

# OREGON BEEF FOR SCHOOLS

The cattle's stomach is divided into four chambers to help it digest what it eats.

Aurochs, the ancestor of modern cattle, were first domesticated over 10,000 years ago!



The Spanish were the first to bring cattle to North America, starting in 1493.

## NUTRIENTS FOUND IN BEEF

- ~ Beef is an important source of zinc, which is needed for normal growth and development.
- ~ The iron in beef is readily absorbed by the body. Iron helps blood transport oxygen throughout the body.
- ~ Beef is an excellent source of protein. Protein is a key building block of bones, muscles, skin, and cartilage.
- ~ Beef is rich in vitamin B12, a vitamin that plays an important role in brain function.



Cattle are raised in all 36 Oregon counties.



In 2010, the United States and Brazil were the top beef producers in the world.



Cows provide us with many products besides meat and milk. Almost the entire beef animal can be used!