

# Finding Alberta Beef



Places, Spaces and Stories  
about Beef Cattle Farming  
and Ranching in Alberta for  
Elementary Classrooms

**Grade 4**

**LEARNING PAGES**

**Making Contributions to  
Environments and Communities**



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The **Finding Alberta Beef** learning pages encourage students to explore cattle farming and ranching in Alberta. From family farms and ranches, passed down through generations, to new, state-of-the-art feeding and breeding operations, Alberta’s farmers and ranchers are proud of their industry.

The many authentic photos and stories used in these learning pages share the land, resources, experiences and stewardship that are part of Alberta cattle farming and ranching families.

It is our hope that students develop understandings of the ways of life involved in raising cattle and contributing to Alberta’s and Canada’s food system while respecting the different choices that people make about their food. Alberta Beef Producers is proud to support education and provide the **Finding Alberta Beef** resources for teachers and students in Kindergarten to Grade 5 Social Studies, Science and Health/Wellness programs.

Alberta Beef thanks the cattle farmers and ranchers who have shared stories and photos that are used in these resources.

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Every effort has been made to acknowledge sources used in the **Finding Alberta Beef** resources. In the event of questions arising as to the use of any material, we will be pleased to make the necessary corrections in future versions.



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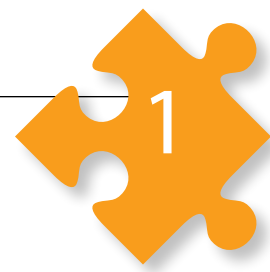


These **Finding Alberta Beef** learning pages are part of a mini-unit that encourages students to explore Canada’s agricultural communities and the importance of the beef production industry to Alberta’s vitality.

Student learning pages in this resource include photos and stories from current Alberta cattle farms and ranches and some feature fillable fields that allow students to respond and save their work as evidence of their learning.



## Some Alberta communities have been shaped by farmers and ranchers



Farms and ranches have helped to shape Alberta communities. Explore the snapshots that follow to think about the connection between farms, ranches and communities.



The Alberta cattle industry began in the late 1800s. Early ranchers believed that Alberta's environment made it a good place to raise cattle. Cattle farms and ranches were established in different areas of Alberta. These areas included southern grasslands to central parkland areas and on to the Peace River area.



The valleys of southwest Alberta were sheltered and had good water sources. The chinook winds – warm, dry winds that blow off the eastern slopes of the Rocky Mountains – helped to melt the snow early.



Fort Macleod was the first cattle town in the Canadian west. Early ranching was located close to the headquarters of the North West Mounted Police.

Photograph from Glenbow Library and Archives: University of Calgary NA-3263-2



The Cochrane Ranch was established in the early 1880s along the Bow River west of Calgary. It was one of the largest cattle ranches in what is now Alberta. The Cochrane family brought cattle from the United States. After hard winters, the family decided that hay needed to be stored over the winter to feed the cattle. Corrals, wind shelters and feeding areas were also built.

Photograph from Glenbow Library and Archives: University of Calgary NA-239-30



The Oxley Ranch is one of Canada's oldest working ranches. When it was established in 1882, it spanned 80,900 hectares and was one of the four largest ranches in Alberta's foothills.

Photograph from Glenbow Library and Archives: University of Calgary NA-3535-216

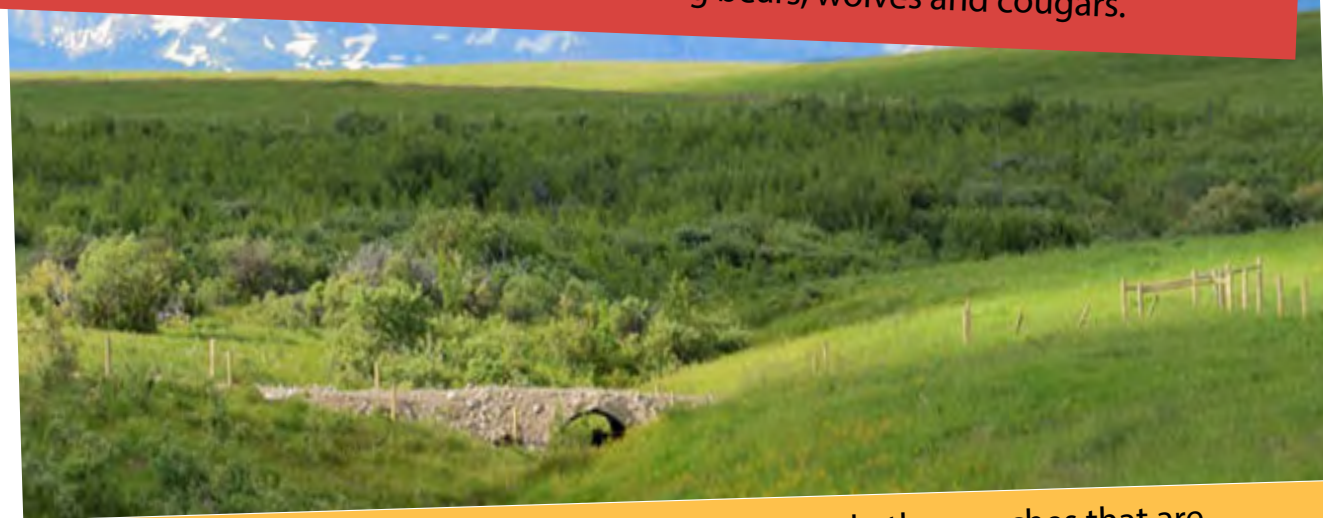


Oxley Ranch in the southern Alberta foothills is owned by Jennifer Barr and her family. The Barr family has made an agreement with the Nature Conservancy of Canada to protect the land on their ranch from development. The agreement protects the **fescue grasslands** – which are narrow-leaved grasses – from being used for crops and the land from being developed. This important grassland **habitat** provides a home to native plant and animal species and an important wildlife area along Alberta's eastern slopes.

Photograph of old buildings and cattle herd on Oxley Ranch from Nature Conservancy of Canada



The last small area of the original Great Plains are found in the eastern slopes of Alberta. This area still has enough space and habitat for the animals that historically roamed the grasslands, including bears, wolves and cougars.



The Oxley Ranch in southern Alberta is near several other ranches that are protected by the Nature Conservancy of Canada. These ranches include the Welsch Ranch, Waldron Ranch and King Ranch. All of these ranches protect important grasslands. They are also located in the **headwaters** region of southern Alberta — an area that covers only four percent of the province but provides fresh drinking water to almost half of Albertans.

Photograph of land bridge on Oxley Ranch from Nature Conservancy of Canada

Story from *Historic Oxley Ranch in southern Alberta to be protected*. CBC News Online. [www.cbc.ca/news/canada/calgary/oxley-ranch-protected-nature-conservancy-canada-1.4044682](http://www.cbc.ca/news/canada/calgary/oxley-ranch-protected-nature-conservancy-canada-1.4044682)

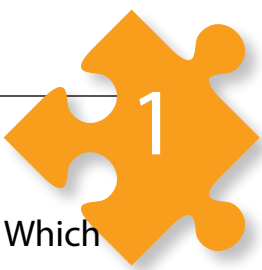


## Using Sources



What features can you identify in the historical and current photos? What features are described in the snapshot stories? Describe and group these features as either natural or human made.

