

**Lesson:** Bison Meat

**Grade Level:** 2

**Standard(s):**

**Social Studies-**

2.6.2: Identify the basic elements (e.g., language, food, dress) that make up a culture

**English Language Arts-**

RI.5: Know and use various text features (e.g., captions, bold print, subheadings, glossaries, indexes, electronic menus, icons) to efficiently locate key facts or information in a text.

**Health-**

2.3.1: Identify ways in which the family influences and supports personal health practices and behaviors (e.g., preparing family meals using new food guide pyramid, portion control, basic hygiene, media/technology time, littering)

**Objective:** The 2nd grade students will to be able to identify and explain 3 out of the 5 food groups.

**Materials:**

- My Food Plate worksheet
- Flip book packet
- Scissors
- Coloring tools
- Glue
- Food labels
- Why Buffalo? resource sheet
- Website handouts
- Food group quiz

**Anticipatory Set/ Hook:** The teacher will explain and go over the food groups again and the students will fill out the My Food Plate worksheet with foods they think go in each section.

- <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/ColoringSheetBlank.pdf>
- <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/ColoringSheet.pdf>

**Activities:**

**1. What's on my plate flip book.** Each student will get a flip book packet. Then they will cut each flip book page on the solid lines. Next they will put the pages in order from the smallest page on top and the biggest page on the bottom. Once the student has correctly arranged the papers the teacher will come around and staple the top of the pages to hold them all together. Next the students will color and cut out the informational boxes on the solid lines. The students will then glue the correct information boxes on the corresponding page. Then the students will fold on the dotted lines and read their books to a partner.

**2. Reading food labels.** The teacher will bring in a plethora of food labels. S/he will pass out multiples to groups or partners of the students. S/he will then explain some of the more important things to notice on each label such as; Sugars, Protein, Fats, and Carbohydrates. S/he will then explain the more protein and less fats and sugars are best for a healthy diet. The students will explore the labels and pick out the one that they think is the healthiest.

**3. Bison meat.** The teacher will hand out a Why Buffalo? resource sheet and ask students to review the following websites:

- <http://www.chicagonow.com/katalin-fitness-health-driven/2012/02/5-reasons-to-eat-bison-the-new-healthy-red-meat/#image/1>
- <https://bisoncentral.com/perfected-item/bison-is-natures-perfect-protein/>

Each student will write down key points as to why bison meat is a healthy choice and a good source of protein.

**Follow- Up:** Each student will share with a partner or with the entire class what they found interesting about bison meat. The teacher will also at that point give each student a bison jerky stick for the students to try for snack that day.

**Assessment: Food Group Quiz.** Each student will get a quiz and need to be able to identify 3 out of the 5 food groups.

**Additional Differentiated Activities:** A word bank will be provided if needed. For higher level the student can come up with an example of their own in part two of the quiz.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food Group Quiz

Vegetable

Fruit

Protein

Dairy

Grain

Name all 5 food groups: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Milk and Yogurt are examples of: \_\_\_\_\_

Apples and berries are examples of: \_\_\_\_\_

Broccoli and Asparagus are examples of: \_\_\_\_\_

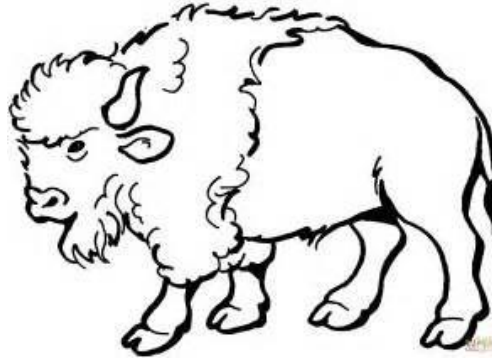
Bison and Beans are examples of: \_\_\_\_\_

