



4-H BEEF ACTIVITY PAGE

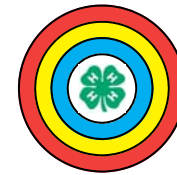
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Beginning

Your 4-H ANIMAL SCIENCE - BEEF Project

When you work in the beef project, you have to make many decisions. Sometimes it's easy to make those decisions, but other times it's more difficult. This 4-H project can help you learn things so you can make good decisions. Some of the skills you can learn and activities you are do in this project are listed below. Check your favorites. Then, work with your 4-H leaders and parents to make a 4-H project plan of what you want to do this year. If you haven't already done so, start a project folder that includes your project activity and supplemental pages, your project plan and any other activities that you complete.

- Learn the difference between beef cows and dairy cows.
- Learn about three different breeds of beef cows.
- Learn the parts of a beef cow.
- Learn about the history of beef cattle.
- Learn how beef cattle benefit people.
- Learn about food safety dealing with beef.
- Learn the difference between a primal cut and a retail cut of meat.
- Learn what is on the label of a package of fresh meat.
- Learn about things we get from beef cattle besides beef.
- Learn about the different types of beef production.
- Learn what a ruminant animal is.
- Learn the basics of judging beef cattle.
- Learn the correct way to show a beef animal.
- Conduct a service project using project skills learned.
- Other _____



Life Skill
Ethical
Decision
Making

My Beef Story

Visit a local beef cattle producer and interview him or her. Write a story about what you learn. Include such things as what the cattle eat, routine vaccinations that are given, how the animals are identified and the kind of records that are kept. Share your story with others and keep it in your 4-H project folder.

Beef Cattle Gender

Cow— Female that has had a calf

Heifer—Female that has not had a calf

Bull—Male

Steer—Castrated Male

Beef Terms

Match the terms below with the definition.

- | | |
|----------------------------|--|
| ___ 1. Ruminant | A. Management unit that maintains a breeding herd and produces calves that are kept until weaning. |
| ___ 2. Colostrum | B. Method of identification by which a numbered, lettered or colored tag is placed in the ear. |
| ___ 3. Retail Cut | C. The first cuts that a beef carcass is broken into. Examples: chuck, loin, rib, round. |
| ___ 4. Polled | D. Feed consumed by an animal during a 24-hour period. |
| ___ 5. Ear Tag | E. An animal that doesn't have horns because of its genetic trait. |
| ___ 6. Primal Cut | F. Animal eligible for registry with a recognized breed association. |
| ___ 7. Finish | G. To fatten an animal. Also, the degree of external fatness on an animal. |
| ___ 8. Purebred | H. First milk given by a cow to her calf. It is high in antibodies that protect the calf from illness. |
| ___ 9. Ration | I. Mammal whose stomach has 4 parts—rumen, reticulum, omasum and abomasum. |
| ___ 10. Cow-calf Operation | J. Cuts of beef in sizes that are sold to the consumer. |



Answers: I,H,J,E,B,C,G,F,D,A

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A Cut Above

Use the Internet, books or other sources to learn about **beef cuts**. Learn about high-priced cuts such as loin, rib, round and rump. Also learn about low-priced cuts such as plate, brisket, shank and flank. Visit a grocery store to view the different cuts. Record what you learn in your 4-H project folder and share it in a 4-H meeting.



Career Scavenger Hunt

By asking others, researching on the Internet, or reading a book or magazine—search for a job that uses beef project skills and knowledge. Here's what you are looking for.

1. Job Title _____
2. Job Description _____

3. Education Required _____

Beef By-products

Did you know that cattle by-products are part of many manufactured items that you use every day? Beef by-products are in everything from yogurt to baseball gloves! Thanks to these products, 99 percent of every animal can be used.



Unscramble these words to learn about some different by-products that come from cows.

1. elgu _____
2. dyacn _____
3. apos _____
4. igwcneh umg _____
5. nostutb _____
6. tistars' urbshse _____

Use the Internet, books or other sources to learn about other beef by-products. Share what you learn in a 4-H meeting.

Where's the beef?

The next time you are in the grocery store, check out the labels on the packages of beef. The label will tell you:

1. the kind of meat
2. the name of the **wholesale cut** (where the meat comes from on the cow)
3. the **retail cut** (rib eye steak, top round roast, etc.)
4. weight
5. price
6. sell-by date
7. preparation instructions

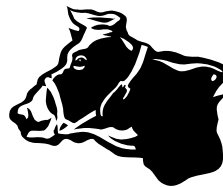
Beef should be a bright cherry red color. Beef is a complete protein that builds, maintains and repairs body tissues. It also has iron, which helps red blood cells carry oxygen to body cells and tissues.

Use the Internet, books or other sources to learn more about beef. Share what you learn in a 4-H meeting.

Volunteer to help cook a beef dish for your family. Share with your family what you have learned about beef in your 4-H project.

Service Ideas

- Conduct a demonstration for younger children about the care of a beef animal.
- Take your animal to a farm day to teach children about beef.



Don't forget to submit your project report to your 4-H leader.

Additional Resources

Making decisions is an important part of the beef project. This activity sheet has given you the opportunity to explore things to think about as you make decisions in the beef project. But this is just the beginning! Use the resources listed below to continue learning about beef.

- School & public libraries
- People who know about or own beef cattle
- Beef magazines
- 4-H project groups
- The 4-H Beef Web page:

<http://4h.tennessee.edu/projects/beef.htm>

For more ideas, contact your 4-H office.

Other 4-H Beef Activities

- Beef shows
- Skill-a-thons
- Judging teams

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