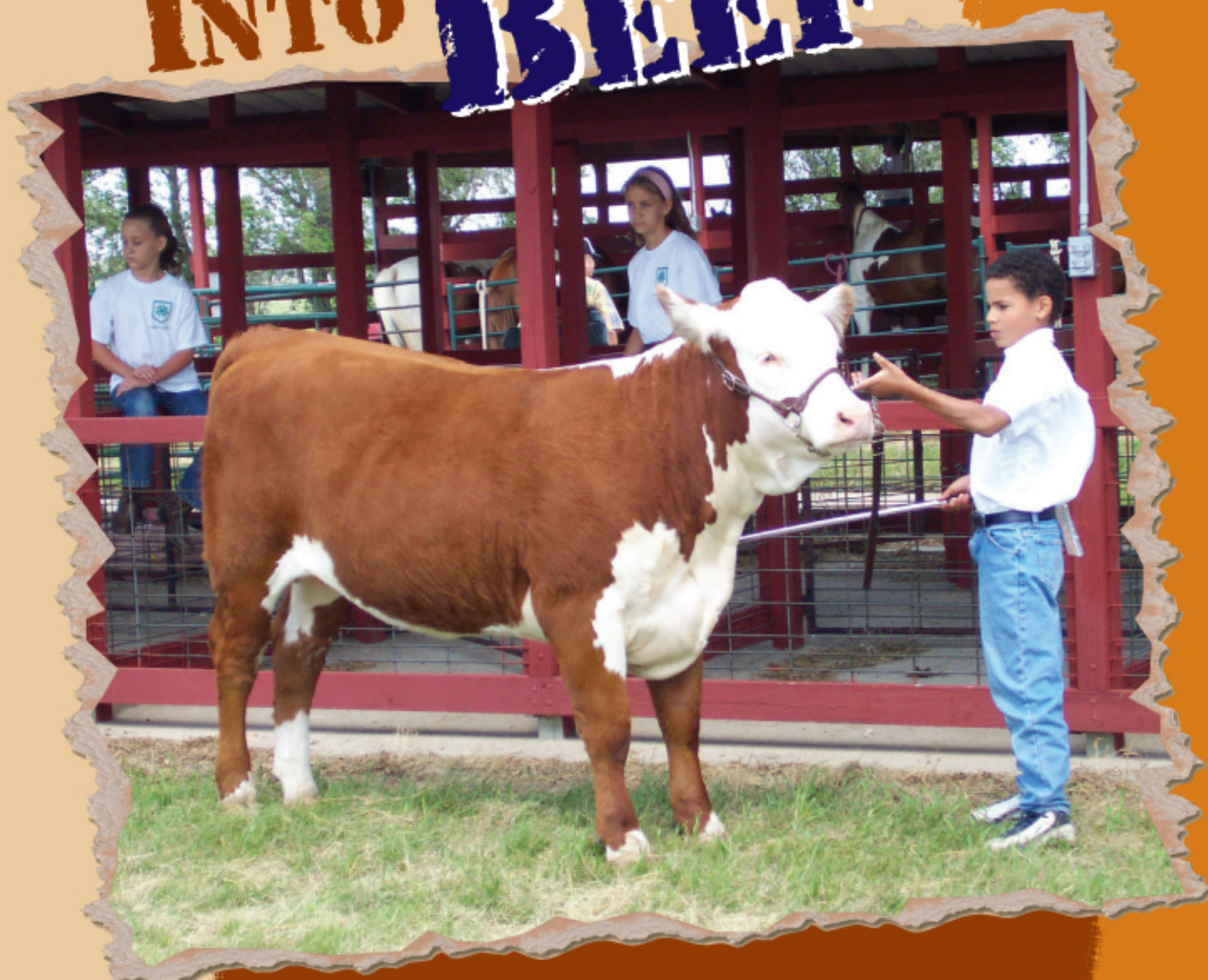




BITTE INTO BEEF

Beef

1



Beef Youth Activity Guide

Name _____

County _____



REVIEWED & RECOMMENDED
National 4-H Curriculum



Note to the Project Helper

Congratulations! A young person has asked you to be a beef project helper. As a helper you are in a great position to help youth grow and develop in positive ways as they learn about beef and about themselves. You can nurture and cultivate their interest in this project by guiding their planning, helping them complete their projects and recognizing them for a job well done.