Rice and Pasta are examples of: \_\_\_\_\_

Name: \_\_\_\_\_

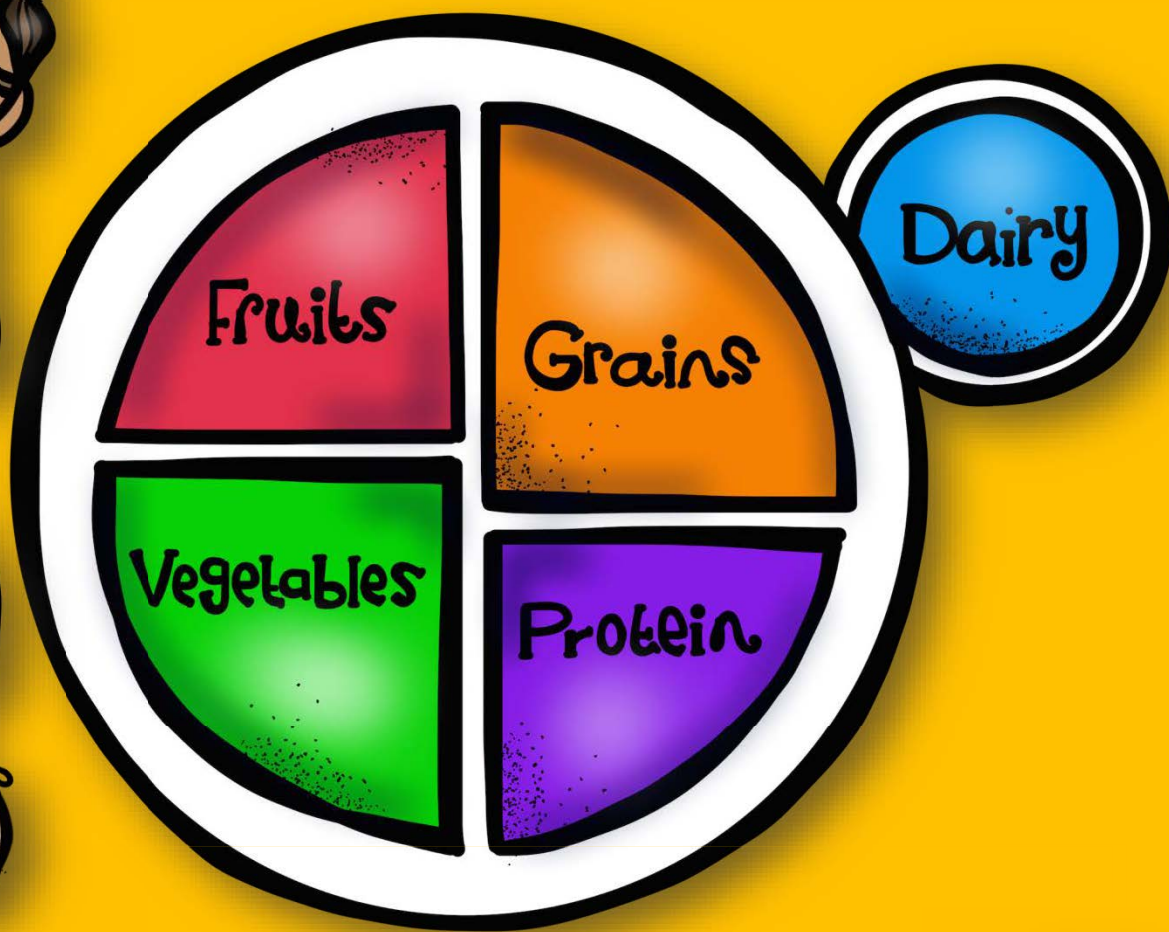
Date: \_\_\_\_\_

# Why bison?



# F L I P

# Book



What's On MY Plate?





Thank you for your business! If you have any questions or concerns about this product, please contact me at [1stgradepandamania@gmail.com](mailto:1stgradepandamania@gmail.com) ♥Joyce



**1st grade PANDAMANIA**

Science

# FLIP

## Book BUNDLE

All Year

Reading

Grades 1-2

This Free Sample is part of my [Science FLIP Book BUNDLE](#) with 17 FLIP Books!

