**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 doing 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 _______________________

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**Beef Terms**

Match the terms below with the definition.

1. Ruminant  
2. Colostrum  
3. Retail Cut  
4. Polled  
5. Ear Tag  
6. Primal Cut  
7. Finish  
8. Purebred  
9. Ration  
10. Cow-calf Operation

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

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**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
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.

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. igwcnhe umg __ __ __ __ __ __
5. nostutb __ __ __ __ __
6. tists’ urbshse __ __ __

Use the Internet, books or other sources to learn about other beef by-products. Share what you learn 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 ___________________________________________________________________

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.

Additionl 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](http://4h.tennessee.edu/projects/beef.htm)

For more ideas, contact your 4-H office.

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