Your Role

- Become familiar with the material in this activity guide and the *Helper's Guide*
- Support youth in their efforts to set goals and complete each achievement program
- Date and initial the activities on the Beef Achievement Program as the youth completes them
- Help them to get to know themselves, including their strengths and weaknesses
- Encourage the use of the experiential learning cycle described on this page

The Beef "Skills for Life" Series

This guide, *Bite Into Beef* is the first in the series of three for youth, which also includes *Beef 2 Here's the Beef*, *Beef 3 Leading the Charge* and the *Beef Helper's Guide*. The three youth guides have been designed to be developmentally appropriate for grades 3–4, 5–7 and 6–9 respectively, but may be used by youth in any grade based on their project skills and expertise.

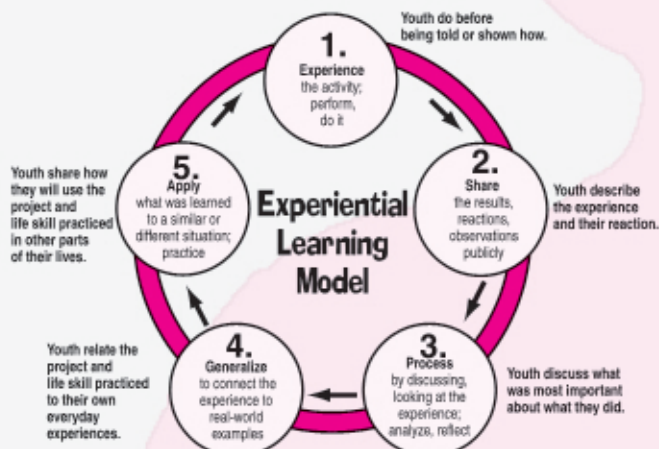
All activities in the guides have several parts: A description of the skills to be practiced, discussion questions, suggestions for additional activities and additional helpful information. The "Success Indicator" listed for each activity is an excellent way to evaluate the youth's success. Each of the guides also includes an achievement program to encourage youth to learn more about beef while developing important life skills.

Each activity is designed so the young person has an opportunity to learn by doing before being told or shown how. Your challenge is to "sit on your hands" while the youth explores the activity and learns from the experience, even when it doesn't work the way it's expected to.

Beef Group Activity Guide

The fourth publication in this series, *Beef Helper's Guide*, provides additional learn-by-doing activities that can be adapted to the family, the classroom, after school child care, 4-H project groups, clubs or other groups. You'll also find helpful hints about characteristics of youth, life skill development, teaching experientially, meeting ideas as well as answers to many of the activities in the youth guides. You will find another evaluation piece titled "Evaluating the Impact." Use this before beginning each level and after the youth has completed each level.

Experiential Learning Model



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals" © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

This five-step model is included in each activity in this series. As you can see, the youth first attempt the activity on their own. After the youth do as much as they can and write answers to the last question in the process, generalize and apply section steps of Barn Talk questions, you then meet together and discuss: What they did? What was important about what they did? How does what they did relate to their lives? And finally, how might they use the life and project skills practiced in the future? Your ability to ask additional thought-provoking questions and to clarify and expand the youth's ideas will add to the educational experience.

**Good luck in your role
as Project Helper!**

Acknowledgments

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For more on beef... look for these
other guides in this set.