**1st grade PANDAMANIA**

Science

# FLIP

## Book

Health

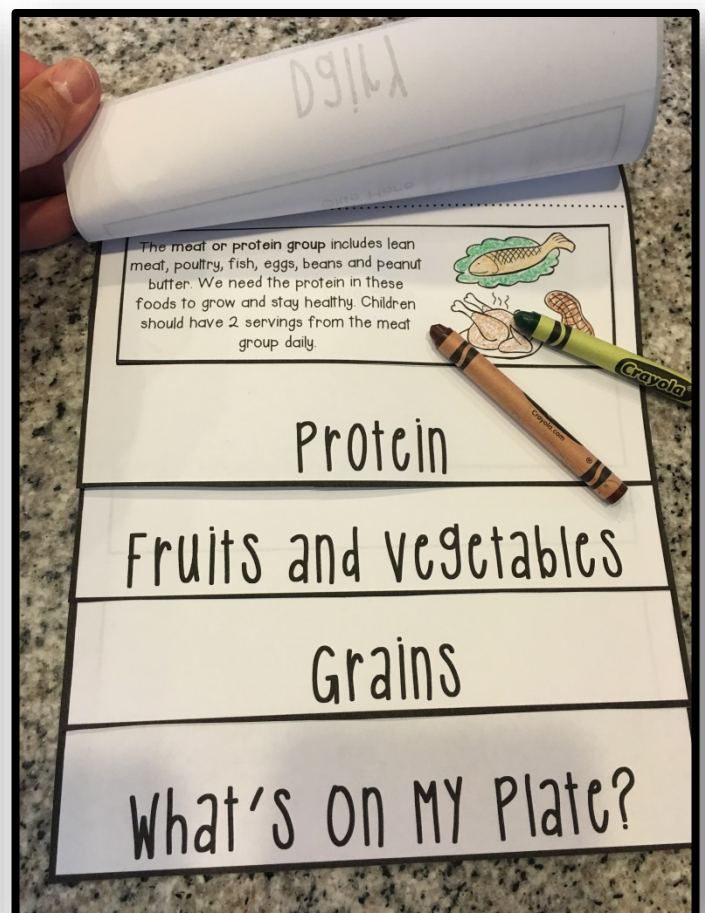
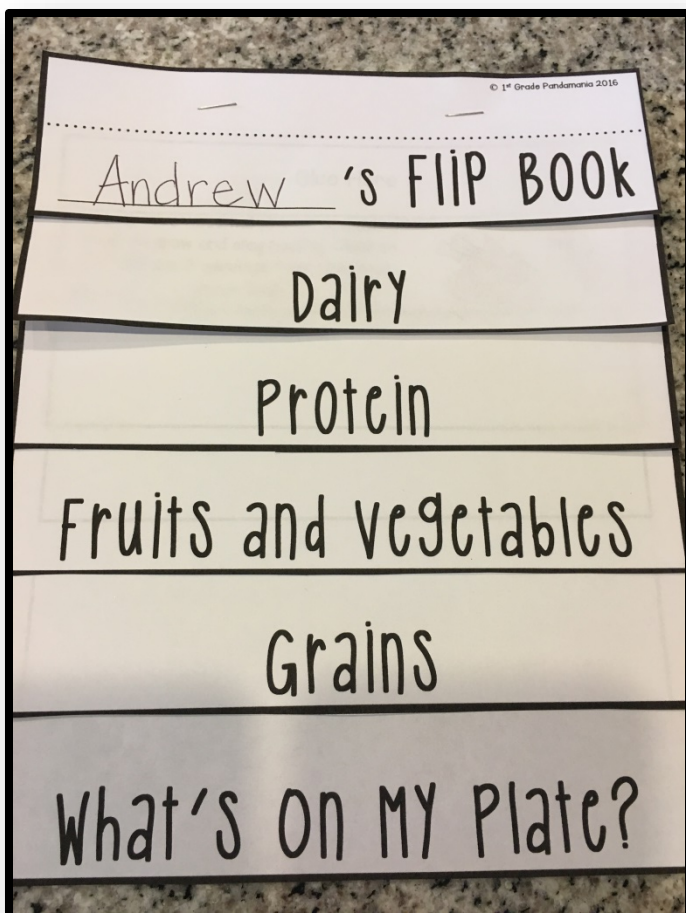
Reading

