4-H Beef Promotion Award Application

Name		Club
AgeGrad	de	_(as of September 1 of the current year)
Requirements:	Juniors:	Make one presentation on Beef Selecting, Preparing and Serving to a group other than 4-H or Cattlewomen 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)
	Seniors:	Make two presentations on Beef Selecting, Preparing and Serving to a group other than 4-H or Cattlewomen Write a one page essay on "Importance of Beef in the Diet" & attach to this form Prepare Beef 20 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

I Exhibits			
V	Where Displayed		
Name of Article or Presentation Typ		of media	Numb of Time
-		Level (L, C, S)	Numb involve
		ctivities	
	Nedia Radio, TV	Media Radio, TV Type	Mhere Displayed Tedia Radio, TV Type of media rship ted with Level (L, C,