Here's the Beef - Level 2 BU-08144



Chapter 1 Animal Health	Beef Quality Assurance Nutritional Needs Following Feed through the Digestive System Manage on the Range
Chapter 2 Safety and Ethics	Live Long and Prosper Becoming Ethically Enlightened Forever Beef Communication
Chapter 3 Judging Beef	Evaluating Leg Structure Judging Breeding Heifers Presenting Oral Reasons Determining Frame Scores
Chapter 4 Grading Beef	Locating and Identifying Beef Cuts Making the Cut

Leading the Charge - Level 3 BU-08145



Chapter 1 Animal Nutrition and Health	Surf 'N Turf Balancing a Beef Ration Let's Talk Hay Read It on the Label Blocking Bovine Bugs
Chapter 2 Showing Beef	Fitting for Show
Chapter 3 Meat Evaluation	Evaluating a Beef Carcass Yielding the Grade
Chapter 4 EPDs	Selecting a Sire
Chapter 5 Reproduction	Exploring Beef Reproductive Systems The Heat Is On A Womb with a View The LaMOOze Method
Chapter 6 Exploring Careers	Looking Ahead

Beef Helper's Guide - BU-08146



Youth Learning Characteristics	Developing Life Skills Teaching and Learning Experientially
Chapter 1 Front and Center	Producing a Beef Commercial Planning the Beef Project Year Show What You Know Demonstrating Fitting Equipment
Chapter 2 Word Games	Playing BEEFagories Beef Talk Games Fun with Beef Pyramid Playing STEAK Bingo
Chapter 3 Beef Management Practices	Keep it Clean Moo-rades Investigating Medications Tying the Knot Accepting the End
Chapter 4 Skill Building	Conducting a Beef Quiz Bowl Identifying Beef Parts Practicing Sportsmanship The 4-H Recognition Model Answer Key Beef Project Meeting Ideas

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Having Fun with the Beef Project

Are you ready to learn more about beef? Through the activities in this guide, you will have many interesting and exciting challenges.

Each activity asks you to do something. Don't be afraid to jump right in, and don't give up if the activity doesn't work out the first time. You're still learning, right? The most important thing is to try. Once you try, then think or talk about what happened or didn't happen and why.

Learning about beef isn't all you will be doing. You'll also be learning about yourself, too. Many of the things you'll learn are skills you'll use in other areas of your life such as decision making, communicating with others and being an effective leader.

Beef 1 Project Guidelines

- Set your goals and record project highlights.
- Do a minimum of seven activities in Level 1 of the Beef Achievement Program each year and complete the Program within three years.
- Complete the Before and After – What Do You Know? Evaluation
- Practice and develop the life skills of relating to others, making decisions, learning to learn and communicating with others.
- Increase your beef knowledge and skills.

Your Project Helper

On your team supporting you and making learning more fun is your project helper. This person may be a parent, beef breeder, project leader or advisor, a neighbor or an older friend who knows about beef. The choice is yours. As you do the activities, you'll discuss with your helper what you did and the questions in the Barn Talk part of each activity. Sometimes your helper will need to work with you to identify resources, including people, organizations, events, magazines and books necessary to complete an activity. Once you have successfully completed each activity, your helper will date and initial your achievement program. Write the name and phone number of your project helper here:

My Project Helper: _____

Phone #: _____

**Good luck with Beef 1 -
Bite Into Beef**



Goals and Highlights

Beef Project Highlights

Date and list the exciting things you do and learn.

My Beef Project Goals

Name _____

What I want to do and learn in Beef 1.

1. _____
2. _____
3. _____
4. _____

Before and After – What do you know?

Here is a great way to see if you learn something new and develop important skills in this project. Before you start doing the activities in this guide indicate what you know **NOW**. Then when you complete the *Bite Into Beef* Achievement Program write down here what you know **AFTER**. You may be surprised to see what you learn! Share the results with your helper.

Begin each skill with the words “*I know how to...*” Then circle **1** (not at all), **2** (somewhat) or **3** (to a great extent).

Overall Beef Curriculum Outcomes

<i>I know how to:</i>	Before	After
Make good decisions	1 2 3	1 2 3
Communicate with others	1 2 3	1 2 3
Lead self and others	1 2 3	1 2 3
Plan and organize	1 2 3	1 2 3
Relate to others	1 2 3	1 2 3
Accept responsibility	1 2 3	1 2 3
Feed and care for beef cattle	1 2 3	1 2 3
Keep beef cattle healthy	1 2 3	1 2 3
Show beef cattle	1 2 3	1 2 3
Be a knowledgeable consumer	1 2 3	1 2 3