Grades 1-2

You may also like: [Food Pyramid FLIP Book](#) (also part of the [Science FLIP Book BUNDLE](#) above)

## Directions for making your flip book:

1. Cut out each flip book page on solid lines.
2. Put in order with smallest page on top and biggest page on bottom.
3. Staple together on top.
4. Color information boxes.
5. Cut out information boxes on solid lines.
6. Glue information boxes onto correct pages.
7. Fold on the dotted lines.
8. Read to a partner.





Glue Here

Dairy



Glue Here

Protein



\_\_\_\_\_ 'S FLIP BOOK

Glue Here

Fruits and vegetables



Glue Here

Grains

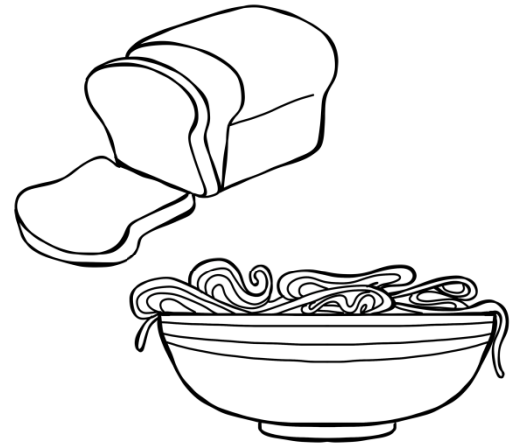
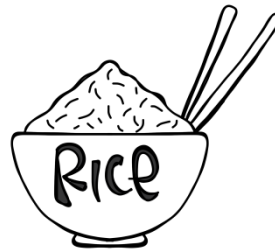


Glue Here

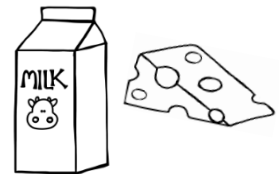
What's On My Plate?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.

Whole wheat bread, pasta, oatmeal, breakfast cereals and tortillas are examples of grain products. Children need 6 servings from the grain group every day. Whole grains contain many nutrients our bodies need. Some diseases can be prevented by eating whole grains.



The dairy group includes foods from the milk family. Children should eat 2 servings of cheese, milk or yogurt daily. These foods have calcium, important for strong bones and teeth.

