
Beef is a Super Hero

Beef has **ZIP**- Zinc, Iron, Protein for excellent health!



This lesson is designed to show what a powerhouse of nutrients are in beef. It is what fuels our brains and keeps our cells healthy throughout the body. For a serving the size of the palm of your hand you are insured of recieving your daily amounts of essential vitamins, minerals, protein, and amino acids for a small percentage of calories.

Did you know that a 3 ounce serving of lean beef has less calories than a chicken leg?
Join us and learn how Beef can be a Super Hero in your overall health.

Open to all ages. (30-45 minutes)
No Fee