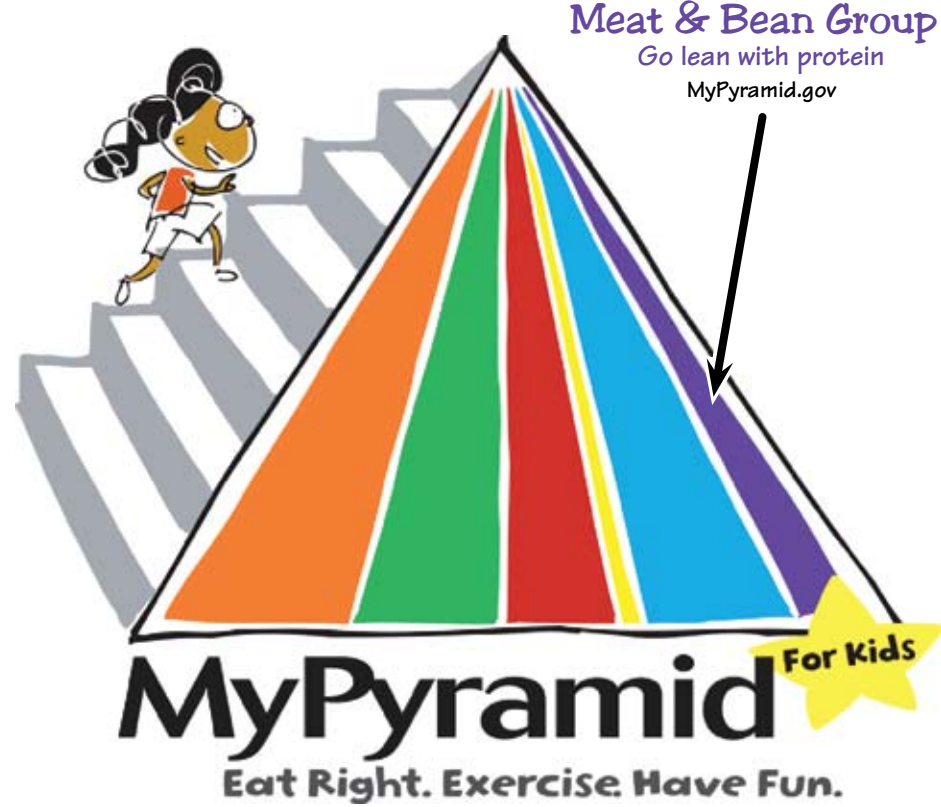


THE INSIDE SCOOP

- Which of the following is NOT one of the five major food groups on MyPyramid?
 - A. Grains
 - B. Meats & Beans
 - C. Oils
 - D. Fruits
 - E. Vegetables
 - F. Milk
- The Meat & Beans group on MyPyramid is known for what?
 - A. Foods high in calcium
 - B. Foods high in protein
 - C. Foods high in fiber
 - D. Foods high in vitamin C
- Which food group (shown in purple on MyPyramid) contains peanut butter and eggs?
 - A. Milk
 - B. Fruits
 - C. Grains
 - D. Meat & Beans
- Which of the following foods is a good source of protein?
 - A. Pork Loin Chop
 - B. Carrots
 - C. Green Beans
 - D. Corn
- The figure going up the side of the pyramid is there to remind us of what?
 - A. Exercise is important.
 - B. It's always better at the top.
 - C. Pyramids have special powers.
 - D. Slow and steady wins the race.

MISSION: NUTRITION



Pork is Good for You!