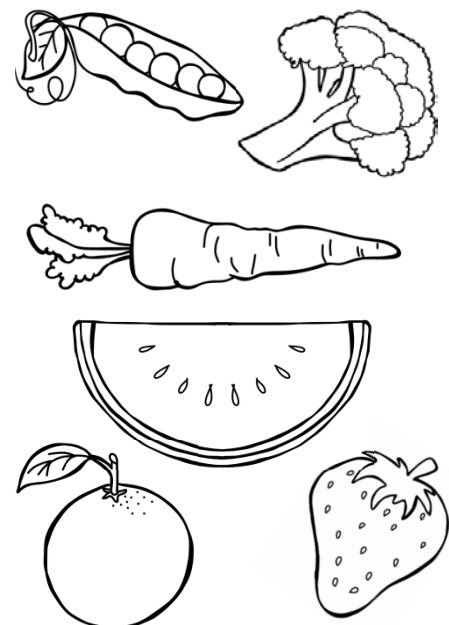


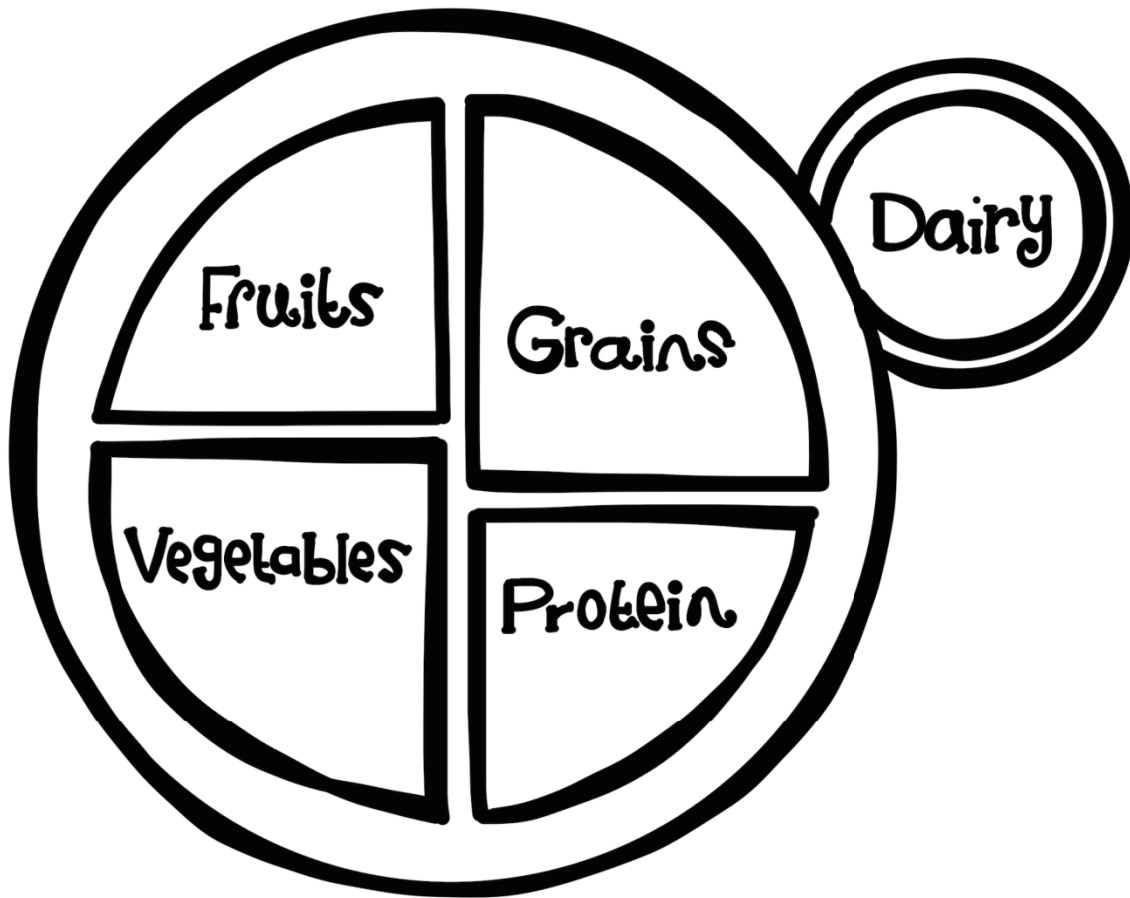
Half of your plate should be fruits and vegetables. Children need 3 servings of vegetables daily. Vegetables provide the vitamins and nutrients to keep your body healthy so it can fight off illnesses.

Children also need 2 servings of fruit daily.

Some fruits included in this group are apples, bananas, oranges, and strawberries.

The juice from fruits are also included in this group. Eating fruit every day helps keep your whole body healthy.





I should eat more \_\_\_\_\_ than \_\_\_\_\_.

