

4-H BEEF PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Teach someone the important traits in selecting a breeding heifer
- Create a poster showing the beef cuts and how to prepare them
- Share a presentation on the importance of following drug labels

Citizenship

- Volunteer to do beef promotion presentations during May Beef Month
- Provide beef taste testing at a grocery store to promote local food
- Volunteer to help at the county fair weigh-in

Leadership

- Arrange a tour of your farm
- Start a beef livestock judging team with help of an adult volunteer
- Lead a beef grooming and showmanship clinic for other 4-H members

4-H
GROWING TOGETHER

Are You Into It?

In the 4-H beef project you can select from a breeding animal or a market animal. Breeding animals allow you to start your own herd while market animals produce meat products for people.

- 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 practices
- Learn value of scientific research in its influence on animals and the meat industry

Here's what you can do all year!

Starting Out Basic / Level 1

- Know your beef breeds
- Select your animal
- Identify parts of the animal and cuts of meat
- Train your calf to lead
- Feed your animal
- Learn to show your animal
- Groom your animal
- Learn about all the different beef by-products
- Determine quality grades of cattle
- Recognize a healthy animal
- Show your animal at county or Iowa State Fair

Learning More Intermediate / Level 2

- Ramp up your judging and meat-grading skills
- Make ethical decisions
- 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 the appropriate handling techniques and appropriate housing for beef cattle

Expanding Horizons Advanced / Level 3

- 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



Take Beef further!

Here are other opportunities to explore Beef:

- 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 local grocery meat case to observe preparation and packaging
- Learn how to evaluate meat cuts, quality grade, yield grade and how these affect taste and cost
- Compare feed tags from different companies
- Ride with a local veterinarian to learn about animal health
- Attend a cattle show to listen to a judge give oral reasons and witness the differences in judging cattle
- Become a part of a youth beef team
- Exhibit or attend local, regional or national beef shows and conferences
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and take the beef track, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your County Fair beef show or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resources

4-H Resources*	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Beef www.extension.iastate.edu/4h/projects/beef • National 4-H Beef http://www.4-h.org/resource-library/curriculum/4-h-beef/ • Raising 4-H Beef Breeding Heifers (4H 253) • Beef Breeding Identification Report (4H 106B) • Bite Into Beef Level 1 (4H 252A) • Here's the Beef Level 2 (4H 252B) • Leading the Charge Level 3 (4H 252C) • Beef Guide to Youth Group Activities (4H 252LDR) • Bottle/Bucket Calf (4H 390) 	<ul style="list-style-type: none"> • Beef Project www.extension.iastate.edu/4h/projects/beef • Iowa Cattleman Association http://iacattlemen.org/ • Iowa Beef Center link www.iowabeefcenter.org/ • ISU Extension Beef www.extension.iastate.edu/ag/beef • Iowa State Animal Science Program link www.ans.iastate.edu/ • Iowa Jr. Beef Breed's Association www.showcattlepage.com/ijbba/homepage.htm 	<p>Find all your record keeping tools at: http://www.extension.iastate.edu/4h/page/record-keeping</p> <p>Market Animals</p> <ul style="list-style-type: none"> • Record Worksheet (4H 228JR) • Project Worksheet (4H 228WS) <p>Breeding Animals</p> <ul style="list-style-type: none"> • Record Worksheet (4H 229JR) • Project Worksheet (4H 229WS)

Exhibit Ideas

- Participate in the 4-H beef show at county or Iowa State Fair
 - Breeding heifer
 - Cow-calf
 - Bucket/bottle calf
 - Market beef
 - Showmanship
 - Rate of gain
- Consider an exhibit, notebook or display showing what you've learned in a beef-related topic
 - Nutritive value of beef
 - Beef meat cuts and proper preparation
 - Feeding rations
 - Preventative vaccinations
 - Photos of different beef breeds
 - Daily routine in caring for animals
 - Making a rope halter
 - 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