

## FROM Paddock TO PLATE – BARRABA CENTRAL

Welcome to Barraba Central School. We are located on the Northwest Slopes of New South Wales. The area is noted for its beef production. We would therefore like to take you on a journey of how our cattle come to be on your dinner plate.

Many of our students come from farms and are use to the routines that are carried out to breed cattle and raise them for beef. We are going to visit the White's family farm were they produce cattle for Woolworths. Their property is called *Bundlear*.

The cows spend their time grazing on the paddocks. When it comes time for calving the cows are brought to the yards to be supervised when giving birth. The calves are vaccinated before they and their mothers are put out to graze.

About three months after calving, the cows are again allowed to run with the bulls to get pregnant. When the calves are about 6 months old they are weaned off their mothers as their mothers are pregnant again. The weaner cattle are then placed in a different paddock to graze until they are ready for market.

We have great respect for our cattle and we like to show them. The cattle are very quiet and can be shown by young children like my brother and sister Luke and Gemma.

When the cattle are ready for market a truck comes to pick them up and take them to the abattoirs.

We are at Teys abattoirs in Tamworth where cattle are killed and cut up into cuts of meat and the meat goes to Woolworths.

This is us getting our WH and S (Work, Health and Safety) equipment on so we don't spread any germs.

When the cattle are loaded off the trucks they are put in the holding yards and they are cleaned and sent into the killing floor. The killing floor is where they are killed and their internal organs and hide are removed. Then they are put in the cool room for one day.

When they are thoroughly cooled they are sent to the boning room and cut into quarters. Then the quarters are cut into various cuts of meat.

Some carcasses are sent to your local butcher to cut up into the meat we eat.

The school farm is not big enough to run cattle so we run sheep. The school has a Poll Dorset stud and these rams are used to sire prime lambs.

The process for getting the lambs ready for market is the same as for cattle.

One of our students, Callan, works after school for a butcher and he is going to demonstrate how we cut the carcass up into lamb cutlets.