The 4-H dairy project is about more than just producing milk. Breeding animals allow you to start your own herd.

- Acquire skills in dairy production through ownership and care of dairy animals.
- Keep production and financial records on one or more head of livestock.
- Learn marketing, processing, distribution, consumption and use of dairy products.
- Practice principles of cleanliness and sanitation in the production and care of dairy products.

Here’s what you can do all year!

### Starting Out
**Basic/Level 1**
- Know your dairy breeds.
- Select your animal.
- Identify the parts of the animal.
- Learn how to evaluate your animal.
- Feed your animal.
- Demonstrate multiple showing techniques.
- Groom your animal.
- Learn about different dairy products.
- Recognize a healthy animal.
- Learn about milk grades.

### Learning More
**Intermediate/Level 2**
- Ramp up your judging and milk-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 appropriate housing for dairy cattle.

### Expanding Horizons
**Advanced/Level 3**
- Learn about EPDs and select a sire for your animals.
- Balance a dairy ration and understand feed quality.
- Learn about breeding and reproduction techniques.
- Identify and learn to treat common diseases.
- Learn about milk marketing 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 of products made from milk.

#### Citizenship
- Volunteer to do a dairy products promotion presentation during June, Dairy Month.
- Provide dairy product taste testing at a grocery store to promote local food.
- Volunteer to help at the county fair.

#### Leadership
- Arrange for your class to tour a dairy farm.
- Be a mentor for a younger 4-H member.
- Lead a dairy grooming and showmanship clinic for other 4-H members.

#### Entrepreneurship
- Research careers in dairy production.

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

- Visit a local feed mill and see how feed ingredients are mixed, weighed and blended to make a complete ration.
- Visit a local creamery to observe preparation and packaging.
- Learn how to evaluate dairy products.
- Compare feed tags from different companies.
- Ride with a local veterinarian to learn about animal health.
- Attend a dairy show to listen to a judge give oral reasons and witness the differences in judging dairy cattle.
- Exhibit at or attend local, regional, state or national dairy shows and conferences.
- Bring a dairy animal to livestock camp at ND 4-H Camp or participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your county fair dairy show 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 (www.ndsu.edu).

Exhibit Ideas

- Participate in the 4-H dairy show:
  - Heifer
  - Cow in milk
  - Dry cow
  - Showmanship
- Consider an exhibit, notebook or display showing what you’ve learned in a related topic:
  - Nutritional value of dairy products
  - Feeding rations
  - Preventative vaccinations
  - Photos of different dairy breeds
  - Daily routine in caring for animals
  - Making a rope halter
  - Grooming techniques
  - Developing a foundation dairy herd
  - Best care techniques for newborns
  - Impact of local foods on local economy
  - How to tattoo
  - Milk-handling procedures
  - Make a scrapbook of your animal
  - Continue exhibiting the same animal(s) to show the progression and how they’ve changed

4-H Resources

- National 4-H Dairy Curriculum
  - Cowabunga! (GBF141)
  - Mooving Ahead (GBF142)
  - Rising to the Top (GBF143)
  - Dairy Helper’s Guide (GBF241)
- ND 4-H Livestock Showmanship Manual (GB092)
- Dairy Learning Lab Kit Educational Trunk
- Livestock Camp at North Dakota 4-H Camp

Other Resources

- ND Dairy Coalition
- Midwest Dairy Assoc.
- National Dairy Herd Improvement Assoc.
- National Dairy Conference
- NDSU Dairy Extension and Research
- 4-H Dairy Record (GBF095)
- 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)

Recordkeeping

- 4-H Dairy Judging Contest

Contests

- State 4-H Dairy Judging Contest

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