



# 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

### Citizenship/ Leadership

- Volunteer to do beef promotion presentations during May Beef Month
- Volunteer to help at the county fair

## Are you Into It?

In the 4-H beef project you can learn about breeds, health care, production, etc.

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 animals
- Demonstrate knowledge of sound breeding, feeding, and management practices
- Learn value of scientific research in its influence on animals and the meat industry

### Communication

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

## Here's what you can do all year!

### Starting Out Basic

- 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

### Learning More Intermediate

- 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

- 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

### Healthy Living

- Keep a record of how long and how often you groom, walk, and clean up after your animal
- Learn the role beef can play in MyPlate.

### Science

- Learn about the digestive system of your steer
- Keep a record of your steer's food intake and weight to determine a Average Daily Gain and then use the information to help plan and adjust your feed ration



## Expand Your Experiences in the BEEF Project!

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
  - Compare feed tags from different companies
  - 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
  - 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
  - Is it fair time? Consider showing in your County Fair beef show.
  - Contact your county UF Extension Office for other local workshops, activities, and events
  - Interested in a college education in animal science or veterinary medicine? Schedule a visit with the University of Florida to explore those majors [ufl.edu](http://ufl.edu)
- Check out all the resources at UF Animal Science Youth Program website: [animal.ifas.ufl.edu/youth/](http://animal.ifas.ufl.edu/youth/)

### Project Sharing Ideas

Participate in a 4-H beef show:

- Breeding heifer
- Cow-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 breeds

## Resources

### 4-H Project Resources

Project materials to assist youth in learning may be available through your county 4-H office or you can order directly.

Available at National 4-H:

[www.4-hmall.org](http://www.4-hmall.org)

Level 1: Bite Into Beef

Level 2: Here's the Beef

Level 3: Leading the Charge

Available at EDIS:

[edis.ifas.ufl.edu/topics/agriculture/livestock.html](http://edis.ifas.ufl.edu/topics/agriculture/livestock.html)

Growing Calf and Show Steer

Feed Management

Ultrasound and Carcass Merit of

Youth Market Cattle

4-H Livestock Judging Manual

[edis.ifas.ufl.edu/topic\\_series\\_4h\\_livestock\\_judging](http://edis.ifas.ufl.edu/topic_series_4h_livestock_judging)

### Connections and Events

Attending events and taking advantage of opportunities that will expand your project learning will help you become the best you can be.

Participate in Animal Science events like livestock judging and shows.

Attend other statewide events.

Check them all out at

[florida4h.org](http://florida4h.org) and [animal.ufl.edu/youth](http://animal.ufl.edu/youth)

### Record Keeping

Learning to take good records of what you do and what you spend for your project is a 4-H life skill.

The following record keeping forms can help you keep a record of your activities.

Available at EDIS

[edis.ifas.ufl.edu](http://edis.ifas.ufl.edu)

- Livestock Breeding Record Book

- Livestock Market Breeding Book

Project Report Forms can be

found at [florida4h.org](http://florida4h.org)

Junior (ages 8-10)

- Intermediate (ages 11-13)

- Senior (ages 14-18)

- Financial Summary

- Member Portfolio (ages 8-13)

### Awards and Recognition

Florida's Recognition Program involves feedback through:

- Participation
- Setting Goals
- Meeting Standards
- Peer Competition
- Cooperation

Certificates, pins, ribbons, trophies, trips and/or scholarships are awarded based on quality of performance at the county, district, state and national levels.

To learn more about current recognition opportunities, visit the Florida 4-H website at [florida4h.org](http://florida4h.org) or contact your county 4-H agent.

Learn more at [florida4h.org](http://florida4h.org)  
or contact your local UF/IFAS Extension County Office

**4-H**  
GROWING TOGETHER