



# Animal Science 4-H Beef

## North Dakota 4-H Project Sheet

**In the 4-H beef project, you can select from a breeding animal or a market animal. Breeding animals allow you to start your own herd, and market animals produce meat products for people.**



- Learn basic principles of animal science by owning, caring for and keeping records on one or more head of livestock.
- Keep production and finance records on one or more head of livestock.
- Demonstrate knowledge of sound breeding, feeding and management practices.
- Learn the value of scientific research and its influence on animals and the meat industry.

## Here's what you can do all year!

Starting Out Basic/Level 1	Learning More Intermediate/Level 2	Expanding Horizons Advanced/Level 3
<ul style="list-style-type: none"> <li>• Know your beef breeds.</li> <li>• Select your animal.</li> <li>• Identify parts of the animal and cuts of meat.</li> <li>• Train your calf to lead.</li> <li>• Feed your animal.</li> <li>• Learn to show your animal.</li> <li>• Groom your animal.</li> <li>• Learn about all the different beef byproducts.</li> <li>• Recognize a healthy animal.</li> </ul>	<ul style="list-style-type: none"> <li>• Ramp up your judging and meat-grading skills.</li> <li>• Make ethical decisions.</li> <li>• Understand the digestive system.</li> <li>• Identify common external parasites and other health issues.</li> <li>• Understand medication uses and storage, how to administer the medication and how it relates to food safety.</li> <li>• Learn the appropriate handling techniques and housing for beef cattle.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about EPDs and select a sire for your animals.</li> <li>• Balance a beef ration and understand feed quality.</li> <li>• Learn about breeding and reproduction techniques.</li> <li>• Identify and learn to treat common diseases.</li> <li>• Evaluate beef carcasses and market your product options and products.</li> </ul>

**Pass it on!**  
Now that you know how, share it with others. Here are ideas to get you started.

### Communication

- Teach someone the important traits in selecting a breeding heifer.
- Share a presentation on the importance of following drug labels.
- Create a poster showing the beef cuts and how to prepare them.

### Citizenship

- Volunteer to do beef promotion presentations during May, Beef Month.
- Provide beef taste testing at a grocery store to promote local foods.
- Volunteer to help at the county fair.

### Leadership

- Arrange a tour of your farm.
- Start a beef livestock judging team with help from an adult volunteer.
- Lead a beef grooming and showmanship clinic for other 4-H members.

### Entrepreneurship



Learn more at [www.ndsu.edu/4h](http://www.ndsu.edu/4h) or contact your county NDSU Extension office.



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### Opportunities to explore beef:

- Visit a local feed mill and see how feed ingredients are mixed, weighed and blended to make a complete ration.
- Visit a local meat locker or local grocery meat case to observe preparation and packaging.
- Learn how to evaluate meat cuts, quality grade and yield grade and how these affect taste and cost .
- Compare feed tags from different companies.
- Attend a beef show to listen to a judge give oral reasons.
- Exhibit at or attend local, regional, state or national beef shows and conferences.
- Bring a beef animal to livestock camp at North Dakota 4-H Camp.
- Is it fair time? Consider showing in your county fair or the North Dakota State Fair.
- Contact your county NDSU Extension office for other local workshops, activities and events.
- Interested in a college education in animal science or veterinary medicine? Schedule a visit with North Dakota State University to explore those majors



### Exhibit Ideas

- Participate in the 4-H beef show:
  - ⇒ Breeding heifer
  - ⇒ Cow-calf pair
  - ⇒ Market beef
  - ⇒ Showmanship
  - ⇒ Rate of gain in your county
- Consider an exhibit, notebook or display showing what you've learned in a beef-related topic:
  - ⇒ Nutritional value of beef
  - ⇒ Feeding rations
  - ⇒ Preventive vaccinations
  - ⇒ Photos/comparisons 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 byproducts
  - ⇒ Impact of local foods on the local economy
  - ⇒ How to tattoo
  - ⇒ Video on fitting an animal
  - ⇒ Explain the meaning EPDs

4-H Resources	4-H Resources	Recordkeeping
<ul style="list-style-type: none"> <li>- <a href="#">Bite Into Beef (GBB121)</a></li> <li>- <a href="#">Here's the Beef (GBB122)</a></li> <li>- <a href="#">Leading the Charge (GBB123)</a></li> <li>- <a href="#">Beef Helper's Guide (GBB221)</a></li> <li>• <a href="#">Livestock Judging, A Guide to Oral Reasons (GB090)</a></li> <li>• Live Animal Evaluation Manual (GB091) (Publication available at your local Extension office)</li> <li>• <a href="#">ND 4-H Livestock Showmanship Manual (GB092)</a></li> <li>• <a href="#">Livestock Camp at ND 4-H Camp</a></li> <li>• <a href="#">Livestock DVD/Video Resources</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">4-H Beef Showmanship Video</a></li> <li>• <a href="#">Beef Learning Lab Kit Educational Trunk</a></li> </ul> <h3>Other Resources</h3> <ul style="list-style-type: none"> <li>• <a href="#">ND Livestock Judging Terminology Manual</a></li> <li>• <a href="#">ND Beef Commission</a></li> <li>• <a href="#">ND Stockmen's Assoc.</a></li> <li>• <a href="#">ND Beef Quality Assurance</a></li> <li>• <a href="#">NDSU Animal Science</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">4-H Beef Breeding Record (GB095)</a></li> <li>• <a href="#">Market Animal Project Record (GB096)</a></li> <li>• <a href="#">Beef Lifetime Record (GBB096)</a></li> <li>• <a href="#">Planning for My Project Adventure (PA093)</a></li> <li>• <a href="#">ND 4-H Project Plan (PA095)</a></li> <li>• <a href="#">ND 4-H Plan of Action (PA096)</a></li> <li>• <a href="#">ND 4-H Participation for 11- 19 (PA098)</a></li> </ul> <h3>Contests</h3> <ul style="list-style-type: none"> <li>• <a href="#">State 4-H Livestock Judging Contest</a></li> </ul>