

Beef's Big 10

When it comes to beef and your health, you can rest easy knowing that along with being delicious, beef contains important nutrients that your body needs. In just one 3 oz. cooked serving, you're getting 10 essential nutrients, including about half your Daily Value for protein!

Use the link below to help you match up the essential nutrients on the right with the clues below.

<https://www.sdb beef.org/all-about-beef>

CLUE

1. Supports nervous system development
2. Helps preserve and build muscle
3. Helps build bones and teeth
4. Helps convert food to fuel for the body
5. Helps your body use oxygen
6. Helps protects cells from damage
7. Helps maintain brain function and gives you energy
8. Supports energy production and metabolism
9. Helps maintain a healthy immune system

- A. Iron
- B. Choline
- C. Protein
- D. Selenium
- E. Vitamins B6 and B12
- F. Zinc
- G. Phosphorus
- H. Niacin
- I. Riboflavin

Place Letter on the line

