



FOR IMMEDIATE RELEASE

December 14, 2015

BON À LA BEEF

New lessons teach beef facts, nutrition and budget planning

SACRAMENTO, CA- New lesson plans and resources equip teachers and students for learning about beef production, nutrition and health. The lessons aim to explain the history of beef cattle production in California, how to safely handle and cook beef products, and how beef can be incorporated into a healthy diet. Nearly 300 students in northern California have already participated in the lessons.

“Now I know how to make tri-tip nachos,” said one student. “I enjoyed learning that beef can be healthy for you,” said another.

The Bon à la Beef lessons are the result of a two-year collaborative effort between the California Foundation for Agriculture in the Classroom (CFAITC) and the California Beef Council. The set includes three lesson plans: one each for elementary, middle, and high school grade levels. Each lesson is aligned to Common Core State Standards and includes a cooking video featuring a young chef cooking their own recipe using beef. The videos were professionally filmed at the Art Institute of California - Sacramento.

These lessons and other resources can be found on the new *Learn About Ag... Beef* webpage on the CFAITC website: www.LearnAboutAg.org/resources/learn_beef.cfm. The webpage serves as a one-stop shop for lesson plans, fact sheets, and other educational resources related to beef:

- Cattle in California History (3-5)
- Beef: A Healthy Option (6-8)
- Healthy and Budget Friendly Meals with Beef (9-12)
- “Steer” towards STEM: Careers in Animal Agriculture
- Beef Fact Sheet
- Ag-Bites: Cowboy Brands, Got Guts, and Roll of the Genes
- California Grows Map
- *What’s Growin’ On?* Cattle Connections
- Wow That Cow! Fact Sheet
- Fun Farm Facts
- Ag Mag: Beef
- Beef 101
- iPad App for Wow That Cow!

For more information about the Bon à la Beef project or to order free resources from the California Foundation for Agriculture in the Classroom, visit LearnAboutAg.org or contact DeAnn Tenhunfeld at deann@learnaboutag.org or (916) 561-5625.

CFAITC is a 501(c)(3) organization that works with K-12 grade level teachers, students and community leaders, to enhance education using agricultural examples. The organization’s mission is to increase awareness and understanding of agriculture among California’s educators and students. The ultimate vision of the organization is an appreciation of agriculture by all.