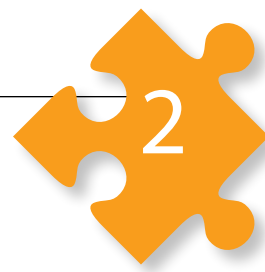
<b>Natural features in early and current cattle ranches</b>	<b>Human-made features on early and current cattle ranches</b>



## Finding Places

Identify the places described in the snapshot stories on the **map of Alberta**. Which communities are these farms and ranches close to?





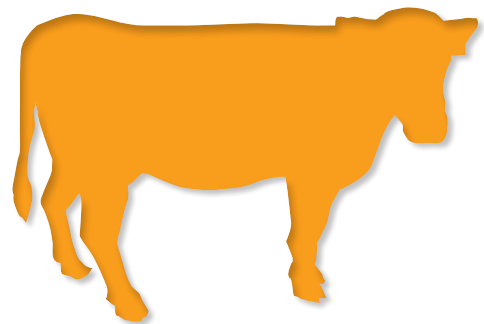
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## All communities are connected to agriculture

Alberta cattle farmers and ranchers today consider how they can build a good life for themselves and their families, while making sure they protect the land, water and other resources they depend on. They also take pride in the food they produce for other Canadian communities.

What can statistics tell you about the importance of agriculture, and cattle farms and ranches, to Alberta communities? Discuss each of these statistics with a partner or your class:

- Alberta has 21 127 243 hectares of farmland.
- 30 percent of all Alberta farmland is natural land for pasture.
- 10 percent of all Alberta farmland is seeded, or planted, pasture land.
- Alberta has the highest number of cattle ranching farms of any province or territory in Canada. Alberta had 12,693 beef cattle farms in 2016.
- The number of cattle ranching farms went up by 1.5 percent between 2011 and 2016.
- Almost half of all Alberta farms – 46 percent – have beef cattle.
- There is an average of 93 beef cattle on each Alberta farm.
- Alberta feeds nearly 2 000 000 cattle each year.
- The total of cattle and calves in Canada in 2016 was 15 083 000.



### Where You Find Alberta Beef



How do you think cattle ranchers move their cattle herds?  
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Why do you think some cattle farmers and ranchers grow their own crops?  
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When you travel on a road or highway and see cattle grazing in a pasture, you are probably seeing a cattle ranch in action. Calves are born and raised on ranches. Besides farmers and ranchers, there are also many other people who work in the beef industry.

**Cattle ranchers** take care of the cattle and raise calves. Once calves reach a weight of about 230 kilograms, or about 500 lbs, they are often sold to a feedlot.

Sometimes cattle are sold in an auction house. An **auction house** sells cattle by taking bids or offers from people interested in buying the cattle.

Some cattle ranchers raise the calves until they are grown. They then sell them directly to a processing plant.

Cattle ranchers may grow their own crops or may purchase grain to feed the cattle.

A **feedlot** buys calves and puts them on a healthy diet. Many feedlots in Alberta feed their cattle barley. This produces tender beef. When the cattle reach about 590 kilograms, or about 1300 lbs, they are ready to be processed into beef.

A **processing or packing plant** prepares the meat from cattle.

All meat is inspected to make sure it is safe. Other parts of the cattle are used for byproducts, such as leather goods, crayons, candles, lipstick and many more.

**Byproducts** are products other than beef that come from cattle.

The beef and byproducts are sold to stores, who then sell these products to consumers.

**Consumers**, or people who buy products, use the beef or byproducts as part of their daily lives. It can take between 18 and 22 months for cattle to reach your plate as beef!



How many different products can you name that come from beef cattle?

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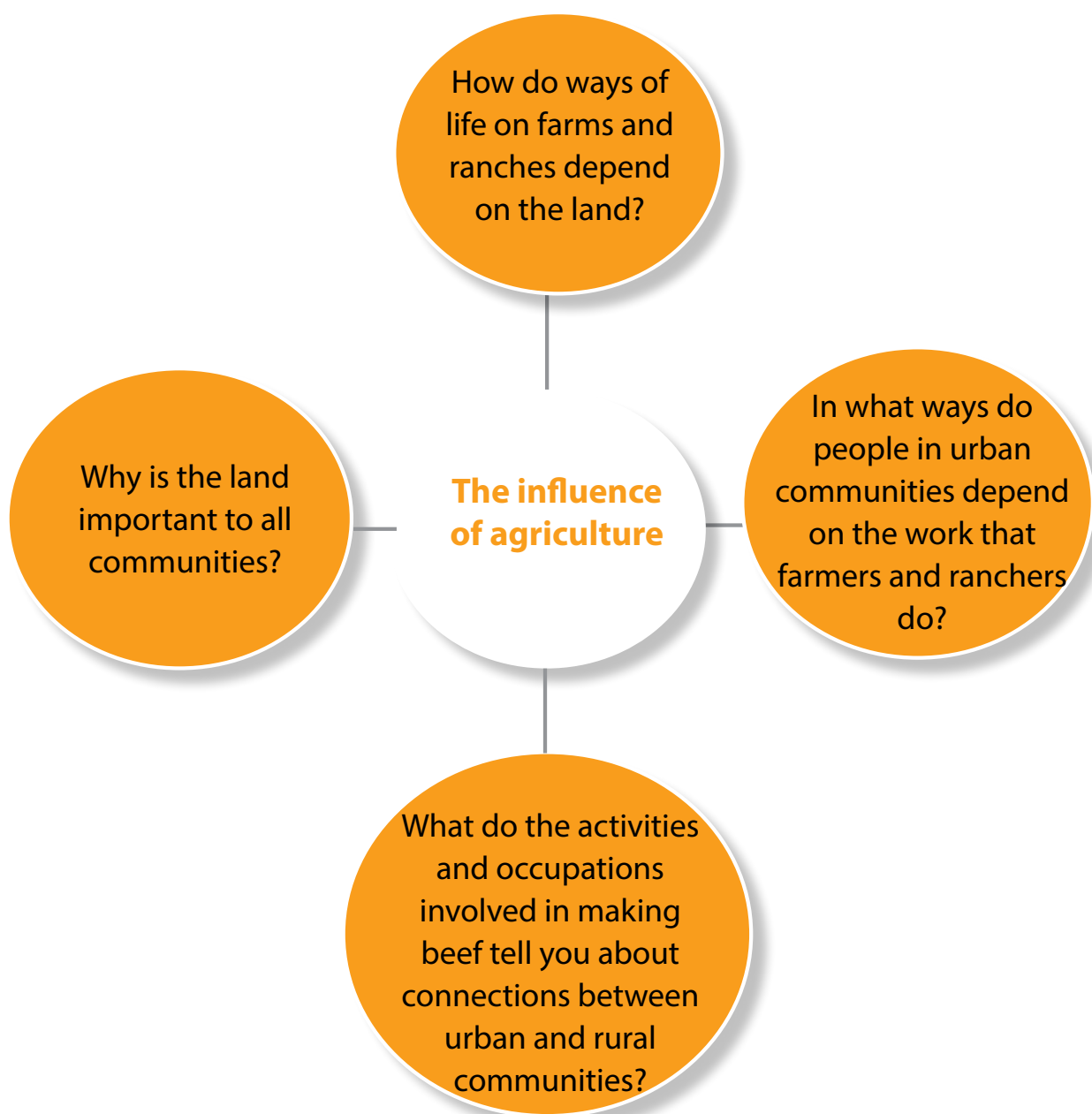
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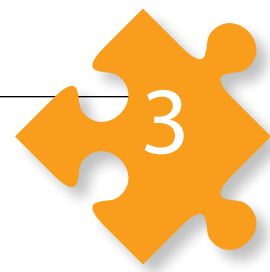
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## Making Connections Between Communities

What does the information about cattle farms and ranches in Alberta tell you about connections between communities? Write your ideas around each question in the **bubble map**.





