



Why Does BC Beef Taste So Good?

Spotlight on Beef



Students will learn about BC Beef by activating their thinking, viewing a video, participating in an activity about the different cuts of beef used in the kitchen, cooking a recipe featuring BC Beef and then summarizing their thinking.

Subject Levels/ Suggested Grade

ADST: Food Studies 9
Food Studies 10-12
Culinary Arts 10-12

Written by Holly Johnson, BCAITC Education Specialist 2024-2025

Grade and Subject	Curricular Competencies	Content Connections
ADST: Food Studies 9	<ul style="list-style-type: none"> Evaluate the personal, social, and environmental impacts. Evaluate how the land, natural resources, and culture influence the development and use of tools and technologies. 	<ul style="list-style-type: none"> Health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts.
Food Studies 10	<ul style="list-style-type: none"> Evaluate the influences of land, natural resources, and culture on the development and use of tools and technologies. 	<ul style="list-style-type: none"> Food trends, including nutrition, marketing, and food systems. Simple and complex global food systems and how they affect food choices, including environmental, ethical, economic, and health impacts.
Food Studies 11	Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment.	
Food Studies 12	Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment.	
Culinary Arts 10	<ul style="list-style-type: none"> Explore the impacts of culinary decisions on social, ethical, and sustainability considerations. Evaluate the influences of land, natural resources, and culture on the development and use of culinary ingredients, tools, and technologies. 	<ul style="list-style-type: none"> Food products available locally via agriculture, fishing, and foraging.
Culinary Arts 11	<ul style="list-style-type: none"> Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies 	<ul style="list-style-type: none"> B.C. agricultural practices.
Culinary Arts 12	<ul style="list-style-type: none"> Examine and critically evaluate how culinary decisions impact social, ethical, and sustainability considerations. Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies. 	<ul style="list-style-type: none"> Social, economic, and environmental effects of food procurement decisions.

Teacher Background

Beef cattle, raised for meat, are ruminants with four stomach compartments for digesting tough foods like grass and hay. Cattle ranching involves managing a herd consisting of calves, heifers, cows, bulls, and steers, with seasonal practices to ensure proper feeding and grazing.

In British Columbia, there are about 190,000 beef cows and around 450,000 head of beef cattle at any time. Once ready for processing, cattle are sold to feedlots and traditionally transported to livestock auctions, although new technologies now allow for online and satellite auctions, expanding marketing techniques.

Materials

- Computer and Projector
- Coloured markers or pens
- Student handouts:
 - *Video Viewing Graffiti Handout*
 - *Beef Cuts Matching Activity*
 - *Beef Cuts: Cut and Paste*
- Ingredients and materials needed for selected BC Beef Recipe

Procedure

Introduction

- Ask students what their favourite way to eat beef is.
- Record answers on the board. If they do not eat beef, ask them if they can think of any dishes prepared with beef.

Body

- Tell students: BC beef is known for being naturally nutrient dense and comes from cattle that is mostly raised in the interior of British Columbia. Ranching practices in BC focus on environmental sustainability and BC accounts for 5% of the beef produced in Canada.
- Show students the *Video Viewing Graffiti Handout*. Give them several minutes to use the markers or pens to write down any words or phrases they know about BC beef.
- Have students watch the video [BC's Beef Industry from Farm to Fork](#), and after each section give them a few minutes to add more terms/words/phrases they heard or learned to their graffiti handout page.
- Lead students through a whole group discussion using the following questions about key points in the video.
 - GROW: What does the best tasting beef need?
 - *Clean air, fresh water, lots of grass*
 - GROW: What print resource do BC cattle ranchers use to help them raise safe, high quality beef?
 - *The Code of Practice for the Care and Handling of Beef Cattle*
 - FINISH: What does feeding grain do to cattle?
 - *Grows muscle and enhances the characteristic beef flavour*
 - PROCESS/FINISH: Why is Canadian beef in worldwide demand?
 - *Quality, safety, traceability, reputation, taste*

- PROCESS/FINISH: How can consumers know they are getting a food safe and great quality and tasting product?
 - *Fully traceability- which means the animal is traced from the ranch to the plate knowing what has occurred at each step.*
- At the conclusion of the discussion, have students share their graffiti handout with a partner.
- Show students the [Cuts by Colour Webpage](#) or have them explore them on individual devices. Let them explore the cuts of beef and how they can be cooked.
- Distribute *Beef Cuts Matching Activity* and *Beef Cuts: Cut and Paste* to pairs of students and have them complete them together referring to the webpage if needed.
- Have them share with a new partner what cut of beef they would most like to cook with.

