

Decisions, Decisions

Americans can choose from a wide variety of beef cuts, including 29 that meet the government guidelines for leanness. They also have a wide variety of kinds of beef they can buy.

All kinds of beef can be eaten with confidence, because U.S. beef producers are committed to raising and selling only safe, wholesome beef, and the government inspects all beef for sale. Various types of beef may, however, differ in taste, texture and tenderness. The beef also may differ in the ways the animals were raised and fed.

For instance, some cattle are raised on pastures

or rangeland their entire lives. The beef from these animals is called grass-finished beef.

Other cattle begin life on the range, but for a time are fed a mixture of grass and grain, such as corn. The beef from these animals is called grain-fed beef.

Some of these cattle also may be raised in such a way that their beef contains no pesticides, antibiotics or growth promotants. This beef can be labeled "organic beef" in the grocery store.

It's up to you – the customer – to decide what kind of beef you prefer. But it's important to remember: All beef is safe, wholesome and nutritious.

ACTIVITY

Sounds Right . . . Wrong Word

More Decisions...

In the English language, choosing the right word can sometimes be tricky. In the following paragraph there are 12 words that sound right but are used incorrectly! These words are called homonyms. Correct the following paragraph by substituting the right word for the word that just sounds right.

Hay! weight up! You've got too here this. Eye had

the best stake last knight I've ever scene. It was cooked just

write, two. It was the best peace of meet I've ever had!