## Relationships to the land shape decisions about caring for the environment

How has the use of land and natural resources in the past changed? Look for evidence of the connections that people in the past had to the land and its resources. How was the land important? Find **five events** from the past that show the effects that people's actions had on the land and resources. Use these events to make a simple **timeline**. Record the time period and a description or sketch in each timeline box.

### Cattle Ranching in the Past

The large cattle ranches that were located in the southwestern area of what is now Alberta in the late 1800s used large areas of land for grazing.

When the railway was expanded across the prairies, homesteaders were encouraged to come west to farm the land. The early cattle ranchers did not want to give up the land they had been using for grazing.

However, in the 1880s, the government opened up the land that had been used for these large cattle ranches for new homesteads and rural townships.

Many settlers flowed into the prairies in the early 1900s. The land was divided into smaller plots. This had an effect on wildlife corridors. It put natural habitats at risk.

### Timeline of Cattle Ranching

A large empty rectangular box with a black border, intended for a timeline of cattle ranching events. A vertical dotted orange line connects the title 'Timeline of Cattle Ranching' to the top and bottom of the box.



This image show cattle grazing in 1893 in Alberta. What environmental features can you identify?

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Photograph from City of Edmonton Archives EA-10-2636

In the 1890s, the government had set aside areas of land that bordered on or contained large bodies of running water. These areas were called stock-watering reserves. All cattle owners had the ability to use the water for their animals. However, there were no environmental protections around the use of these natural water sources.

The First Nations Kainai Blood Tribe were also involved with cattle ranching in the past. The loss of the bison herds had taken away an important food source. Indigenous people see all their land as their home. They moved around the land to be close to resources like wood, water and plants, and to follow the animals.



In 1877, the Blackfoot tribes signed a treaty. As part of the treaty, they agreed to share their land in exchange for resources and teaching about cattle ranching.



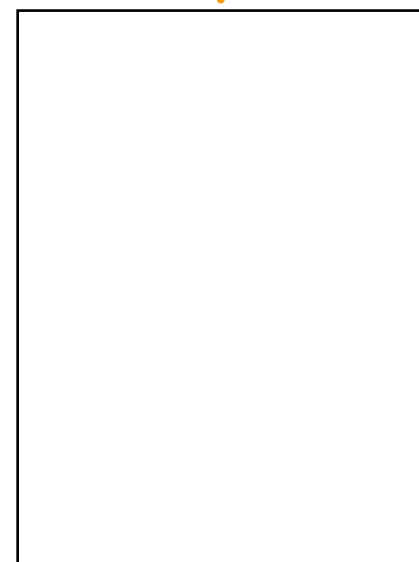
This photo shows cattle on the Blood reserve in about 1912. What environmental features can you identify?

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Photograph from Glenbow Library and Archives: University of Calgary NA-239-30



However, the Canadian government did not keep the promise it made to provide cattle. The Kainai people traded their own horse for cattle and raised the animals on their own. The government took over the management of the cattle, but did not care for the animals properly. The government has only now settled this issue with the Kainai people as part of reconciliation.

How has people's relationship to environment changed? Find **two** examples in each story that describe actions that Alberta cattle farmers and ranchers are taking to improve the environment. How is the land important to farmers and ranchers today? Describe the **action examples** in each box on the next pages.

### The Radau family

Randy Radau and his wife Sandra have been ranching at Coulee Crest Farms in Red Deer County. Coulee Crest also grows crops on land where they graze cattle and use composted manure on this land.



"We're constantly motivated to make things better for the environment so it takes care of us. It is a complete **coexistence**," said Randy Radau.

Most of the grazing is in Spruce Coulee, which was designated an Environmentally Significant Area by Red Deer County. The farm is always working on environmental improvements and has completed projects with Ducks Unlimited.

Environmental Action Examples



Springs were developed and fenced off to provide a fresh water source for cattle, and wetland restoration was completed. Solar powered watering systems are used to pull water from a fenced dugout, which keeps cattle away from the source and prevents runoff.

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Coulee Crest Farms is home to many wildlife species including deer, elk, moose, a variety of birds, cougars and even a grizzly bear. The Radaus have identified and fenced areas with native trees for wildlife habitat, which also provide wind shelter for the cattle. "Our goal is to always try to make one or two significant improvements in sustainability every year."

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## The Thompson family

Tom Thompson grew up in farming and agriculture and operates the Winding Creek Ranch. “Growing up there was something always pulling me into this direction... being a **steward** [a protector] of the land. What sustainability means to me is, what you’re doing today, will this carry on for generations,” said Thompson.



Tom learned about grazing practices from the West-Central Forage Association. He made changes to his winter grazing, watering systems and the use of power fencing for rotational grazing.

“When the forage and the grass are growing, and the animals are happy... you will be profitable and sustainable. My stewardship goals are to keep the animals and the plants healthy, growing and viable,” said Thompson.

When rotationally grazing his animals, Tom uses a rule of eat half, leave half. This leaves time for rest and regrowth of the grass. Cattle graze on bales of hay through the winter months to recycle nutrients back into the soil.



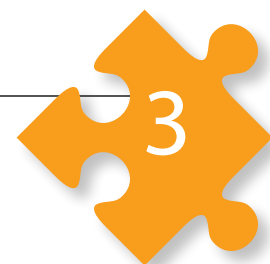
Riparian areas and dugouts are fenced to keep cattle out, and water is pumped to solar powered watering systems. **Riparian areas** refer to the land the borders a body of water.

“I’m out in the sunshine working with plants and animals. When you have a passion for something it isn’t really work. You want to be out there doing a good job and seeing the changes. We’re just caretakers here... borrowing this land from the next generation,” said Thompson.