<i>I know how to:</i>	Before	After
Identify fifteen breeds of beef cattle	1 2 3	1 2 3
Identify 30 beef body parts	1 2 3	1 2 3
Identify acceptable safety and ethical practices	1 2 3	1 2 3
Develop a daily animal care schedule	1 2 3	1 2 3
Examine a normal calf	1 2 3	1 2 3
Identify and categorize feed ingredients	1 2 3	1 2 3
Nose print a beef animal	1 2 3	1 2 3
Compare and describe differences between two beef animals	1 2 3	1 2 3
Identify 10 meat cuts and cook one	1 2 3	1 2 3
Identify 20 beef by-products	1 2 3	1 2 3
Practice halter breaking a calf	1 2 3	1 2 3
Demonstrate how to fit a steer for show	1 2 3	1 2 3
Demonstrate beef showmanship techniques	1 2 3	1 2 3

Guidelines

- Do at least seven of the *Bite Into Beef* and Beef It Up activities each year.
- Complete at least 21 of the *Bite Into Beef* and Beef It Up activities within three years to complete this achievement program.
- Have your project helper date and initial the activities as you complete them.

Activities

Date Completed

**Helper's
Initials**

Chapter 1 Know Your Beef

Identifying Beef Breeds

Locating Beef Parts

Doing the Right Thing IS the Right Thing

Planning Your Work, Working Your Plan

Chapter 2 Animal Health

Recognizing a Healthy Animal

Picking Feed Ingredients

Where, Oh Where Is My Calf?

Chapter 3 Beef and Beef Products

Judging Beef

Shopping for Beef

Recognizing Beef By-products

Chapter 4 It's Showtime!

Halter Breaking Your Calf

Fitting a Steer

Showing Beef Cattle

Activities

Beef It Up!

Select and do any of the Beef It Up activities in *Bite Into Beef* or make up your own. Record the page and number of each one you complete.

[illegible]

Write your own activity here.

Date _____ Helper's Initials _____

Write your own activity here.

Date_____ Helper's Initials_____

Write your own activity here.

Date_____ Helper's Initials_____





BITE INTO BEEF



Completion Certificate

I certify that

_____ has completed all requirements
of the *Bite Into Beef* Achievement Program
in the Beef "Skills for Life" Series.

Helper's Signature _____

Date _____





Identifying Beef Breeds



Beef Project Skill: Showing beef cattle
Life Skill: Making decisions
Education Standard: NS.K-4.3 Life Science
Success Indicator: Identify fifteen breeds of beef cattle.

Taking on the Challenge

How many beef breeds do you know? More than 50 beef breeds are raised in the United States today. Each breed has strong and weak points. Some breeds grow more quickly than others. Some breeds are large, while others are smaller framed. You'll want to know the traits of many breeds and your farm's needs before selecting a breed to raise. When you have completed each of these activities and discussed the questions in Barn Talk with your helper you will be able to recognize these breeds and know something about them.

From the breeds listed in Facts on pages 7 and 9, match each breed to its description. Then complete the Word Find. When you have completed these activities, and discussed the questions in Barn Talk with your helper you will be able to recognize these breeds and know something about them.

Beef Descriptions

A. Solid black polled breed that originated in Scotland. They are the most numerous cattle in the U.S. and are noted for high quality carcasses.



B. White faced, red cattle have horned blood lines and polled bloodlines. They are known for their mothering and foraging ability plus their very docile disposition. Horned and polled bloodlines are under one breed association. They are the second most numerous breed in the U.S.



C. Originally called Durhams, this British breed can be red, white or roan in color. They were used for milk production.



Photo courtesy American Shorthorn Association

D. Large framed, red and white in color from France. This is the largest French breed of cattle. Originated from breeders in the Maine and Anjou river valleys.



Photo courtesy Maine-Anjou Association

E. Large muscled, red to gold breed from the French regions of Limousin and Marche.



F. Large frame, solid white breed from France. They are known for their fast growth rates.



G. White faced, red or yellow breed from the Simme Valley in Switzerland. Noted for good milk production. American versions are black or red with a blazed face.



H. Developed at the King Ranch in Texas. A cross of Shorthorn and Brahman breeds. Dark red, slicked haired and loose hide.



