

Arkansas 4-H Project Tip Sheet



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

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

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 education 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

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

Beef Cattle eXtension

www.extension.org/beef_cattle

Junior Beef Quality Assurance Program Handbook

www.bqa.org

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.



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