Closing

- Choose from one of the following recipes to cook with BC Beef.
 - [Hoisin BC Braised Chuck](#)
 - [BC Beef Zesty Lettuce Wraps](#)
 - [BC Ancho Lime Chili Beef Fajitas](#)

Extension Activities

- [Grow BC Beef Cattle Ranching Story](#)
- [Grow BC Beef Feedlot Story](#)

Links

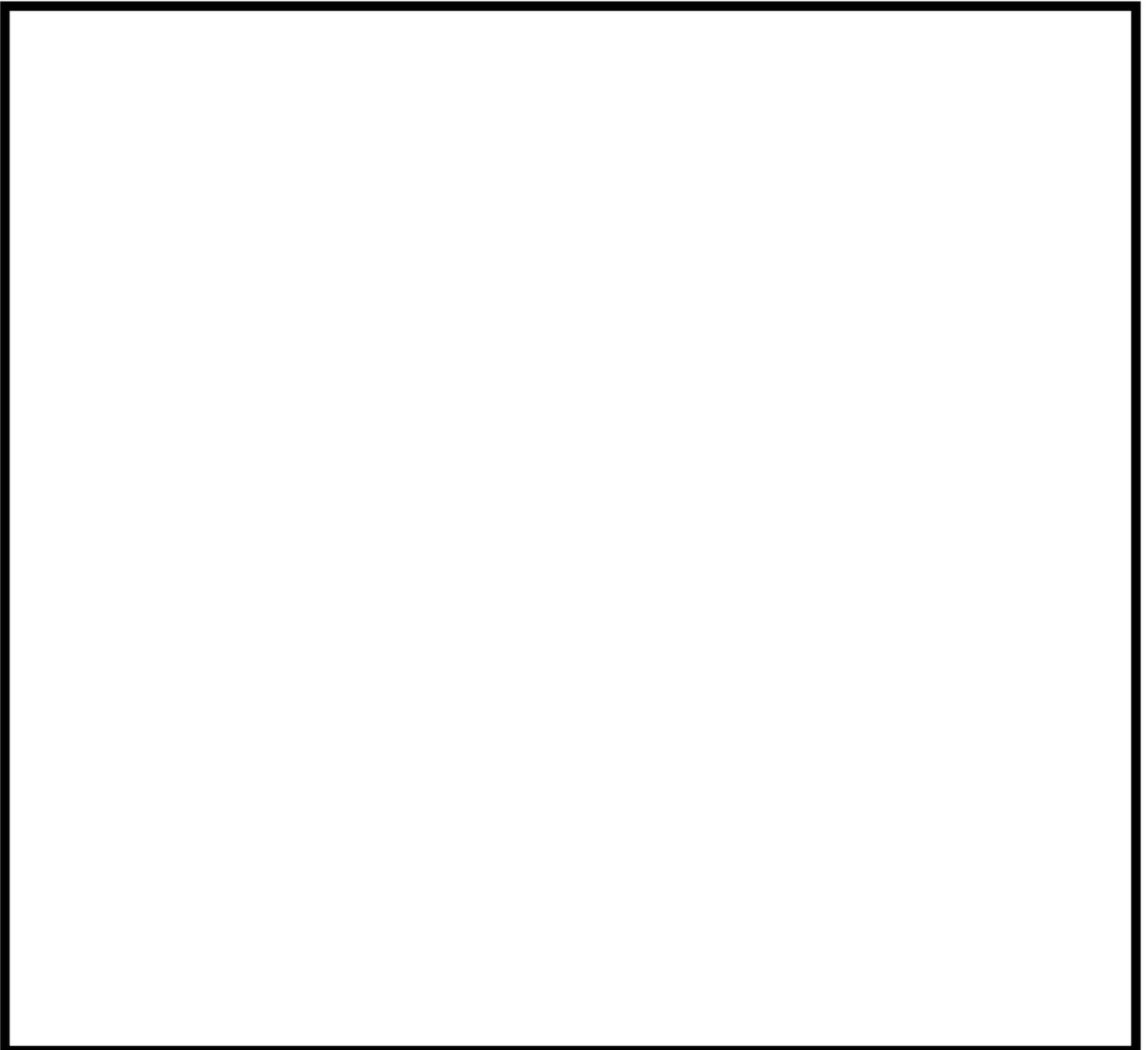
- Cuts by Colour: <https://canadabeef.ca/cuts-by-colour/>
- Hoisin Braised BC Chuck: <https://www.bcaitc.ca/recipes/hoi-sin-braised-chuck-potato-puree-and-sesame-roasted-broccoli>
- BC Beef Zesty Lettuce Wraps: <https://www.bcaitc.ca/sites/default/files/recipes/BCBeefZestyLettuceWraps.pdf>
- BC Ancho Lime Beef Fajitas: <https://www.bcaitc.ca/recipes/bc-ancho-lime-beef-fajitas-white-cheddar-queso>
- Grow BC Beef Cattle Ranching Story: <https://www.bcaitc.ca/resources/grow-bc-beef-cattle-ranching-story>
- Grow BC Beef Feedlot Story: <https://www.bcaitc.ca/resources/grow-bc-beef-feedlot-finishing-story>

