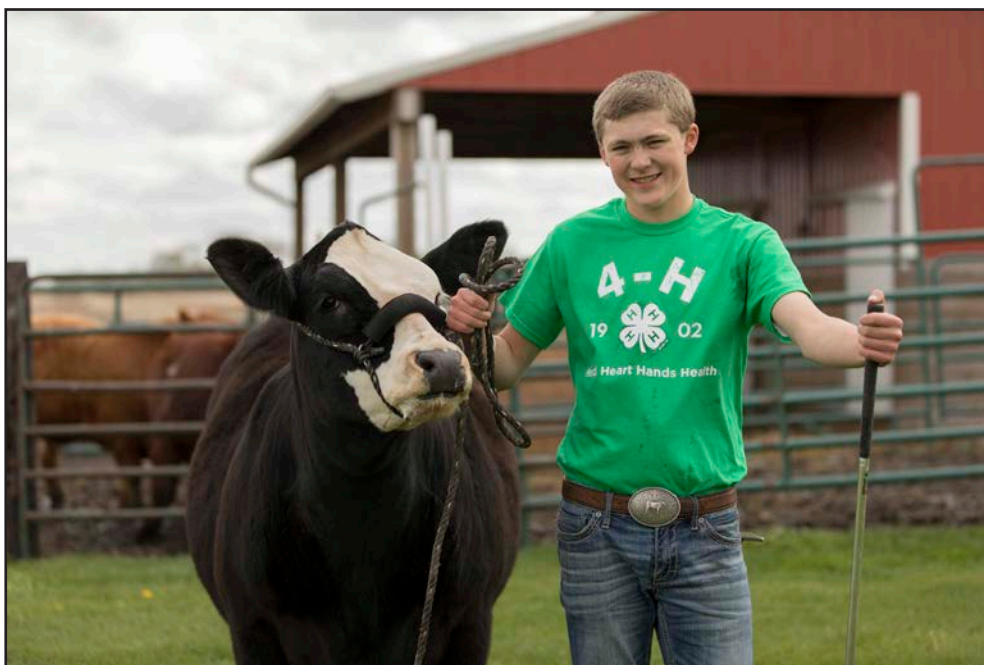




Beef Project



The 4-H Beef Project helps you become Beyond Ready by building real-world skills in responsible animal care, science, and leadership. You will learn how to select, feed, manage, harvest market beef, and how to raise and evaluate breeding stock. Basic principles of animal science will be applied as you own, care for, and keep records on one or more head of beef. You will explore how scientific research impacts beef production and the meat industry. Essential life skills will be practiced for decision making, communication, leadership, planning and organizing, and learning to learn. These skills will prepare you for success.

Starting Out *Beginner:*

- Know your beef breeds.
- Understand the different types of feed and quantity to feed.
- Recognize a healthy animal.
- Train your calf to lead.
- Learn to groom and show your animal.
- Exhibit your animal at county or state shows.
- Identify parts of the animal and cuts of meat.

Learning More *Intermediate:*

- Learn appropriate handling techniques and housing for beef cattle.
- Become familiar with behavior of cattle.
- Understand the digestive system of a ruminant and identify common external parasites and other health issues.
- Understand medication uses, storage, how to properly administer the medication, and its effect for food safety.

Expanding Horizons *Advanced:*

- Discover the diversity of the cattle industry.
- Balance a beef ration and understand feed quality.
- Learn about breeding and reproduction techniques.
- Learn about EPDs and how they impact beef breeding herd selection.
- Identify and learn to treat and prevent common diseases.

Beyond Ready

Ready to Lead

Youth involved in 4-H are **two times more likely to have the goal of becoming a leader**. Through real-world experiences and the guidance of caring mentors, they develop the confidence, communication, and decision-making skills needed to lead in today's changing world.

Ready to Serve

Youth who participate in 4-H are **three times more likely to engage in community service**. Service learning provides them with purpose and connection at a time when **more than 53% of Gen Z report feeling lonely**. Through 4-H, youth are empowered to serve with compassion and make a meaningful impact.

