



# 4-H BEEF CATTLE PROJECT



The 4-H beef project is part of the animal science education program. The program will help you learn to select, manage, produce, market and show cattle.

- Learn basic principles of animal science by owning, caring for, and keeping records on one or more head of livestock.
- Demonstrate knowledge of sound breeding, feeding, and management practice.
- Learn value of scientific research in its influence on animals and the

## 4-H Thrive!

Help Youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the

#### Starting Out *Beginner*

- Identify parts of your animal and cuts of meat
- Understand the different types of feed (grain, mix, hay, supplement, pasture, silage) and quantity (pounds per day, etc..) to feed.
- Learn how to groom your animal.
- Learn about all the different beef by-products.
- Learn to show your animal.

#### Learning More *Intermediate*

- Ramp up your judging and meat-grading skills.
- Understand the digestive system.
- Identify common external parasites and other health issues.
- Understand medication uses, storage, how to administer the medication and how it relates to food safety.
- Learn appropriate handling techniques and housing for beef cattle.

#### Exploring Depth *Advanced*

- Learn about EPD's and select a sire for your animals.
- Balance a beef ration and understand feed quality.
- Learn about breeding and reproduction techniques.
- Identify and learn to treat common diseases.
- Evaluate beef carcasses and market your product.

The activities above are ideas to inspire further project development. This is not a complete list.

*Light Your Spark*

*Flex Your Brain*

*Reach Your Goals*

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# Expand Your Experiences!

## Science, Technology, Engineering, and Mathematics

- Learn how to evaluate meat cuts, quality grade, yield grade and how these effect taste and cost.
- Read about the environmental impact of raising beef.

## Healthy Living

- Ride with a local veterinarian to learn about animal health
- Visit a local meat locker or local grocery store meat case to observe preparation and packaging.

## Citizenship

- Volunteer to do a beef promotion presentations during May Beef Month.
- Provide beef taste testing at a grocery store to promote local food.

## Leadership

- Teach someone the importance in selecting a breeding heifer.
- Share a presentation on the importance of following drug labels.
- Arrange a tour of a farm.

## Resources

- National 4-H Beef Curriculum  
<http://www.4-h.org/resource-library/curriculum/4-h-beef/>
- Texas 4-H Beef Project  
[https://texas4-h.tamu.edu/project\\_beef](https://texas4-h.tamu.edu/project_beef)
- Ohio 4-H Beef Project  
[www.ohio4h.org/project-books-and-resources/learning-lab-kits/beef](http://www.ohio4h.org/project-books-and-resources/learning-lab-kits/beef)
- Judging Connection  
[www.thejudgingconnection.com/pdfs/Guide to Livestock Showmanship.pdf](http://www.thejudgingconnection.com/pdfs/Guide%20to%20Livestock%20Showmanship.pdf)
- Grading Beef  
<http://meat.tamu.edu/beefgrading/>

The UC 4-H Youth Development



Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you’ve learned with others through a presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> <li>• National 4-H Beef Curriculum: <a href="http://www.4-hmall.org/Product/4-hcurriculum-beef/exploring-cattle-health-and-husbandry/08455.aspx">http://www.4-hmall.org/Product/4-hcurriculum-beef/exploring-cattle-health-and-husbandry/08455.aspx</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p>

## University of California Agriculture and Natural Resources

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