The Project Requirements Handbook outlines project and exhibit requirements, this is not a 4-H policy document. The University of Idaho 4-H Youth Development Policies and Procedures is the official source of policies and procedures, posted at: https://www.uidaho.edu/extension/4h/documents-records
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REVISED 9/8/20 by Erika Jeffries: email Erika at ethiel@uidaho.edu if there are questions or to report errors with this publication.

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information, or status as any protected veteran or military status.
# Civic Engagement

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<td><strong>Youth Materials:</strong></td>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
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<tr>
<td>• Exploring Citizenship, My Government Project Manual (#11002) 2019</td>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
<td>• Completed study questions and signed off suggested activities from Exploring</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
<td>Citizenship My Government Project Manual (#11002)</td>
</tr>
<tr>
<td>• Judicial First Year Project Tip Sheet</td>
<td></td>
<td>• A poster (14”x 22”), or display illustrating something you learned in this</td>
</tr>
<tr>
<td>• Judicial Second Year Project Tip Sheet</td>
<td></td>
<td>project this year.</td>
</tr>
<tr>
<td>• Legislative First Year Tip Sheet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Legislative Second Year Tip Sheet</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
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Note: This project is designed to be a two-year project.

1. Attend the 4-H Know Your Government (KYG) Conference and complete the KYG project
2. Select which workshop to attend (either Legislative or Judicial) Example - if Legislative selected that would be 1st year project then Judicial would be 2nd year
3. Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project
4. Work through the Exploring Citizenship My Government Project Manual (#11002). Complete study questions and at least one suggested activity for each section

**First Year** – Complete the four sections
- Local Government
- Legislative Branch OR Judicial Branch
- Executive Branch OR Who Influences Our Government OR News Media
- First Year Follow-up Plan and Activities (see page 64 in Manual)

**Second Year** – Complete the four sections
- Legislative Branch OR Judicial Branch (the section you did not do last year)
- Executive Branch AND/OR Who Influences Our Government AND/OR News Media (Complete the two you did not complete last year)
- Second Year Follow-up Plan and Activities (see page 65 in Manual)
5. Complete ZSuites 4-H Project Record Book
6. Complete ZSuites 4-H Involvement Report

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County Requirements:
Check with your County Extension office for details.

Support Materials:
Idaho 4-H KYG page: [https://www.uidaho.edu/extension/4h/events/know-your-government](https://www.uidaho.edu/extension/4h/events/know-your-government)
Idaho 4-H KYG Project page: [https://www.uidaho.edu/extension/4h/projects/know-your-government](https://www.uidaho.edu/extension/4h/projects/know-your-government)
Idaho State Constitution: [https://legislature.idaho.gov/statutesrules/idconst/](https://legislature.idaho.gov/statutesrules/idconst/)
Idaho Department of Labor: [https://labor.idaho.gov](https://labor.idaho.gov)
Association of Idaho Cities: [http://www.idahocities.org](http://www.idahocities.org)
Idaho Association of Counties: [http://www.idcounties.org](http://www.idcounties.org)
# Civic Engagement

## ADV. CITIZENSHIP, KYG STEERING COMMITTEE

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<td>• Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005) 2019</td>
<td>For 4-H Know Your Government Steering Committee: Legislator, Judge, Speaker of the House, and Justice</td>
<td>• Advanced Citizenship, Idaho 4-H Know Your Government Planning Committee Project Book (#11005)</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>1. Attend the Steering Committee planning meeting and complete pre-conference assignments</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>2. Attend the KYG Conference and carry out assigned responsibilities</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005) 2019</td>
<td>3. Work through the Advanced Citizenship Project Manual (#11005) and complete the required sections:</td>
<td>• A poster (14”x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>Legislator:</td>
<td></td>
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<td></td>
<td>• Bill Study</td>
<td></td>
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<td></td>
<td>• Parliamentary Procedure</td>
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<td></td>
<td>• Legislators Activities</td>
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<td></td>
<td>Speaker of the House:</td>
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<td></td>
<td>• Parliamentary Procedure</td>
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<td>• Speaker of the House Activities</td>
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<td>• Course of the Bill</td>
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<td></td>
<td>Speaker:</td>
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<td></td>
<td>• Judicial Branch Study</td>
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<td>• Judges Activities</td>
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<td>• Laws Study</td>
<td></td>
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<td></td>
<td>Judge:</td>
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<tr>
<td></td>
<td>• Judicial Branch Study</td>
<td></td>
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<td></td>
<td>• Justice Activities</td>
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<td></td>
<td>• Interpretation Study</td>
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<td></td>
<td>4. Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<td></td>
<td>Complete the following:</td>
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<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
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### County Requirements:

Check with your County Extension office for details.

### Support Materials:

- Idaho 4-H KYG page: [https://www.uidaho.edu/extension/4h/events/know-your-government](https://www.uidaho.edu/extension/4h/events/know-your-government)
- Idaho 4-H KYG Project page: [https://www.uidaho.edu/extension/4h/projects/know-your-government](https://www.uidaho.edu/extension/4h/projects/know-your-government)
- Idaho State Constitution: [https://legislature.idaho.gov/statutesrules/idconst/](https://legislature.idaho.gov/statutesrules/idconst/)
- Idaho Department of Labor: [https://labor.idaho.gov](https://labor.idaho.gov)
- Association of Idaho Cities: [http://www.idahocities.org](http://www.idahocities.org)
- Idaho Association of Counties: [http://www.idcounties.org](http://www.idcounties.org)
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**POWER OF THE PRESS**

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<td>• <em>Power of the Press Idaho 4-H Know Your Government Steering Committee Project Manual</em> (#11006) 2017</td>
<td>For 4-H Know Your Government Conference Steering Committee: Reporters, News Editor, and Video Producer 1. Attend the Steering Committee planning meeting and complete pre-conference assignments. 2. Attend the KYG Conference and carry out assigned responsibilities. 3. Work through the Power of the Press Project Manual (#11006) and complete the required sections:  <strong>Reporters:</strong>  - Looking through the Windows  - Freedoms &amp; Limitations  - Who am I?  - News at its Source  <strong>News Editor and Video Producer:</strong>  - Commentaries vs. News  - Photo Scavenger Hunt  - Break it Down  - Hot Off the Presses 4. Give an oral presentation (speech, demonstration or illustrated talk) related to this project and/or show the KYG News Video if one was produced. Complete the following:  - ZSuites 4-H Project Record Book  - ZSuites 4-H Involvement Report</td>
<td>Binder with the following items:  - Power of the Press Project Manual (#11006)  - ZSuites 4-H Project Record Book  - ZSuites 4-H Involvement Report  - A poster (14”x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
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<tr>
<td>• ZSuites 4-H Involvement Report</td>
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### Volunteer Involvement Report

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

- Idaho 4-H KYG page: [https://www.uidaho.edu/extension/4h/events/know-your-government](https://www.uidaho.edu/extension/4h/events/know-your-government)
- Idaho 4-H KYG Project page: [https://www.uidaho.edu/extension/4h/projects/know-your-government](https://www.uidaho.edu/extension/4h/projects/know-your-government)
- Idaho State Constitution: [https://legislature.idaho.gov/statutesrules/idconst/](https://legislature.idaho.gov/statutesrules/idconst/)
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- Association of Idaho Cities: [http://www.idahocities.org](http://www.idahocities.org)
- Idaho Association of Counties: [http://www.idcounties.org](http://www.idcounties.org)
# Civic Engagement

## EXPLORING CITIZENSHIP, WASHINGTON FOCUS (CWF)

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<td><strong>Youth Materials:</strong></td>
<td>For Citizenship-Washington Focus Delegates, ages 15 to 19 years.</td>
<td>- Citizenship Washington Focus Delegate Handbook (updated annually at <a href="http://4-h.org/parents/citizenship-washington-focus/#resources">http://4-h.org/parents/citizenship-washington-focus/#resources</a>)</td>
</tr>
<tr>
<td>- Citizenship Washington Focus Delegate Handbook (updated annually at <a href="http://4-h.org/parents/citizenship-washington-focus/#resources">http://4-h.org/parents/citizenship-washington-focus/#resources</a>)</td>
<td>- Attend Citizenship-Washington Focus.</td>
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<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>- Upon returning from Citizenship-Washington Focus trip:</td>
<td></td>
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<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>- Develop a plan of action to share your experiences and make a contribution in your community. Use Plan of Meetings and Activities (#91612) or develop your own planning form. Initiate your plan and report on your progress.</td>
<td></td>
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<tr>
<td>- Annual Plan of Meetings and Activities (#91612)</td>
<td>- Give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project.</td>
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<td>- ZSuites 4-H Project Record Book</td>
<td><strong>Volunteer Materials:</strong></td>
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<tr>
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<td>- Citizenship Washington Focus Delegate Handbook (updated annually at <a href="http://4-h.org/parents/citizenship-washington-focus/#resources">http://4-h.org/parents/citizenship-washington-focus/#resources</a>)</td>
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<td>- Annual Plan of Meetings and Activities (#91612)</td>
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<tr>
<td>- Annual Plan of Meetings &amp; Activities (#91612)</td>
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<td>- A poster (14”x 22”), or display illustrating something you learned in this project this year.</td>
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<td><strong>County Requirements:</strong></td>
<td><strong>Support Materials:</strong></td>
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<td>Check with your County Extension office for details.</td>
<td>Idaho 4-H CWF page: <a href="https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus">https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus</a></td>
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<tr>
<td>National 4-H CWF Website: <a href="http://4-h.org/parents/citizenship-washington-focus/">http://4-h.org/parents/citizenship-washington-focus/</a></td>
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# Communication and Expressive Arts

## SPURRIN’ THE WORDS – COWBOY POETRY

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<td><strong>Youth Materials:</strong></td>
<td>In the member’s Montana State Manual:</td>
<td>ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Spurrin’ the Words Member’s Manual (#MSU 5308) 2011</td>
<td>• Complete the required activities in Sections 1-4</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Write at least 3 original poems composed of at least four-line stanzas</td>
<td>Exhibits may include one of the following:</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Demonstrate a specific rhyme pattern in your original verse</td>
<td>• Display for one or more original poems</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Complete at least 3 of the additional activities listed on a page</td>
<td>• Educational display about some of the classic cowboy poets</td>
</tr>
<tr>
<td>• Spurrin’ the Words Volunteer’s Guide (#MSU 5309) 2004</td>
<td>• Give an oral presentation (poem, speech, demonstration or illustrated talk) related to this project.</td>
<td>• Educational display about some of the back or Indian cowboys of the past</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• Educational display about Western culture or history</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Performance of your poems in exhibit buildings at special times</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Performance of your poems as part of your annual 4-H achievement banquet</td>
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<td></td>
<td>o Entertainment for donors or fair sponsors</td>
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<td></td>
<td></td>
<td>o Perform your own original poetry at local, regional or national “gatherings”</td>
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<tr>
<td></td>
<td></td>
<td>o Recite someone else’s cowboy verse at a public gathering</td>
</tr>
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### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Cowboy Poetry page: [https://www.uidaho.edu/extension/4h/projects/cowboy-poetry](https://www.uidaho.edu/extension/4h/projects/cowboy-poetry)
To order Spurrin’ the Words Volunteer Guide from Montana State University visit: [http://store.msuextension.org/Products/4-H-Spurrin-The-Words-Leaders-Guide__5309.aspx](http://store.msuextension.org/Products/4-H-Spurrin-The-Words-Leaders-Guide__5309.aspx)
To order Spurrin’ the Words Member Guide from Montana State University visit: [http://store.msuextension.org/Products/4-H-Spurrin-The-Words-Youth-Guide__5308.aspx](http://store.msuextension.org/Products/4-H-Spurrin-The-Words-Youth-Guide__5308.aspx)
## LEATHERCRAFT
### BEGINNER

