

Safe at Home... and Everywhere Else Activity Page

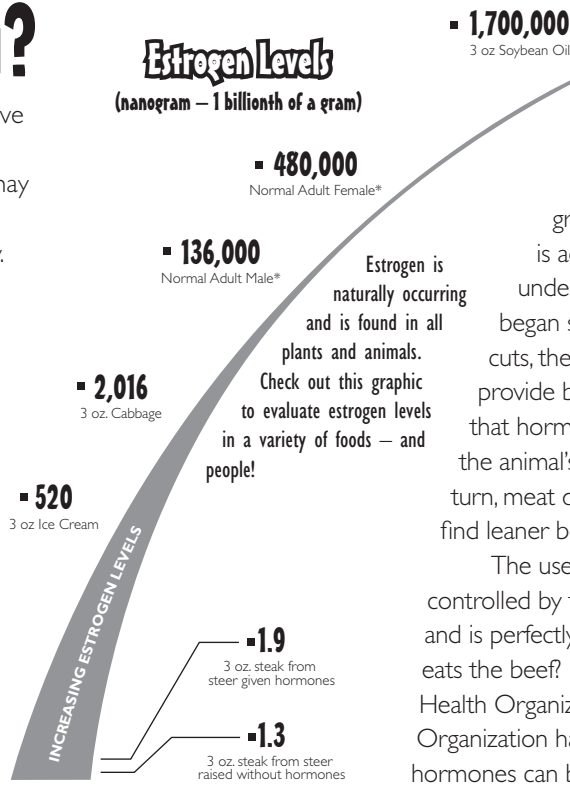


Good for You?

When needed, cattlemen give their animals medicine to treat illnesses. Some beef producers may use growth promotants to help cattle gain weight more efficiently. Are these products safe?

For the animals, some medicines are often more than safe: They're necessary! As in the case with people, antibiotics are given to animals when they are sick to make them healthy. Cattle are monitored regularly, and sick ones are separated from the rest of the herd. If an animal needs to be treated, it is given special care.

Some medicines are given to cattle to prevent them from getting sick. All medicines, for both people and animals, follow a rigorous government approval process. Following precise labeling instructions, cattlemen administer prescribed medicines under the guidance of a veterinarian. The government is careful to ensure that cattle medicines do not negatively affect the health



* Daily Production

Sources: Hoffman and Evers (1986) Drug Residues in Animals, Academic Press, New York; Scanga et al. (2004) Annual CSU Veterinary Conference 64:8-13.

Estrogen is naturally occurring and is found in all plants and animals. Check out this graphic to evaluate estrogen levels in a variety of foods — and people!

of people.

Cattle in feedlots often receive a strictly regulated dose of hormonal growth promotants, such as estrogen. This is administered through a tiny pellet inserted under the skin of the ear. When consumers began showing a preference for leaner beef cuts, the beef industry looked for better ways to provide beef products with less fat. It was found that hormonal growth promotants could improve the animal's ability to use the nutrients in its food. In turn, meat quality improved and consumers could find leaner beef cuts to meet their changing tastes.

The use of growth promotants is carefully controlled by the U.S. Food and Drug Administration and is perfectly safe. Is it safe for the consumer who eats the beef? Absolutely! The United Nations World Health Organization and the Food and Agriculture Organization have concluded that growth-promoting hormones can be safely used in beef production. In fact, no studies have shown that use of hormones or antibiotics with animals contributes to health problems in either animals or people.

ACTIVITY

Punctuate This!

Punctuation can act as the road signs for our language. Without it, we don't know when to slow down, speed up or stop! The punctuation in the following paragraph has escaped. Please find it and put it back where it belongs.

Protecting human health is of the utmost importance It s a complicated topic but one we as a society must continually manage How food animals are raised is carefully controlled and the products used are scientifically tested regulated and approved to ensure the animal s well being Animal production practices are based upon years of research and knowledge Today however we can be sure of this Beef producers care about the health of their animals and the health of people eating the beef that comes from their animals

Optional Math Activity:

Fill in the blanks:

1. Three ounces of soy bean oil has _____ times more estrogen than a 3-oz steak (from a steer given hormones).
2. Three ounces of ice cream has _____ fewer nanograms of estrogen than 3 oz of cabbage.
3. A normal woman has _____ more nanograms of estrogen than a normal man.
4. Three ounces of ice cream has 274 times more estrogen than 3 oz of _____.

