



**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

**DAIRY CATTLE**

In this project you will learn:

- 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



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# Expand Your Experiences!

## 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, TECHNOLOGY, ENGINEERING, AND MATHEMATICS

- 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, etc.)

## CITIZENSHIP AND LEADERSHIP

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

## Resources

**4-H Dairy Curriculum**  
[4-h.org/parents/curriculum/dairy-cattle/](http://4-h.org/parents/curriculum/dairy-cattle/)

**World Dairy Expo**  
[worlddairyexpo.com/](http://worlddairyexpo.com/)

**Hoards Dairyman**  
[www.hoards.com/](http://www.hoards.com/)

**Journal of Dairy Science**  
[www.journalofdairyscience.org/](http://www.journalofdairyscience.org/)

**University of Wisconsin, Department of Dairy Science**  
<https://dysci.wisc.edu/>

**Cornell University Dairy Youth Resources**  
[4h.ansci.cornell.edu/animal-programs/dairy/](http://4h.ansci.cornell.edu/animal-programs/dairy/)

### Opportunities

Animal Science or Vet Science Talk at a 4-H O-Rama

Attend Arkansas 4-H Dairy Camp

Compete or volunteer at Four State 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 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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