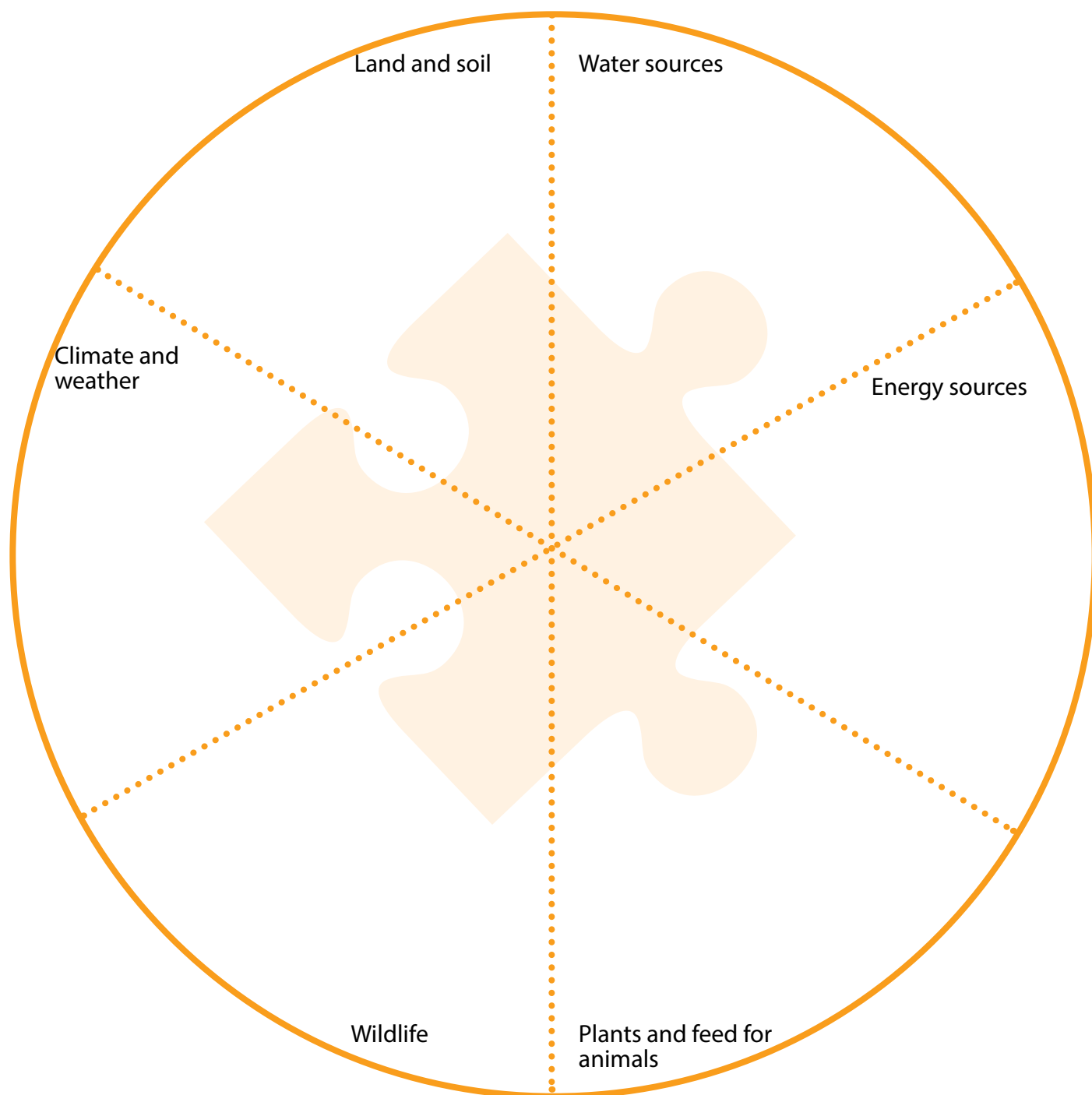


Handwriting practice box with 10 horizontal dotted lines.

Handwriting practice box with 10 horizontal dotted lines.



How should each of the factors in the **wheel chart** be considered when farmers and ranchers make decisions about the land and its resources? Record your ideas in each section of the wheel.



## Farms and ranches are ecosystems

Plants, animals and people are **interdependent** – this means that they are connected and affect each other. This interdependence can be shown in a cycle.

Ecosystems are communities of living things that interact with other and the non-living things – like soil, water and air – in their environment.

How do you know when you see an ecosystem? Look at each photo. Describe what you see. Does the photo show an ecosystem? How do you know? Remember:

1. Ecosystems are communities of living things.
2. Ecosystems are communities of living things, living in their environment.
3. Ecosystems are communities of living things, living in their environment, that interact with each other and with non-living things like soil, water and air.



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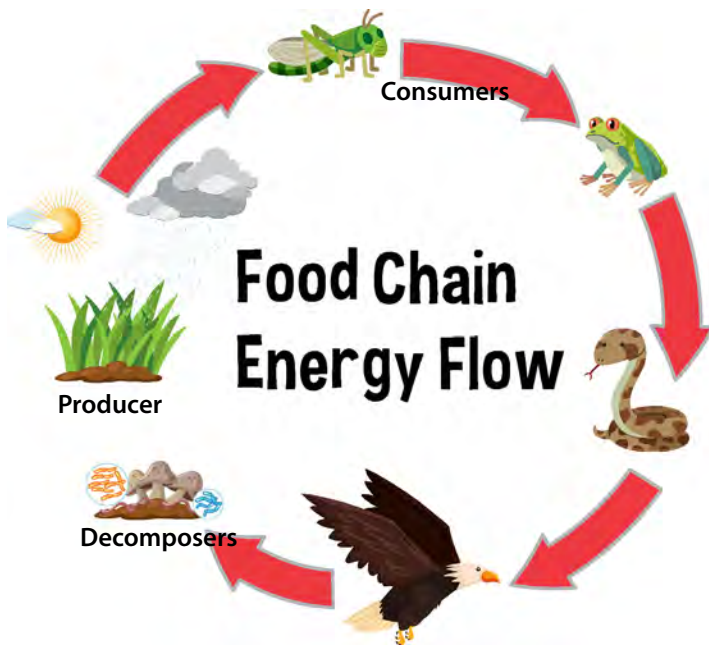
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# Energy flows through agricultural ecosystems



Ecosystems have food chains and food webs. A **food chain** is made up of three groups: producers, consumers, and decomposers.

Producers, consumers and decomposers interact with each other in an ecosystem to get the energy they need.

- A **food chain** shows who is eating, or **consuming**, who. These animals are called **consumers**.
- There are many food chains in an ecosystem.
- Usually a food chain begins with plant. They are at the bottom of the food chain. Plants get energy from the sun.
- Animals get energy from eating plants. Other animals eat the plant eating animals. These are called **predators**.
- **Decomposers** use waste made by animals in the ecosystem. They also feed on dead plants and animals.
- Energy is transferred through the food chain. Nutrients and minerals are passed along the food chain as organisms are consumed by others.

Why are plants called producers?

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Why are animals called consumers?

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What are some examples of decomposers?

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A **food web** shows all of the relationships between all of the plants and animals in a community. It also shows how different food chains interact with one another and overlap.

### What does this look like on a cattle ranch?



Plants like grass need soil, nutrients, water and the sun to grow. They absorb gases, like carbon dioxide, through their leaves and roots and convert them to oxygen.

**Compost** is made from dead plants and **manure** is the waste from animals. When either is spread on soil, they are broken down into minerals by decomposers such as bacteria and fungi, as well as by other organisms, such as worms.

What are the producers on a cattle ranch? What are the consumers?

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Cattle graze on the grass and produce manure. Cattle manure can provide important nutrients and many farmers use manure to:

- Improve the **yield**, or the amount produced, of a crop
- Put nutrients back into the soil
- Encourage more plant growth to protect the soil

The main components of manure are nitrogen, phosphorus and potassium. **Nitrogen** helps plants grow strong stems and leaves. **Phosphorus** is needed for healthy root systems. **Potassium** is important to protect plants from disease and cold.

