

# 4-H Beef Promotion Award Application

**Name**

**Club**

**Age**

**Grade**

(as of August 1 of the current 4-H year)

**Requirements:**

- Write a one page essay on “Importance of Beef in the Diet” & attach to this form
- Prepare Beef 12 times, using 4 different cooking methods (2 moist heat; 2 dry heat)

### Beef Presentations

Talks & Demonstrations Title	Group or Organization presented to	Number Present

### Beef Dishes Prepared

Dish prepared	Beef Cut Used	Dry Heat Method Used	Moist Heat Method used	Number Of Times	Number Served

### Educational Exhibits

Educational Exhibit or Working Display	Where Displayed

**Mass Media**  
**Newspaper, Radio, TV**

Name of Article or Presentation	Type Of Media	Number of Times

**Leadership**

Workshops Conducted or Assisted with	Level (L, C, S)	Number Involved

**Other Beef Selecting, Preparing and Serving Activities**  
 (Include Tours, Field Trips, Exhibits, Workshops Attended, Meat Judging, etc.)