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuits 4-H Project Record Book</td>
</tr>
<tr>
<td>• Leathercraft Supplement/Skills Checklist (#23102) 2020</td>
<td>• Complete a rounder or square of tooled practice leather (3” x 4”).</td>
<td>• ZSuits 4-H Involvement Report</td>
</tr>
<tr>
<td>• ABC’s of Leatherwork (Tandy 61904-00) (#23103) 1984</td>
<td>• Learn to use three of six basic tools: beveler, veiner, pear shader, camouflage, backgrounder, and seeder.</td>
<td>• Leathercraft Supplement/Skills Checklist (#23102)</td>
</tr>
<tr>
<td>• Leathercrafting (Tandy 61891-01) (#23104) 2005</td>
<td>• Learn how to prepare leather for tooling (casing).</td>
<td>• One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer.</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Learn how to transfer a design.</td>
<td><strong>Optional Exhibit:</strong></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Learn to edge and finish leather articles.</td>
<td>• Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Learn to apply different types of protective finishes.</td>
<td><strong>Note:</strong> Precut kits may be used as long as the expected learning experience for that level can be performed.</td>
</tr>
<tr>
<td>None</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
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<tr>
<td><strong>Complete the following:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Leathercraft Supplement/Skills Checklist (#23102)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for details.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Leathercraft page: <a href="https://www.uidaho.edu/extension/4h/projects/leathercraft">https://www.uidaho.edu/extension/4h/projects/leathercraft</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### LEATHERCRAFT INTERMEDIATE

**Projects & Materials**

| Youth Materials: | \- Leathercraft Supplement/Skills Checklist (#23102) 2020 |
| \- ABC’s of Leatherwork (Tandy 61904-00) (#23103) 1984 |
| \- Leathercrafting (Tandy 61891-01) (#23104) 2005 |
| \- ZSuites 4-H Involvement Report |
| \- ZSuites 4-H Project Record Book |

**Requirements**

**Project Requirements:**

- Complete a rounder or square of tooled practice leather (3” x 4”).
- Choose three new skills to demonstrate in your project.
- Improve your skills from Unit 1 by learning to use 3 additional tools and stamps: beveler, veiner, pear shader, camouflage, backgrounder, seed, and modeling tools.
- Learn to carve by using a swivel knife.
- Learn lacing skills such as whipstitch, running stitch, handstitch, decorative stitches and splicing.
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.

**Optional:**

- Learn to use rivets, eyelets, snaps, grommets, and clasps.
- Learn to apply leather dyes.
- Learn assembly skills: lining, skiving, folding, and creasing.

**Complete the following:**

- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- Leathercraft Supplement/Skills Checklist (#23102)

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Leathercraft Skills Checklist (#23102)
- One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer.

**Optional Exhibit:**

- Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work.

**Note:** Precut kits may be used as long as the expected learning experience for that level can be performed.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Leathercraft page: [https://www.uidaho.edu/extension/4h/projects/leathercraft](https://www.uidaho.edu/extension/4h/projects/leathercraft)
### Projects & Materials

**Youth Materials:**
- Leathercraft Supplement/ Skills Checklist (#23102) 2020
- ABC’s of Leatherwork (Tandy 61904-00) (#23103) 1984
- Leathercrafting (Tandy 61891-01) (#23104) 2005
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
None

### Project Requirements:
- Complete a rounder or square of tooled practice leather (3” x 4”).
- Learn two new skills or techniques from the following:
  - Add new skills not previously mastered from Units I and II.
  - Learn figure carving.
  - Learn inverted leather carving.
  - Learn to apply dyes using techniques such as block, solid color, background dyeing, or antique stains.
  - Learn to filigree.
  - Assemble a filigreed article with a suitable colored background.
  - Learn advanced lacing skills such as backstitch, buckstitching, or Florentine.
  - Design your own project using advanced techniques.
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- Leathercraft Supplement/Skills Checklist (#23102)

### Exhibit Requirements:
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Leathercraft Supplement/ Skills Checklist (#23102)
- One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer.

**Optional Exhibit:**
- Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work.

**Note:** Precut kits may be used as long as the expected learning experience for that level can be performed.

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Leathercraft page: [https://www.uidaho.edu/extension/4h/projects/leathercraft](https://www.uidaho.edu/extension/4h/projects/leathercraft)

### Optional Supporting Materials:
Available for purchase from a Leathercraft supplier:
- Figure Carving, by Al Stohlman
- How to Carve Leather, by Al Stohlman
- Lacing and Stitching for Leathercrafters
- How to Buckstitch, by Al Stohlman

Possible Instructor’s Manuals:
- Leatherwork Manual
- Adventures in Leather Instructor’s Manual

### Leathercraft Videos:
- Basic Leathercraft
- Leather Carving and Figure Carving
- Leather Stamping for Fun and Profit
- Coloring and Finishing
Communication and Expressive Arts

GET STARTED IN ART

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get Started in Art, (The Ohio State University 4-H592) 2019</td>
</tr>
<tr>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>Sharing Your Artwork, Critiquing Reflecting Learning Sheet (rev 9/3/20)</td>
</tr>
<tr>
<td>Large sketchbook, recommended (any brand)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get Started in Art, (The Ohio State University 4-H592) 2019</td>
</tr>
<tr>
<td>How to Teach Art to Children, Evan-Moor Publishing (EMC 760) 2001</td>
</tr>
<tr>
<td>4-H Art Helper Guide</td>
</tr>
<tr>
<td>Sharing Your Artwork, Critiquing Reflecting Learning Sheet (rev 9/3/20)</td>
</tr>
<tr>
<td>4-H Art Matrix</td>
</tr>
<tr>
<td>Elements &amp; Principles of Design Card (#23112) 2018</td>
</tr>
</tbody>
</table>

### Requirements

**Note:** Art skills develop with practice and it is strongly encouraged that activities are repeated multiple times to build skills. The best product from each activity should be attached in the book. A sketchbook is used for practicing and capturing ideas. *How to Teach Art to Children* book may also be used to build your skills.

**Requirements:**

- Complete six (6) activities producing your best piece. This may require repeating the same activity several times to build your skills and produce a quality art piece.
- Complete the Talking It Over section for each activity.
- Take part in at least one (1) learning experiences and at least one (1) leadership/civic activities (page 6).
- Write a project summary/story (page 7).
- With an adult, critique one of your artworks.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete a final art piece (page 7) and exhibit it.

Complete the following:

- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Get Started in Art Activity Book.
- Final art piece created during this project year not to exceed, including mounting board if needed, 24” x 36"or for sculpture 11½” x 17½” x 10½”.

On a 4” x 6” index card label the final artwork with the following: Your Name, Artwork Title and Date, Element(s) Expressed, Principle(s) ExpRESSED, Art Skill(s) learned.

Final art piece ideas are suggested, but optional, in the book, pages 29-37.

---

### County Requirements:

Check with your County Extension office for details.

### Supporting Materials:

Idaho 4-H Get Started in Art page: [http://www.uidaho.edu/extension/4h/projects/art-get-started](http://www.uidaho.edu/extension/4h/projects/art-get-started)

To order Ohio 4-H Curriculum visit: [https://extensionpubs.osu.edu/get-started-in-art/](https://extensionpubs.osu.edu/get-started-in-art/)

# Communication and Expressive Arts

## ART

### Sketchbook Crossroads

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Sketchbook Crossroads is designed for middle through high school age youth and may be used in a variety of youth development and academic settings.</td>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum Sketchbook Crossroads (#08140) 2005</td>
<td>Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity.</td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>• Recommended Materials: <em>Elements &amp; Principles Design Card</em> (#23112) 2018</td>
<td>In the member’s Manual:</td>
<td><strong>Sketchbook Crossroads Manual</strong> (#084140)</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete five activities from one unit (Drawing, Fiber Arts and Sculpting) and record activities in the activity log in the ZSuites 4-H Project Record Book OR Complete five activities from the three units OR Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.)</td>
<td>• Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>o Artist name, unit, activity, and title.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td><strong>Complete the following:</strong></td>
<td>o Original artwork title, element of design used, principle of design used, and life skill.</td>
</tr>
<tr>
<td>• National 4-H Curriculum Sketchbook Crossroads (#08140) 2005</td>
<td>• <em>ZSuites 4-H Involvement Report</em></td>
<td>o On the back of the card explain how you used these elements and principles in your artwork.</td>
</tr>
<tr>
<td>• Elements &amp; Principles Design Card (#23112) 2018</td>
<td>• <em>ZSuites 4-H Project Record Book</em></td>
<td><strong>County Requirements:</strong></td>
</tr>
<tr>
<td><strong>Supporting Materials:</strong></td>
<td>Check with your County Extension office for details.</td>
<td><strong>Supporting Materials:</strong></td>
</tr>
</tbody>
</table>

Idaho 4-H Sketchbook Crossroads page: [https://www.uidaho.edu/extension/4h/projects/sketchbook-crossroads](https://www.uidaho.edu/extension/4h/projects/sketchbook-crossroads)

To order National 4-H Curriculum visit: [https://shop4-h.org/collections/creative-arts-curriculum/products/visual-arts-curriculum-1-sketchbook-crossroads](https://shop4-h.org/collections/creative-arts-curriculum/products/visual-arts-curriculum-1-sketchbook-crossroads)

## Communication and Expressive Arts

### ART

**PORTFOLIO PATHWAYS**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Portfolio Pathways is designed for middle through high school age youth and may be used in a variety of youth development and academic settings. Youth may work with an adult helper or independently. It consists of three units: Painting, Printing and Graphic Design.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum Portfolio Pathways (#23114)</td>
<td>• Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>In the member’s Manual:</td>
<td>• Portfolio Pathways Manual (#23114)</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Complete five activities from one unit (Painting, Printing and Graphic Design) and record activities in the activity log in the ZSuites 4-H Project Record Book OR Complete five activities from the three units OR Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.)</td>
<td>• Two completed original artworks.</td>
</tr>
<tr>
<td><strong>Recommended Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:</td>
</tr>
<tr>
<td>• Elements &amp; Principles Design Card (#23112)</td>
<td></td>
<td>• Artist name, unit, activity, and title.</td>
</tr>
<tr>
<td>2018</td>
<td></td>
<td>• Original artwork title, element of design used, principle of design used, and life skill.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• On the back of the card explain how you used these elements and principles in your artwork.</td>
</tr>
<tr>
<td>• National 4-H Curriculum Portfolio Pathways (#23114)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Elements &amp; Principles Design Card (#23112)</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td>2018</td>
<td></td>
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</tbody>
</table>

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**-County Requirements:**

Check with your County Extension office for details.

