



Beef

Virtual Activities Guide

Relevant Projects

- Beef
- Dairy
- Livestock Projects
- All Manner of Red Meat



Digital Resources

Video Series about Ruminant Digestion Systems

<https://www.youtube.com/playlist?list=PLNmz2z9MPAzfeWod9zjaZYpisk9M8Dn5c>

Beef Farmers of Ontario - Educational Resources

<https://www.ontariobeef.com/industry/educational-resources.aspx>

Canadian Beef - Checkout their app Beef Round Up

<https://canadabeef.ca/discover/>

Stock Show Online University

<https://www.sullivansupply.com/stock-show-u/online/>

Cargill - raising Beef to Higher Standards - Interactive Lesson

<https://cargill.maps.arcgis.com/apps/Cascade/index.html?appid=5f1870f0df0e4b439da28546972d4047>

Pasture to Plate - Interactive Game

<https://romantic-williams-8ab888.netlify.app>

Achievement Day Idea

Have members prepare a 2-5-minute-long video that teaches new 4-H members or the general public about working with beef. Encourage youth to use basic level language and treat the viewer as someone who has never worked with beef. Below are some examples:

- Showmanship
- Clip
- Brush
- Packing for a Show
- Prep or Cook Beef for Meal
- Maintain Breeding or Herd Records
- Herd Health

Speaker Ideas

- Local Processor
- Feed Specialist
- Breeding Technician
- Judge
- Veterinarian
- Hoof Trimmer
- Feed Lot Owner

Activity #1 Get Ready for Sale Day

Divide members into small groups of 2-4. Challenge the group to make a plan to sell their assigned cattle, herd or farm (create profiles to provide information to members). They should cover how and where they would market their animal, create an advertisement and create a short pitch. This activity could be done during a meeting in breakout rooms or independently outside of the meeting time.

Activity #2 Cooking with Beef

Prior to the meeting provide members with a shopping list of supplies needed for your recipe(s). Together prepare an entree where beef is the main event. We recommend checking out the "All Manner of Red Meat" project resource too! Below are some ideas for recipes:

<https://canadabeef.ca/recipes/>

Activity #3 Comes from Cows

The purpose of this activity is to quiz and inform members on items that are biproducts of cows. We recommend creating a slideshow with photos of the items and having members guess if it comes from cows or not. Here is a list of some unconventional items that come from cows:

<https://beef2live.com/story-fun-facts-products-beef-cattle-89-104636>

Activity #4 What Would You Do?

This activity focuses on sportsmanship in and outside the ring. Present scenarios to members and ask them what they would do in that situation. We encourage you to focus on the values and teachings of the 4-H program and the responsibility of representing the clover. Below are some examples of scenarios:

- You are at ringside at the Fair and a competitor is chatting with you. They mention that they have drugged their heifer to have her behave better for the show. What do you do?
- You placed third in your showmanship class after having been switched from first down to third. You are not happy about your results. What next?
- You and a group of friends are chatting after the show. Popular opinion says that the person whose heifer won should not have. Everyone has a lot of negative things to say about the animal and the exhibitor because she appears to not do a lot of the work on it on her own. What do you do?
- Your parent is really upset about how you placed in showmanship at a show and thinks that the judge did a terrible job. They intend to have a heated discussion with the judge. What do you do?
- A heifer in your showmanship ring has gotten loose. What do you do?
- One of the younger members in your club gets very nervous in the show ring and you've noticed that they are especially concerned today. What do you do?