I. Cherry red in color from Salers Valley in south central France.



J. Originated in Germany. Selected for meat, milk and work.



K. Developed as a draft animal, the most important traits are extreme size and strength. They are the largest cattle in the world. The American version is usually black with lots of style.



L. Developed in a cold, rocky, harsh environment this breed's most important traits are small frame size, calving ease and cold weather tolerance.



M. Developed as a pure meat animal to produce the largest possible cuts of meat.



N. Developed as a draft and milk breed this breed is known for its strong feet and legs, large capacity and milking ability.



O. Developed in a hot environment this breed's important traits are disease resistance, heat tolerance and hardiness.



BarnTalk

Shooting the Breeze

- How can you tell the breeds apart?
- What new breeds did you discover?

Show Me the Beef

- Which three breeds are popular in your area? Why?
 - How would the efficiency of cattle production be affected if producers could only use breeds from one country... say Scotland? (Write your answer to this question here.)
-
-
-

Where's the Beef?

- What beef breed do you and/or your family raise and why?
 - How can you use this information in a livestock judging contest?
-
-
-

Beef's Future

- What characteristics are most important to you in deciding what breed you want to raise?
-
-
-



Youth identify breeds of cattle in a skill-a-thon event.



Breed Origins

Angus (Scotland)
Beefalo (U.S., California)
Belgian Blue (Belgium)
Charolais (France)
Chianina (Italy)
Gelbvieh (Austria)
Hereford (England)
Limousin (France)
Murray Grey (Australia)
Piedmontese (Italy)
Pinzgauer (Germany)
Polled Hereford (U.S., Iowa)
Santa Gertrudis	... (U.S., Texas)
Scotch Highland (Scotland)
Senepol (Virgin Islands)
Simmental (Switzerland)
Zebu (India)

Beef It Up!

1. Research and write a short paper on your favorite beef breed.
2. Choose three breeds from different areas of the world. Study their characteristics, especially relating to the environment they thrive in. Share with your helper how producers blend these differences to make cattle work better in your environment.
3. Collect ten pictures of beef cattle breeds. Make a matching game to play with your family or friends. Use separate cards so the breed, three characteristics of the breed and where it originated can be matched. You can find great pictures in beef magazines or by writing to breed associations.
4. Talk to a cattle producer and find why the breed they raise was chosen. Give a report on what you find to your family or group.



