



CALIFORNIA
CATTLE COUNCIL



BEEF: PROCESSING TO PLATE

Live Virtual Session - Day 3

BEEF IN THE KITCHEN

MARCH 13, 2026

Presenter: Chef Dagan Lynn, National Cattlemen's Beef Association
Chef Noah Hawkins, National Cattlemen's Beef Association

Moderator: Erin Good, Iowa Beef Industry Council



ACCESS THE RECORDINGS:

SESSION 1:
Inside a Beef Packing Plant

SESSION 2:
The Meat Science Behind Beef

SESSION 3:
Beef in the Kitchen

MISSED A SESSION?

Watch recordings at: www.cakideatbeef.com

“MEAT” THE CHEFS



Chef Dagan Lynn
Executive Chef of Innovation and Culinary Services



Chef Noah Hawkins
Associate Director of Culinary

RESOURCES

- For Family & Consumer Sciences and agricultural students and instructors
- Hands-on resources for educators to teach fundamental cooking skills, designed to help students gain confidence in the kitchen
- Beef nutrition information, scalable recipes, virtual farm tours, and more!

www.cakidseatbeef.com

www.beefitswhatsfordinner.com

Connect with your local State Beef Checkoff for state-specific resources and support

Fueling Healthy Minds & Bodies, Together

Beef is more than tasty, it's a powerhouse of nutrients. One single 3-ounce cooked serving of beef delivers about 25 grams of high-quality protein, along with key vitamins and minerals like iron, zinc, and B vitamins. This nutrient combo can support growing bodies, active lifestyles, immune health, and cognitive development across all ages.

That's why our work connects California beef farmers and ranchers with schools, educators, and families. We are helping to make sure students understand where their food comes from and how it can help them grow, learn, and thrive.

Whether you serve school meals, teach in a classroom, cook at home, or raise beef on the ranch, you have a role in this effort. By working together, we can help students build healthy eating habits, understand where their food comes from, and see how beef fits into a balanced plate with fruits, vegetables, whole grains, and dairy.

Family & Consumer Sciences

FOR JUNIOR HIGH SCHOOL AND HIGH SCHOOL

Our Family & Consumer Sciences (FCS) lessons provide educators with hands-on resources to teach fundamental cooking skills using beef. Designed to support FCS teachers, these lessons help students gain confidence in the kitchen while learning about beef's role in a well-balanced diet.

- Beef University**
Beef U is a free, interactive training program designed for retail and foodservice professionals to deepen their understanding of beef. Topics covered include beef production, nutrition, consumer trends, and meat...
- Build a Better Burger**
Designed for California high school and junior high Family and Consumer Science students, this educational resource explores techniques for crafting a wholesome and flavorful burger while considering how to build...
- The Raw Truth About Beef**
Go behind the scenes to learn about each stage of the beef lifecycle. Join a chef and dietitian as they explore The Raw Truth, getting to know ranchers and industry...
- Decoding the Label**
A quick resource to learn about different beef labels you may see in your grocery store or on a menu.

THANK YOU

Contact: kori@calbeef.org

www.cakidseatbeef.com



Funded by the Beef Checkoff

