



Dairy Heifer Record Book



Name:			€ Jr.
			€ Sr.
Social Security No.:	Age:	Grade:	School Name:
Address:			
City:		State:	Zip:
Phone:		County:	
Name of 4-H Club and/or FFA Chapter:		Years in 4-H or FFA:	

	Heifer #1	Heifer #2	Heifer #3
Heifer's Name:			
Heifer's Ear Tag or Tattoo Number:			
Breeder's Name and Address:			

4-H or FFA Member's Signature:
Parent or Guardian's Signature:
Agent's Signature (4-H): _____ and/or Teacher's Signature (FFA): _____

SECTION I – 35 POINTS
RECORDS FOR YOUR DAIRY HEIFER

1. Heifer Information: You must have a beginning weight and a starting date. Final weight and ending height date for this record book should be no earlier than _____ and no later than _____.

	Heifer #1	Heifer #2	Heifer #3
Heifer's Breed or Color			
Heifer's Birth Date			
Total Days on Feed			
Beginning Withers Height & Date			
Ending Withers Height & Date			
Beginning Weight & Date	A.	A.	A.
Ending Weight & Date	B.	B.	B.
Total Weight Gain (B-A)	C.	C.	C.

2. Feed Purchased and Cost:

Date	Name of feed (if applicable). Place feed was purchased from. Feed contents (grain, complete feed, corn, oats, protein, hay, etc.)	Pounds Purchased	Cost Per Pound	Total Cost

Total Pounds Purchased **D.** _____ Total Feed Cost **E.** \$ _____

3. Other Costs:

	Heifer #1	Heifer #2	Heifer #3
Cost or Value of Animal	F. \$	F. \$	F. \$
Minerals, Vitamins, Salt and Other Feeds Not Listed in Question 2	G. \$	G. \$	G. \$
Veterinary Costs – Vaccines, Dewormers, Lice Controls, Blood Work	H. \$	H. \$	H. \$
Entry Fees, Trucking, Show Supplies and Other Costs	I. \$	I. \$	I. \$
Total Costs (F+G+H+I)	J. \$	J. \$	J. \$
Total Feed and Other Costs (E+J)	K. \$	K. \$	K. \$

4. Income:

	Heifer #1	Heifer #2	Heifer #3
Prize Money Won With This Heifer	L.	L.	L.
Prize Won in Showmanship With This Heifer	M.	M.	M.
Total Income (L+M)	N. \$	N. \$	N. \$
Total Spent (K)	O. \$	O. \$	O. \$

5. Performance Record:

	Heifer #1	Heifer #2	Heifer #3
Total Weight Gain (from Question 1)	P.	P.	P.
Total Days on Feed (from Question 1)	Q.	Q.	Q.
Average Daily Gain (P/Q)	R.	R.	R.
Feed Per Pound of Gain (D/P)	S.	S.	S.
Cost Per Pound of Gain (E/P)	T. \$	T. \$	T. \$
Frame Growth (Final Withers Height – Starting Withers Height)	U.	U.	U.

SECTION II – 20 POINTS

6. Your Time with Your Project:

	Heifer #1	Heifer #2	Heifer #3
Hours Spent General Care (Daily Feeding, Watering, etc.)	V.	V.	V.
Hours Spent Working with Animal/Practicing (Walking, Setting Up, etc.)	W.	W.	W.
Hours Spent Preparing for Show (Washing, Clipping, Combing, etc.)	X.	X.	X.
Hours Spent Elsewhere (Artificial Insemination, etc.)	Y.	Y.	Y.
Total Number of Hours Spent with Project	Z.	Z.	Z.

(a) Explain why protein and TDN content of a feed are important.

Select one of your heifers and complete this section.

(b) What was the breed of your heifer? What advantages does this breed possess? What characteristics does this animal possess that made you select it?

(c) If you could change anything about your heifer, what would you change to make her a better show animal?

(d) When you show this animal, how would you compensate for the above described faults?

SECTION III – 20 POINTS

7. Dairy Industry and Dairy Product Worksheet:

1. Name five breeds of dairy cattle. _____

2. Which breed produces milk with the highest total solids content? _____

3. Name five nutrient categories found in milk.

4. Name four dairy products made from milk.

5. What is the fat percentage of whole milk? _____

6. Which county in South Carolina produces the most milk? _____

7. What is the primary function of the organization SUDIA? _____

8. What state in the lower 48 states has the highest average mailbox price? _____

9. How many calories are there in an 8 oz. glass of whole milk? Skim milk? _____

10. What is the slogan for the current dairy product promotion program? _____

11. According to the food guide pyramid, how many servings of milk and dairy products should a teenager consume daily? _____
12. Which nutrient in milk and dairy products helps to prevent osteoporosis? _____
13. What is milk protein called? _____
14. How much money do dairy producers contribute per hundred pounds of milk for promotional advertising? _____
15. What is the process called that kills harmful bacteria in milk? _____
16. What is the process called that breaks the fat globules and prevents them from rising to the top as cream?

17. What is the most popular breed of dairy cattle in South Carolina? _____
18. What is the slogan for the current cheese advertisements? _____
19. What do the letters SUDIA stand for? _____

SECTION IV – 20 POINTS

Write a story about your Dairy Heifer Project, including this year’s most significant experience. Juniors’ stories should be a minimum of 1 ½ pages and Seniors’ stories a minimum of 2 ½ pages. Any of the following outlines may be used as a guide. (The outline is just a suggestion.)

SAMPLE STORY OUTLINE

I. Introduction

- a. Tell what type, breed, weight, etc. of heifer you selected and why you chose a heifer as your project.
- b. Tell why you chose the heifer you did – cost, breed, breeder, past successes, etc.
- c. In choosing your dairy heifer, did you conduct any research? If so, explain.

II. Body

- a. Were there things you wish you had known prior to this project? If so, what were they?
- b. Day-to-Day Care: Briefly describe what your daily care consisted of – where your heifer lived, feeding routine, exercise, etc., including some of the Good Production Practices you used in raising your heifer.
- c. What was your most significant experience? What did you learn about yourself and/or your heifer? Was there anything that surprised you about this project?

III. Summary

- a. What would you change or do the same the next time you begin a dairy heifer project? For example: different feed, different breed, age of heifer you would start with, etc.

Supporting Material (two pages only) 5 POINTS

(Pictures with caption, newspaper articles, etc., that support your Dairy Heifer project)

Supporting Material (continued)

Instructions for Completing Dairy Heifer Record Book

This record book is for Junior and Senior participants. Juniors must be age 9 before January 1 of the current year. Any member who has been out of high school six months is not eligible. The age breakdown is as follows:

- Junior – Ages 9 through 13
- Senior – Ages 14 through 19

1. All entries must be from bona-fide 4-H or FFA members for the current year.
2. Record keeping is from the date of purchase until no earlier than _____ and no later than _____.
3. **For participants not attending the South Carolina Junior Livestock Exposition, the Dairy Heifer Record Book must be sent to _____ and received by _____.**
4. The record book is complete. No additional pages are allowed. Do not submit record books in notebooks or binders. You may use construction paper for the two Supporting Materials pages, but they must be 8 ½" x 11". Use only one side of the pages for your Support Materials.
5. All signatures must be obtained on the front of the record book.
6. Records must be handwritten by the member.
7. Plagiarism is not allowed. If an entry is suspected of plagiarism it will be disqualified and ineligible for awards.
8. Awards will be provided to the top five Junior and Senior Records at the South Carolina Junior Livestock Award Banquet, _____.