



# Beef

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	Intermediate	Advanced
Learn beef breeds.	Increase your cattle judging and meat-grading skills.	Identify and learn to treat common diseases.
Identify parts of the animal and retail cuts of meat.	Understand the ruminant digestive system.	Learn how to select a sire for your animals.
Halter break your calf to lead.	Identify common external parasites and other health issues	Balance a beef feed ration and understand feed quality.
Feed your animal.	Understand medication use, storage, and it's relation to food safety.	Learn about breeding and reproduction.
Groom your animal.		Evaluate beef carcasses and market your product.
Recognize a healthy animal.		
Determine quality grades of cattle.		

**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



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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, 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 Cattlemen’s Association meeting.

## Resources

**Beef Cattle Fact Sheets:**  
<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)



Opportunities	Curriculum	4-H Record Book
4-H O-Rama Speaking Contest	Beef 1: 4-H Bite Into Beef	4-H Record book is a great way to learn record keeping skills.
Next Generation Beef Project	Beef 2: Here’s the Beef	You can track time & money spent in your project areas as well as your educational experiences, leadership and community service.
County Livestock Judging Team	Beef 3: Leading the Charge	Record books can be a great resource for scholarships!
Livestock Skills Team	Beef Group Leaders Guide	
AR Beef Quiz Bowl	4-H Calf Cloth Model Project Guide	
Livestock 101		
U of A Livestock Judging Camp		

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