It is extremely important, however, that farmers measure the condition of the soil and apply only the amount of fertilizer that their crops need. If too much is applied, problems can occur.

Farmers work to ensure that the right type of fertilizer is used at the best time and places and at the proper rate to grow healthy crops.

- **Nitrate**, a form of nitrogen, can drain into water on the surface of the field and then soak into ground water.
- Too much nitrate means that the water is not safe for drinking.
- **Ammonia**, which also comes from nitrogen, is toxic to fish.
- Phosphorus and potassium can cause pollution in water that runs off fields and into lakes and rivers.

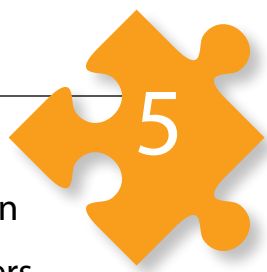


How can wildlife that have their habitats on cattle ranches also be part of the food chain?

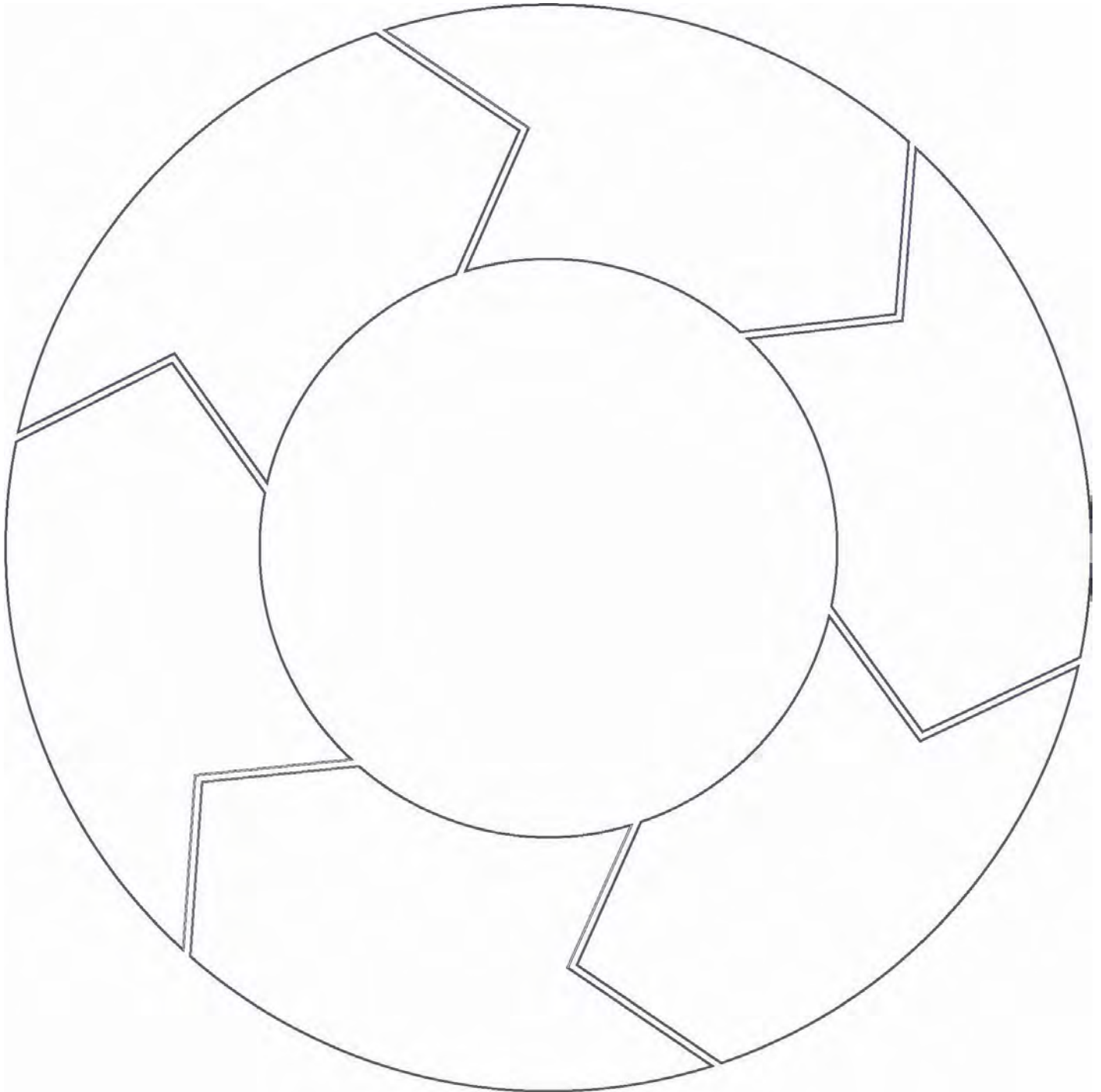
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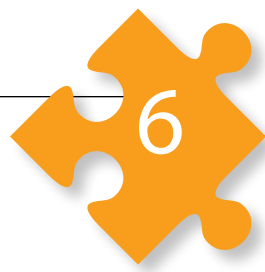
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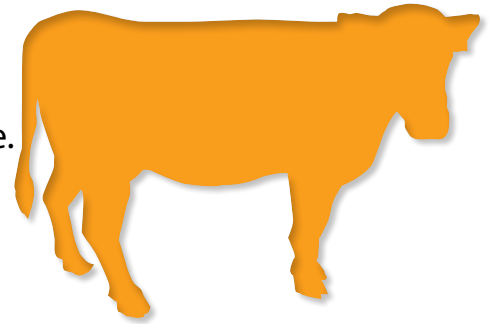
How do the features of an ecosystem apply to a cattle ranch? Use the **cycle diagram** to show how energy is transferred from producers to consumers on a farm. Start with the sun as the main source of energy. Identify the producers and consumers on the farm. Then, place them on the cycle diagram in sequence to show how energy is transferred.



# Cattle farms and ranches contribute to sustainability



Canadian farmers practice **sustainable agriculture**. The goal of sustainable agriculture is to protect the environment while still carrying out activities that help build a good quality of life.



## Cattle can be good for the land

Grazing bison keep grasslands healthy and growing for centuries. Cattle grazing has the same effect on the land.

About 74 percent of Canada’s original grasslands have been lost to **cultivation**, which refers to preparing the land to grow plants, or other development. Cattle grazing supports valuable ecosystems.

There is more than just grass in a pasture! Grass and pasturelands store carbon, which is essential for all life. Grass acts like a solar panel. It captures energy. When cattle graze on grass, it provides them with energy.

Cattle provide 68 percent of the wildlife habitats or homes of all agricultural land in Canada. Many bird species and other wildlife call cattle ranges and pastures their home. Cattle grazing protects bird habitats.

How are plants important to cattle?

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Why are plants important for sustainable agriculture?

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This information is from *Beef and the Environment – The Untold Story*. ThinkBeef.ca website. <https://thinkbeef.ca/the-untold-story/>

Beef is a **nutrient-dense** food. What do you think this means?

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How would you describe the land in the photo? Why is it suitable for cattle?

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How can the recycling of manure contribute to waste management?

