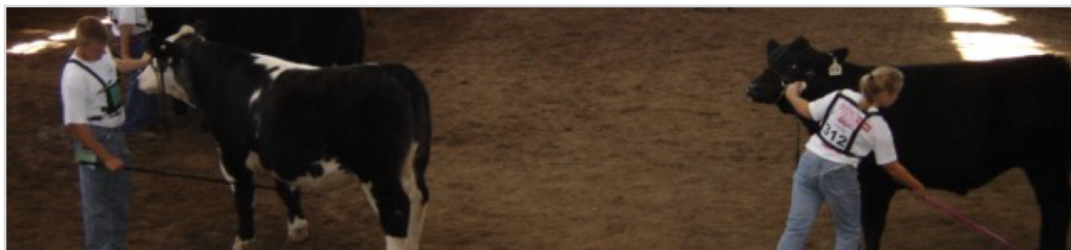


## BEEF



The 4-H Beef Project allows youth to study and learn about all aspects of the beef cattle industry. They will discover more about animal science, beef production and marketing. Youth may select breeding or market animals.

Learn basic principles of animal science by owning, caring for and keeping records on one or more head of livestock.

Demonstrate knowledge of sound breeding, feeding, and management practices.

Identify quality and nutritional value in wholesale and retail cuts of animal products and understand their relationship to management practices of live animals.

Learn the value of scientific research and its influence upon animals in the meat industry.

## Step It Up!

Pass it on! Now that you know how, share it with others. Here are a few ideas on how.

### Communication

Teach the important traits in selecting a breeding heifer.

Participate in a judging contest giving oral reasons

Presentation on the importance of following drug and/or feed labels.

### Citizenship

Volunteer to host a tour at your project location

### Leadership

Organize an educational activity related to the beef project

Start a beef livestock judging team with the help of an adult volunteer.

## Grow In Your Project

### Starting Out Beginner

- Learn beef vocabulary and identify beef breeds
- Identify parts of your animal and cuts of meat
- Practice safe cattle-handling techniques
- Feed and water your animal
- Learn to show your animal
- Learn to groom /fit your animal
- Participate in Show-Me Quality Assurance
- Show your animal at a county or Missouri State fair.

### Learning More Intermediate

- Improve your judging and meat-grading skills
- Understand the different types of feed and quantity to feed.
- Understand the digestive system
- Identify common health issues in beef cattle and how to properly treat them
- Evaluate leg structure
- Learn to judge breeding heifers

### Advancing Horizons Advanced

- Expand beef knowledge
- Read a feed tag/label
- Balance a beef ration and understand feed quality
- Learn about EPD's and select a sire for your herd.
- Learn about breeding and reproduction techniques
- Evaluate beef carcasses and market your product
- Make career choices

**4-H**  
GROWING TOGETHER



## College and Career Connections

There are many careers that have connections to beef cattle industry. An individual who enjoys beef cattle may find a wide range of potential careers associated with beef production. Some of these may include:

- Beef producer
- Veterinarian or vet. tech
- Nutritionist
- Ranch manager
- Research Scientist
- Forage producer
- Cattle buyer/market operator
- Agriculture Science teacher
- Breed association representative

**For any of these careers, some personal qualities you should work towards having include:**

- Good communication skills
- The ability to listen without judgment, share ideas, and help others
- Good writing skills and ability to understand what you read
- Be able to problem solve and think critically
- Be an active listener and learner
- Be organized

Educational opportunities may include trade/ technical school, college, apprenticeship or on-the-job training.

## Exhibit Ideas

Participate in the 4-H beef show at your county or Missouri State Fair

- Breeding heifer
- Cow-calf
- Bucket/bottle calf
- Market beef
- Showmanship
- Rate of gain

Consider an exhibit, notebook or display showing what you've learned in a beef-related topic:

- Nutritive value of beef
- Beef meat cuts and proper preparation
- Feeding rations
- Preventative vaccinations
- Photos of different beef breeds
- Daily routine in caring for animals
- Making a rope halter
- Grooming techniques
- Developing a foundation beef herd
- Best care techniques for newborns
- Beef by-products
- Impact of local foods on local economy
- Display of feeds or ration contents or analysis
- How to Tattoo
- Research how beef check-off dollars are used

Video on fitting a steer and/or heifer

## Resources

### 4-H Resources

Bite Into Beef- Beef 1: Youth Activity Guide

Here's the Beef- Beef 2: Youth Activity Guide

Leading the Charge- Beef 3: Youth Activity Guide

Beef Helper's Guide: Beef Group Activities

Exploring Beef Health and Husbandry

Missouri Show-Me Quality Assurance

### Other Resources

National Cattleman's Association

Missouri Cattleman's Association

National Breed and Jr. Breed Associations

Beef Carcass Grading and Evaluation-MU Extension Publication

Beef Cow/Calf: Nutrition- MU Extension Publication

MU Beef Cow/Calf Series-MU Extension Publication

Y1000, MU Livestock Judging Manual

### Record Keeping

4-H Business Start-Up Guide: Working with Animals (Y4411)

4-H Project Record (Y620)

Missouri 4-H Recognition Form

Level 1 - (Y2000)

Level 2 - (Y2100)

Level 3 - (Y2200)