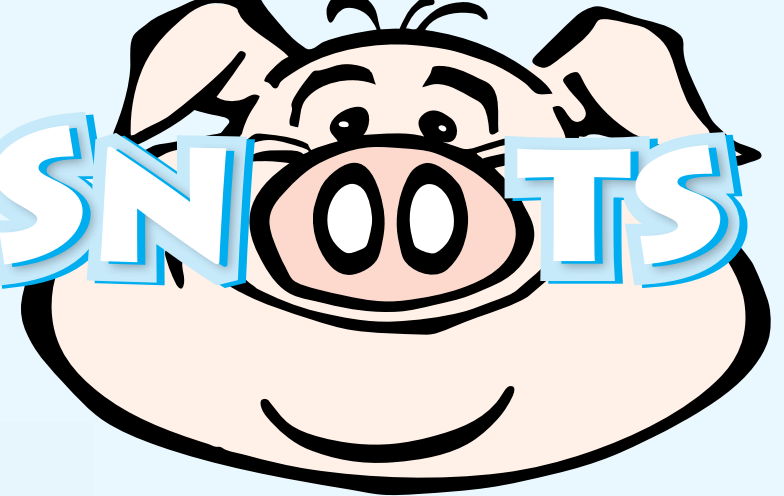
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Pork tenderloin meets the "extra lean" guidelines of less than 5 grams of fat, 2 grams saturated fat and 95 mg of cholesterol per serving.
- One 3 oz. serving of cooked pork is about the size of a deck of cards.
- On average, the six most common cuts of pork are now 16% leaner than 15 years ago, and saturated fat has dropped 27%.

SHORT SNOUTS

Especially for Young Readers

PO Box 327, Lancaster, WI 53813
608 723 7551 ~ www.wppa.org ~ wppa@wppa.org
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Everything but the OINK!

Pigs are raised for meat to help feed people all over the world. In order to use the entire pig, by-products are made or extracted from the remaining almost 25% of the pig. Hogs are a source of nearly 20 medications and pharmaceuticals which are derived from the adrenal glands, blood, brain, gall bladder, heart, intestines, liver, ovaries, pancreas gland, pineal gland, pituitary gland, skin, spleen, stomach, and thyroid gland. Rapidly advancing science and technology are continually adding to the list of life supporting and life saving products derived from the incredible hog.

Look for 23 hog by-products in the word search game. Some of them are real stinkers and may be found across, down, diagonal, and backwards!

Answers are listed on the bottom of the back cover.

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

- ANTIFREEZE
- ARTBRUSH
- BUTTONS
- CEMENT
- CHALK
- COSMETICS
- CRAYONS
- FABRICDYE
- FERTILIZER
- GELATIN
- GLASS
- GLUE
- GLYCERIN
- HEARTVALVES
- INSULATION
- INSULIN
- LEATHER
- LINOLEUM
- MATCHES
- PLASTIC
- PUTTY
- SKIN
- UPHOLSTERY



Ask A Farmer

- How much do piglets weigh when they are first born?
 - A. The average weight of a piglet is 3 pounds.
- How long does it take a pig to reach full-grown size?
 - A. On average, it takes about 5 to 6 months (that's about half a year) for a pig to reach full-grown size, which is about 265 pounds.
- How long do pigs usually live?
 - A. Sows and boars usually live about 4 to 5 years, and some may live longer than that, in fact, some pigs have lived as long as 15 years!
- Why do pigs like mud?
 - A. Pigs don't have sweat glands, so they will wallow in mud to keep cool. In hot weather, pigs that are raised outdoors will try to stay cool in the mud. Today, most pigs are raised in barns, and farmers use modern technology like water sprinklers in the barns to keep the pigs cool. The pigs are also cleaner and safer in barns because they are protected from bad weather, like rain and snow.
- What's the one thing that hasn't changed from traditional to modern pig farms?
 - A. Pork production is a family affair. Producers still care about their animals, the environment, and you!
- What is the most widely eaten meat in the world?
 - A. Pork!

Lots of fun kids stuff @ www.pork4kids.com



WISCONSIN pork ASSOCIATION

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The Growth of Pigs

Peter Pig	Hillsdale	Large	Sticks
Penny Pig	Riverview	Small	Straw
Patricia Pig	Pleasantville	Medium	Brick
Tom	Tom	Size	Material

Test Your Skill!

