

# MECOSTA COUNTY 4-H BEEF PROJECT AREA

## NOTEBOOK GUIDELINES

### BEEF EDUCATIONAL NOTEBOOK # 4

Items A, B, C, D and E are required for notebooks 2- 4

- A. Decorative Cover
- B. Title Page
- C. Table of Contents and Notebook Guidelines
- D. Your 4-H story (Tell about your beef project- where you obtained, your goals etc.)
- E. Place the year that you complete each page in the lower right corner of each page.

Level Four (4) Beef notebook options:

- Options #1 -Seventh year complete 6 of the following items.  
-Eighth year complete the remaining 6 items.

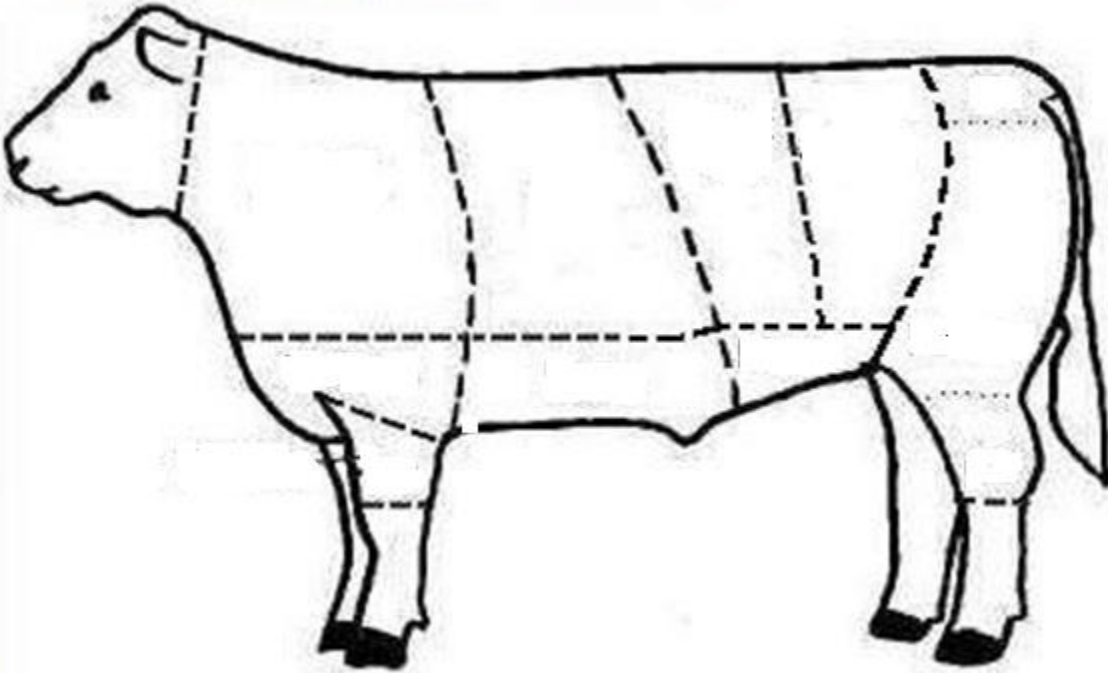
- Option #2 - Seventh year complete all 12 items.

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Year  
Completed

- \_\_\_\_\_ 1. Describe and tell the important characteristics of (2) **rare** breeds of beef. Total of (10) in notebook. Include body type, breed standard, uses and their country of origin.
- \_\_\_\_\_ 2. Describe how to clip a steer for show.
- \_\_\_\_\_ 3. Describe how nutrients are absorbed in the digestive system. Begin at the mouth.
- \_\_\_\_\_ 4. How do microbes (bugs) in the rumen help to digest food?
- \_\_\_\_\_ 5. Describe (3) marketing techniques and the current market price for beef/dairy feeders. (both steers and calves)
- \_\_\_\_\_ 6. Explain the difference between wholesale cuts and retail cuts.
- \_\_\_\_\_ 7. Label the diagram of wholesale cuts of meat. Diagram on page 2.
- \_\_\_\_\_ 8. Identify (5) beef cuts and locate what part of the carcass each cut is found and name one of the skeletal bones found in each cut. Page 3 of notebook.
- \_\_\_\_\_ 9. What does the term “cutability ” refer to when evaluating a beef carcass?
- \_\_\_\_\_ 10. Describe the pros and cons of breeding or purchasing a market steer project.
- \_\_\_\_\_ 11. Continue your beef/dairy feeder records for breeding, feeding, and expenses. Include in notebook.
- \_\_\_\_\_ 12. Include pictures of you and your animal and any ribbons/awards you may have won at fairs/shows.

## Wholesale Cuts of Meat



### Word Bank for wholesale cuts

Chuck  
Rib  
Flank  
Fore Shank

Hind Shank  
Sirloin  
Round  
Rump

Short Loin  
Brisket  
Plate

## Identifying Beef Retail Cuts

Retail Cut	Wholesale Cut	Skeletal Bone
Example: Leg Roast	Leg	Femur (leg bone)
1.		
2.		
3.		
4.		
5.		