



Beef

CANADA
4-H Nova Scotia

Virtual Guide

Activity Ideas

Activity #1: Cooking with Beef

Prior to the meeting, provide members with a shopping list of supplies needed for your recipe(s). Have each member prepare an entree where beef is the main event and send you a photo. You can find some great recipes at canadabeef.ca.

Activity #2: 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. 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 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 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?

Guest Speaker Ideas

- Producer (cow calf operation)
- Feedlot owner
- Processing plant owner
- Auctioneer
- Veterinarian
- Hoof trimmer

Resources

1. [NSDA Beef Production Manual](#), A Guide for 4-H Leaders and Beginning Farmers
2. [Ruminant Digestive Systems Video Series](#)
3. [Nova Scotia Cattle Producers - Industry Fact Sheets](#)
4. [Canadian Beef APP Beef Round Up](#)
5. [Stock Show Online University](#)
6. [Cargill - Raising Beef to Higher Standards \(Interactive Lesson\)](#)
7. [Pasture to Plate - Interactive Game](#)
8. [Virtual Beef tour of Grant Ranch \(SK\) - Learning about the magic of the ruminant](#)