**Support Materials:**

Idaho 4-H Portfolio Pathways page: [https://www.uidaho.edu/extension/4h/projects/portfolio-pathways](https://www.uidaho.edu/extension/4h/projects/portfolio-pathways)

To order National 4-H Curriculum visit: [https://shop4-h.org/products/visual-arts-curriculum-2-portfoliopathways](https://shop4-h.org/products/visual-arts-curriculum-2-portfoliopathways)

# LATINO CULTURAL ARTS – ¡QUÉ RICO!

## Projects & Materials

### Youth Materials:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

### Volunteer Materials:
- **National 4-H Curriculum**
  - ¡Qué Rico! LaCultura – Latino Cultural Arts: Bilingual Group Activities for Youth K-8 (#08180DD) □□ 2005

## Requirements

### About the Project:
- ¡Qué Rico! La Cultura – Latino Cultural Arts is designed to teach youth about the world around them and their culture. ¡Qué Rico! is organized into four chapters of activities, each focusing on a different type of art: performing arts, visual arts, textile arts, and celebrations. Each activity is designed to focus on a different aspect of Latino culture, and on a different part of the Latino world. Each activity lists the appropriate age range for which it was designed. There are sufficient activities for youth to take this project for several years.

### In the ¡Qué Rico! Helper’s Guide:
- Complete five age appropriate activities each year, including working through the questions in the “Let’s Talk/ Hablemos” section of each activity.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

### Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

## Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- One completed artwork from an activity you completed.

**AND/OR**
- A poster (14”x 22”) or display illustrating something you learned in this project this year.

---

## County Requirements:
Check with your County Extension office for details.

## Support Materials:
Idaho 4-H Latino Cultural Arts page: [https://www.uidaho.edu/extension/4h/projects/latino-cultural-arts](https://www.uidaho.edu/extension/4h/projects/latino-cultural-arts)
To order National 4-H Curriculum visit: [https://shop4-h.org/collections/diversity-inclusion-curriculum/products/que-rico-la-cultura-bilingual-curriculum-helpers-guide-digital-download](https://shop4-h.org/collections/diversity-inclusion-curriculum/products/que-rico-la-cultura-bilingual-curriculum-helpers-guide-digital-download)
# Communication and Expressive Arts

## HANDWORK FROM OUR HERITAGE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Choose one AREA and set at least three goals that you want to achieve in this project. You are not limited to the AREAS listed here. You may pursue other subjects such as those listed in AREA “N” in the member manual. Project focus areas are the following: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Report on background or history of the handwork art you chose. AND  
• Finished item(s) as listed in the exhibit requirements under the area and unit you chose. |
| • Handwork From Our Heritage (#23120)  
2006 | • Embroidery or Crewel  
• Specialty Embroidery  
• Needlepoint  
• Applique  
• Rug Making  
• Macramé  
• Tole Painting  
• Ceramics  
• Beadwork  
• Wheat Weaving  
• Origami  
• Dried Flower Art  
• Alternatives  
• Develop those skills necessary to accomplish your goals.  
• Learn the skills needed to complete this project by using the knowledge of a person in your community who has this skill, such as a 4-H Volunteer, grandparent, or any interested persons, and by finding and using written materials about your subject area.  
• Write a history of the handwork you choose as your project area. Include when and where the handwork started, what it was used for, and how and where it came to this country. Each year you do this project area, expand your history to include materials used through the years, changes in the art, major influences, etc. Be sure to cite your sources.  
• Complete the specific unit requirements within the AREA chosen as a project.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
| • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Report on background or history of the handwork art you chose. AND  
• Finished item(s) as listed in the exhibit requirements under the area and unit you chose. |
| • ZSuites 4-H Involvement Report |  
• ZSuites 4-H Project Record Book  
• Report on background or history of the handwork art you chose. AND  
• Finished item(s) as listed in the exhibit requirements under the area and unit you chose. |
| • ZSuites 4-H Project Record Book |  
• ZSuites 4-H Involvement Report  
• Report on background or history of the handwork art you chose. AND  
• Finished item(s) as listed in the exhibit requirements under the area and unit you chose. |
| Note: Quilting is now a standalone project under Family and Consumer Sciences see page 36 |  
| **Volunteer Materials:** |  
• Handwork From Our Heritage Volunteer’s Guide (#23122)  
2006 |  
| • Handwork From Our Heritage Volunteer’s Guide (#23122)  
2006 |  
| **County Requirements:** | Check with your County Extension office for details. |  
| **Support Materials:** | Visit the Idaho 4-H Handwork page:  
https://www.uidaho.edu/extension/4h/projects/handwork-heritage |  

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## Table of Contents

Projects & Materials

11B

HANDWORK FROM OUR HERITAGE

Rev. 09-20

Requirements

Exhibit Requirements

Youth Materials:

- Handwork From Our Heritage (#23120)  
2006
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

Volunteer Materials:

- Handwork From Our Heritage Volunteer’s Guide (#23122)  
2006

NOTE: Quilting is now a standalone project under Family and Consumer Sciences see page 36

County Requirements:
Check with your County Extension office for details.

Support Materials:
Visit the Idaho 4-H Handwork page:
https://www.uidaho.edu/extension/4h/projects/handwork-heritage
# PHOTOGRAPHY
## LEVEL 1

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum Photography Basics (#01902Y) 2019</td>
<td>• Explore four Project Areas (Equipment, Lighting, Composition, Skill Building) and in each area complete two (2) Photo Shoot activities of your choice, along with the Talking It Over activity.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Maintain a photo journal or scrapbook.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Complete one (1) Learning Experience. Suggestions on page 5.</td>
<td>• Photography Basics Manual (#01902Y)</td>
</tr>
<tr>
<td></td>
<td>• Complete one (1) Leadership/Civic Engagement Activity. Suggestions on page 6.</td>
<td>• Photo journal/scrapbook</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Plus the following:</td>
</tr>
<tr>
<td></td>
<td>• Exhibit project.</td>
<td>• Your best photograph 8” x 10”, printed and mounted on mat board no larger than 12” x 14”.</td>
</tr>
</tbody>
</table>

### Volunteer Materials: None

| Complete the following:               |                                                                              |
|                                      | • ZSuites 4-H Involvement Report                                            |
|                                      | • ZSuites 4-H Project Record Book                                           |
|                                      | • Photography Basics Manual (#01902Y)                                       |

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Photography page: [https://www.uidaho.edu/extension/4h/projects/photography](https://www.uidaho.edu/extension/4h/projects/photography)
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/2019-photography-level-1-photography-basics](https://shop4-h.org/products/2019-photography-level-1-photography-basics)
# PHOTOGRAPHY

## LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | • Explore four Project Areas (Equipment, Lighting, Composition, Skill Building) and in each area complete two (2) Photo Shoot activities of your choice, along with the Talking It Over activity.  
• Maintain a photo journal or scrapbook.  
• Complete one (1) Learning Experience. Suggestions on page 5.  
• Complete one (1) Leadership/Civic Engagement Activity. Suggestions on page 6.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Exhibit project.  
  Complete the following:  
  • ZSuites 4-H Involvement Report  
  • ZSuites 4-H Project Record Book  
  • Next Level Photography Manual (#01903Y) | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Next Level Photography Manual (#01903Y)  
• Photo journal/scrapbook  
Plus the following:  
• Your best photograph 8” x 10”, printed and mounted on mat board no larger than 12” x 14”. |
| **Volunteer Materials:** | None | | |

## County Requirements:
Check with your County Extension office for details.

## Support Materials:
Idaho 4-H Photography page: [https://www.uidaho.edu/extension/4h/projects/photography](https://www.uidaho.edu/extension/4h/projects/photography)
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/2019-photography-level-2-next-level-photography](https://shop4-h.org/products/2019-photography-level-2-next-level-photography)
# Communication and Expressive Arts

## PHOTOGRAPHY

### LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Youth Materials:     | • Explore four Project Areas (Equipment, Lighting, Composition, Skill Building) and in each area complete two (2) Photo Shoot activities of your choice, along with the Talking It Over activity.  
• Maintain a photo journal or scrapbook.  
• Complete one (1) Learning Experience. Suggestions on page 5.  
• Complete one (1) Leadership/Civic Engagement Activity. Suggestions on page 6.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Exhibit project. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Mastering Photography Manual (#01904Y)  
• Photo journal/scrapbook  
Plus the following:  
• Your best photograph 8" x 10", printed and mounted on mat board no larger than 12" x 14". |
| Volunteer Materials: | None | |
| Complete the following: | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• Mastering Photography Manual (#01904Y) |

| Support Materials: | | |
|-------------------| | |
| Idaho 4-H Photography page: [https://www.uidaho.edu/extension/4h/projects/photography](https://www.uidaho.edu/extension/4h/projects/photography)  
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/2019-photography-level-3-mastering-photography](https://shop4-h.org/products/2019-photography-level-3-mastering-photography) |

### County Requirements:
Check with your County Extension office for details.
## Communication and Expressive Arts

### Table of Contents

#### PUBLIC SPEAKING

- **Projects & Materials**
  - **Youth Materials:**
    - *Finding Your Voice: Public Speaking Made Easy* (The Ohio State University #4-H377) 2014
    - ZSuites 4-H Involvement Report
    - ZSuites 4-H Project Record Book
  - **Volunteer Materials:**
    - *Finding Your Voice: Public Speaking Made Easy* (The Ohio State University #4-H377) 2014
    - Communications Toolkit (Michigan State University #4H1560) 1999

- **Requirements**
  - In the *Finding Your Voice: Public Speaking Made Easy* member manual:
    - Complete all 7 activities.
    - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
  - Complete the following:
    - ZSuites 4-H Involvement Report
    - ZSuites 4-H Project Record Book
    - Finding Your Voice: Public Speaking Made Easy manual

- **Exhibit Requirements**
  - ZSuites 4-H Project Record Book
  - ZSuites 4-H Involvement Report
  - Finding Your Voice: Public Speaking Made Easy manual
  - A poster (14”x22”) or display illustrating a skill or skills learned in this project.
  - OR
  - A scrapbook, portfolio or journal notebook showing activities and skills learned this year.

