

Beef: A Healthy Option

Name : _____

1. Balanced meals provide the nutrients our bodies need to function. What are the five food groups you should include in a balanced meal?

a. List at least three examples of foods that would fall into each of the five food groups.

b. What food group does beef fall into?

2. This lesson focuses on several important nutrients that are provided by lean beef. Complete the chart below by researching the listed nutrients. Use reputable sources such as ChooseMyPlate.gov, National Institutes of Health, MayoClinic.org, and university websites.

Why is each nutrient important for health?	What are the symptoms of the nutrient deficiency?
Zinc:	
Protein:	
Vitamin B₁₂:	



Beef: A Healthy Option

3. Role Play Activity:

a. You are playing the role of the client. List your symptoms below

b. You are playing the role of the Registered Dietician. List your client's symptoms below.
(Use your notes in the chart to determine which nutrient(s) the client may be lacking.)

c. After you have played the Registered Dietician, write down some foods the client could include in healthy, balanced meals to overcome the possible nutrient deficiency they are experiencing. Recommended websites include choosemyplate.gov, beefnutrition.org, and nutrition.gov.