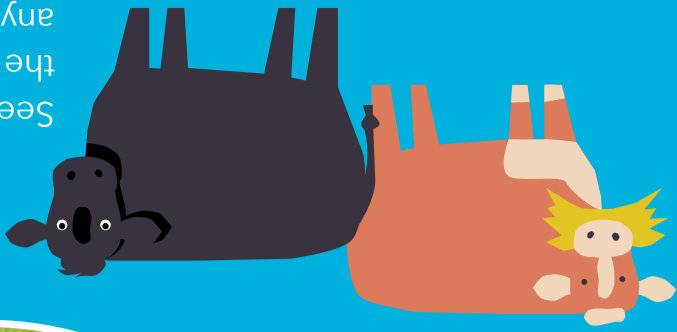


See if you can spot the breed names on any Co-op products.



Angus



Hereford

There are lots of different breeds of cows, a 'breed' of a cow is determined by its mother and father. For Co-op's irresistible range products, we only use native British breeds - Hereford and Angus cattle. Both of these breeds are famous for producing meat that is great tasting and full of flavour.

## Different breeds of cow



Caroline supplies beef that goes to make Co-op products like our irresistible burger! Caroline as well as farming beef cows, has planted wild flowers around the edge of her fields to increase wildlife, including butterflies and bumblebees!

Meet Caroline, a member of our Beef Farming Group



The Co-op have created a Beef Farming Group and a Lamb Farming Group for our farmers. We know that all the animals are well looked after by our farmers because we work closely with them and carry out checks on their farm.

## Co-op Beef and Lamb Farming Groups

## Did you know?

...that all these products are made with beef meat from a cow?



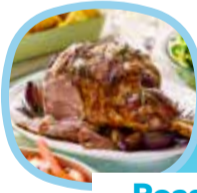
Beef burger



Sirloin steak

...that all these products come from lambs?

Lamb curry



Roast Lamb

...that beef and lamb is also called red meat and it contains a lot of great nutrients.

To maintain a healthy balanced diet, a small serving of red meat twice a week can provide lots of protein, iron and lots of vitamins!

## Fun facts about cows and sheep:

Female sheep are known as ewes, male sheep are known as rams and young sheep are called lambs

Cows are herbivores meaning they eat grass, hay and wheat and they don't eat meat

Cows moo to communicate with other cows

A baby cow is called a calf

A group of sheep is called a flock

There are many different breeds of cows and that's why you will see cows of many different sizes and colours

For some breeds of sheep it's important to shear them which means shearing their wool before summer so they don't get too hot!

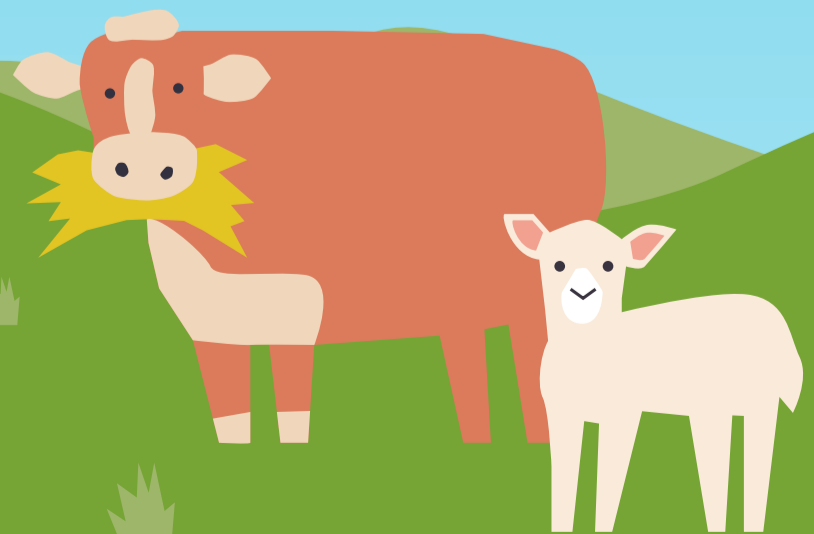
A male cow is called a bull



## Farm to fork

Beef and lamb

This booklet belongs to



## All Co-op beef and lamb farmers meet the Red Tractor standards which ensures the animals are well looked after.



The Red Tractor logo on food and drink products means that farmers meet high standards and look after their animals and crops to produce food safely. The farms are often checked to make sure they meet the high standards in place.

To support British farmers you can look out for the logo above as it means that high standards of farming have been used to produce the beef & lamb products on a British farm.

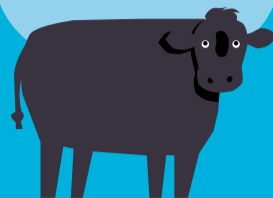
Write down how many red tractor logos you can spot on beef and lamb products in the Co-op...

