FOOD BRINGS EVERYONE TO THE TABLE

Nebraska’s farmers and ranchers grow crops and raise livestock to provide many choices for families across Nebraska at each meal. The food they grow is a part of agriculture. National Agriculture Week celebrates the choices provided for us each day!

WHAT’S FOR LUNCH?
Match the food items on the top to the plant or animal they’re made from.

- Steak
- Cookies
- Apple Slices
- Potato Chips
- Glass of Milk
- Apples
- Potatoes
- Dairy Cow
- Beef Cow
- Wheat

FROM SEED TO SNACK
Place the numbers 1-6 next to each photo to correctly line the process of popcorn!

- PROCESS
  Popcorn is cleaned and packaged!
- SNACK
  Finally, popcorn! Humans eat this sweet and salty snack around the world.
- PLANT
  Farmers use a corn planter in the spring to plant the seeds!
- GROW
  Popcorn grows to be 8 feet tall with long, green leaves.
- POP
  Popcorn needs heat to pop!
- HARVEST
  Popcorn is harvested with a combine that takes the ear from the stalk.

FOOD WORD SEARCH

FOOD
Y F O O D A E S R X Y
S H O B N L D E R K U
D A T V I D M V E Y N
Z E F L L R T I H K J
L D M E A Q J N C K C
N O U F T E N Y N Q H
W N O V Q E H X A A P
E R U T L U C I R G A

AGRICULTURE

SAFE

HEALTHY

FARMER

RANCHER
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GMO: Yes or No?

GMOs are Genetically Modified Organisms. Plant breeders take a desirable trait and transfer it from one plant to another to improve the plant’s characteristics.

Test your knowledge! Circle whether the answer to the statement is YES or NO.

- The are dozens of GMO crops including strawberries, bananas, and wheat. There is even GMO water and GMO salt. **YES NO**
- GMOs contribute to reducing the cost of food. **YES NO**
- If livestock eat GMO grain, there are GMOs in meat, milk, and eggs. **YES NO**
- GMOs allow farmers to use fewer natural resources and produce food more sustainably. **YES NO**

A Tale of Two Burgers

Plant-based protein is on the rise, and alternative burgers are showing up on fast-food menus. As more meatless alternatives become available, you may have questions. Learn more about your options on the market!

**BEEF**

BEEF BURGERS PROVIDE BODIES WITH ESSENTIAL ITEMS SUCH AS ZINC, IRON, AND PROTEIN. The amounts of amino acids, vitamins, minerals, and antioxidant levels in beef can help maintain brain function, support healthy immune system, and preserve and build muscle. A 3-ounce lean serving can give you energy to help tackle your busy days. Beef farming and ranching provides $12.1 billion to the Nebraska economy and careers across the state.

**PLANT-BASED**

SOME PLANT-BASED BURGERS LOOK, COOK, AND SMELL LIKE BEEF. Meatless burgers might not meet the same amino acid, vitamin, mineral, and antioxidant levels found in a serving of beef but usually contain less cholesterol. Plant-based burgers may contain crops grown in Nebraska such as wheat, dry edible beans, and soybeans.

**THE BOTTOM LINE:**

Check out the ingredients, nutrition information, and processing methods of each burger, and choose what fits your dietary and lifestyle needs!

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Nebraska's Food Connection

Fill in the Blank

1. One in _____ jobs are related to agriculture in Nebraska.
2. Nebraska's farms and ranches utilize _____ % of the state's total land area.
3. Agriculture is Nebraska's # _____ industry.

Ingredient Lists

**BEEF BURGER**

- Beef Cow

**PLANT-BASED BURGER**

- Food Starch Modified
- Potato Protein
- Preserved Hydrochloride
- Sunflower Oil
- Soy Protein Isolate
- Zinc Gluconate
- Vitamin B12
- Soy Protein Concentrate
- Cultured Dextrose
- Yeast Extract
- Water
- Coconut Oil
- Soy Lecithin
- Riboflavin
- Mixed Tocopherols
- Natural Flavors
- Methylcellulose
- Thiamine Hydrochloride
- Niacin
- Yeast Extract
- Pyridoxine Hydrochloride
- Water
- Li sts

Wheat
Dry Edible Beans
Soybeans

1 4 92