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### Cattle provide a nutritious food choice

Cattle make use of food waste by consuming crops and crop byproducts that can't be used as human food. For example, in Prince Edward Island, cattle feed on potatoes that are not suitable for people to eat.

Cattle can take a food that grows in natural ecosystems (grass), that people can't eat, and turn it into beef for a nutritious food choice.

Cattle ranchers raise cattle raised on land that can't be used for growing crops and vegetables. Farmers can't grow crops on rocky land, areas of brush or dry regions.

About 9 percent of crops grown every year in Canada are used for cattle feed.

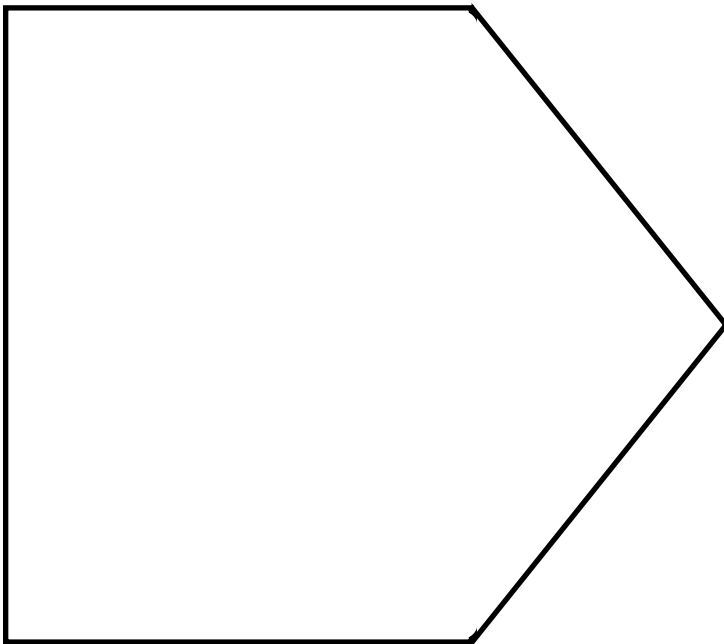
This information is from *Beef and Health – The Untold Story*. ThinkBeef.ca website. <https://thinkbeef.ca/the-untold-story/>



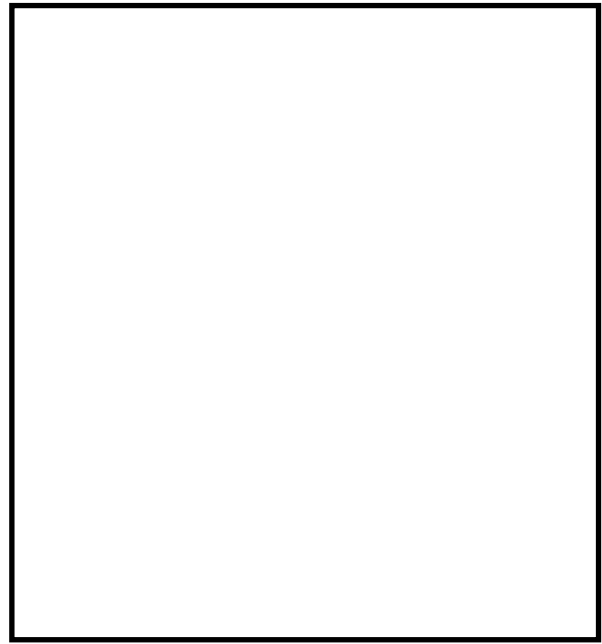
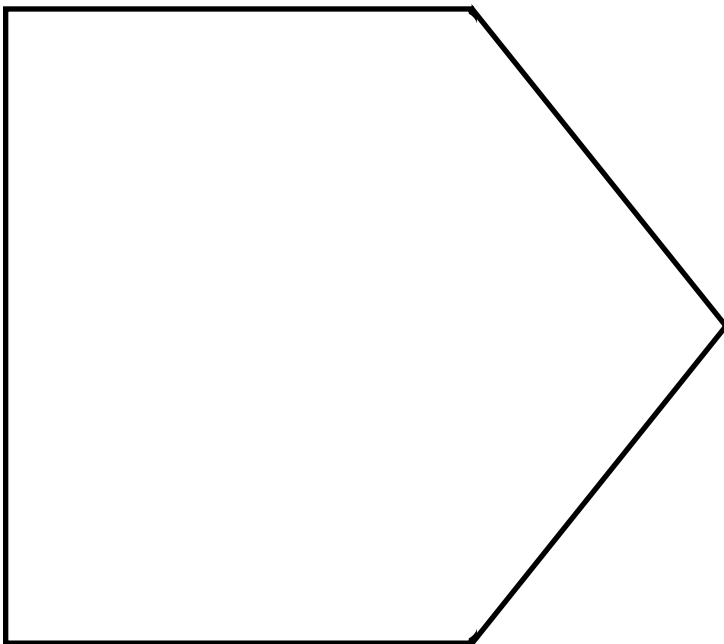
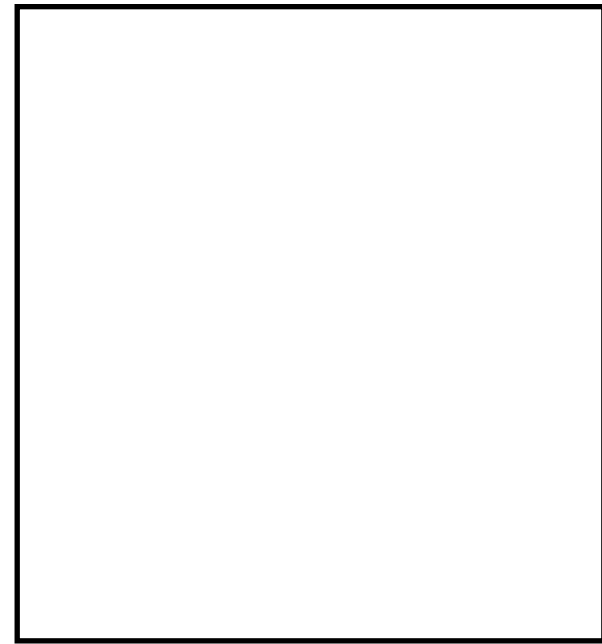
How can the practices, or activities, of cattle farmers and ranchers affect the environment and people's quality of life?

- Identify two examples of practices or activities that come from cattle ranching and draw or describe them in the **cause arrow**.
- In the **effect box**, draw or write about the impact these practices could have on the environment and people's quality of life.

**Cause**

A large arrow-shaped box pointing to the right, intended for drawing or describing a cause.

**Effect**

A large rectangular box intended for drawing or writing about the effect of the cause.A second large arrow-shaped box pointing to the right, identical to the first one.A second large rectangular box, identical to the first one.

