Red Meat Fact Finder

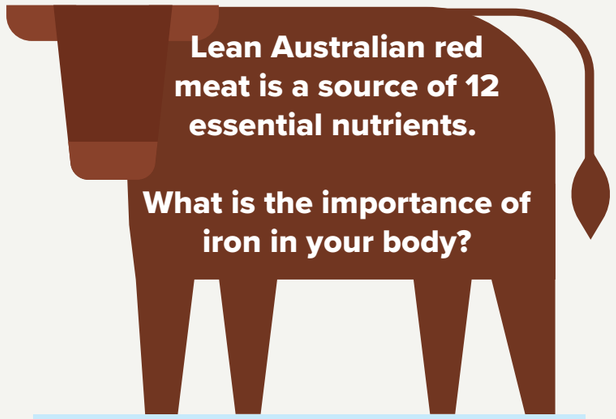
How many red meat meals have you tried?

Here are a few popular ones; tick off the ones you have eaten before.

Are there any favourite that aren't on the list?

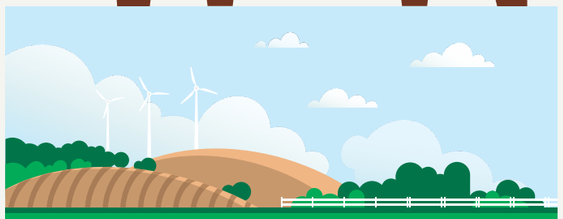
How many others can you name?

	Lamb koftas
	Spaghetti bolognese
	Beef tacos
	Goat curry
	Roast leg of lamb
	Meatballs
	Thai beef curry
	Lamb chops
	Beef burger
	Goat shoulder roast
	Cottage pie
	Stroganoff
	Lamb hotpot
	Beef casserole
	Beef nachos



Lean Australian red meat is a source of 12 essential nutrients.

What is the importance of iron in your body?



Agricultural jobs in Australia, like farming, need people that can think creatively, are good at problem solving and are critical thinkers.

How many jobs or careers involved in the paddock to plate journey can you list?

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Did you know farmers can use satellites to monitor the amount of pasture in their paddocks?

Design and build a solution to help farmers monitor and support healthy soil.

Your invention could help farmers and the climate in the future!

Did you know: Most feed that livestock eat - humans can't!

Check out the Red Meat, Green Facts website goodmeat.com.au to learn more about the industry!

Aussie farmers use modern science every day to care for their animals and the land.

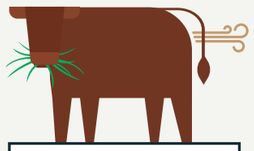
How does your scientific knowledge help you every day?

Balanced meals are important for a healthy diet.

Can you create a balanced meal by choosing the following?

- 1 protein (beef, lamb, goat)
- 4 different coloured vegetables (green, orange/yellow, red/purple, white)
- Up to 4 carbohydrate portions (grains, starchy veg, legumes)

Guide to balanced meals



The Australian Meat industry is on its way to reaching the 2030 Carbon Neutral target!

Healthy soils and sustainable practices are key to making this happen.

Watch how cattle farms are part of the solution by scanning the QR code.