

BEEF TRIVIA

1. In the average Canadian's diet, what percentage of fat comes from beef?
 - a. 57%
 - b. 8%
 - c. 23%

2. According to legend, which cut of beef was knighted for its outstanding taste?
 - a. The sirloin
 - b. The rump roast
 - c. The blade steak

3. To get the same amount of iron as 4 cups of spinach, you would have to eat?
 - a. All the bulls that run in Pamplona
 - b. Paul Bunyan's Blue Ox Babe
 - c. About 100 grams of Alberta beef

4. The man who Salisbury Steak was named for was
 - a. A doctor of nutrition
 - b. A vegetarian
 - c. Star quarterback for Oxford University

5. Alberta beef is an excellent source of iron. Iron helps us...
 - a. Take the wrinkles out of clothes
 - b. Carry oxygen to the body cells
 - c. Reach the green in two strokes when golfing

6. Which weighs more?
 - a. 100 kilograms of beef
 - b. 100 kilograms of pork
 - c. Both weigh the same

7. If a bovine animal has horns, this means it is a bull?
 - a. True
 - b. False

- 8.