Video Viewing Graffiti

Name: _____

Date: _____

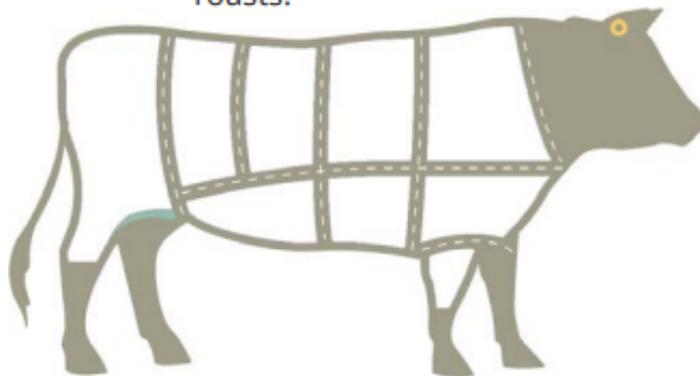
Use the graffiti wall below to write what you know and learned about BC Beef. Use different colours, designs and fonts to communicate.

A large, empty rectangular box with a thick black border, intended for students to write their graffiti about BC Beef. The box is currently blank.

Beef Cuts - Matching Activity

Directions: Match the definitions with the various cuts of beef as listed below by writing the correct letter on the space next to the terms below. Use the terms to label the picture of the cattle below.

- | | |
|--------------------|--|
| _____ 1. Shank | A. The largest of the primal cuts, this part is from the cow's shoulder muscle; ideal for braising and slow cooking. |
| _____ 2. Plate | B. This cut comes from the cow's hardworking and lean front and back legs just above the knee or hock; commonly found in slow cooker and soup recipes. |
| _____ 3. Hip/Round | C. Located below the chuck primal and next to the short plate, this beef cut corresponds to the cow's breast. |
| _____ 4. Flank | D. A cow has 13 of these; very tender and flavorful cuts of meat come from this part. |
| _____ 5. Brisket | E. This cut is from the belly of the cow below the rib primal; skirt and hanger steaks come from this cut |
| _____ 6. Sirloin | F. From the abdominal muscles of the cow, this cut is located directly under the loin; the meat tends to be very lean and its coarse texture is good for soaking up marinades. |
| _____ 7. Chuck | G. Cut from the back of the cow above the ribs this is one of the most tender cuts of beef; butchers usually make large steaks from this. |
| _____ 8. Rib | H. This cut from the lower back of the cow; it is slightly less tender than the loin, but more fatty and flavorful. |
| _____ 9. Loin | I. Cut from the back of the cow above the back legs, this meat is lean and inexpensive and often used for large roasts. |



KEY

Beef Cuts - Matching Activity

Directions: Match the definitions with the various cuts of beef as listed below by writing the correct letter on the space next to the terms below. Use the terms to label the picture of the cattle below.

 B 1. Shank

 E 2. Plate

 I 3. Hip/Round

 F 4. Flank

 C 5. Brisket

 H 6. Sirloin

 A 7. Chuck

 D 8. Rib

 G 9. Loin

A. The largest of the primal cuts, this part is from the cow's shoulder muscle; ideal for braising and slow cooking.

B. This cut comes from the cow's hardworking and lean front and back legs just above the knee or hock; commonly found in slow cooker and soup recipes.

C. Located below the chuck primal and next to the short plate, this beef cut corresponds to the cow's breast.

D. A cow has 13 of these; very tender and flavorful cuts of meat come from this part.

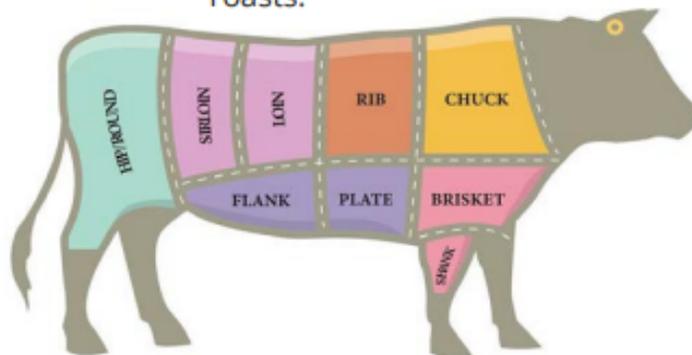
E. This cut is from the belly of the cow below the rib primal; skirt and hanger steaks come from this cut

F. From the abdominal muscles of the cow, this cut is located directly under the loin; the meat tends to be very lean and its coarse texture is good for soaking up marinades.

G. Cut from the back of the cow above the ribs this is one of the most tender cuts of beef; butchers usually make large steaks from this.

H. This cut from the lower back of the cow; it is slightly less tender than the loin, but more fatty and flavorful.

I. Cut from the back of the cow above the back legs, this meat is lean and inexpensive and often used for large roasts.



Beef Cuts - Cut & Paste

Directions: Cut out the individual cuts of meat and paste them on the appropriate spot on the silhouette of the cow below.

