single cow for their family and neighbors to share, goats for milk or chickens for the fresh eggs they lay. Pigs are frequently found on small farms as they are omnivores and live on scraps and farm produce not sold to the public. Pigs are the source of pork, the most widely consumed meat in the world. Meat products from pigs include pork chops, roasts and ribs, bacon, ham, sausages, and some hot dogs.

Next time you're at the grocery store, look to see if they have a butcher, the person that cuts and sells the meat, and ask them about some of the meat products you've learned about. Did you know that animals raised for meat are also a source of byproducts that include gelatin fat and leather?

(Source: Nevada Department of Agriculture, Nevada Beef Council)

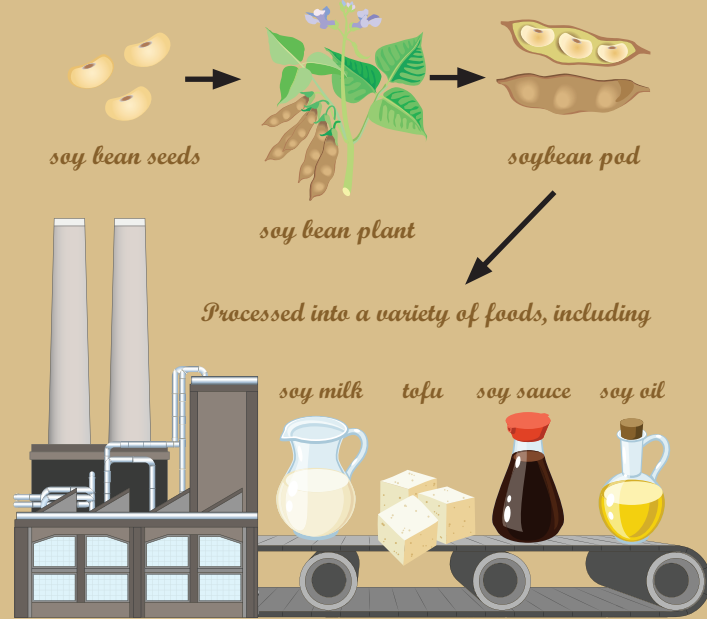
MEAT ALTERNATE

Did you know?

LEGUMES ARE A VEGETABLE AND A MEAT ALTERNATE.

Beans, split peas, and lentils are all legumes. They are a good food choice. Legumes provide many nutrients for a healthy body. This includes protein, iron, and fiber. These are important for good health. Protein gives your body structure and iron brings oxygen to your body. Legumes are very colorful food. These colors come from antioxidants, which helps fight cancer. Full of good nutrients, they are low in fat and cholesterol. People who do not eat meat eat legumes instead because of all the nutrients they provide. However, even people who do eat meat also eat legumes for their many health benefits.

Did you know that soybeans are second largest crop grown in the United States and a common meat alternate?

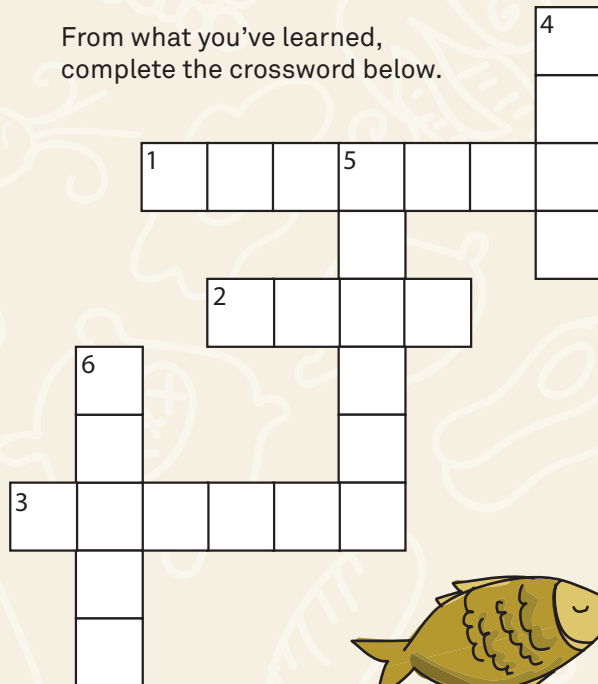


Source: USDA, National Agricultural Statistics Service

Activity Time!

CROSSWORD PUZZLE

From what you've learned, complete the crossword below.



Across

- 1) A person whose career is cutting and selling meat.
- 2) An excellent source of essential fatty acids.
- 3) Many of these people immigrated to the United States bringing their sheepherding skills.

Down

- 4) The most widely consumed meat in the world.
- 5) The primary livestock in Nevada.
- 6) An excellent source of fiber.

Down: Pork, Cattle, Beans
Across: Butcher, Nuts, Basque
Crossword Puzzle Answer Key:

SHEEPHERDING AND THE BASQUE IN NEVADA

Pete Paris, Basque Sheep Ranch Owner
Little Paris Sheep Company, Spring Creek

Pete Paris can trace his family's roots in sheepherding and ranch management back to before 1920, when his grandfather left Europe's Basque country – a region of land on the borders of France and Spain – for the mountains of Northeastern Nevada near Elko. Like many Basque people who migrated to America during this time, he brought his sheepherding skills from his native land to pursue new opportunities in the open West. Within a few years, he had purchased his own sheep and a family business was born.

