



## Child Nutrition Corner- Food Inspires

Our September/ October promotion is titled “Beef Up Your Lunch!”

Beef up your knowledge with this trivia:

- Cattle are herbivores that eat vegetation such as grass.
- They eat about 40 pounds of food a day.
- Cows can hear both higher and lower frequencies better than human beings.
- A cow’s body temperature is 101.5 degrees Fahrenheit, and their heart beats at sixty to seventy beats per minute.
- Cattle stomachs have four chambers which help break down what they eat.
- You often see a cow chewing. A cow chews at least 50 times a minute and has 40,000 movements of its jaw per day.
- When you see a cow grazing, they are not biting the grass but instead curling their tongues around it.
- They have panoramic vision and also 300 degrees vision—they can see everything except what is directly behind.
- Cattle are red/green color blind.
- There are well over one billion cattle in the world.
- Young cattle are generally known as calves.
- Adult females are generally called cows.
- Some of them have horns, depending on the breed. Horns are found on either side of the head just above the ears.
- They stay in groups called herds and usually have one male called the bull within the group.
- They are a lot like people in that they are very social.
- They will automatically gather into a herd and will form bonds with some of the cows while avoiding others.
- Cattle are farmed for a number of agricultural products including meat and dairy products.
- Meat from adult cattle is known as beef.
- Meat from calves is known as veal.
- Cattle trained to be draft animals are known as oxen (ox).
- Every day, 76 million Americans eat beef.
- Beef is meat from full-grown cattle about two years old.

- A live steer weighs about 1,000 pounds and yields about 450 pounds of edible meat.
- More beef is consumed on Memorial Day than any other day of the year. The Fourth of July and Labor Day typically tie for second place.
- Beef is one of the most important dietary sources of iron. To obtain the same amount of iron found in a 3-ounce serving of beef, you'd have to eat at least 3 cups of raw spinach.
- There are more than 800,000 ranchers and cattle producers in the United States.
- More than 97 percent of beef cattle farms and ranches are classified as family farms.



To find where we got these fun facts go to: <https://www.konnecthq.com/cow-facts/>

**Beef up your lunch! You can also check out our [menus](#) for our featured foods!**

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