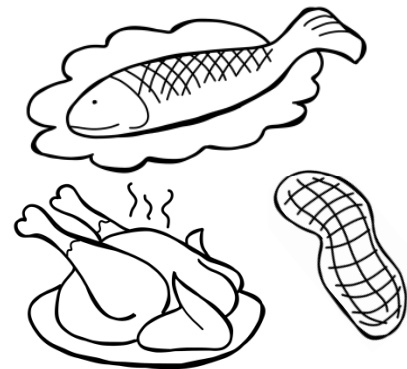
Cereal is an example of a \_\_\_\_\_.

Peanut butter is a type of \_\_\_\_\_.

\_\_\_\_\_ is my favorite vegetable.



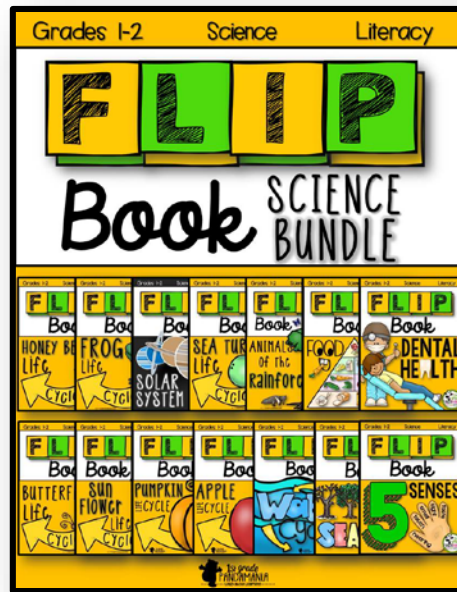
The meat or protein group includes lean meat, poultry, fish, eggs, beans and peanut butter. We need the protein in these foods to grow and stay healthy. Children should have 2 servings from the meat group daily.



# Enjoy This Free Product!

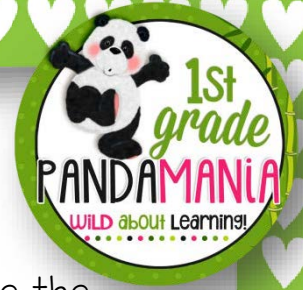
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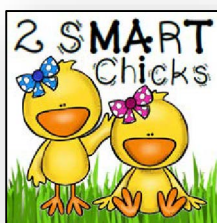
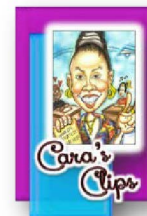
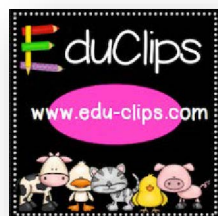
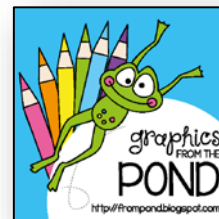
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Thanks to all the amazing artists who created the design elements and fonts used in this product!



Drawing With John



## TASTE

Buffalo tastes great! Most people interviewed feel buffalo is the most flavorful meat they have ever tasted, with a slightly sweet and rich flavor. Buffalo is naturally flavorful and tender and can be used in any red-meat recipe without special handling. See recipes on other side.



## VALUE

Buffalo is a specialty meat and can be found at your supermarket or meat market. The value of buffalo is not what you pay, but what you get in return. Nutritionally, buffalo has more protein and nutrients with fewer calories and less fat. Buffalo is a dense meat that tends to satisfy more while eating less.

## HEALTH

Bison are not subjected to growth hormones or stimulants. The members of the NBA feel so strongly about this that they have adopted a resolution opposing the use of these substances in the production of bison for meat.



## NUTRITION

Research has shown that Buffalo is a highly nutrient dense food because of the proportion of protein, fat, minerals and fatty acids to its caloric value. Comparisons to other meat sources have also shown that buffalo has a greater concentration of iron as well as some of the essential fatty acids necessary for human well-being.