There have been many changes for the family in the last 80-plus years. A third-generation sheep rancher, Pete Paris has expanded the operation to include the cattle business and he no longer tends to the day-to-day care of the sheep because he is busy running the ranch and so he relies on his partner and a team of sheepherders who care for the animals. Sheep will wander and can be at risk from predators if not kept under watch.

The sheep rancher is responsible for making sure the sheepherders and sheep have everything they need as they graze Nevada lands from the Ruby Mountains near Elko and south to Tonopah almost year-round. That means moving camp and hauling water, food and other supplies needed whether it's the summer heat or the freezing cold of winter.

The sheep raised are sheared for their wool and eventually sold for meat. Most of the meat ends up in restaurants or stores in the US, and as a country the United States imports more lamb than it exports. At the industry's peak, sheep in Nevada numbered close to one million but today, less than 100,000 sheep are kept on about a half-dozen sheep ranches in the state. While some ranch owners like Paris are of Basque descent, increasingly workers are being recruited from South America to tend to Nevada's sheep herds.

To keep the business growing, Paris added cattle ranching to the mix and brought on a partner who is taking over what had been a family business and way of life for nearly a century.

"Up until about 30 years ago, most of the sheep herders in this region were of Basque descent," he said. "It's hard to grow an industry when not many people are interested in getting into the sheep business."

CAREER CORNER

JAMES KELLAMES
INSPECTOR, WEIGHTS AND MEASURES
NEVADA DEPARTMENT OF AGRICULTURE

TESTED • APPROVED

STATE OF NEVADA • DIVISION OF CONSUMER EQUITABILITY



GOVERNOR BRIAN SANDOVAL • DIRECTOR JIM BARBEE

YEAR: 15 16 17 18
MONTH: 1 2 3 4 5 6 7 8 9 10 11 12

Concerned about this device?
775-353-3601 | agri.nv.gov/ce



When you look at all of the things your family purchases you can quickly see that many of them are sold by a unit of measure – whether it's by the pound, the foot or the gallon. Gasoline, produce, meat, even dirt are sold in various weights and measures. Customers want to know they are paying only for what they are getting and sellers want to be sure they are only selling customers what they pay for.

That's why James Kellames job as an inspector for the Nevada Department of Agriculture's Weights and Measures is such an important one. He is one of many inspectors who travel the state testing all varieties of scales and measuring tools to ensure accuracy within the tiniest of margins.

"Grocery stores, gas station pumps, shipping scales, anything bought or sold off of a weight or measure is inspected for accuracy," he said. "We have seal stickers that we put in a noticeable place so people can see them. They are marked with the month and year so you can see exactly when the device was last tested."

At the grocery store, Kellames doesn't test the scales in the produce department. Those are too easy for anybody to tamper with, he said. Instead his job is to test the scales at the register to be sure they are accurate, so customers pay the correct price and store owners get paid for exactly what they sell. He also inspects the scales at butcher shops and meat departments to be sure they are properly set to weigh only the meat and not the trays and plastic used to package the meat for sale.



Up to 10 pounds, the scale must be accurate within .02 of a pound. For example, 8 pounds of weight must be within 7.98 and 8.02 pounds for a scale to be in compliance. If the scale is not in compliance, the inspector issues a repair notice and a registered service agent must repair the scale before it gets an inspection seal.

Kellames has a bachelor's degree in environmental studies and said his passion for math and science are critical in doing the technical part of his job. Those skills along with an ability to get along with people have all helped him in his job.

NEXT TIME YOU'RE AT THE GROCERY STORE OR GAS STATION, LOOK FOR THE NDA SEAL. HAS IT BEEN INSPECTED FOR THIS YEAR? TELL WHOMEVER YOU'RE WITH WHAT THE SEAL MEANS.

LOOK IN YOUR REFRIGERATOR, FREEZER OR PANTRY AT HOME AND FIND A MEAT OR MEAT ALTERNATE.

Write down what it is and try to answer as many of these questions about it as you can.

DO YOU LIKE THIS FOOD?

WHY OR WHY NOT?

WHAT IS THE SOURCE OF THIS FOOD?

FROM WHAT YOU'VE LEARNED,

IS THIS FOOD PRODUCED IN NEVADA?

HOW DO YOU SAFELY HANDLE THIS FOOD?

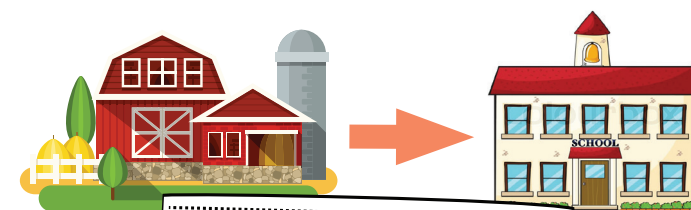
IS THERE A NUTRITION LABEL?

HOW MANY SERVINGS ARE THERE?

HOW MANY CALORIES?

HOW MUCH PROTEIN?

Write your findings in an essay format and share it with your family, teacher or class.



FARM TO SCHOOL

Holmen High School in Wisconsin is raising 150 chicks that will eventually be served in the school's cafeteria. A project of the students enrolled in agricultural education classes, these FFA members raise the poultry and use this as an opportunity to educate other students on where their food comes from. The school benefits by having an affordable, locally sourced, healthy product readily available to serve students within the school district.

Learn more at www.farmtoschool.org!