#### County Requirements:
Check with your County Extension office for details.

#### Support Materials:
Idaho 4-H Public Speaking page: [https://www.uidaho.edu/extension/4h/projects/express-yourself](https://www.uidaho.edu/extension/4h/projects/express-yourself)
To order Public Speaking Curriculum visit: [https://shop4-h.org/collections/business-citizenship-curriculum/products/finding-your-voice-public-speaking](https://shop4-h.org/collections/business-citizenship-curriculum/products/finding-your-voice-public-speaking)
To order Communications Toolkit visit: [https://shop.msu.edu/product_p/bulletin-4h1560.htm](https://shop.msu.edu/product_p/bulletin-4h1560.htm)
### Youth Materials:
- **National 4-H Curriculum**
  *Growing On My Own, Step 1 (#08075DD)  □ 2004*

### Volunteer Materials:
- **National 4-H Curriculum**
  *Growing All Together Helper’s Guide (#08078DD) □ 2004*

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>There are no specific requirements for completing Cloverbud projects. Volunteers may work through the lessons in this manual as they wish according to the members’ abilities.</td>
<td>• Exhibiting at the Fair is optional and non-competitive.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A participation ribbon or similar recognition may be given.</td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Cloverbuds page: [https://www.uidaho.edu/extension/4h/projects/cloverbuds](https://www.uidaho.edu/extension/4h/projects/cloverbuds)

Idaho 4-H Child Development Page (and to download curriculum) visit: [https://www.uidaho.edu/extension/4h/projects/child-development](https://www.uidaho.edu/extension/4h/projects/child-development)
# Child Development Level 2

## Projects & Materials

### Youth Materials:
- National 4-H Curriculum
  *Growing with Others, Step 2 (#08076DD) 2004*
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

### Volunteer Materials:
- National 4-H Curriculum
  *Growing All Together Helper’s Guide (#08078DD) 2004*

## Requirements

In the member’s current Manual:
- Complete a minimum of 7 required/optional activities each year.
- Finish at least 21 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Develop a portfolio of notes, drawings, pictures and other things created.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book (#91950)

## County Requirements:

Check with your County Extension office for details.

## Support Materials:

Idaho 4-H Child Development page (and to download curriculum) visit:
https://www.uidaho.edu/extension/4h/projects/child-development

## Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Child Development Manual Growing With Others
- Member portfolio containing items created/accomplished during this year’s project.

**Note:** Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.
# Family and Consumer Science

## CHILD DEVELOPMENT LEVEL 3

**Table of Contents**

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>Curriculum</td>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Growing in</td>
<td></td>
<td>• Child Development Manual</td>
</tr>
<tr>
<td>Communities, Step 3</td>
<td></td>
<td>Growing In Communities</td>
</tr>
<tr>
<td>(#08077DD)</td>
<td></td>
<td>• Member portfolio containing items created/accomplished during this year’s project.</td>
</tr>
<tr>
<td>ZSuites 4-H Project</td>
<td></td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in this</td>
</tr>
<tr>
<td>Record Book</td>
<td></td>
<td>project book or previous levels.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Growing All Together</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helper’s Guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#08078DD)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In the member’s current Manual:
- Complete a minimum of 7 required/optional activities each year.
- Finish at least 21 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Develop a portfolio of notes drawings, picture and other things created.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**County Requirements:**
Check with your County Extension office for details.

**Support Materials:**
Idaho 4-H Child Development page (and download curriculum) visit:
[https://www.uidaho.edu/extension/4h/projects/child-development](https://www.uidaho.edu/extension/4h/projects/child-development)

**Optional Supporting Materials:**
Worksheets available under the Resources Button at: [http://cfmtest.uwex.edu/ces/4hccs/index.html](http://cfmtest.uwex.edu/ces/4hccs/index.html)
# Family and Consumer Science

## CLOTHING & TEXTILE

### SEW WOW

**Rev. 09-20**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the Member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009) 2009</td>
<td>• Choose one focus area for your project.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete at least 2 of the Advanced Construction Skills each year.</td>
<td>• Sew Wow Manual</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Learn about two “in-depth Study Topics” for the selected focus area each year.</td>
<td>• Display the garment(s), outfit and/or accessory made by member using appropriate fabric with required advanced construction skills learned for this year’s project focus area.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Construct two small or one large clothing item using appropriate fabric with required advanced constructions skills from focus area.</td>
<td></td>
</tr>
<tr>
<td>• “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009) 2009</td>
<td>➢ Area A – Active/Sports Wear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Area B – Outdoor Wear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Area C – Western Wear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Area D – Formal Apparel</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Area E – Embellished Apparel</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Area F – Tailored Apparel</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Area G – Pattern Your Own</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete project summary, garment cost and care record, and self-evaluation.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Sew Wow Manual</td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td>Check with your County Extension office for details.</td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td>Idaho 4-H Sew Wow page (and to download Sew Wow) visit: <a href="https://www.uidaho.edu/extension/4h/projects/sew-wow">https://www.uidaho.edu/extension/4h/projects/sew-wow</a></td>
<td></td>
</tr>
</tbody>
</table>

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# Family and Consumer Science

## CLOTHING & TEXTILE

### SEWING FOR FUN

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Skill Level – Beginner Suggested 2 year project | In the member’s Activity Book:  
- Learn to use a sewing machine and/or a serger.  
- Learn to sew on woven or knit fabric.  
- Complete 25 of the skills listed on the sewing skills checklist each year.  
- Develop these three basic constructions skills:  
  - Straight seams,  
  - Sew square and/or curved corners  
  - Use plain finish on seams  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | - ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Sew For Fun Skills Checklist  
- Display an item from the sewing for fun packet such as:  
  - Needle book  
  - Square pin cushion  
  - Pillow stripes  
  - Patchwork pillow  
  - Pillowback with envelope closure  
  - Tote bag  
  - Laundry bag  
  - Diagonal Patchwork pillow  
  - Railfence pillow |
| Youth Materials:  
- Sewing For Fun (Nebraska 4H167)  
  2008  
- Sewing Skills Checklist Sew For Fun  
- ZSuites 4-H Involvement Report (91910)  
- ZSuites 4-H Project Record Book  
- Sewing For Fun Packet (Nebraska 4H169)  
  2002  
- Sewing For Fun Supplements | Complete the following:  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book |  |
| Volunteers Materials:  
- Sewing For Fun Volunteer’s Guide (Nebraska 4H168)  
  1986 | | Note: Sewing skills and techniques used should be consistent with a beginning project. |
| | |  |

## County Requirements:  
Check with your County Extension office for details.  

## Support Materials:  
Idaho 4-H Clothing-Textile page (and to download Sewing for Fun materials) visit:  
[https://www.uidaho.edu/extension/4h/projects/sewing](https://www.uidaho.edu/extension/4h/projects/sewing)
# Family and Consumer Science

## SEWING EXPRESSIONS

### LEVEL 1

**Projects & Materials**

<table>
<thead>
<tr>
<th>Youth Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum Under Construction, Level 1 (SKU08060) 📖 2008</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Under Construction Skills Checklist</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum Sewing Expressions Helper’s Guide (SKU08063) 📖 2008</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the member’s current Manual:</td>
</tr>
<tr>
<td>• Complete at least 7 required and optional activities each year</td>
</tr>
<tr>
<td>• Have your project helper date (month/year) and initial each activity when it is finished.</td>
</tr>
<tr>
<td>• Complete at least 10-12 skills each year from the Under Construction Skills Checklist</td>
</tr>
<tr>
<td>• Have your project helper date and sign each skill from the skills checklist when completed.</td>
</tr>
<tr>
<td>• Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.</td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• Under Construction Skills Checklist</td>
</tr>
<tr>
<td>• Display one clothing item including at least three new sewing skills learned in each year of taking this project</td>
</tr>
<tr>
<td>OR</td>
</tr>
<tr>
<td>• One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric including at least three new sewing skills learned in each year of taking this project</td>
</tr>
<tr>
<td>OR</td>
</tr>
<tr>
<td>• A display or a poster (14” x 22”) illustrating something learned in this project year</td>
</tr>
</tbody>
</table>

The following are examples of items you could make and exhibit in this project:

### Clothing:
- **1st year** – pants, pajama pants, shorts, skirt
- **2nd year** – shirt, top, t-shirt
- **3rd year** – top and pants or skirt, jumper with shirt/top, dress

### Non-Clothing:
- **1st year** – pillow, 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins
- **2nd year** – nine patch pillow, sports bag, household items, curtain with casing heading, table cloth with ruffle or decorative hem with napkins
- **3rd year** – pieced pillow, pieced wall hinging or bag, decorative accessories, household items.

**Note:** Avoid fabrics that require more advanced knowledge or techniques.

---

**County Requirements:**
Check with your County Extension office for details.

**Support Materials:**
Idaho 4-H Sewing Expressions page (and to download Under Construction Skills Checklist):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions
To purchase National 4-H Curriculum visit: https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4
Family and Consumer Science

SEWING EXPRESSIONS
LEVEL 2

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• Complete at least 7 required and optional activities each project year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Curriculum</td>
<td>• Have your project helper date (month/year) and initial each activity</td>
<td>• Fashion Forward Skills Checklist</td>
</tr>
<tr>
<td>Fashion Forward,</td>
<td>when it is finished.</td>
<td>• Display a garment or outfit that including at least</td>
</tr>
<tr>
<td>Level 2 (BU-08061)</td>
<td>• Complete at least 10-12 skills each year from the Fashion Forward Skills</td>
<td>three new sewing skills learned in each year of taking</td>
</tr>
<tr>
<td>2008</td>
<td>Checklist</td>
<td>this project</td>
</tr>
<tr>
<td>• ZSuites 4-H</td>
<td>• Have project helper date and sign each skill from the skills checklist</td>
<td>• One or more non-clothing item(s) including at least</td>
</tr>
<tr>
<td>Involvement Report</td>
<td>when completed.</td>
<td>three new sewing skills learned in each year of taking</td>
</tr>
<tr>
<td>• ZSuites 4-H</td>
<td>• Complete at least 4 “Before and After – What do you know?” statements</td>
<td>this project</td>
</tr>
<tr>
<td>Project Record Book</td>
<td>(Page 3 of manual) each project year.</td>
<td>• A display or a poster (14” x 22”) illustrating something</td>
</tr>
<tr>
<td>• Fashion Forward</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk)</td>
<td>learned in this project year</td>
</tr>
<tr>
<td>Skills Checklist</td>
<td>related to this project each project year.</td>
<td>The following are examples of items you could make and</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>exhibit in this project:</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>Clothing:</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• A skirt with darts/waistband, blouse with buttons/</td>
</tr>
<tr>
<td></td>
<td>• Fashion Forward Skills Checklist</td>
<td>buttonholes, lined vest, vest with collar, blouse with</td>
</tr>
<tr>
<td></td>
<td></td>
<td>collar and cuffs, dress with zipper or other</td>
</tr>
<tr>
<td></td>
<td></td>
<td>clothing items.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Non-clothing:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A sewing or locker organizer, decorative pillow,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>windsock with decorative stitches, backpacks/duffle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>bags/fanny pack with zipper, box edge pillow, curtains</td>
</tr>
<tr>
<td></td>
<td></td>
<td>with scalloped or tab-top heading or other non-clothing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>item(s).</td>
</tr>
</tbody>
</table>

County Requirements:
Check with your County Extension office for details.