# Farmers and ranchers make balanced decisions about land and quality of life

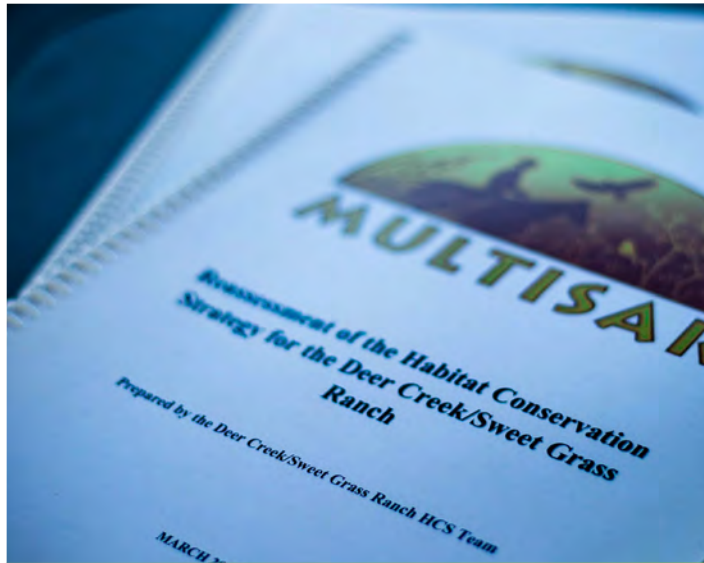
What types of decisions do you think Alberta cattle farmers and ranchers make about the land, cattle and their quality of life? Write a caption for each photo card.



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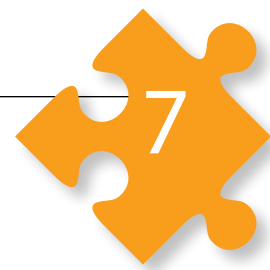
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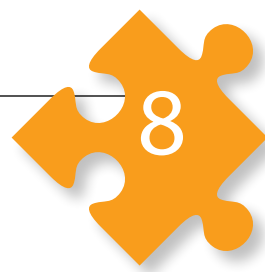
What factors do cattle farmers and ranchers have to consider when they make decisions? How do these factors compare to the decisions that you make?

Make **similes** by finishing the sentences in each box. A simile uses the word “like” between two ideas to make a comparison. Add your own illustration to each simile.

Cattle farmers and ranchers in Alberta balance the needs of the environment with the needs of cattle LIKE I balance...	Cattle farmers and ranchers in Alberta make decisions about caring for cattle LIKE I make decisions about...
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Cattle farmers and ranchers in Alberta make sure that food that comes from cattle is safe LIKE I make sure that... is safe.	Cattle farmers and ranchers in Alberta make decisions to maintain natural ecosystems LIKE I make decisions...
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## Healthy foods come from Alberta farms and ranches



What influences the choices you make about the foods you eat? Do you think about where the food has been grown or raised? Do you think about how healthy your food choices are?

Think about each of these factors. How do you think they affect your food choices? Check the box that best describes you in the **influence scale** under each factor.

**What food is available.** It is easy to eat without thinking about how hungry you really are or how much you have already eaten that day. Some schools have vending machines and snack bars with poor food choices. Fast food restaurants are everywhere. In fast food restaurants, “super-sized” meals can lead us to purchase and eat more food than our bodies need. Even regular portions are very large compared to the past.



This influences my food choices a lot

This doesn't influence me very much

This has no influence on my food choices

**Eating schedules.** People who eat regular meals tend to have better diets than people who snack and just choose any foods they can grab throughout the day. Some people feel overwhelmed and too busy to plan healthy and balanced meals.



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**Food messages and advertising.** Food messages and ads can influence people to choose less-than-nutritious foods. Snack foods are promoted for their “fun” and taste and not always for their nutritional value. These snack foods can replace healthier foods that we could be choosing.

Ads also try to influence people who have a busy way of life. Grocery store shelves are crowded with frozen meals, microwavable meals, instant soups and stews and prepackaged lunches. These foods usually contain few fruits and vegetables and are often high in fat and salt. Ads can also influence young people with message that connect movies, fast-food restaurants, and toys.



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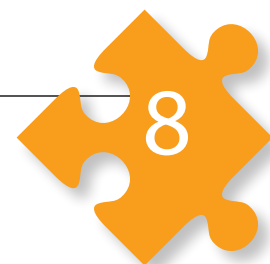
**Traditions and beliefs.** We may serve and eat foods because we were brought up eating them and find them comforting. Some people eat, or don't eat, certain foods based on religious, political, or social beliefs. Many ethnic foods can be very healthy, and they have developed over time because they supported life.



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## The Role of Beef in a Healthy Diet

What is the role of fruits and vegetables in a healthy diet?

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What is the role of whole grain foods in a healthy diet?

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What do cattle farmers and ranchers contribute to healthy food choices? Beef plays a role in a healthy diet.

Proteins are part of every cell in your body. They are necessary to build and repair muscle and for the immune and circulatory systems. Proteins are necessary for bones and growth.

When digested, proteins are broken down into something called **amino acids**. Our bodies only make 11 of the 20 amino acids that are essential for health. The others must be obtained from our diet.

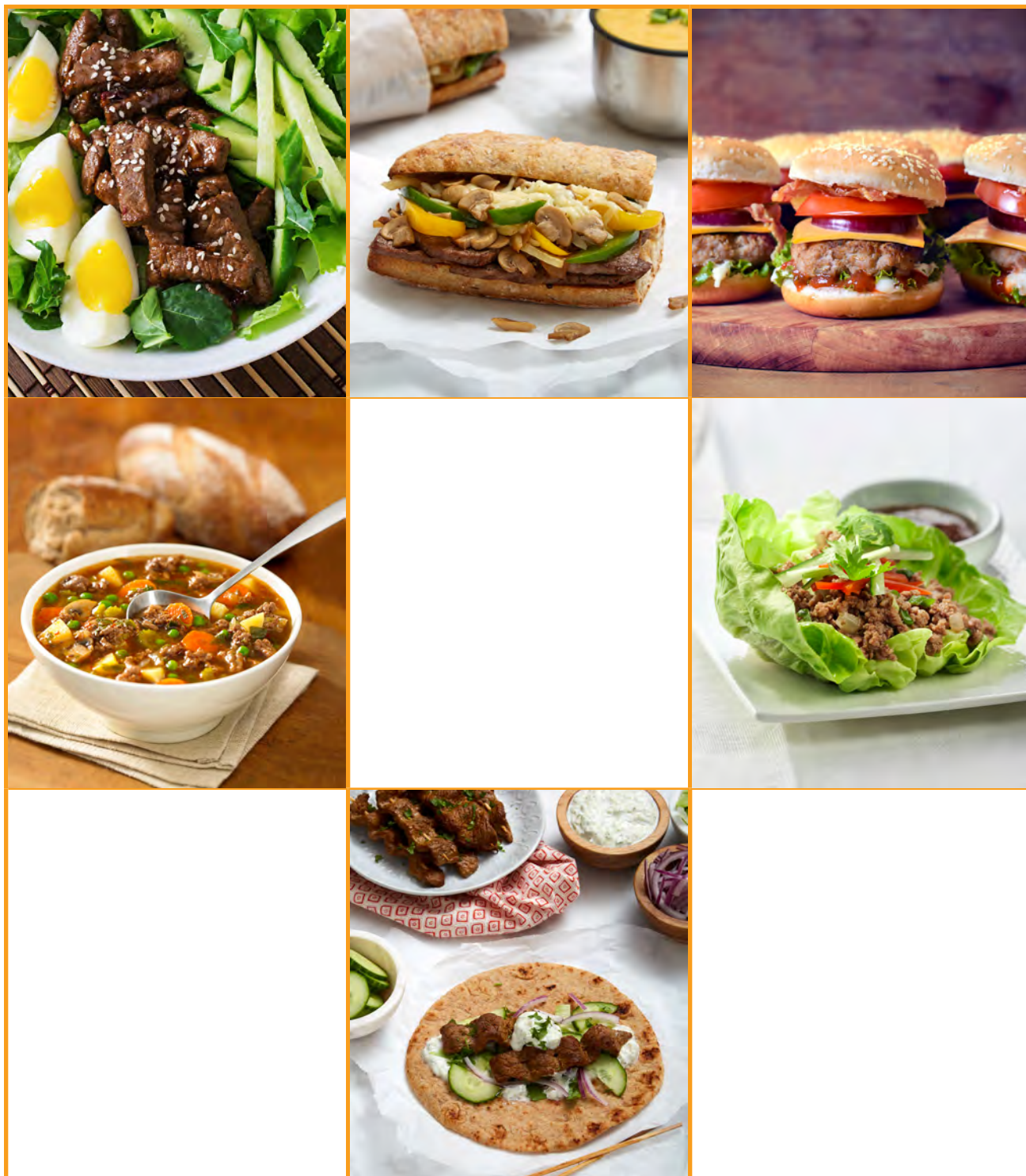
Protein from animal sources, such as beef, contains all of the essential amino acids needed in our diet. Most plant protein sources have to be mixed and matched in order to ensure there is enough essential amino acid intake.