- Question 1: C (Oils)
Question 2: B (Foods high in protein)
Question 3: D (Meat & Beans)
Question 4: A (Pork Loin Chop)
Question 5: A (Exercise is important)

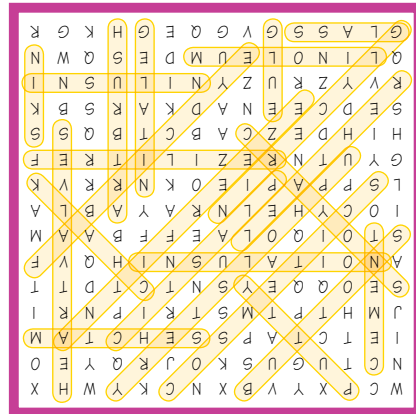
The Inside Scoop

- 1.) snout 2.) hoof 3.) shoulder 4.) tail
5.) cheek 6.) feet 7.) belly

Pork Jumble

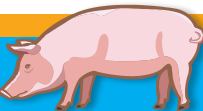
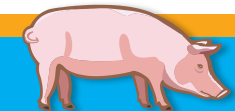
- Heaters Year-round
Fans Summer
Sprinklers Winter

Where Pigs Grow!



FUN FACTS

- Pork is a great source of important nutrients, such as B-vitamins and protein.
- One farmer produces enough food to feed 155 people.
- Pigs can't sweat – farmers use sprinklers and fans to keep pigs cool.
- Pork tenderloin is just as lean as skinless chicken breast.



BREEDS

There are eight main types or breeds of pigs. These are Berkshire, Chester White, Duroc, Hampshire, Landrace, Poland China, Spotted and Yorkshire.

Each has different characteristics and traits that give it a different color, appearance, or manner.



Where Pigs Grow!

Draw a line to match the barn technology on the left with the correct season on the right.

- | | |
|------------------------------------|------------|
| Heaters | Year-round |
| Fans to keep fresh air to the pigs | Summer |
| Sprinklers | Winter |

Did you know that barns keep pigs comfortable? In the winter, the barns are warm, and they are cool in the summer. The barns keep pigs safe from predators too.

Background Information



Swine are also called hogs. They were among the first animals to be domesticated, possibly as early as 7000 B.C. Pork, the meat from pigs, was widely consumed throughout the ancient world and the Roman Empire.

Pigs were first introduced to North America in 1539 when Hernando de Soto brought 13 to the Florida mainland. Most of the pigs in the United States are produced in the Midwestern states, including Nebraska, Iowa, Minnesota and Illinois. Worldwide, China is the country that produces the most hogs.



Berkshire Three hundred years ago, so legend has it, the Berkshire pig was discovered by Oliver Cromwell's army at Reading, the county seat of the shire of Berks England. The meat from this breed is most tender and best tasting.

Chester White This breed originated in Chester County, Penn., in approximately 1812. Not only is this breed preferred by producers, but processing facilities prefer animals with white skin. They have proved to be superior in muscle quality.



Duroc This breed had its origin in the Eastern United States and Corn Belt. Durocs have considerable variation in color, but are considered to be the "red" hogs. Durocs have fast efficient gains with good quality meat.

Hampshire This breed of hogs may well be one of the oldest original early American breeds of pigs. Importations were thought to be made to America in 1825 from Hampshire county in England.



Landrace This breed, often called American Landrace, began in about 1895, as descendants of hogs developed in Denmark. Landrace are a white hog with long body length. The arch of the back is less pronounced than on most other breeds and the ears are large and carried close to the face.

Poland China Established from a combination of other breeds. Poland China pigs are heavy boned with large quantities of lean meat. The largest pig on record was this breed weighing 2,226 pounds and 9 feet long back in 1933.



Spotted This breed, known today as Spot, descended from the spotted hogs, which trace a part of their ancestry to the original Poland China. The Spotted breed has good feed efficiency and growth gain.

Yorkshire Considered the largest breed in the world, originally coming to Ohio in 1830, as the first in the United States from England. The Yorkshire sows are excellent mothers and have large litters.



