

Crossword Puzzler

Across

1. Best tool for measuring a burger's temperature.

2. Vitamin that contributes to healthy skin.

3. A 3-ounce serving of beef is the size of a ___ of cards.

Down

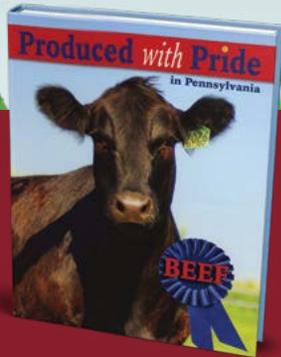
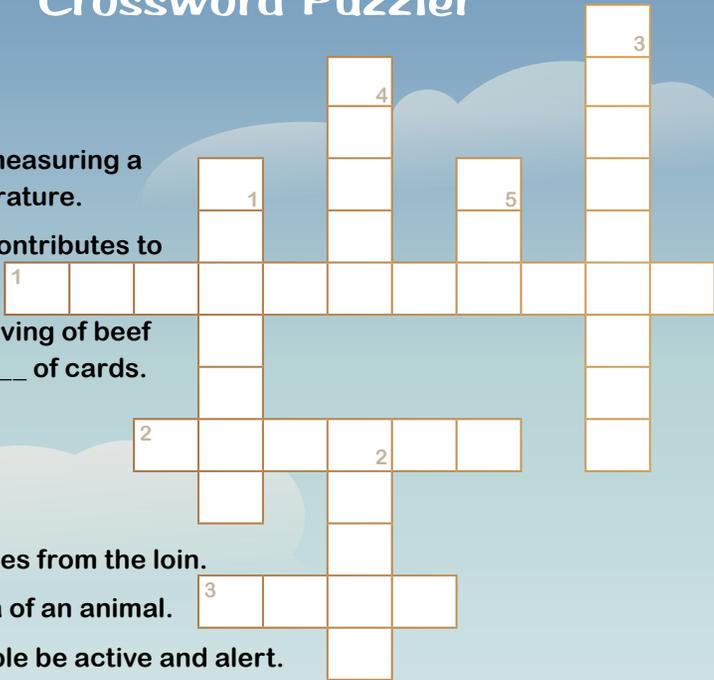
1. ___ steak comes from the loin.

2. Shoulder area of an animal.

3. ___ help people be active and alert.

4. ___ acids are protein's building blocks.

5. Added to a cooler, it helps keep food cold



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- Learn more about beef?

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Cow Decoder

Unscramble the words below to complete the sentences. Then use the highlighted letters to solve the riddle.

1	2	3	4	5	6	7	8	9	10
A	B	C	D	E	F	G	H	I	J
11	12	13	14	15	16	17	18	19	20
K	L	M	N	O	P	Q	R	S	T
		21	22	23	24	25	26		
		U	V	W	X	Y	Z		

Beef is a good source of _____.

16	18	15	20	5	9	14

Protein helps build strong _____.

13	21	19	3	12	5	19

Beef is part of what group?

13	5	1	20

For good health, you need _____ every day.

8	5	1	12	20	8	25

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"Beef Up" Your Summer Fun



Protein

Builds muscle.



B6 and B 12

Helps maintain brain function.



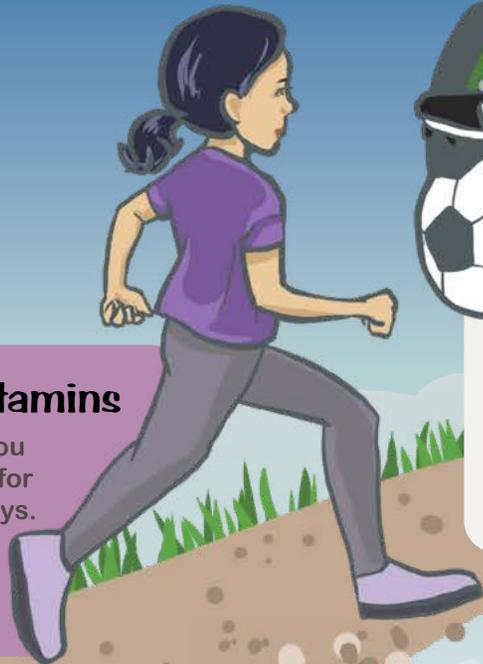
Zinc

Helps to heal bumps and scrapes.



B Vitamins

Gives you energy for busy days.



Selenium

Protects cells from damage.



Iron

Helps your body use oxygen.