Support Materials:
Idaho 4-H Sewing Expressions page (and to download the Fashion Forward Skills Checklist):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions
To order National 4-H Curriculum visit: https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4
# Family and Consumer Sciences

## SEWING EXPRESSIONS

### LEVEL 3

#### Rev. 09-20

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<tr>
<td><strong>Skill Level:</strong> Advanced</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| - National 4-H Curriculum<br>Refine Design, Level 3 (BU-08062) 2008 | In the member’s current Manual:  
- Complete at least 7 required and optional activities each project year.  
- Have your project helper date (month/year) and initial each activity when it is finished.  
- Complete at least 10-12 skills each year from the Refine Design Skills Checklist.  
- Have your project helper date and sign each skill from the skills checklist when completed.  
- Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. | - ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Refine Design Skills Checklist  
- Display a garment or outfit including at least three new sewing skills learned in each year of taking this project OR  
- One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project OR  
- A display or a poster (14” x 22”) illustrating something learned in this project year.  

**Volunteer Materials:**  
- National 4-H Curriculum<br>Sewing Expressions Helper’s Guide (SKU08063) 2008  
- Supplemental Skills Checklist Sheet  

**Complete the following:**  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book  
- Refine Design Skills Checklist  

**County Requirements:**  
Check with your County Extension Office for details.

**Support Materials:**  
Idaho 4-H Sewing Expressions page (and to download the Refine Design Skills Checklist and Supplemental Skills Checklist Sheet): [https://www.uidaho.edu/extension/4h/projects/sewing-expressions](https://www.uidaho.edu/extension/4h/projects/sewing-expressions)

To order National 4-H Curriculum visit: [https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4](https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4)
## Family and Consumer Sciences

### STEAM CLOTHING

#### LEVEL 1

**Projects & Materials**

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<th>Skill Level: Ages 8-10</th>
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<tbody>
<tr>
<td>Youth Materials:</td>
</tr>
<tr>
<td>• STEAM Clothing 1 Fundamentals (#UN-L 4H2210)</td>
</tr>
<tr>
<td>□ 2014</td>
</tr>
<tr>
<td>• STEAM Clothing: Maker’s Guide (#UN-L 4H2240)</td>
</tr>
<tr>
<td>□ 2015</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Fundamentals Skills Checklist</td>
</tr>
<tr>
<td>□ 2015</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
</tr>
<tr>
<td>• STEAM Clothing 1 Fundamentals</td>
</tr>
<tr>
<td>□ 2014</td>
</tr>
<tr>
<td>• STEAM Clothing Maker’s Guide (UN-L 4H2240)</td>
</tr>
<tr>
<td>□ 2015</td>
</tr>
</tbody>
</table>

**Requirements**

- Using the STEAM Clothing 1 Fundamentals manual:
  - Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log.
  - Complete at least 10 skills each year from the Fundamentals Skills Checklist
  - Have project helper date and sign each skill from the skills checklist
  - Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- Fundamentals Skills Checklist

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Fundamentals Skills Checklist
- STEAM Clothing 1 Fundamentals Manual (or photocopies of activities completed from the manual)
- Display one item that includes at least three new sewing skills learned in each year of taking this project
  **OR**
  - A display or a poster (14” x 22”) illustrating something learned in this project year

The following are examples of items you could make and exhibit for this project:

- **1st Year** – pants, pajama pants, shorts or skirt
- **2nd Year** – shirt, top, t-shirt
- **3rd Year** – top and pants or skirt, jumper with shirt/top or dress
- Non-clothing options: 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins, nine patch pillow, sports bag, curtain with casing heading, pieced pillow, decorative accessories.

**Note:** Avoid fabrics that require more advanced knowledge or techniques

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**County Requirements:**  
Check with your County Extension Office for details.

**Support Materials:**  
Idaho 4-H STEAM Clothing Fundamentals page (and to download the Fundamental Skills Checklist): [https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals](https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals)  
To purchase the STEAM curriculum from University of Nebraska-Lincoln visit: [http://marketplace.unl.edu/ne4h/curriculum/fcs](http://marketplace.unl.edu/ne4h/curriculum/fcs)
# STEAM CLOTHING

## LEVEL 2

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<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td><strong>Skill Level: Ages 10-12</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Using the STEAM Clothing 2 Simply Sewing manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>- STEAM Clothing 2 Simply Sewing (#UN-L 4H2220D) 2014</td>
<td>• Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>- STEAM Clothing: Maker’s Guide (UN-L 4H2240) 2015</td>
<td>• Complete at least 10 skills each year from the Simply Sewing Skills Checklist</td>
<td>• Simply Sewing Skills Checklist</td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>• Have project helper date and sign each skill from the skills checklist</td>
<td>• STEAM Clothing 2 Simply Sewing Manual (or photocopies of activities completed from the manual)</td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td>• Display one item that includes at least three new sewing skills learned in each year of taking this project OR</td>
</tr>
<tr>
<td>- Simply Sewing Skills Checklist 2015</td>
<td></td>
<td>• A display or a poster (14” x 22”) illustrating something learned in this project year</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>The following are examples of items you could make and exhibit for this project:</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• A skirt or dress with a zipper</td>
</tr>
<tr>
<td></td>
<td>• Simply Sewing Skills Checklist</td>
<td>• A skirt or pants with a simple waistband</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• A blouse with buttons/buttonholes</td>
</tr>
<tr>
<td>- STEAM Clothing 2 Simply Sewing (UN-L 4H220D) 2014</td>
<td></td>
<td>• A blouse with cuffs and collar</td>
</tr>
<tr>
<td>- STEAM Clothing Maker’s Guide (UN-L 4H2240) 2015</td>
<td></td>
<td>• Non-clothing options: Decorative pillow, windsock with decorative stitches, backpacks/duffle bag with zipper, box edge pillow, curtains with scallops or tab top heading</td>
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<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension Office for details.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Support Materials:
Idaho 4-H STEAM Clothing Fundamentals page (and to download the Simply Sewing Skills Checklist):
https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals
To purchase the STEAM curriculum from University of Nebraska-Lincoln visit:
http://marketplace.unl.edu/ne4h/curriculum/fcs
# STEAM CLOTHING
## LEVEL 3

### Projects & Materials

**Skill Level: Ages 12 and up**

**Youth Materials:**
- STEAM Clothing 3 A Stitch Further (#UN-L 4H2230D) 2014
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- A Stitch Further Checklist 2015

**Volunteer Materials:**
- STEAM Clothing 3 A Stitch Further (#UN-L 4H2230D) 2014

### Requirements

Using the STEAM Clothing 3 A Stitch Further manual:
- Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log.
- Complete at least 10 skills each year from the A Stitch Further Skills Checklist.
- Have project helper date and sign each skill from the skills checklist.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

Complete the following:
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- A Stitch Further Skills Checklist

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- A Stitch Further Checklist
- STEAM Clothing 3 A Stitch Further Manual (or photocopies of activities completed from the manual)
- Display one item that includes at least three new sewing skills learned in each year of taking this project.

OR

- A display or a poster (14” x 22”) illustrating something learned in this project year.

The following are examples of items you could make and exhibit for this project:
- Pants or skirt with flat felled seam
- Dress or skirt with lining
- Garment sewn with special fabric
- Tailored jacket
- Non-clothing options: Pleated or gathered grapery, bedspread, lined drapery or curtain, furniture slipcovers

### County Requirements:

Check with your County Extension Office for details.

### Support Materials:

Idaho 4-H STEAM Clothing Fundamentals page (and to download the A Stitch Further Skills Checklist):
https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals

To purchase the STEAM curriculum from University of Nebraska-Lincoln visit:
http://marketplace.unl.edu/ne4h/curriculum/fcs
<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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</thead>
</table>
| **Skill Level: Ages 12 and up** | Using the STEAM Clothing Beyond the Needle manual:  
- Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log.  
- Complete at least 10 skills each year from the Beyond the Needle Skills Checklist  
- Have project helper date and sign each skill from the skills checklist  
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.  
- Complete the following:  
  - ZSuites 4-H Project Record Book  
  - ZSuites 4-H Involvement Report  
  - Beyond the Needle Skills Checklist | - ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Beyond the Needle Skills Checklist  
- STEAM Clothing Beyond the Needle Manual (or photocopies of activities completed from the manual)  
- Display one item that includes at least three new sewing skills learned in each year of taking this project  
OR  
- A display or a poster (14” x 22”) illustrating something learned in this project year  

The following are examples of items you could make and exhibit for this project:  
- A bag that has been dyed and has studs  
- A shirt, skirt or dress that has been sprayed and stitched  
- A scarf that has been painted and aged |

**County Requirements:**  
Check with your County Extension Office for details.

**Support Materials:**  
Idaho 4-H STEAM Clothing Fundamentals page (and to download the Beyond the Needle Skills Checklist):  
https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals  
To purchase the STEAM curriculum from University of Nebraska-Lincoln visit:  
http://marketplace.unl.edu/ne4h/curriculum/fcs
## CROCHET

### Projects & Materials

**Youth Materials:**
- 4-H Crochet Project Guide and Requirements (#32018)
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
None

### Requirements

- Select the phase appropriate to your skill level and learn the skills listed in the project guide and requirement book for that unit.
- **Units:**
  1. *Let's Crochet* — learn how to single crochet, double crochet, slip stitch, chain stitch.
  2. *More Crochet* — learn how to half double crochet, treble crochet, and double treble crochet, make ribbing, and fringe.
  3. *Still More Crochet* — learn how to make filet or mesh crochet, squares and ovals, tubular crochet, buttons and buttonholes, tassels and pompons.
  4. *Crochet with Color* — learn to work with color, to do tapestry or jacquard crochet, make plaids, etc.
  5. *Advanced Crochet* — learn to crochet with multiple stitch patterns, with thread, make and join medallions.
  6. *Crocheted Insertions and Edgings* — Learn how to crochet scallop and picot edge finishes, how to make and attach insertions, edgings, insets and appliqué.
  7. *Modified Crochet* — learn to do Afghan (Tunisian) crochet and variations, broomstick lace and hairpin lace.
  8. *Individualized Crochet* — learn advance crochet techniques and garment selection, construction and fit by selecting one or more of the advanced crochet techniques/projects.
- Give an oral presentation (demonstration, speech, or illustrated talk) related to this project

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Two small or one large article you made using the skills learned in your phase. Include information in record book about yarn or thread, stitch and hook used.
- Phases 1-7: Mount required test swatches on heavy 8 ½” X 11” paper and include with record book, label and include information about yarn or thread, stitch and hook used.