NUTRITIONAL COMPARISONS						
Per 100 Gram (3.5 oz.) Serving - Cooked Meat - Updated August 2005						
SPECIES	FAT g	PROTEIN g	CALORIES kcal	CHOLESTEROL mg	IRON mg	VITAMIN B-12 mcg
BISON	2.42	28.44	143	82	3.42	2.86
Beef (Choice)	18.54	27.21	283	87	2.72	2.50
Beef (Select)	8.09	29.89	201	86	2.99	2.64
Pork	9.66	29.27	212	86	1.1	0.75
Chicken (Skinless)	7.41	28.93	190	89	1.21	0.33
Sockeye Salmon	10.97	27.31	216	87	0.55	5.80

Bison, separable lean only, cooked, roasted. USDA NDR No. 17157  
Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, choice, cooked USDA NDR No. 13362  
Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, select, cooked USDA NDR No. 13366  
Pork, fresh, composite of trimmed retail cuts (leg, loin and shoulder), separable lean only, cooked USDA NDR No. 10093  
Chicken, broilers or fryers, meat only, roasted USDA NDR No. 05013  
Salmon, sockeye, cooked, dry heat USDA NDR No. 15086

American Bison have been raised on farms and ranches for over 100 years. Today there are over 4,000 people raising over 450,000 bison.

The National Bison Association exists to promote the preservation, production and marketing of the American Bison.



## NATIONAL BISON ASSOCIATION

(303) 292-2833 • fax (303) 292-2564

email: [info@bisoncentral.com](mailto:info@bisoncentral.com)  
[www.bisoncentral.com](http://www.bisoncentral.com)

## NATIONAL BUFFALO MUSEUM

500 17th St SE  
Jamestown ND 58401

701-252-8648  
800-807-1511

website  
[www.buffalomuseum.com](http://www.buffalomuseum.com)

# WHY BUFFALO?



## It's Deliciously Healthy!

## Cilantro Lime Buffalo Tacos



### Ingredients:

- 1 buffalo flank steak- 1" thick (1 to 1 1/2 lbs)
- 4 limes
- Taco fixin's:** 3 cups chopped lettuce, 4 cups of shredded Monterey Jack cheese, 1 cup of diced tomatoes.

*Preparation and cooking time: 50 min. (marinating time: 8 hours or overnight)*

### Preparation:

Place buffalo steak on a medium grill (spray grill with non stick spray first) for 4-6 minutes per side, turning only once. Let steak rest for a few minutes before carving into thin strips (about 1/8"). Use lettuce, tomato, and shredded cheese. Slice limes into wedges and squeeze the juice on your tacos, top them off with pico de gallo and dig in! (Serve with chips, beans and/or spanish rice).

**Pico De Gallo-***put the following in a food processor and pulse-chop for chunky.*

- Juice of one lime
- 2 tsp salt
- 1 tsp pepper
- 1/2 cup of cilantro
- 1/2 onion
- 3 medium tomatoes
- 2 jalapeno peppers

## Smoked Chipotle Buffalo Short Ribs

*Preparation and cooking time: 3 hours*

### Ingredients:

- 2 pounds Buffalo short ribs

### Marinade & Sauce:

- 1/2 bottle of dark beer
- 4 Tbs honey
- 2 Tbs pureed chipotle in adobo sauce
- 1 teaspoon each: salt, pepper & garlic powder
- 1/2 cup of soy sauce
- 1/4 cup of Worcestershire sauce



### Preparation:

Wrap ribs loosely in foil adding 1/2 bottle of beer, tightly seal the foil. Place on grill away from the pile of coals (indirect heat). Cook for 1 1/2 hours with the lid on at low heat.

After 1 1/2 hours add water-soaked, hickory wood chips on top of the coals. Open the foil on the ribs. Smoke for 30 minutes with the lid closed. You may have to add more chips once.

After 30 minutes remove the ribs from the foil and sauce up your ribs. Add them directly to the grill, but away from the coals. Close the lid and smoke/brown for another 20 to 30 minutes or until done.