KIDS IN THE KITCHEN

Before You Start to Cook...

1. Ask an adult for help.
2. Read through the recipe.
3. Be sure you have all the ingredients.
4. Gather the equipment you'll need for the recipe.
5. Wash your hands.

Italian Pork Hoagie

- 4 boneless pork loin chops, cut into thin strips
- ¼ cup reduced-fat Italian dressing
- ¼ cup pizza sauce
- 4 ½ -oz slices mozzarella cheese
- 4 hot dog buns



Serves 4
In a heavy plastic bag, combine pork strips and dressing; refrigerate several hours or overnight. Discard marinade. Heat a 12-inch nonstick skillet over medium-high heat; add pork strips to the pan stirring frequently, for 8 minutes or until pork strips are lightly browned. Divide pork strips into 4 equal portions and place on bottom halves of buns. Spoon on 1 tablespoon of pizza sauce for each sandwich. Top with slice of mozzarella cheese. Bake in a 350 (degree) F oven for 5 minutes, or until cheese melts and bun is slightly toasted.

Nutrition Facts		
Calories 326 calories	Protein 30 grams	Fat 12 grams
Sodium 448 milligrams	Cholesterol 62 milligrams	Saturated Fat 4 grams
Carbohydrates 23 grams	Fiber 1 gram	

Test Your Skill!

The three little pigs, as you know, built houses – one of straw, one of sticks, and one of bricks. By reading the six clues, figure out which pig built each house, the size of each house, and the town in which each house was located. Use the chart to keep track of your information and your logic.

	Town	Size	Material
Patricia Pig			
Penny Pig			
Peter Pig			

1. Penny Pig did not build a brick house.
2. The straw house was not medium sized.
3. Peter's house was made of sticks, and it was neither medium nor small.
4. Patricia Pig built her house in Pleasantville.
5. The house in Hillsdale was large.
6. One house was in a town called Riverview.

The Growth of Pigs

Write a number in the pig to put these events in order from first to last.

- At 6 months, pigs weigh approximately 250 pounds.
- At 4 weeks, pigs weigh 15-20 pounds.
- When they are born, piglets weigh 2-3 pounds.
- At 8 weeks, pigs weigh 40-60 pounds.

Pigs grow fast because they eat a good diet. For a pig to reach 250 pounds, it will eat 600 pounds of corn and 100 pounds of soybean meal. **That's a lot of grain!**

Growth and Feeding

A female is called a gilt. After she has borne a litter she is called a sow. A neutered male is a barrow and the adult male is a boar. The offspring of a male boar and a female sow are called piglets or pigs.

When sows give birth it is called farrowing. After three months, three weeks and three days, or 114 days, a sow gives birth to 8 to 12 piglets called a litter. It isn't unusual for a sow to raise five or more litters in her lifetime. Piglets are born with eight needle-sharp teeth which are sometimes clipped to prevent injury to the sow and other piglets. Their curly tails are often shortened to prevent tail biting. Pigs do not have sweat glands so a mist of water must be provided in the hot summer months to keep them cool.

Piglets weigh about three pounds when born and are approximately 11 ½ inches in length. They are weaned from the sow between two and three weeks of age.

Pigs are fed a diet primarily consisting of ground corn, which provides many essential nutrients. Soybean meal is added to the diet to provide protein to build muscle. It takes about 87 pounds of soybean meal to grow a pig to market weight. Vitamins and minerals are also included in their diet. It takes approximately 920 pounds of feed to raise a hog for market. This same hog would drink about 1 ½ to 2 gallons of water each day.

Swine are sold at market when they weigh from 250 to 280 pounds and are about 5 to 6 months of age. Some gilts are kept in the herd for breeding to produce the next generation of pigs.

Pork Jumble (Pig Parts)

1. TOUNS _____
2. HFOO _____
3. LOERDUHS _____
4. TLAI _____
5. EEKCH _____
6. FETE _____
7. LBLYE _____

