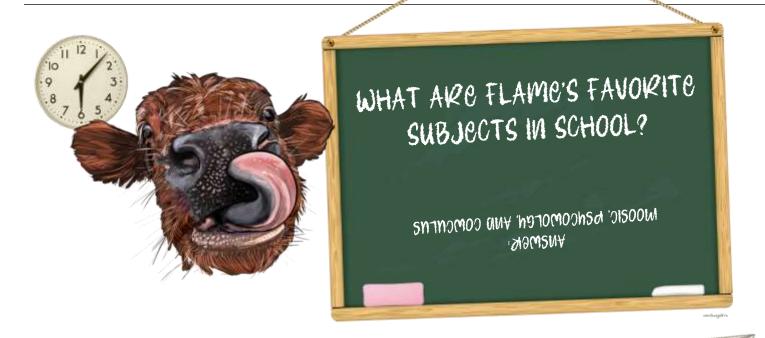
President: Dan Edgington Vice President: Shawn White Treasurer: Jeff Rousser Secretary: Katie Sears Youth Director: Renae Lizarraga



## Youth Director Message

The crops are being harvested, hay is filling the barn, canned goods are lining the basement shelves, and the grass is growing a little slower and is yellowing just a bit. All this can mean two things: FALL is coming and SCHOOL is here!

While your teacher is busy preparing school assignments for you, I also have an exciting assignment to share with you! Remember that with completion of this project, you will earn a ticket for the heifer drawing at the 2023 OVDBA Dexter Show. Simply share your completed project with me, and I'll give you credit. You have the fall season to complete the project. If you need help, have questions or are having trouble finding resources, email me at OVDBAyouth@gmail.com. I'm here to help you!

Keep in mind that I always welcome anything you'd like to share! An article you've written, a funny story from something that has happened on your farm, or any dexter related happenings that you've been enjoying! H

My cow ate my homework...

-Renae Lizarraga



## 2022 OVDBA Youth Fall Project

Due: November 30, 2022

**Theme:** Nutrients in Beef

**Project:** Complete a poster board, a project board, or a 3D project demonstrating the essential nutrients

in beef.

Here are a few project ideas:

**BEEF: A Power Protein** 

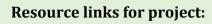
Beef's Top Ten

BEEF: It's What's for Dinner

Maybe you will choose to research, plan, and cook a well-rounded meal with beef as your protein for your project.

Maybe you can compare the nutrients in various proteins such as beef, chicken, pork, and fish. Consider making a meat display from felt or construction paper.

I'm providing some links for you to view for inspiration and information.



BEEF: A Power Protein schoolfoodservice-poster.pdf (ohiobeef.org)

Beef's Top Ten Nutrients beefstop10 option1 111219-09-2.pdf (ohiobeef.org)

Beef'sTop10-080919-05.pdf

Make Every Bite Count Infographic 2022.pdf

The Benefits of Beef Protein <u>Beef Protein (beefitswhatsfordinner.com)</u>

Proteins Are Not Created Equal NCBA HO Plant vs Animal Protein (beefitswhatsfordinner.com)

Infographic Library (beefitswhatsfordinner.com)

Felt Meat Ideas: Felt Play Food T-bone Steak Dinner felt Food Pretend Play - Etsy

Beef Roast Play Food felt Food Pretend Play Kids Kitchen - Etsy