**Iron** is a mineral that carries oxygen in the blood. Beef contains something called "**heme**" iron. Heme iron is more easily absorbed into our bodies than the type of iron found in plants. Low iron can lead to things like tiredness, weakness, shortness of breath and problems with growth and development.

**Vitamin B<sup>12</sup>** helps our nervous system. It also helps with our growth and red blood cell formation. It is found only in meat and dairy products, unless vitamin B<sup>12</sup> has been added to a food.

The body uses **zinc** to fight off infections and produce new cells. If our body does not get enough zinc, it can result in wounds that won't heal, a loss of appetite, decreased sense of smell and taste, unhealthy weight loss and delayed growth.

Beef is one food choice in the protein group of healthy foods. What other Alberta food choices would you add to this beef photo grid? Add a description or image of foods that would balance these choices. Talk about why you would add these foods.



Food choices and nutrition information contributes to healthy choices











## Nutrition Facts

Per burger (85 g) / Par burger (85 g)

Amount	% Daily Value % valeur quotidienne
<b>Calories/ Calories</b> 123	
<b>Fat/ Lipedes</b> 7 g	17%
Saturated/ saturés 3 g	17%
+ Trans/ trans 0.5 g	
<b>Cholesterol</b> 33 g	
<b>Sodium/ Sodium</b> 200 g	8%
<b>Carbohydrate/ Glucides</b> 1 g	2%
Fibre/ Fibres 0 g	12%
Sugars/Sucres 0 g	
<b>Protein/ Protéines</b> 14 g	
Vitamin A/ Vitamine A	0%
Vitamin C/ Vitamine C	0%
Calcium/ Calcium	2%
Iron/ Fer	12%

## Nutrition Facts

1 Tbsp (15 mL) / 1 c. à s. (15 mL)

Amount	% Daily Value % valeur quotidienne
<b>Calories/ Calories</b> 120	
<b>Fat/ Lipedes</b> 14 g	22%
Saturated/ saturés 2 g	10%
+ Trans/ trans 0 g	
<b>Carbohydrate/ Glucides</b> 0 g	0%
<b>Protein/ Protéines</b> 0 g	
Not a significant source of cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

## Nutrition Facts

Per 1 cup (250 mL) / Par 1 tasse (250 mL)

Amount	% Daily Value % valeur quotidienne
<b>Calories/ Calories</b> 130	
<b>Fat/ Lipedes</b> 5 g	8%
Saturated/ saturés 3 g	16%
+ Trans/ trans 0.1 g	
<b>Cholesterol</b> 20 g	
<b>Sodium/ Sodium</b> 120 g	8%
<b>Carbohydrate/ Glucides</b> 12 g	4%
Fibre/ Fibres 0 g	0%
Sugars/Sucres 12 g	
<b>Protein/ Protéines</b> 0 g	
Vitamin A/ Vitamine A	10%
Vitamin C/ Vitamine C	0%
Calcium/ Calcium	30%
Iron/ Fer	12%
Vitamin D/ Vitamine D	45%



## Nutrition Facts

Per 1 cup (250 mL) / Par 1 tasse (250 mL g)

Amount	% Daily Value % valeur quotidienne
<b>Calories/ Calories</b> 50	
<b>Fat/ Lipedes</b> 0 g	0%
Saturated/ saturés 0 g	0%
+ Trans/ trans 0 g	
<b>Cholesterol</b> 0 g	
<b>Sodium/ Sodium</b> 120 g	
<b>Carbohydrate/ Glucides</b> 11 g	4%
Fibre/ Fibres 3 g	12%
Sugars/Sucres 8 g	
<b>Protein/ Protéines</b> 2 g	
Vitamin A/ Vitamine A	15%
Vitamin C/ Vitamine C	100%
Calcium/ Calcium	2%
Iron/ Fer	4%

## Nutrition Facts

Per 1 cup (125 g) / Par 1 tasse (125 g)

Amount	% Daily Value % valeur quotidienne
<b>Calories/ Calories</b> 80	
<b>Fat/ Lipedes</b> 0 g	0%
Saturated/ saturés 0 g	0%
+ Trans/ trans 0 g	
<b>Cholesterol</b> 0 g	
<b>Sodium/ Sodium</b> 0 g	
<b>Carbohydrate/ Glucides</b> 21 g	7%
Fibre/ Fibres 3 g	12%
Sugars/Sucres 19 g	
<b>Protein/ Protéines</b> 1 g	
Vitamin A/ Vitamine A	8%
Vitamin C/ Vitamine C	50%
Calcium/ Calcium	0%
Iron/ Fer	0%

## Nutrition Facts

2 Tbsp (32 g) / Pour 2 cuillères à soupe (32 g)

Amount	% Daily Value % valeur quotidienne
<b>Calories/ Calories</b> 155	
<b>Fat/ Lipedes</b> 16 g	25%
Saturated/ saturés 2 g	10%
+ Trans/ trans 0 g	
<b>Cholesterol</b> 0 g	
<b>Sodium/ Sodium</b> 0 g	
<b>Carbohydrate/ Glucides</b> 7 g	2%
Fibre/ Fibres 3 g	12%
Sugars/Sucres 2 g	
<b>Protein/ Protéines</b> 8 g	
Vitamin A/ Vitamine A	0%
Vitamin C/ Vitamine C	0%
Calcium/ Calcium	0%
Iron/ Fer	4%
Vitamin D/ Vitamine D	0%

## Healthy food choices are planned

Fill the shelves with healthy food choices to stock the Alberta “healthy choices only” grocery store. Use your own illustrations, sketches and labels to add foods or food icons to the shelves.

### VEGETABLES AND FRUITS









[www.albertabeef.org/consumers/resources](http://www.albertabeef.org/consumers/resources)