**Note:** Make listed test swatches about 2” x 4” each.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Crochet page (and to download the Crochet Member’s Guide)
https://www.uidaho.edu/extension/4h/projects/crochet

### Optional Supporting Materials

- *Cool Stuff, Teach Me To Crochet*, Leisure Arts, Inc. (Instructions geared to youth)
- *Reader’s Digest, Complete Guide to Needlework* (Volunteer Reference)
- Web sites with downloadable “how-to” instructions: [http://www.craftown.com/crolesson.htm](http://www.craftown.com/crolesson.htm)
- Other web sites of interest: [www.anniesattic.com](http://www.anniesattic.com)
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### KNITTING

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Select the phase appropriate to your skill level and learn the skills listed in the Member’s Guide and Project Requirements for that phase. Phases:</td>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td>- Knitting, Member’s Guide and Project Requirements (#32023) 2003</td>
<td>1. Beginning Level A – learn how to cast on, knit and purl, and bind off.</td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>2. Beginning Level B – learn basic stitch combinations, stockinette, garter, ribbing, increasing and decreasing.</td>
<td><strong>Beginning Level A &amp; B, exhibit at least one item you have made using skills learned in your project level.</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>3. Intermediate Level A – learn how to make buttonholes, pick up stitches, and knit on circular needles.</td>
<td><strong>Intermediate Level A &amp; B, exhibit two small OR one large item you have made using the skills learned in your project level.</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>4. Intermediate Level B – learn how to knit pattern stitches.</td>
<td><strong>Include in your record book the yarn content (example: 50% cotton/50% polyester) and care of your yarn.</strong></td>
</tr>
<tr>
<td>None</td>
<td>5. Advanced Level A – learn to knit using multicolor techniques.</td>
<td><strong>Optional:</strong> You might want to include a sample of skills learned that are not included in your exhibit.</td>
</tr>
<tr>
<td></td>
<td>6. Advanced Level B – learn advanced knitting techniques by selecting one of seven project focus areas.</td>
<td></td>
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<tr>
<td></td>
<td>- Give an oral presentation (demonstration, speech or illustrated talk) related to this project.</td>
<td></td>
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<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Project Record Book</td>
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</table>

### County Requirements:

Check with your local County Extension office for details.

**Support Materials:**

Idaho 4-H Knitting page (and to download the Knitting Member’s Guide):
https://www.uidaho.edu/extension/4h/projects/knitting

**Optional Supporting Materials**

- *Cool Stuff, Teach Me To Knit*, Leisure Arts, Inc. (Instructions geared to youth)
- *Reader’s Digest, Complete Guide to Needlework* (Volunteer Reference)
- Other web sites of interest: www.anniesattic.com
### QUILTING

**Projects & Materials**

**Youth Materials:**
- *Quilt Quest, (CD)* 2009
- *Project Block (CDs), select one*
- *Quilt Quest Activities Checklist*
- *ZSuites 4-H Involvement Report*
- *ZSuites 4-H Project Record Book*

**Volunteer Materials:**
- *Quilt Quest, (CD)* 2009
- *Project Block (CDs)*
  - Project Block 1, *Creative Corners*
  - Project Block 2, *Terrific Triangles*
  - Project Block 3, *Fantastic Fabrics*
  - Project Block 4, *Perfect Paper Piecing*
  - Project Block 5, *Elegant Embellishments*
  - Project Block 6, *Amazing Applique*
  - Project Block 7, *Outstanding Options*
  - Project Block 8, *Wonderful Windows*

**Requirements**

NOTE: Quilt Quest is a copyrighted curriculum. You may print one copy of the pages of the Quilt Quest and Project Blocks CDs for your use, but ONLY one copy.

- To complete the project, you will need the *Quilt Quest CD* and at least one *Project Block CD*. It is recommended that youth work closely with a knowledgeable and experienced quilter.
- Complete at least five activities each year from the Quilt Quest Activities Checklist.
- Make one quilt OR two smaller quilted items each year. Use Project Block CD for ideas. Quilts need to have a finished edge or binding.
- Keep an *Idea Book* each year documenting your activities, drawings, design ideas, fabric samples, etc.
- Give an oral presentation (demonstration, speech or illustrated talk) related to this project.
- Recommended but not required – Use the Quilt Planning sheet from Chapter 1 to plan your quilt projects each year. Complete the following:
  - *ZSuites 4-H Involvement Report*
  - *ZSuites 4-H Project Record Book*
  - *Quilt Quest Activities Checklist*

**County Requirements:**
Check with your local County Extension office for details.

**Support Materials:**
To purchase the Quilt Quest curriculum, visit: [https://marketplace.unl.edu/ne4h/4h1310.html](https://marketplace.unl.edu/ne4h/4h1310.html)
Idaho 4-H Quilting page: [https://www.uidaho.edu/extension/4h/projects/quilting](https://www.uidaho.edu/extension/4h/projects/quilting)
International Quilt Study Center: [www.quiltstudy.org](http://www.quiltstudy.org)
## Family and Consumer Science

### CONSUMER EDUCATION

**LEVEL 1**

**Projects & Materials**

**Youth Materials:**
- **National 4-H Curriculum**
  *The Consumer in Me, Level 1 (#08030DD) — 2008*
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

**Volunteer Materials**
- **National 4-H Curriculum**
  *Volunteer/Consumer Group Activity Guide (#08033DD) — 2008*

**Requirements**

In the member’s current Manual:
- Complete at least seven of the *Consumer in Me* and *Savvy Challenge* activities each project year.
- Complete at least 21 activities within three years to complete the *Consumer In Me* Achievement Program.
- Have your project helper date and initial each activity as you complete it.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

**Exhibit Requirements**

- **ZSuites 4-H Project Record Book**
- **ZSuites 4-H Involvement Report**
- A poster (14” x 22”), or display illustrating something you learned in this project this year. *Example:* spending diary, a cost comparison chart, a research report on a topic that you explored.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Consumer Savvy page: [https://www.uidaho.edu/extension/4h/projects/consumer-savvy](https://www.uidaho.edu/extension/4h/projects/consumer-savvy)

To download National 4-H Curriculum visit: [https://shop4-h.org/products/consumer-savvy-curriculum-1-consumer-in-me-digital-download](https://shop4-h.org/products/consumer-savvy-curriculum-1-consumer-in-me-digital-download)

## Family and Consumer Science

### CONSUMER EDUCATION

**LEVEL 2**

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s current Manual: | • ZSuites 4-H Project Record Book  
| National 4-H Curriculum Consumer Wise, Level 2 (#08031DD) | • Complete at least five Consumer Wise activities and three Savvy Challenges each project year.  
| | • Complete at least 21 activities within three years to complete the Consumer Wise Achievement Program.  
| | • Have your project helper date and initial each activity as you complete it.  
| | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
| | |  
| | Complete the following: | • A poster (14” x 22”), or display illustrating something you learned in this project this year.  
| | • ZSuites 4-H Involvement Report  
| | • ZSuites 4-H Project Record Book | **Example:** personal values shield, a chart that shows comparison shopping information, create an advertisement for a product  
| | |  
| | **Volunteer Materials:** |  
| National 4-H Curriculum Consumer Group Activity Guide (#08033DD) |  
| | 2008 |  

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Consumer Savvy page: [https://www.uidaho.edu/extension/4h/projects/consumer-savvy](https://www.uidaho.edu/extension/4h/projects/consumer-savvy)


To download Volunteer Guide visit: [https://shop4-h.org/products/consumer-savvy-curriculumelpers-guide-digital-download](https://shop4-h.org/products/consumer-savvy-curriculumelpers-guide-digital-download)
### Family and Consumer Science

**CONSUMER EDUCATION**

**LEVEL 3**

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s current Manual: | • ZSuites 4-H Project Record Book
• ZSuites 4-H Involvement Report
• ZSuites 4-H Project Record Book |
| • National 4-H Curriculum Consumer Roadmap, Level 3 (#08032DD) | • Complete at least seven of the required activities and two Savvy Challenges each project year. | |
| • ZSuites 4-H Involvement Report | | • A poster (14” x 22”), or display illustrating something you learned in this project this year.
| • ZSuites 4-H Project Record Book | • Complete at least 21 activities within three years to complete the Consumer Roadmap Achievement Program. |
| **Volunteer Materials:** | • Have your project helper date and initial each activity as you complete it. | |
| • National 4-H Curriculum Consumer Group Activity Guide (#08033DD) [2008] | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | |
| **Complete the following:** | | **Example:** a research report on another country’s economic system, advertising slogans, a complaint letter |
| | • ZSuites 4-H Involvement Report | |
| | • ZSuites 4-H Project Record Book | |

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Consumer Savvy page: [https://www.uidaho.edu/extension/4h/projects/consumer-savvy](https://www.uidaho.edu/extension/4h/projects/consumer-savvy)
To download National 4-H Curriculum visit: [https://shop4-h.org/products/consumer-savvy-curriculum-3-consumer-roadmap-digital-download](https://shop4-h.org/products/consumer-savvy-curriculum-3-consumer-roadmap-digital-download)
# Environmental Education

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## ECOLOGY

### Projects & Materials

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<td><em>Exploring Your Environment-Earth’s Capacity (#08411)</em></td>
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<tr>
<td>2008</td>
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<tr>
<td>- Exploring Your Environment-Ecosystems Services (#08410)</td>
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<tr>
<td>2008</td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
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<td>- ZSuites 4-H Project Record Book</td>
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<tr>
<th>Volunteer Materials:</th>
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<tbody>
<tr>
<td>- National 4-H Curriculum</td>
</tr>
<tr>
<td><em>Exploring your Environment, Facilitator’s Guide (#08412)</em></td>
</tr>
<tr>
<td>2008</td>
</tr>
</tbody>
</table>

### Requirements

In the member’s current Manual:
- Complete a minimum of 7 achievement activities and 2 Leadership experiences each project year
- Finish all 4 steps of the Planning Guide.
- Keep an Eco-Wonders journal throughout the project.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- Exploring Your Environment Manual

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Display Eco-Wonders Journal
- A poster (14” x 22”), or display illustrating something you learned in this project this year.

