



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)

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

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