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!

<table>
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<tr>
<th>Starting Out Basic/Level 1</th>
<th>Learning More Intermediate/Level 2</th>
<th>Expanding Horizons Advanced/Level 3</th>
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<tbody>
<tr>
<td>Know your beef breeds.</td>
<td>Ramp up your judging and meat-grading skills.</td>
<td>Learn about EPDs and select a sire for your animals.</td>
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<tr>
<td>Select your animal.</td>
<td>Make ethical decisions.</td>
<td>Balance a beef ration and understand feed quality.</td>
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<tr>
<td>Identify parts of the animal and cuts of meat.</td>
<td>Understand the digestive system.</td>
<td>Learn about breeding and reproduction techniques.</td>
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<td>Train your calf to lead.</td>
<td>Identify common external parasites and other health issues.</td>
<td>Identify and learn to treat common diseases.</td>
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<td>Feed your animal.</td>
<td>Understand medication uses and storage, how to administer the medication and how it relates to food safety.</td>
<td>Evaluate beef carcasses and market your product options and products.</td>
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<tr>
<td>Learn to show your animal.</td>
<td>Learn the appropriate handling techniques and housing for beef cattle.</td>
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<tr>
<td>Groom your animal.</td>
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<tr>
<td>Learn about all the different beef byproducts.</td>
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<tr>
<td>Recognize a healthy animal.</td>
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</tbody>
</table>

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.

Updated 12-2016
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

- Bite Into Beef (GB8121)
- Here’s the Beef (GB8122)
- Leading the Charge (GB8123)
- Beef Helper’s Guide (GB221)
- Live Animal Evaluation Manual (GB8091) (Publication available at your local Extension office)
- ND 4-H Livestock Showmanship Manual (GB8092)
- Livestock Camp at ND 4-H Camp
- Livestock DVD/Video Resources

4-H Resources

- 4-H Beef Showmanship Video
- Beef Learning Lab Kit Educational Trunk

Other Resources

- ND Livestock Judging Terminology Manual
- ND Beef Commission
- ND Stockmen’s Assoc.
- ND Beef Quality Assurance
- NDSU Animal Science

Recordkeeping

- 4-H Beef Breeding Record (GB095)
- Market Animal Project Record (GB096)
- Beef Lifetime Record (GB8096)
- Planning for My Project Adventure (PA095)
- ND 4-H Project Plan (PA095)
- ND 4-H Plan of Action (PA096)
- ND 4-H Participation for 11-19 (PA098)

Contests

- State 4-H Livestock Judging Contest

Learn more at www.ndsu.edu/4h or contact your county NDSU Extension office.