



# BEEF



## WHAT'S IT ALL ABOUT?

The 4-H beef project allows you to learn about breeds, selection, grooming, production, management, showmanship, marketing and careers through a breeding or market animal.

## HERE'S WHAT YOU CAN LEARN...

### STARTING OUT

- ✿ Identify different beef breeds
- ✿ Explore the differences between market and breeding cattle
- ✿ Learn proper feeding of cattle
- ✿ Prepare a project animal for show by leading it and setting up its feet
- ✿ Learn how to groom your animal
- ✿ Locate and name parts of the beef animal
- ✿ Identify common cuts of beef
- ✿ Discover beef by products
- ✿ Identify how a healthy calf looks and acts

### LEARNING MORE

- ✿ Learn the appropriate handling techniques and housing for beef
- ✿ Identify livestock safety hazards
- ✿ Explore the difference between yield grade and quality grade
- ✿ Learn the various methods of cooking different beef cuts
- ✿ Explore a ruminant digestive system
- ✿ Identify common parasites
- ✿ Learn how to properly administer medications and vaccinations
- ✿ Learn about beef food safety concerns and quality assurance practices

### GOING FURTHER

- ✿ Balance a beef ration
- ✿ Learn how to manage a cow and newborn calf
- ✿ Learn about Expected Progeny Differences (EPDs)
- ✿ Explore the technological impacts to beef breeding and reproduction
- ✿ Properly identify and learn to treat common cattle diseases
- ✿ Identify beef reproductive systems parts.
- ✿ Detect heat in beef cattle.
- ✿ Analyze what bull to recommend

### RESOURCES

- ✿ *Bite Into Beef, Level 1* (08143)
- ✿ *Here's the Beef, Level 2* (08144)
- ✿ *Leading the Charge, Level 3* (08145)

- ✿ *Beef Helper's Guide* (08146)
- ✿ *Exploring Beef Health and Husbandry* (08455)
- ✿ <http://www.4-hmall.org/Category/beef.aspx>
- ✿ *Download The 4-H Beef Project: An Introduction* ([uwyo.edu/4-h](http://uwyo.edu/4-h))

## TAKE IT FURTHER!

- ✿ Tour a beef ranch
- ✿ Visit a livestock auction
- ✿ Interview a livestock fence supplier to find out more about animal care and safety
- ✿ Learn about different brands in Wyoming and branding laws
- ✿ Visit a local feed mill and see how feed ingredients are mixed, weighed and blended to make a complete ration
- ✿ Visit a local meat locker or grocery meat case to observe preparation and packaging
- ✿ Compare beef feed tags from different
- ✿ Participate in the Livestock Skillathon contest at Showcase Showdown
- ✿ Job shadow with a local beef producer or veterinarian to learn about animal management and health
- ✿ Attend a cattle show to listen to a judge give oral reasons and witness the differences in judging cattle
- ✿ Participate in a livestock judging workshop or be on your county 4-H Livestock Judging Team at the Wyoming State Fair
- ✿ Discover different uses for beef products and by-products
- ✿ Exhibit or attend local, regional or national beef shows and conferences
- ✿ Learn how to evaluate meat cuts, quality grade, yield grade as part of your county 4-H Meats Judging Team

## EXHIBIT IDEAS

- ✿ Participate in the 4-H beef show at your county fair or the Wyoming State Fair
- ✿ Consider creating an exhibit, notebook or display on something you learned in a beef-related topic
- ✿ Nutritional values of beef products
- ✿ Beef meat cuts and proper preparation
- ✿ Feeding rations
- ✿ Preventative vaccinations
- ✿ Photos of different beef breeds
- ✿ Daily routine in caring for animals
- ✿ Grooming techniques
- ✿ Developing a foundation beef herd
- ✿ Best care techniques for newborns
- ✿ Beef by-products
- ✿ Impact of local foods on local economy
- ✿ Display of feeds or ration contents or analysis
- ✿ How to Tattoo
- ✿ Research how beef check-off dollars are used
- ✿ Video on fitting a steer and/or heifer

### ENHANCE YOUR COMMUNICATION SKILLS

- Teach someone the important traits in selecting a breeding heifer
- Design a poster demonstrating how to prepare beef cuts
- Participate in a judging contest giving oral reasons
- Share a presentation on the importance of following drug labels

### GET INVOLVED IN CITIZENSHIP AND SERVICE

- Complete a beef promotion presentation during May Beef Month
- Provide beef taste testing at a grocery store to promote local food
- Lead other 4-H members in participating in local beef producer events
- Start a beef livestock judging team with the help of an adult volunteer
- Prior to the county fair, lead a beef grooming and showmanship clinic

### LEARN ABOUT LEADERSHIP

- Lead other 4-H members in participating in local beef producer events
- Arrange a tour of your farm in your area
- Start a livestock judging, meat judging, or livestock skillathon team with help of an adult volunteer
- Lead a beef grooming and showmanship clinic for other 4-H members

*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071. The University is committed to equal opportunity for all persons in all facets of the University's operations. All qualified applicants for employment and educational programs, benefits, and services will be considered without regard to race, color, religion, sex, national origin, disability or protected veteran status or any other characteristic*

