



1. What is a young sheep, either male or female under 1 year of age called? A Lamb
2. What do you call a female sheep? A Ewe
3. What do you call a male sheep of any age? A Ram
4. What is a male sheep that has been castrated at an early age called? A Wether
5. What do you call the wool from one sheep? Fleece



Nutrition Data for Lamb (Mutton)

Lamb has a high nutritional value and is an especially good source of easily absorbed zinc and iron. The recommended daily allowance provided by a three ounce serving of cooked lamb is 30% for zinc (essential for growth, tissue repair, and a healthy immune system) and 17% for iron (needed for the formation of red blood cells). Lamb is rich in B vitamins, especially B12. One serving can provide 74-100% of the daily requirement for Vitamin B12, which is essential for the body's metabolic reactions. Lamb is also nature's best source for an amino acid called carnitine, which is needed to generate energy from fatty acids. Trace elements such as copper, manganese, and selenium are also found in this meat, and it contains a rich supply of high quality protein.

<http://www.danekeclublambs.com/GeneralSheepKnowledge.html> & <http://ag.ansc.purdue.edu/sheep/ansc442/Semprojs/marketing/lamb.htm>



1. What is a baby goat called? A Kid
2. What do you call a female goat? A Doe or a Nanny
3. What do you call a male goat of any age? A Buck or A Billy
4. True or False, The Boer Goats (Meat Goat) the fastest growing livestock industry in the world? True

About 63% of the red meat consumed worldwide is goat! Much of the goat meat demand in the United States comes from ethnic groups that include Middle Eastern, Asian, African, Latin American and Caribbean heritage .



What is so special about chevon (goat meat)? Many people have digestive problems that require a careful diet. The molecular structure of chevon is different than that of other meats. Therefore, chevon digests more easily. It is also a low fat, good tasting alternative to chicken or fish

<http://www.boergoatshome.com/>



1. What is a baby chicken called? A Chick
2. What do you call a female chicken? A Hen, a young hen 6 months or younger is called a pullet
3. What do you call a male chicken? A Rooster, a young rooster 6 months or younger is called a cockerel
4. Do you need a Rooster for a Hen to lay an egg? No, a hen will lay an egg a day.
5. True or False, the chicken is believed to be the closet living relative to the T-Rex? True



Nutrition Data for Eggs

Eggs contain every essential mineral except for Vitamin C. They also contain carotenoids which have been linked to cardiovascular and pulmonary health, while halting the progression of macular degeneration. The protein in eggs is second only in quality to mother's milk. At slightly over \$1 a dozen, eggs provide the most economical protein. Eggs are more bio available which regulates blood glucose levels to curb appetite for much of your workday.



1. What is a baby pig called? A Piglet
2. What do you call a female pig? A Sow, a female that has not give birth is a Gilt
3. What do you call a male pig of any age? A Boar <http://www.porkandhealth.org/NutriVitamins.aspx>
4. What is a male pig that has been castrated at an early age called? A Barrow
5. What do you call the smallest piglet in a litter? A Runt



Nutrient	% Daily Value (DV)*	Why It's Good For You http://www.porkandhealth.org/NutriVitamins.aspx
Iron	5%	Getting enough iron is a problem for some women, especially women of child-bearing age. Heme iron (found in meat) is absorbed more readily than nonheme iron (found in plant-based foods). Thus, anyone who avoids meat without the help of their health professional may increase their risk of iron-deficiency anemia.
Magnesium	6%	Important for the normal function of many enzymes (catalysts for the body's chemical reactors), glucose and muscle action.
Phosphorous	20%	Strengthens bones and generates energy in cells.
Potassium	11%	This mineral, also known as an electrolyte, plays a major role in water balance and helps maintain normal blood pressure.
Zinc	14%	A component of more than 70 enzymes, zinc is a key player in energy metabolism and the immune system.
Thiamin	54%	Without this key vitamin, metabolism of carbohydrate, protein and fat would be significantly compromised. Animal protein is one of the best sources of this nutrient, and among the choices, pork is tops.
Riboflavin	19%	Next to milk, there are few foods that have as much riboflavin per serving as pork. Riboflavin has an important role in the release of energy from foods.
Niacin	37%	Important for the normal function of many enzymes in the body and involved in the metabolism of sugars and fatty acids.
Vitamin B12	8%	Helps build red blood cells and metabolize carbohydrates and fats.
Vitamin B6 (Pyridoxine)	37%	Important for the normal function of enzymes and co-enzymes, which are needed to metabolize protein, carbohydrates and fats. Plus, it plays a critical role in the regulation



1. What do you call a young cow? Calf - Female young cow is a Heifer Calf, Male young cow is a Bull Calf
2. What do you call a adult female cow? A Cow, a female that has not given birth is called a Heifer
3. What do you call a male cow? A Bull
4. What do you call a group of cows? Cattle
5. What is a male bull that has been castrated at an early age called? Steer
6. True or False - A typical Arizona cow produces 8.5 gallons of milk per day? True



Milk supplies many essential nutrients

Flavored Milk supplies the same amount (the only difference is 60 calories from the added sweetener, and chocolate or cocoa)

<u>Nutrients in 8 ounces</u>	<u>% Daily Value</u>
Calcium (305 mg.)	30
Vitamin D (100 IU)	25
Vitamin A (500 IU)	10
Protein (8g.)	16
Potassium (380 mg.)	11
Riboflavin (0.4 mg.)	26
Vitamin B 12 (1.3 mcg.)	22
Phosphorus (245 mg.)	25
Niacin & niacin equivalents (2NE)	10



There are 29 cuts of lean beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked three ounce servings.(1) A 3-ounce serving of lean beef contributes less than 10% of the calories in a 2,000-calorie diet, yet it supplies more than 10% of the Daily Value for protein, zinc, vitamin B12, selenium, phosphorus, niacin, vitamin B6, iron and riboflavin.(2)

Source 1: U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Based on Cooked Servings, visible fat trimmed.

Source 2: U.S. Department of Agriculture, Agricultural Research Service. 2001. USDA Nutrient Database for Standard Reference, Release 14. Nutrient Data Laboratory Home

Page. www.nal.usda.gov/fnic/foodcomp. (A: Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked, NDB No: 13012.



1. What is a young horse called? A Foal - new born, Filly is a young female horse 4 years or younger and a Colt is a male horse 4 years or younger.
2. What do you call a female horse? A Mare - A Dam is the term given to a mare when she becomes a mother.
3. What do you call a male horse? Stallion - Sire is the term given to the stallion when he become a father.
4. What is a male horse that has been castrated at an early age called? Gelding
5. True or False, A horse is measured in horse height in hands? True - Each hand equals four inches. If you say a horse is 16.2 hand high, the 2 stand for two fingers.



1. What is a baby rabbit is called? A Kit
2. What do you call a female rabbit? A Doe
3. What do you call a male rabbit? A Buck
4. True or False, Rabbit meat is much lower in cholesterol level than chicken, turkey, beef and pork. True
5. True or False, A Female Rabbit that weighs 10 pounds can produce 320 pounds of meat. True. — One female rabbit will produce baby's and from that one rabbit you can get 320 pounds of meat. That is more meat than a one cow can produce and it takes 2 acres of land to raise a cow.

