The Dairy industry is one of the foundations of agriculture in California. There is so much more to it than just producing milk! The dairy industry has become a sophisticated business and there’s a lot to learn beyond exhibiting your project.

- Acquire skills in dairy production through ownership and care of dairy animals.
- Learn marketing, processing, distribution, consumption and use of dairy animals and products.
- Practice principles of cleanliness and sanitation in production and care of dairy products.
- Learn nutritive value of dairy products and promote their use.

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

### 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 help them reach higher levels of success.

**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 help from others. What are youth going to do when things get in their way?

**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 community, improve their character or establish connections.
Expand Your Experiences!

Science, Technology, Engineering, and Mathematics
- Learn about new technology developments in the dairy industry.
- Teach your club about genomics and genetic progress in dairy cows.
- Read about important food safety concerns with dairy cattle.

Healthy Living
- Learn nutritive value of dairy products and promote their use.
- Research lactose intolerance and why it affects some people.

Citizenship
- Have your animal as part of a petting zoo, sharing the importance of the dairy industry.
- Be a part of a dairy promotion event.
- Study how dairying really affects the environment and the steps taken to minimize impact.

Leadership
- Teach others about showmanship techniques.
- Organize a county grooming clinic.
- Arrange a tour of a local dairy.

Resources
- **Showring Ready**
- **Judging Dairy Cattle**
  [extension.oregonstate.edu/catalog/4h/4-h1109.pdf](http://extension.oregonstate.edu/catalog/4h/4-h1109.pdf)
- **MSUCares Preparing To Show Your Dairy Animal**
- **Hoards Dairyman**

Connections & Events

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.
Contact your county 4-H office to determine additional opportunities available, such as a field day.

Curriculum
- **Cowabunga**
  [http://www.4-h.org/resource-library/curriculum/4-h-dairy-cattle/cowabunga/](http://www.4-h.org/resource-library/curriculum/4-h-dairy-cattle/cowabunga/)
- **Mooving Ahead**
  [http://www.4-h.org/resource-library/curriculum/4-h-dairy-cattle/mooving-ahead/](http://www.4-h.org/resource-library/curriculum/4-h-dairy-cattle/mooving-ahead/)
- **Rising to the Top**
  [http://www.4-h.org/resource-library/curriculum/4-h-dairy-cattle/rising-to-the-top/](http://www.4-h.org/resource-library/curriculum/4-h-dairy-cattle/rising-to-the-top/)

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

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The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.