**4-H Beef Project**

**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

**Here’s what you can do all year!**

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<th>Starting Out Basic</th>
<th>Learning More Intermediate</th>
<th>Expanding Horizons Advanced</th>
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<tr>
<td>Know your beef breeds</td>
<td>Ramp up your judging and meat-grading skills</td>
<td>Learn about EPD’s and select a sire for your animals</td>
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<td>Select your animal</td>
<td>Make ethical decisions</td>
<td>Balance a beef ration and understand feed quality</td>
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<td>Identify parts of the animal and cuts of meat</td>
<td>Understand the digestive system</td>
<td>Learn about breeding and reproduction techniques</td>
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<td>Train your calf to lead</td>
<td>Identify common external parasites and other health issues</td>
<td>Identify and learn to treat common diseases</td>
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<td>Feed your animal</td>
<td>Understand medication uses, storage, how to administer the medication and how it relates to food safety</td>
<td>Evaluate beef carcasses and market your product</td>
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<td>Learn to show your animal</td>
<td>Learn the appropriate handling techniques and appropriate housing for beef cattle</td>
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<td>Groom your animal</td>
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<td>Learn about all the different beef by-products</td>
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<td>Determine quality grades of cattle</td>
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<td>Recognize a healthy animal</td>
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**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

**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

**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

Learn more at florida4h.org or contact your local UF/IFAS Extension County Office
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

Check out all the resources at UF Animal Science Youth Program website: animal.ifas.ufl.edu/youth/

Resources

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

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