In this project youth will:

- Learn about product marketing, processing, distribution, and consumption along with principles of cleanliness and sanitation related to dairy products and the role of dairy to positive health.

**Beginner**
- Learn the breeds of dairy cattle
- Identify parts of the dairy cow
- Learn how to select a dairy cow
- Learn how to groom a dairy heifer
- Keep project records including cost data
- Explore milk production systems

**Intermediate**
- Step up your dairy cattle judging skills
- Learn the Dairy Cattle Body Condition Scoring System
- ID animal health signs and how to treat sickness
- Learn how to groom a dairy heifer
- Demonstrate proper milking procedures

**Advanced**
- Join a dairy judging team or a dairy quiz bowl team
- Learn to interpret an animal medication label
- Utilize records to make management decisions in your project
- Balance a dairy ration
- Explore careers in the dairy industry

**4-H:**
**Making the Best Better**

**Head:**
- To think, to plan, and to reason:
  - Record Keeping
  - Goal Setting
  - Problem Solving
  - Decision Making

**Heart:**
- To be kind, true, and sympathetic:
  - Feeling
  - Caring
  - Sportsmanship
  - Responsibility

**Hands:**
- To be useful, helpful, and skillful:
  - Working
  - Community Service
  - Giving
  - Teamwork

**Health:**
- To resist disease, enjoy life, and to make for efficiency:
  - Personal Safety
  - Self-esteem
  - Character
  - Responsibility
Healthy Living
- Develop a healthy dairy recipe and share with your 4-H Club or enter in the local Dairy Foods contest.
- Create a display highlighting the nutritional benefits of milk.

Science, Engineering, and Technology
- Perform a California Mastitis Test (CMT) and interpret the results.
- Observe and assist in delivery of a calf.
- Compare different types of milk (Whole, 2%, skim).

Citizenship
- Volunteer your animal for a local project fair or petting zoo.
- Write an article about the dairy industry and submit to your local newspaper.

Leadership
- Organize a dairy farm tour for your 4-H club.
- Prepare and present a speech about a dairy related topic.
- Apply for the Arkansas’ Dairy Ambassador Program.
- Be a mentor for a younger 4-H member.

Opportunities
Animal Science or Vet Science Talk contest at 4-H O’Ramas.
Attend Arkansas 4-H Dairy Camp.
Compete or volunteer at Four States Dairy Days.
Attend National 4-H Dairy Conference.
Participate on a Dairy Quiz Bowl or Dairy Judging Team.

Curriculum
Cowabunga! Level 1
Mooving Ahead Level 2
Leading the Way Level 3
Dairy Project Leaders Guide
Learning About Dairy
“Dairy Resource Handbook”
The Ohio State University Extension

4-H Record Book
4-H Record Books are a great way to learn record keeping skills.
You can track time & money spent in your project areas as well as your educational experiences, leadership and community service.
Record books can be a great resource for scholarships!

Resources
4-H Dairy Curriculum
www.4-h.org/resource-library/curriculum/4-h-dairy-cattle

World Dairy Expo
www.worlddairyexpo.com

Hoard’s Dairyman
www.hoards.com

Journal of Dairy Science
www.journalofdairyscience.org

University of Wisconsin, Department of Dairy Science
http://dysci.wisc.edu/

Cornell University Dairy Youth Resources
http://www.ansci.cornell.edu/4H/dairy cattle/dairyresources.html

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