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
## Opportunities

<table>
<thead>
<tr>
<th>Animal Science or Vet Science Talk contest at 4-H O’Ramas</th>
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</thead>
<tbody>
<tr>
<td>Attend Arkansas 4-H Dairy Camp</td>
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<tr>
<td>Compete or volunteer at Four States Dairy Days</td>
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<tr>
<td>Attend National 4-H Dairy Conference</td>
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<tr>
<td>Participate on a Dairy Quiz Bowl or Dairy Judging Team</td>
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</tbody>
</table>

## Curriculum

<table>
<thead>
<tr>
<th>Cowabunga! Level 1</th>
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<tbody>
<tr>
<td>Moooving Ahead Level 2</td>
</tr>
<tr>
<td>Leading the Way Level 3</td>
</tr>
<tr>
<td>Dairy Project Leaders Guide</td>
</tr>
</tbody>
</table>

## 4-H Record Books

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!

<table>
<thead>
<tr>
<th>“Dairy Resource Handbook”</th>
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<tbody>
<tr>
<td>The Ohio State University Extension</td>
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</table>

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**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

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**Resources**

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

- **World Dairy Expo**
  www.worlddairyexpo.com

- **Hoards 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.anisci.cornell.edu/4H/dairy/cattle/dairyresources.html

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- 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.

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