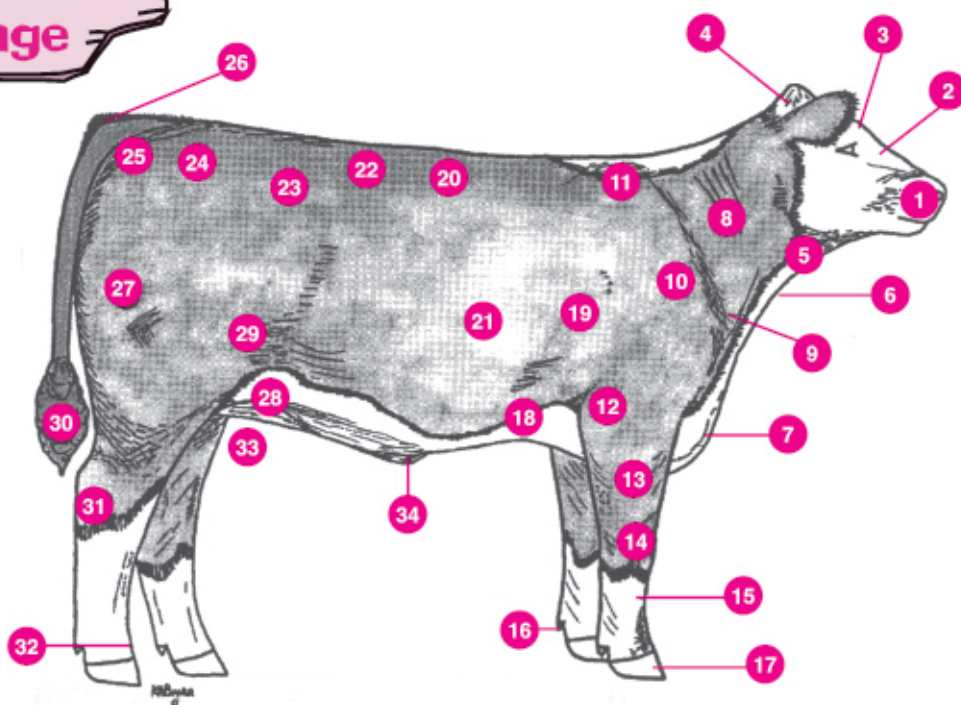
Locating Beef Parts

Beef Project Skill: Selecting beef animals
Life Skill: Communicating with others
Education Standard: NS.K-4.3 Life Science
Success Indicator: Identify 30 beef body parts.

Do you know where the stifle on a beef animal is located? The hock, the poll, the brisket? In order to better understand the beef project and be able to select quality animals you need to know the basic body parts.

Taking on the Challenge

There are 34 parts numbered on the outline of the beef animal. Identify each part. Many of the parts listed in the Beef Parts Word Bank have hints to help you locate them. Explain the locations of each part to your helper.



Beef Parts Word Bank

- | | | |
|---|--|--|
| _____ Back (or Top) - Along the top from the point of the shoulders to the last rib | _____ Forerib - Right behind the shoulder | _____ Pastern - Joint right above the hoof |
| _____ Brisket - Chest of the calf | _____ Rear Flank - Opposite of fore rib in front of rear leg | _____ Pin Bone - Bone by tail head |
| _____ Cannon bone - From knee to pastern and from hock to pastern | _____ Hindquarter | _____ Poll - Top point of head |
| _____ Dewclaw - Back of hoof | _____ Hock - Middle joint of rear leg | _____ Point of Shoulder - Where front legs meet along the top line |
| _____ Dewlap - Flap of skin on the throat | _____ Hoof | _____ Ribs |
| _____ Elbow - Joint of front leg at the fore flank region | _____ Hook or Hip Bone - Where line ties into hip | _____ Rump - Hip |
| _____ Face | _____ Knee - Middle joint of front leg | _____ Shoulder |
| _____ Forearm - Knee to elbow of front leg | _____ Loin Muscle - From the last rib to the start of the hip | _____ Stifle - Muscle at rear flank |
| _____ Forehead - Between eyes | _____ Lower forerib (Heart Girth) - Along belly line behind front legs | _____ Switch - End of tail |
| | _____ Muzzle - Nose | _____ Tailhead - Where tail attaches to calf |
| | _____ Navel - Center of belly | _____ Throat |
| | _____ Neck | _____ Top of Shoulder |
| | | _____ Udder (female) Cod (steer) |
| | | _____ Scrotum (bull) - Between rear legs |

BarnTalk

Shooting the Breeze

- How did you go about determining which part of the animal went where?

Show Me the Beef

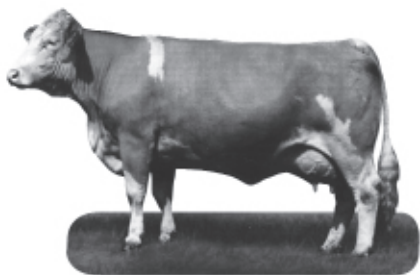
- Why is it important to know the parts of a beef animal?

Where's the Beef?

- How will knowing beef parts help you in talking to your vet?

Beef's Future

- How will knowing the parts be useful to you as you judge beef?



Written by Josh Merrill.

FACTS

Breed Word Bank

ANGUS	MURRAY-GREY
BARZONA	NORMANDE
BRAHMAN	PINZGAUER
BRANGUS	RANGER
CHAROLAIS	SALERS
CHIANINA	SCOTCH
DEVON	HIGHLAND
GALLOWAY	SIMMENTAL
GELBIEH	SHORTHORN
HEREFORD	TARENDAISE
LIMOUSIN	WATUSI
MAINE-ANJOU	

