In this project youth will:

- 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 it’s 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.

**4-H:**

**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

**Experience**  •  **Share**  •  **Generalize**  •  **Apply**
**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, Engineering, and Technology**
- 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**
- 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.

**Leadership**
- 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 Book**

- 4-H Record book is 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**

- **Beef Cattle Fact Sheets:** [http://pubs.uaex.edu/pubsWebuser.asp](http://pubs.uaex.edu/pubsWebuser.asp)
- **Cattlemen’s Association:** [www.arbeef.org](http://www.arbeef.org)
- **Beef Quality Assurance Program Handbook:** [www.bqa.org](http://www.bqa.org)
- **Beef Cattle eXtension:** [www.extension.org/beef_cattle](http://www.extension.org/beef_cattle)
- **Junior Beef Quality Assurance Program Handbook:** [www.bqa.org](http://www.bqa.org)

---

**Expand Your Experiences!**