**Built with Beef Activity**

Summary-

Participants will learn what protein is and about the essential nutrients provided by beef, along with the benefits of protein. They will discover that all proteins are not created equal and the importance of protein distribution throughout the day. They will put these learnings into practice by developing their own snack mix, create a name and a description, calculate the nutrient content and present it to the group.

Potential visual aids-

PowerPoint, Beef’s Big 10, Proteins Are Not Created Equal, Protein Benefits and <https://www.beefitswhatsfordinner.com/nutrition/protein-essential-for-life>

Activity logistics-

Participants will be divided into groups by cattle breed ear tag. Each group will study the snack mix supplies available to decide what they’d like to create. Then one to two participants will gather the snack mix and return to the group. The group must calculate the protein content and calories for their snack mix. The group must also create a name for their snack mix and a 140 character description. A representative or two from each group will then report their creation.

Supplies-

* Cattle breed and beef cut ear tags
* Protein per serving signs and calorie per serving signs
* Table Signs- “Trail Mix Bar” “Beef Byproducts Bar”
* Index cards
* Snack size bags
* Large food containers/bowls/jars or original packaging
* Serving size spoons
* Tongs

Trail Mix Bar-

* Beef jerky
* Almonds
* Dried cranberries
* Dried blueberries
* Cashews
* Sunflower seeds
* Mini chocolate chips

Beef Byproducts Bar-

* Gummy bears
* Gummy worms
* Fruit rings or fruit snacks
* Candy Corn
* Starbursts
* Marshmallows