

Beef Project



Monthly Lesson Plan



March 2022

Upcoming Deadlines

- ✓ **March 5th 2022:** Ownership Deadline: Own by County Tag In
- ✓ **March 5th 2022:** Animal Care (Primary Care) Agreement due for any market beef not housed at members home
- ✓ **March 5th 2022:** Market Beef Tag-in (forms & details arriving in mail)
- ✓ **ASAP:** Lease An Animal Agreements (if leasing breeding animal) due to 4-H office for access to LAA Record Book



Project Progress

Suggest the following as things your members should work on or accomplish with their project this month. Follow up to see which they achieved:



1. **E Record Books:** Download the 2022 Livestock Record book (or Lease an Animal Record Book if leasing) for their age and complete the front page and Goals page
2. **Hands On:** Members should work on halter breaking their beef. Check out this video for tips:
3. **Knowledge:** Members should research the history and purpose of the breed of their beef project animal.
4. **Market:** Members need to make sure they have a brand inspection in members' name for all project market beef before arriving to tag-in.
5. **Breeding:** Check bred animals at least twice a day once they are close to due date.
6. **Other:** Review project requirements listed on the Project Tipsheets
7. **Other:** Update your calendar with 2022 Animal Project Dates

Halter Breaking Video



Opportunities

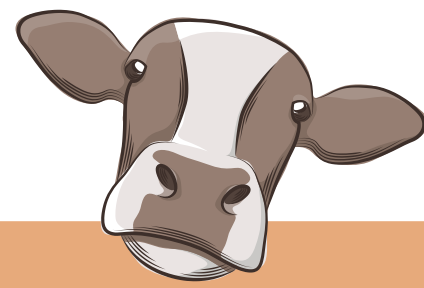
See 4-H Calendars for full details & more recently added events

- **Sun. Feb. 26** - 4-H Horse Tack & Livestock Equip. Sale- Boulder County 4-H
- **March 17** - Virtual Record Book Workshop
- **April 2nd** - El Paso County Blow & Go Show -Calhan CO





Beef Project



March 2022

Attached Activities

Use these suggested activities at club project meetings to increase member knowledge and keep members engaged in their project.

Group: BEEFagories

- This game is a great ice breaker and encourages creative thinking and active participation. The goal of the game is to think of a work for each category that no one else thinks of.

Individual: 4-H Beef Activity Page

- This activity page can be completed by beef members at home and will help to review/learn information and begin to plan for your upcoming 4-H year.



Fun Fact

The largest cattle breed in the world is the Chianina breed. It can reach a height of 6.5ft and weight of 3800 lbs.



Timely Tips to Share

Ringworm fungus causes circular spots of hair loss on animals and is worst in winter and spring months. It is contagious to other animals and humans so handle animals with ringworm with gloves. Treat your animals affected areas with 7% iodine or a fungicide.



Resources



- The following & more can be found on the ADCO 4-H Beef Project Webpage: <https://adams.extension.colostate.edu/4-h-youth/4-h-beef-project/>
 - 2022 Animal Project Save the Dates
 - Beef Resource Handbook (Ohio State)
 - Animal Care Form
 - E Record Books
 - Fourcast Newsletter Signup
 - Project Tipsheets
- Fairgrounds Livestock Scale – can always be used by 4-H members with appointment. Contact Kenzie to schedule a time.



4-H Agent - Kenzie Kimmel
303-637-8109 / kkimmel@adcogov.org



Beef Superintendent - Steve Sterkel
Sterkel_livestock@hotmail.com



ADAMS COUNTY
COLORADO STATE UNIVERSITY
EXTENSION



Playing BEEFagories

Beef Project Skill: Communicating with others

Life Skill: Learning about beef

Education Standard: NL-ENG.K-12.4

Success Indicator: Organize and conduct a beef category game.

Time Involved: 30 minutes

Suggested Group Size: 4–40

Materials Needed: List of statements, pencils, paper

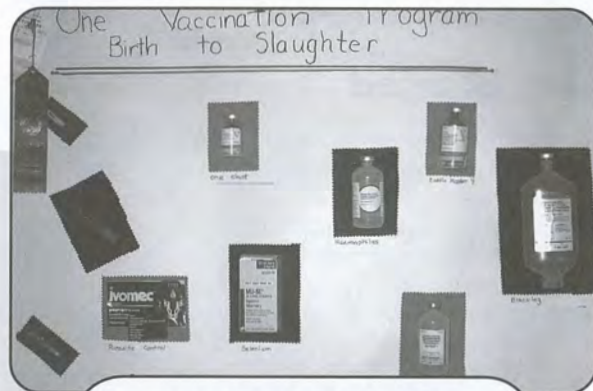
This game can be used with any group to learn more about beef. It's a great ice breaker and encourages creative thinking and active participation. The goal of the game is to think of a word for each statement or question that no one else thinks of. One or more of the youth in your group could practice their leadership skills by organizing the activity with others.

Getting Started

Make up a list of 10–12 categories about beef that youth will easily relate to.



Select an announcer and divide the group into pairs. The announcer names a letter of the alphabet and then gives the first category. An example might be, Letter B, Category Beef Color. The teams think of a word fitting the category given beginning with the letter announced and write it down. All teams then share their answers. Teams



A poster demonstrates a vaccination program.

receive two points if they have an answer no one else has and one point if their answer is the same as someone else's. Encourage learning by having the groups talk about their answers and ask questions. The announcer then gives the next statement and the process is repeated until all statements are read.

BarnTalk

Shooting the Breeze

- How did you organize the game? (Youth Leaders)
- How did the players respond to the game?
- What new words did you learn?

Show Me the Beef

- What personal life skills did everyone practice while playing the game? (Youth Leaders)
- How did this game help you practice your communication skills?
- How did you communicate with others while playing this game?

Where's the Beef?

- What did you learn about getting others involved and having fun learning? (Youth Leaders)
- What leadership skills did you use to organize a successful game?
- What beef words did you learn that you may use in your beef activities?

Beef's Future

- How could the communication skills you practiced help you in other ways?

Examples of Categories

1. Beef color
2. Where beef cattle live
3. Breeds of beef cattle
4. Beef events
5. Disease of beef cattle
6. Beef tack or equipment
7. Beef body parts
8. Beef show clothing
9. Names of beef products
10. Fun things to do with beef

1. Organize another beef-related game in which youth can practice their communication skills.

Beef It Up!



4-H BEEF ACTIVITY PAGE

Developed by **Sam Bernard**, Extension Agent, Robertson County

Beginning



Life Skill
Ethical
Decision
Making

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 _____



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

4-H BEEF ACTIVITY PAGE

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

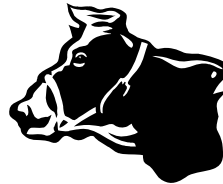
Beef should be a bright cherry red color. Beef is a complete protein that builds, maintains and repairs body tissues. It also has iron, which helps red blood cells carry oxygen to body cells and tissues.

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

*Reviewed by James Neel, Professor, and members of the state 4-H Youth Development staff
Edited by Amy Willis, Extension Program Assistant, and Wanda Russell, Publications Editor*