

4-H Beef Promotion Award Application

Name _____ Club _____

Age _____ Grade _____ (as of August 1 of the current 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.)