## Savory Buffalo Oven Roasted Meatballs

### Ingredients:

- 1 pound ground lean Buffalo
- 1/2 cup finely chopped mushrooms
- 1/3 cup finely chopped red onion
- 1 egg, beaten
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon Italian seasoning

In medium bowl combine all ingredients. Mix until well blended. Form into 24 meatballs about the size of a large walnut. Spray a jellyroll pan with non-stick cooking spray. Place meatballs on pan. Roast in preheated 400°F oven for 10 minutes. Serve with dipping sauce.



### Dipping Sauce: (makes about 1 cup)

- 2/3 cup low fat mayonnaise
- 1/3 cup Dijon style mustard
- 3 tablespoons chopped green onions

In small bowl combine all ingredients. Stir to blend and serve.

**Tip:** Add buffalo meatballs to marinara sauce and serve over pasta. Prepare your favorite Swedish meatball sauce and serve buffalo meatballs over wide egg noodles.

## Grilled Buffalo Steak



### Preparation:

Rub your favorite 6 oz. cut of Buffalo steak with a combination of a little garlic salt, cooking oil, and lemon pepper. Grill steaks 4-6 inches above medium hot coals (325°) for the following times, depending on thickness:

- 1" Rare: 6 - 8 min. Medium: 8-10 min.
- 1 1/2" Rare: 8-10 min. Medium: 10-12 min.
- 2" Rare: 10-12 min. Medium: 14-18 min.

**Tips:** Steaks recommended for grilling/barbecuing include Rib Eyes, T-Bones, and New York Strips. Lesser quality Buffalo steaks are not recommended for grilling unless they have been marinated. Use tongs for turning to keep those wonderful juices in the steak. Buffalo steaks taste best when grilled to rare or medium (still pink in the center). Avoid overcooking.

## Deep-Dish Bison Pot Pie



### Ingredients:

- 1-9" Pie Pastry
- 1 1/2 pounds boneless buffalo sirloin steak, trimmed into 3/4 " pieces
- 2 Tablespoons cooking oil
- 1/2 cup beef broth
- 1/4 cup dry red wine or bison broth
- 2 cloves garlic, minced
- 1 1/4 teaspoons dried marjoram, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 medium potatoes peeled and cut into 1/2-inch pieces
- 2 Tablespoons butter
- 1 bag mixed vegetables (green beans, carrots, corn, peas)
- 1 onion, chopped (1/2 cup)
- 1/3 cup flour
- 1 cup half-and-half or light cream
- 1 beaten egg

In a large skillet brown the meat, stir in broth, wine, garlic, marjoram, salt and pepper. Bring to boil. Add potatoes. Reduce heat; simmer, covered for 10 minutes. In a large saucepan, melt butter, add vegetables and onion and cook until tender. Stir in flour. Add half-and half; cook and stir until thickened. Stir in meat mixture, heat through. Transfer mixture into a casserole dish, set aside.

Make sure pastry extends over casserole dish by at least 1". Prick pastry a few times with a fork. Center pastry over top of casserole, trim 1" beyond edge, turn edges under and press gently to adhere to edge of casserole. Use pastry scraps to make decorations. Brush crust with beaten egg. Bake in a 400°F oven for 25-30 minutes or until crust is golden brown.



*Recipe provided by Buffalo Crossing Restaurant, Bogalusa, KY*

## Buffalo Crossing Meatloaf

### Ingredients:

- 2 1/2 lbs. bison burger
- 3 eggs
- 2 cups bread crumbs
- 1/2 cup barbecue sauce
- 1 medium green pepper, finely chopped
- 1/2 large onion, finely chopped
- 1 tablespoon of salt
- 1/2 tablespoon pepper

### Preparation:

Mix ingredients thoroughly. Shape into loaf and place in a greased baking pan. Add one inch of water on each side of loaf. Cover with plastic wrap, then aluminum foil. Bake in a 400°F oven for about 1 hour.

### Topping:

- 1 cup ketchup
  - 1/3 cup brown sugar
  - 1/4 cup barbecue sauce
- Mix together and warm. Pour on top of cooked meatloaf just before serving.