



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

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