In this project you will learn:

- Gain knowledge about beef cattle including breeds of cattle, anatomy, nutrition, and health requirements.
- Learn beef cattle selection, handling, evaluation, showmanship, and marketing.
- Prepare for careers including animal production, general animal science, veterinary science, and public policy.

### Beginner
- Learn beef breeds.
- Identify parts of the animal and retail cuts of meat.
- Halter break your calf to lead.
- Feed your animal.
- Groom your animal.
- Recognize a healthy animal.
- Determine quality grades of cattle.

### Intermediate
- Increase your cattle judging and meat-grading skills.
- Understand the ruminant digestive system.
- Identify common external parasites and other health issues.
- Understand medication use, storage, and its relation to food safety.

### Advanced
- Identify and learn to treat common diseases.
- Learn how to select a sire for your animals.
- Balance a beef feed ration and understand feed quality.
- Learn about breeding and reproduction.
- Evaluate beef carcasses and market your product.

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**Experience ~ Share ~ Generalize ~ Apply**
Arkansas 4-H Project Tip Sheet

Expand Your Experiences!

HEALTHY LIVING

- Create a display highlighting the nutritional benefits of beef.
- Participate in a “Beef Cook-Off” with a beef dish all your own!
- Spend at least 60 minutes, 3-times per week, exercising your beef.

SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS

- Share your beef knowledge at an agriculture educations event such as a petting zoo or “meet the project” activity.
- Visit a meat packer or grocery meat case to watch preparation and packaging of meat.

CITIZENSHIP AND LEADERSHIP

- Mentor a younger 4-H’er who has a beef project
- Attend an Arkansas Cattlemen’s Association Meeting or a Farm Bureau Beef Committee meeting.
- Share your project knowledge at an agriculture education event such as a petting zoo or “meet the project” activity.
- Present a speech at your 4-H Club or County Cattlemens’ Association meeting

Opportunities

- 4-H O-Rama Speaking Contest
- Next Generation Beef Project
- County Livestock Judging Team
- Livestock Skills Team
- AR Beef Quiz Bowl
- Livestock 101
- U of A Livestock Judging Camp

Curriculum

- Beef 1: 4-H Bite into Beef
- Beef 2: Here’s the Beef
- Beef 3: Leading the Charge

- Beef Group Leaders Guide
- 4-H Calf Cloth Model Project Guide

4-H Record Keeping

4-H records allow members to develop record keeping and goal setting skills.

Members record learning experiences and activities in their 4-H projects, leadership, and community service involvement, 4-H promotion, awards, and accomplishments.

Resources

Beef Cattle Fact Sheets:
http://pubs.uaex.edu/pubsWebuser.asp

Cattlemen’s Association
www.arbeef.org

Beef Quality Assurance Program Handbook
www.bqa.org

Junior Beef Quality Assurance Program Handbook
www.bqa.org

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