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 meat industry.

<table>
<thead>
<tr>
<th>Starting Out</th>
<th>Learning More</th>
<th>Exploring Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Intermediate</td>
<td>Advanced</td>
</tr>
</tbody>
</table>
- 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.
- Determine quality grades of cattle.
- 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.

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 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/](http://www.4-h.org/resource-library/curriculum/4-h-beef/)
- Texas 4-H Beef Project
  [https://texas4-h.tamu.edu/project_bee](https://texas4-h.tamu.edu/project_bee)
- Ohio 4-H Beef Project
  [www.ohio4h.org/project-books-and-resources/learning-lab-kits/beef](www.ohio4h.org/project-books-and-resources/learning-lab-kits/beef)
- Judging Connection
- Grading Beef
  [http://meat.tamu.edu/beefgrading/](http://meat.tamu.edu/beefgrading/)
- National 4-H Beef Curriculum:
  [http://www.4-hmall.org/Product/4-hcurriculum-beef/exploring-cattle-health-and-husbandry/08455.aspx](http://www.4-hmall.org/Product/4-hcurriculum-beef/exploring-cattle-health-and-husbandry/08455.aspx)
- Bio-Security for Project Animals:
  [http://4h.ucanr.edu/Projects/Curriculum/FREE/Bio-Security_in_4-H_Animal_Science/](http://4h.ucanr.edu/Projects/Curriculum/FREE/Bio-Security_in_4-H_Animal_Science/)

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/)

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

---

University of California Agriculture and Natural Resources

Light Your Spark  Flex Your Brain  Reach Your Goals  Light Your Spark  Flex Your Brain  Reach Your Goals

[UC ANR 4-H Youth Development Program (2016)](http://4h.ucanr.edu)  •  [http://4h.ucanr.edu](http://4h.ucanr.edu)