

What's the Beef?

For Americans, beef is the No. 1 food source of protein, zinc and vitamin B12. These nutrients provide important health benefits.

Protein is important for muscle development, strong bones and healthy growth.

Zinc supports the immune system, speeds wound healing and helps the brain function.

Vitamin B12 is found naturally only in animal foods. It is needed for normal functioning of the nervous system.

Beef is also a good source of other important nutrients.

Iron helps red blood cells carry oxygen to all parts of the body. Deficiencies in both iron and zinc can have a negative effect on certain brain functions, such as reasoning and solving math problems.

Riboflavin (Vitamin B2) is necessary for energy production in cells.

Niacin (Vitamin B3) promotes healthy skin and nerves and aids digestion.

Vitamin B6 helps form red blood cells and maintains brain function.

Phosphorus helps form healthy bones and teeth.

Selenium is an antioxidant that helps prevent cell damage from free radicals.

ACTIVITY

SLANG

We don't use some of the above words every day – or very much at all. Words some of us use every day, though, aren't real words at all, but are considered "slang," or casual language used for humor or effect.

Can you trade the slang in the following paragraph with the words they're meant to replace? Make your choices from the word list below.

There ain't many foods as sweet as beef when it comes to nutrition. I get totally stoked when somebody asks me to his crib to kick it and snarf healthy foods like beef. That's tight because beef is wicked and has terrific flava.

Word List

excellent
excited
flavor
home
nice
relax
eat
great
aren't