I spotted this many tractors:

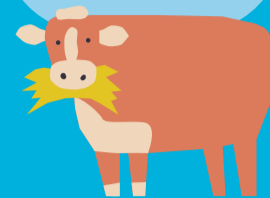


## Interesting fact about cows

Cows have 32 teeth



A cow has one stomach with 4 compartments



Like a human's fingerprints, no two cow's spots are exactly the same

Ewes are pregnant for around 5 months until there lambs are born

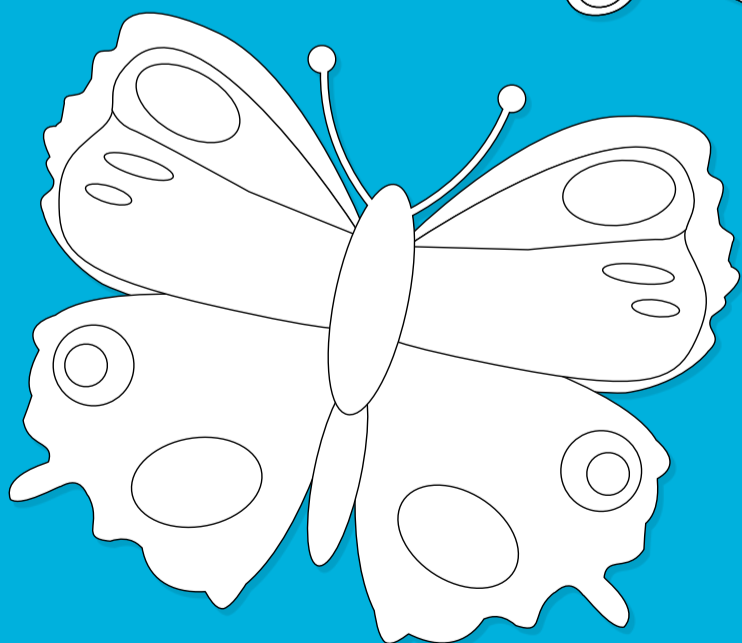
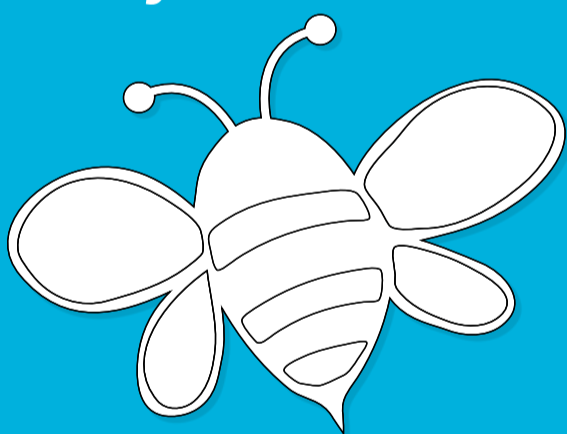


Ewes usually give birth to 1 - 3 lambs



When lambs make a sound it's called a bleat, this is recognised by its mother to make sure they don't lose each other!

## Colour in the butterfly and the bee



Our farmers really care for their animals and the environment. In total there are 100 devices installed on Coop Farming Group farms to encourage wildlife into the habitats. These include bird boxes, bee hives and beetle banks!

## Can you find all the beef and lamb related words?

U	M	M	Q	R	F	F	L	O	C	K	J	T	G	E
N	A	M	O	O	I	N	P	P	L	P	O	R	X	W
O	R	C	V	W	W	B	F	D	S	Q	Z	E	B	E
I	I	N	A	Z	O	S	H	E	E	P	G	X	F	H
E	W	C	M	P	C	F	Z	P	Q	Q	P	S	B	Q
I	G	K	C	G	Y	I	E	U	B	U	N	E	M	G
C	N	A	O	A	C	L	I	A	K	B	G	J	A	A
I	I	I	X	A	L	W	A	Y	Y	E	N	J	L	B
F	V	I	U	B	J	F	T	V	I	E	I	C	C	K
R	L	S	M	U	B	H	G	Q	D	F	B	D	W	Z
E	A	L	L	L	P	Y	W	R	V	J	M	I	C	V
O	C	D	F	L	T	D	E	L	T	T	A	C	L	D
M	L	X	R	E	A	H	U	A	S	C	L	I	J	T
R	Y	X	G	M	C	J	S	Q	Q	P	R	E	B	N
E	F	C	T	L	X	Z	V	Y	T	U	T	L	C	A

- Beef
- Lamb
- Herd
- Calving
- Sheep
- Bull
- Cattle
- Moo
- Ewe
- Cow
- Lambing
- Baa
- Ram
- Flock
- Calf