Ready to Build

With nearly **10 million unfilled jobs and 77% of employers seeking real-world skills**, 4-H helps youth build what matters. Through hands-on projects and career exploration, youth gain adaptability, problem-solving, and workforce readiness.

Ready to Conquer

While 52% of young people feel like they're failing at life goals, 4-H youth rise with resilience. Backed by research and supported by caring adults, they learn to overcome challenges, set goals, and take charge of their future with confidence.

***Building a Ready
Generation in a
World of Change!***

Beef Project

Expand Your Experiences!

Healthy Living:

- Record the health contributions gained from grooming, walking, and caring for beef cattle.
- Study the nutritional benefits beef provides in a healthy diet.
- Test different ways to prepare meat: grilling, braising, broiling, roasting, baking, stewing, sautéing.

Science and Agriculture:

- Study the body and skeleton structures of the steer or heifer.
- Research the digestive, respiratory, organ, and endocrine systems of cattle.
- Measure food intake to calculate the Average Daily Gain and adjust ration as needed for efficiency.

Community Vitality:

- Serve as a junior/teen leader mentoring others in the beef project.
- Plan and lead a beef grooming and showmanship clinic for 4-H members.
- Coordinate an educational tour of a feedlot facility or meat locker.

Communication and the Arts:

- Create a poster showing the different breeds of beef cattle.
- Write a story on the importance of following drug labels.
- Teach a younger 4-H member important traits in selecting a beef steer or heifer.

Career Exploration:

- Visit a feedlot to discover employment opportunities.
- Research Breed Associations.
- Explore K-State Animal Science Department, visit Beef Facility and Meats Lab.
- Interview a meat scientist.
- Ask a chef about preparing meat and careers in food service.
- Consult with veterinarian about cattle diseases, vaccinations plans, and career options.
- Create a real/conceptual beef product or service business and participate in a YEC (Youth Entrepreneurship Challenge) competition.
- Explore cybersecurity jobs in the beef industry.

Contact Information

Kansas 4-H
201 Umberger Hall
1612 Claflin Road
Manhattan, KS 66506
Email: kansas4h@ksu.edu
Website: kansas4-h.org

Resources & Events:

- Expand your beef knowledge and skills by participating in educational events and learning opportunities.
- Contact your Extension office for local events and resources.
 - Read your monthly 4-H newsletter for regional, state, and national opportunities.
 - Participate at your county fair and Kansas State Fair.
 - Attend the [Kansas State 4-H Livestock Sweepstakes](#).
 - Attend Beef Producer Days.

Curriculum & Resources:

- Kansas 4-H Beef Project — <https://www.kansas4-h.org/projects/animal-science/beef.html>
- K-State Animal Sciences and Industry — <https://www.k-state.edu/academics/majors-programs/animal-sciences-industry-degree/>
- National 4-H Curriculum — <https://shop4-h.org/collections/livestock-curriculum>
- Kansas 4-H Animal Science Webinar Series — <https://www.kansas4-h.org/projects/animal-science/animal-science-webinar-series/>

4-H Record Keeping:

Learning to keep accurate records is a life skill.

- Setting 4-H Project Goals (4H1100), https://bookstore.ksre.ksu.edu/item/setting-4-h-project-goals_4H1100
- Kansas 4-H Record Keeping, <https://www.kansas4-h.org/resources/awards-and-recognition/LocalRecordKeeping.html>
- Complete a Beef Journal that includes:
 - Species, breed, age, sex, identifying characteristics
 - Health and veterinary records
 - Challenges with your beef project.

Project Exhibit Ideas:

- Exhibit your beef animals in shows.
- Design a poster explaining:
 - beef breeds
 - body structure, systems
 - meat cuts
 - show equipment
 - feed rations
- Create an exhibit on feeding rations.
- Create a notebook that shows your daily routine in caring for animals.