Breed Word Find

A	B	R	A	N	G	U	S	C	E	H	J	L	S
N	A	N	G	U	S	E	P	A	R	T	E	V	C
B	R	A	H	M	A	N	L	Y	L	S	Z	L	O
M	Z	C	C	B	D	W	G	B	I	E	I	I	T
U	O	K	H	M	O	D	A	A	V	M	R	S	C
R	N	V	A	I	E	W	T	T	O	I	A	S	H
R	A	B	R	V	A	N	C	U	U	E	E	F	H
A	Y	G	O	H	E	N	S	I	J	S	L	H	I
Y	A	N	L	R	M	I	I	S	O	P	I	E	G
G	W	M	A	I	N	E	A	N	J	O	U	R	H
R	O	T	I	R	R	E	G	N	A	R	X	E	L
E	L	Y	S	I	M	M	E	N	T	A	L	F	A
Y	L	Z	A	B	C	E	D	N	A	M	R	O	N
D	A	E	F	P	I	N	Z	G	A	U	E	R	D
S	G	S	H	O	R	T	H	O	R	N	C	D	E



It's never too early to start learning about beef.

- On your own animal identify 10 parts.

Beef It Up!



Doing the Right Thing IS the Right Thing

Beef Project Skill:

Practicing ethical treatment of animals

Life Skill:

Self-Responsibility

Education Standard:

NS.K-4 Personal & Social Perspectives

Success Indicator:

Identify acceptable safety and ethical practices.

Do you know the dangers when working with beef cattle? Did you know that doing the “safe” thing could help you to treat your animal the right way and be safe at the same time? Do you know that treating your animal the right way is part of

being ethical (ethical means doing the right thing). Accidents and other problems can be prevented or avoided if you do things the safe and ethical way. Your beef animal depends on you to be safe and treat it in a kind way.



Listed below are some situations that are safe or ethical and some situations that not safe or ethical. Look at each one and decide which ones are safe or ethical and which ones are not safe and ethical. After you have thought about each one, share your decisions with someone else.

If the situation was not safe discuss what would you do to make it safe.



Do the right thing.

Situation	Safe or Ethical	Unsafe or Unethical
Leaving your calf alone in the clipping chute		
Getting your calf after the ownership deadline		
Clipping in a wet puddle		
Tying the halter around your hand		
Having someone else take care of your calf		
Being calm, quiet and steady		
Helping another exhibitor		
Telling the truth		
Surprising cattle from behind		
Giving more medicine than recommended		
Using whips or cattle prods when showing		
Breaking a rule		
Yelling at your calf		
Using a “hotshot” on your calf		
Unloading your calf by yourself		
Leading your calf for the first time with an adult		
Withholding feed or water from your calf		
Force feeding or watering your calf		

BarnTalk

Shooting the Breeze

- How did you decide if it was safe or not safe?
- How did you decided if it was ethical or unethical?
- Why is it important to know the difference?
- How will being safe and ethical help you take better care of your calf?

Where's the Beef?

- How can being ethical make things better in everything that you do?

Beef's Future

- What can you do to teach others about ethics (doing the right thing)?
- How will understanding what is safe and not safe or what is ethical and unethical help you take better care of your animal?



FACTS

Beef Quality Assurance and Ethical Compass

Safety and ethics is becoming more and more important to beef cattle producers because many new rules and laws are being created by the government and other regulatory groups. Also, the penalties for not following these guidelines are becoming more and more severe.

To help you know about these new regulations, many new programs have been started. **Beef Quality Assurance (BQA)** is designed to let you know how to properly give a shot, how to properly provide the correct handling and housing, how to provide the proper nutrition, how to read and understand the labels on feed bags and medicine bottles, and many other things that help you provide the correct care for your animals.

Ethical Compass is designed to let you know what may or may not be ethical. It contains questions such as: (1) Does the practice violate Food and Drug Administration (FDA) law?, Does the practice harm the animal?, (3) Would the public be offended? and (4) Does the practice conflict with real world agricultural practices?

Both of these programs and many other programs were developed to help beef producers know and understand sound principles, fundamental practices, recommended procedures that promote safe and ethical production of beef animals.



Beef It Up!

1. Ask a veterinarian about why it is important to give only the recommended amount of medicine to an animal.
2. Ask a beef producer or a veterinarian about why it is important to know how to give a shot.