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 its 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
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 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.

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
- Cattlemen’s Association
  www.arbeef.org
- Beef Quality Assurance Program Handbook
  www.bqa.org
- Beef Cattle eXtension
  www.extension.org/beef_cattle
- Junior Beef Quality Assurance Program Handbook
  www.bqa.org

Expand Your Experiences!