Bite Into Beef

Beef Youth Activity Guide

Name ___________________________  County ________________
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.
- Dale 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 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.

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**Experiential Learning Model**

1. Experience the activity. Ask.
2. Share the results, reactions, observations, publicly.
3. Problem by discussing, looking at the experience, review, either.
4. Generalize to another or appropriate to related examples.
5. Apply what was learned in a similar or different situation, position.

Youth share how they will use the project and its skills practiced in other parts of their lives.

Youth share what was most important about what they did.

Youth describe the experience and their reaction.

Youth go before being told or shown how.

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**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
     Mango on the Range

Chapter 2 Safety and Ethics
     Live Long and Prosper
     Becoming Ethically Enlightened
     Forever

Chapter 3 Judging Beef
     Evaluating Leg Structures
     Judging Breeding Heifers
     Presenting Oral Resumes
     Determining Frame Scores

Chapter 4 Breeding Beef
     Locating and Identifying Beef Cows
     Making the Cut

Leading the Charge - Level 3 BU-08145

Chapter 1 Animal Nutrition and Health
     Gut 'n' Turf
     Balancing a Beef Ration
     Let's Talk Hay
     Read It on the Label
     Booking Storage Bags

Chapter 2 Showing Beef
     Fitting for Show

Chapter 3 Meat Evaluation
     Evaluating a Beef Carcass
     Yielding the Grade

Chapter 4 Selecting a sire

Chapter 5 Reproduction
     Exploring Beef Reproductive Systems
     The Heat Is On
     A Womp With a Nicker
     The LaArooo 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 Food and Caviar
     Producing a Beef Commercial
     Finalizing the Beef Project Year
     Show What You Know
     Demonstrating Fitting Equipment

Chapter 2 World Markets
     Buying and Selling
     Beef Talk Games
     Fun with Beef Pyramid
     Playing STEAK Bingo

Chapter 3 Beef Management
     Practicing
     Keep It Clean
     Moo-tides
     Investigating Medications
     Tying the Knot
     Assisting the End

Chapter 4 Skill Building
     Conducting a Beef Quiz Bowl
     Identifying Beef Parts
     Practicing Sportsmanship
     The 4-H Recognition Model
     Answer Key

Bite Into Beef

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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**
## My Beef Project Goals

<table>
<thead>
<tr>
<th>Name</th>
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</table>

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

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

### I know how to:

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

**Bite Into Beef Activities**

<table>
<thead>
<tr>
<th>Activities</th>
<th>Date Completed</th>
<th>Helper’s Initials</th>
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<tr>
<td>Chapter 1 Know Your Beef</td>
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<td>Identifying Beef Breeds</td>
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**Activities**

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.

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Write your own activity here.
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 ________________________________
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.

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.

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 Durham, this British breed can be red, white or roan in color. They were used for milk production.

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

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 hides.

I. Cherry red in color from Saiers 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 fast 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?


Resources: Breed Association Web sites (see Beef Resources page).
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.

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

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?

Facts

Breed Word Bank
ANGUS
BARZONA
BRAMHAN
BRAHMAN
CHAROLAIS
CHIANINA
DEVON
GALLOWAY
GELBVIECH
HEREFORD
LIMOUSIN
MAINE-ANJOU
MURRAY GREY
NORMANDIE
PINGUAIER
RANGER
SALERS
SCOTCH
SIMMENTAL
SHORTHORN
TAURETAIS
WATUSI

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 A R 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 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 O S 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.

1. On your own animal identify 10 parts.

Beef It Up!

Written by Josh Merrill.
Doing the Right Thing IS the Right Thing

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.

Taking on the Challenge

Listed below are some situations that are safe or ethical and some situations that are 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.

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

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.

Adapted from Livestock Showman Ethical Compass by Jeff Goodwin.