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

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- 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.
- 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.
- 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.
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://texas4h.tamu.edu/project_beef
- Ohio 4-H Beef Project
  www.ohio4h.org/project-books-and-resources/learning-lab-kits/beef
- Judging Connection
- Grading Beef
  http://meat.tamu.edu/beefgrading/

Connects & Events  Curriculum  4-H Record Book

Presentation Days – Share what you’ve learned with others through a presentation.

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.

National 4-H Beef Curriculum: http://www.4-hmall.org/Product/4-hcurriculum-beef/exploring-cattle-health-and-husbandry/08455.aspx

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.

The UC 4-H Youth Development Program

University of California Agriculture and Natural Resources

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