**Note:** Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Ecology page: [https://www.uidaho.edu/extension/4h/projects/ecology](https://www.uidaho.edu/extension/4h/projects/ecology)
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/exploring-your-environment-curriculum-set-of-3](https://shop4-h.org/products/exploring-your-environment-curriculum-set-of-3)

### Optional Supporting Materials:
- Ecology Skills Checklist (#42500) [https://www.uidaho.edu/extension/4h/projects/ecology](https://www.uidaho.edu/extension/4h/projects/ecology)
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### FORESTRY

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<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the current member Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
</tbody>
</table>
| • National 4-H Curriculum  
  *Follow the Path, Level 1 (#08038)*  
  [2008]  | • Complete a minimum of 6 required activities each year (see pg. 4). | • ZSuites 4-H Involvement Report |
| • Reach for the Canopy, Level 2 (#08039)  
  [2008]  | • Finish at least 20 of the required and optional activities within 3 years to complete that level. | • A poster (14” x 22”), or display illustrating something you learned in this project this year. |
| • Explore the Deep Woods, Level 3 (#08040)  
  [2008]  | • Have your project helper date (month and year) and initial each activity when it is finished. | **Note:** Exhibits should utilize only skills, tools, and/or techniques taught in the current member manual or previous levels. |
| • ZSuites 4-H Involvement Report  
  *ZSuites 4-H Project Record Book*  | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | |
| • ZSuites 4-H Project Record Book | Complete the following: | |
| **Volunteer Materials:** | • ZSuites 4-H Involvement Report  
  *ZSuites 4-H Project Record Book*  
  *Forestry Member Manual* | |
| • National 4-H Curriculum  
  *Forestry Helper’s Guide (#08041)*  
  [2008]  | | |
| **County Requirements:** | Check with your County Extension office for details. | |
| **Support Materials:** | Idaho 4-H Forestry page: [https://www.uidaho.edu/extension/4h/projects/forestry](https://www.uidaho.edu/extension/4h/projects/forestry) | To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/forestry-curriculum-set-of-4](https://shop4-h.org/products/forestry-curriculum-set-of-4) |
Environmental Education

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GEOLOGY

NEW. 09-20

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<th>Exhibit Requirements</th>
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</table>
| **Youth Materials:** | For the current level within the Member Manual: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Display the following:  
**Pebble Pups 1:**  
• 8 to 19 rock and mineral specimens, with three minerals in the collection. May include duplicates that show variations. Label collection and note where found.  
**Pebble Pups 2:**  
• 20 to 29 rock and mineral specimens, with seven minerals in the collection. May include duplicates that show variations. Label collection and note where found.  
**Rock Hounds 1:**  
• 30 to 40 rock and mineral specimens, with ten minerals in the collection. Rocks include at least three igneous two metamorphic, and three sedimentary groups. Label collection and note where found.  
**Rock Hounds 2:**  
• No more than 50 specimens, selected to illustrate a specific theme of the exhibitor’s choosing. (i.e. industrial minerals and their use, select fossils traced through geological areas, rocks and minerals used in lapidary arts. Be creative.  
• Other suitable exhibit approved by your County Extension Office. |
| • 4-H Geology: Introduction to the Study of the Earth (Univ. Illinois Ext 01706Y) ☑ 2017  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  
• Complete the number of Required Activities and Closer Look Activities indicated for your specific level annually.  
• Have your project volunteer date (month and year) and initial each activity when it is complete.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  |
| **Volunteer Materials:** | Complete the following: |  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• Any supplemental forms required at the county level. |
| • 4-H Geology: Introduction to the Study of the Earth (Univ. Illinois Ext 01706Y) ☑ 2017 |  |  |

**County Requirements:**
Check with your County Extension office for details.

**Support Materials:**
Idaho 4-H Geology page at [https://www.uidaho.edu/extension/4h/projects/geology](https://www.uidaho.edu/extension/4h/projects/geology)  
To purchase University of Illinois Extension manual visit: [https://shop4-h.org/products/4-h-geology-introduction-to-the-study-of-the-earth](https://shop4-h.org/products/4-h-geology-introduction-to-the-study-of-the-earth)
## WILDLIFE

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<th>Youth Materials:</th>
<th>Requirements:</th>
<th>Exhibit Requirements</th>
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</table>
| - **Wildlife Science 1**, (#PU 4-H-1044) 2017 | - Complete at least 5 activities (found under Table of Contents, Chapter headings in member manuals) each year for your respective Level (1, 2, 3). | - ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report |
| - **Wildlife Science 2**, (#PU 4-H-1046) 2017 | - Record the completed activity name, date and short description of what you learned, in the Project Activity log of your ZSuites 4-H Project Record Book. |  
| - **Wildlife Science 3**, (#PU 4-H-1048) 2017 | - Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
| - ZSuites 4-H Involvement Report | Complete the following: |  
| - ZSuites 4-H Project Record Book |  

**Volunteer Materials:**

- **Wildlife Science 1, Facilitator’s Guide** (#PU 4-H-1045) 2017
- **Wildlife Science 2, Facilitator’s Guide** (#PU 4-H-1047) 2017

**Support Materials:**

Idaho 4-H Wildlife page: [https://www.uidaho.edu/extension/4h/projects/wildlife](https://www.uidaho.edu/extension/4h/projects/wildlife)

To purchase Purdue University Extension manuals and the Facilitator’s guide visit:  
[https://mdc.itap.purdue.edu/subcategory.asp?subCatID=408&CatID=16](https://mdc.itap.purdue.edu/subcategory.asp?subCatID=408&CatID=16)
## SPORT FISHING

### Projects & Materials

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<th>Youth Materials:</th>
<th>Requirements</th>
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| - National 4-H Curriculum *Take the Bait, Level 1* (#07598) 2001 | - Complete a minimum of 7 required(optional activities, plus the required number of Learning Experiences (pg. 3) each year. | - ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report |
| - National 4-H Curriculum *Reel in the Fun, Level 2* (#07599) 2001 | - Finish at least 21 of the required and optional activities within 3 years to pass each book.  
- Have your project helper date (month and year) and initial each activity when it is finished.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book | Plus **one** of the following:  
- A display or poster (14"x22") showing something learned this year.  
- A scrapbook of labeled pictures.  
- Something you built or made related to the project.  
- A labeled photo story depicting something related to the project.  
- Other suitable exhibit approved by the County Extension Office.  
Select a different item to exhibit for the second and third year within a given book.  
Note: Exhibits must utilize only skills, tools, and techniques taught in that project book or previous levels. |
| - National 4-H Curriculum *Cast into the Future, Level 3* (#07600) 2001 |  |  |
| - ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book |  |  |
| Volunteer Materials: |  |  |
| - National 4-H Curriculum *Sport Fishing Project Helper’s Guide* (#07601) 2001 |  |  |
| - Idaho General Fishing Season Regulations.  
- 4-H Wildlife Bulletins, #SW 442, SW 439, and SW 451 (pdf’s) |  |  |

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Sportfishing page: [https://www.uidaho.edu/extension/4h/projects/sportfishing](https://www.uidaho.edu/extension/4h/projects/sportfishing)  
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/fishing-curriculum-set-of-4](https://shop4-h.org/products/fishing-curriculum-set-of-4)  
For Fishing Regulations visit: [http://fishandgame.idaho.gov/](http://fishandgame.idaho.gov/)  

### Optional Supporting Materials:
- *Sport Fishing Skills Checklist* (#44371) available at [https://www.uidaho.edu/extension/4h/projects/sportfishing](https://www.uidaho.edu/extension/4h/projects/sportfishing)  
- “*The Curtis Creek Manifesto,*” by Sheridan Anderson, an illustrated guide to fly fishing. [https://www.uidaho.edu/extension/4h/projects/sportfishing](https://www.uidaho.edu/extension/4h/projects/sportfishing)  
### Environmental Education

#### CROSS-COUNTRY SKIING

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| **Youth Materials:** | - Set goals for your project  
- Complete Cross-Country Skiing Adventures Manual (see guidelines for each year)  
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project | - Cross-Country Skiing Adventures Manual (#45120)  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report |
| - Cross-Country Skiing Adventures Manual (#45120)  
2004 | Complete the following:  
- Cross-Country Skiing Adventures Manual (#45120)  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book | Plus **one** of the following:  
- A poster (14x22) or display illustrating something you learned in the project this year  
- A scrapbook of labeled pictures related to the project  
- A photo story depicting something related to the project |
| - ZSuites 4-H Project Record Book | **Note:** Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided. | **County Requirements:**  
Check with your County Extension office for details. |
| - ZSuites 4-H Involvement Report | **Support Materials:**  
Idaho 4-H Cross-Country Skiing page (and to download the Cross-Country Skiing Adventures Manual and additional resources): [https://www.uidaho.edu/extension/4h/projects/cross-country-skiing](https://www.uidaho.edu/extension/4h/projects/cross-country-skiing) | **Optional Supporting Materials:**  
  - Hiking Trails (#08043)  
  - Camping Adventures (#08044)  
  - Backpacking Expeditions (#08045)  
  - Outdoor Adventures Helper’s Guide (#08046)  
- Field Guide to Wilderness Medicine, Paul Auerback, Howard Donner and Eric Weisee  
- Wilderness 911: A Step-By-Step Guide for Medical Emergencies and Improvised Car in the Backcountry, Eric A. Weiss  
- First Aid-The Essential Basics Copyright 2003-2004 MaxLifestyle.net  
- Taking a New Bearing by Phyllis M. Ford  
- The Basic Essentials of Map & Compass by Cliff Jacobson |
## HIKING, CAMPING, BACKPACKING

### Projects & Materials

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| • National 4-H Curriculum Hiking Trails, Level 1 (#08043) 2004 | In the member’s current Manual: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
Plus one of the following: |
| • National 4-H Curriculum Camping Adventures, Level 2 (#08044) 2004 | • Complete a minimum of (7) seven required/optional activities, plus the required number of Learning Experiences (pg.3) each year.  
• Finish at least 20 of the required and optional activities within 3 years to pass each book.  
• Have your project helper date (month and year) and initial each activity when it is finished.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | • A scrapbook of labeled outdoor adventure activities.  
• A display of 5 or more types of outdoor hiking, backpacking & camping equipment.  
• Something you built or made related to the project.  
• A labeled photo story depicting something related to the project.  
• A poster (14” x 22”) or display illustrating something you learned in this project this year.  
• Other suitable exhibit approved by your County Extension Office. |
| • National 4-H Curriculum Backpacking Expeditions, Level 3 (#08045) 2004 | Complete the following: | |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | |
| • ZSuites 4-H Project Record Book | | |

### Volunteer Materials:

| • National 4-H Curriculum Outdoor Adventures Helpers Guide (#08046) 2004 |
| Complete the following: | |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Outdoor Adventures page: [https://www.uidaho.edu/extension/4h/projects/outdoor-adventures](https://www.uidaho.edu/extension/4h/projects/outdoor-adventures)

To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4](https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4)
# SHOOTING SPORTS

## ARCHERY

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| **Youth Materials:** | • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.  
• Complete at least 5 new items from the Archery Skills Checklist each year  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book.  
Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Archery Skills Checklist (#45310)  
Plus one of the following:  
• A poster (14”x 22”) or display showing something you learned in this project this year.  
• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).  
• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.  
**Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms. |
| **Volunteer Materials:** | Provided to volunteers at Shooting Sports Workshops | |

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Archery page (and to download the Archery Skills Checklist and STEM Connections)

[https://www.uidaho.edu/extension/4h/projects/archery](https://www.uidaho.edu/extension/4h/projects/archery)

National 4-H Shooting Sports STEM activities:

[https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/](https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/)

### Optional Supporting Materials:

4-H Archery Member Record Book (#751) (Ohio State)

[https://extensionpubs.osu.edu/archery-member-record-book/](https://extensionpubs.osu.edu/archery-member-record-book/)

Basic Archery Member Manual (#631) (Ohio State)

[https://extensionpubs.osu.edu/basic-archery/](https://extensionpubs.osu.edu/basic-archery/)
# SHOOTING SPORTS
## PISTOL/HANDGUN

### Youth Materials:
- **Pistol Skills Checklist** (#45410) 
  2015
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **STEM Connections (Colorado)**

### Volunteer Materials:
- **Provided to volunteers at Shooting Sports Workshops**

### Requirements:
- Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.
- Complete at least 5 new items from the Pistol Skills Checklist each year.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book.

Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

### Exhibit Requirements:
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Pistol Skills Checklist (#45410)

Plus one of the following:
- A poster (14”x 22”) or display showing something you learned in this project this year.
- A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).
- Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).
- A labeled photo story showing you or someone else engaged in some Shooting Sports activity.

**Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Pistol page (and to download the Pistol Skills Checklist and STEM Connections)
[https://www.uidaho.edu/extension/4h/projects/pistol](https://www.uidaho.edu/extension/4h/projects/pistol)

National 4-H Shooting Sports STEM activities:
[https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/](https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/)

### Optional Supporting Materials:
Pistol Member Record Book (#753) (Ohio State) –
## Environmental Education

### SHOOTING SPORTS

#### RIFLE

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<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.</strong></td>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td>• Rifle Skills Checklist (#45510)</td>
<td><strong>Complete at least 5 new items from the Rifle Skills Checklist each year.</strong></td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td><strong>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</strong></td>
<td><strong>Rifle Skills Checklist (#45510)</strong></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td><strong>Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information &amp; Activity Log of your record book.</strong></td>
<td>Plus <strong>one</strong> of the following:</td>
</tr>
<tr>
<td>• STEM Connections (Colorado)</td>
<td></td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td><strong>Complete the following:</strong></td>
<td>• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.)</td>
</tr>
<tr>
<td>• Provided to volunteers at Shooting Sports Workshops</td>
<td>• <strong>ZSuites 4-H Involvement Report</strong></td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
</tr>
<tr>
<td></td>
<td>○ <strong>ZSuites 4-H Project Record Book</strong></td>
<td>• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• <strong>Note:</strong> For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.</td>
</tr>
</tbody>
</table>

#### County Requirements:
Check with your County Extension office for details.

#### Support Materials:
Idaho 4-H Rile page (and to download the Rifle Skills Checklist and STEM Connections)
[https://www.uidaho.edu/extension/4h/projects/rifle](https://www.uidaho.edu/extension/4h/projects/rifle)

National 4-H Shooting Sports STEM activities:
[https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/](https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/)

#### Optional Supporting Materials:
Rifle Member Record book (#750)(Ohio State) –
[https://extensionpubs.osu.edu/rifle-member-record-book/](https://extensionpubs.osu.edu/rifle-member-record-book/)
# SHOOTING SPORTS  
## SHOTGUN

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<th>Projects &amp; Materials</th>
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| **Youth Materials:** | • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.  
  • Complete at least 5 new items from the Shotgun Skills Checklist each year.  
  • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  • Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book.  
  • Complete the following:  
    • ZSuites 4-H Involvement Report  
    • ZSuites 4-H Project Record Book | • ZSuites 4-H Project Record Book  
  • ZSuites 4-H Involvement Report  
  • Shotgun Skills Checklist (#45610) Plus one of the following:  
    • A poster (14”x 22”) or display showing something you learned in this project this year.  
    • A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.)  
    • Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
    • A labeled photo story showing you or someone else engaged in some Shooting Sports activity.  
  • **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms. |
| **Volunteer Materials:** |  • Provided to volunteers at Shooting Sports Workshops |  |

**County Requirements:**  
Check with your County Extension office for details.

**Support Materials:**  
Idaho 4-H Shotgun page (and to download the Shotgun Skills Checklist and STEM Connections):  
[https://www.uidaho.edu/extension/4h/projects/shotgun](https://www.uidaho.edu/extension/4h/projects/shotgun)  
National 4-H Shooting Sports STEM activities:  
[https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/](https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/)

**Optional Supporting Materials:**  
**Shotgun Member Record Book (#752) (Ohio State)** –  
[https://extensionpubs.osu.edu/shotgun-member-record-book/](https://extensionpubs.osu.edu/shotgun-member-record-book/)
### SHOOTING SPORTS

#### MUZZLELOADER

**Projects & Materials**

**Youth Materials:**
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- STEM Connections (Colorado)

**Volunteer Materials:**
- Provided to volunteers at Shooting Sports Workshops

**Requirements**

- Muzzleloader/Black Powder is restricted to youth ages 11-18, for safety reasons.
- Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book.

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report

Plus one of the following:

- A poster (14”x 22”) or display showing something you learned in this project this year.
- A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).
- Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).
- A labeled photo story showing you or someone else engaged in some Shooting Sports activity.

**Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.

**County Requirements:**
Check with your County Extension office for details.

**Support Materials:**
Idaho 4-H Muzzleloader page (and to download the STEM Connections):
[https://www.uidaho.edu/extension/4h/projects/muzzleloader-black-powder](https://www.uidaho.edu/extension/4h/projects/muzzleloader-black-powder)

National 4-H Shooting Sports STEM activities:
[https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/](https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/)

**Optional Support Materials:**
## Environmental Education

### SHOOTING SPORTS

#### HUNTING

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
</table>
| **Youth Materials:** | • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book.  
Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
Plus **one** of the following:  
• A poster (14”x 22”) or display showing something you learned in this project this year.  
• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).  
• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
• A labeled photo story showing you or someone else engaged in some Shooting Sports activity. |

**Volunteer Materials:**

• Provided to volunteers at Shooting Sports Workshops

**County Requirements:**

Check with your County Extension office for details.

**Support Materials:**

Idaho 4-H Hunting page (and to download the STEM Connections):

[https://www.uidaho.edu/extension/4h/projects/hunting](https://www.uidaho.edu/extension/4h/projects/hunting)

National 4-H Shooting Sports STEM activities:

[https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/](https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/)

**Optional Supporting Materials:**

Hunting/Wildlife Member Record Book (#754) (Ohio State) –

## Healthy Living

### COOKING 101

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
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<tbody>
<tr>
<td><strong>Skill Level – Beginner</strong>&lt;br&gt;Suggested 2-year project</td>
<td>In the member’s Manual:&lt;br&gt;  * Must complete 2 learning activities or experiments from the manual and document in the record activity log.&lt;br&gt;  * Prepare 1-2 recipes from each of the recipe sections: Snacks, Side Dishes, Main Dishes, Quick Breads and Desserts.&lt;br&gt;  * Complete the project checklist on page 6 of the manual.&lt;br&gt;  * Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• ZSuites 4-H Project Record Book&lt;br&gt;  • ZSuites 4-H Involvement Report&lt;br&gt;  • Project Manual with completed activities and/or experiments&lt;br&gt;  • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe&lt;br&gt;  <strong>OR</strong>&lt;br&gt;  • A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
</tbody>
</table>

**Youth Materials:**<br>• National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)<br>   📕 2015<br>• ZSuites 4-H Involvement Report<br>• ZSuites 4-H Project Record Book

**Volunteer Materials:**<br>• National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)<br>   📕 2015<br>• National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)<br>   📕 2015<br>• [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)

Complete the following:<br>• ZSuites 4-H Involvement Report<br>• ZSuites 4-H Project Record Book

**County Requirements:**<br>Check with your County Extension office for more information.

**Support Materials:**<br>Idaho 4-H Cooking page visit: [https://www.uidaho.edu/extension/4h/projects/cooking](https://www.uidaho.edu/extension/4h/projects/cooking)<br>To order National 4-H Curriculum visit: [https://shop4-h.org/products/cooking-curriculum-set-of-5](https://shop4-h.org/products/cooking-curriculum-set-of-5)
# Healthy Living

## COOKING 201

**Projects & Materials**

<table>
<thead>
<tr>
<th>Skill Level – Beginner/Intermediate Suggested 2-year project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
</tr>
</tbody>
</table>
| • National 4-H Curriculum 4-H Cooking 201 Manual (\#01513Y)
  ️️ 2015 |
| • ZSuites 4-H Involvement Report |
| • ZSuites 4-H Project Record Book |
| Volunteer Materials: |
| • National 4-H Curriculum 4-H Cooking 201 Manual (\#01513Y)
  ️️ 2015 |
| • National 4-H Curriculum 4-H Cooking Helper's Guide (\#01516F)
  ️️ 2015 |
| • [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/) |

**Requirements**

In the member’s Manual:

- Must complete 2 learning activities or experiments from the manual and document in the record activity log.
- Prepare 1-2 recipes from each of the recipe sections: Vegetable and Fruit Groups, Grains Group, Protein Foods Group, Dairy Group and Desserts.
- Complete the project checklist on page 7 of the manual.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:

- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Project Manual with completed activities and/or experiments
- A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe

**OR**

- A poster (14”x22”) or a display illustrating what you learned in this project this year.

**Note**: Foods such as quick breads, muffins, biscuits, scones, cakes or cookies display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

**County Requirements**

Check with your County Extension office for more information.

**Support Materials**

Idaho 4-H Cooking page visit: [https://www.uidaho.edu/extension/4h/projects/cooking](https://www.uidaho.edu/extension/4h/projects/cooking)

To order National 4-H Curriculum visit: [https://shop4-h.org/products/cooking-curriculum-set-of-5](https://shop4-h.org/products/cooking-curriculum-set-of-5)
# Healthy Living
## COOKING 301

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Skill Level** – Intermediate/Advanced  
Suggested 3-year project | In the member’s Manual: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Project Manual with completed activities and/or experiments  
• A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe  

OR  
• A poster (14”x22”) or a display illustrating what you learned in this project this year. |
| **Youth Materials:**  
• National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y)  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | • Must complete 2 learning activities or experiments from the manual and document in the record activity log.  
• Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Foods Group, Dairy Group and Desserts.  
• Plan and complete a party each year of the project.  
• Complete the project checklist on page 7 of the manual.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | |
| **Volunteer Materials:**  
• National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y)  
• ZSuites 4-H Project Record Book  
• National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)  
• https://www.choosemyplate.gov/ | Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | |

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Cooking page visit: [https://www.uidaho.edu/extension/4h/projects/cooking](https://www.uidaho.edu/extension/4h/projects/cooking)  
To order National 4-H Curriculum visit: [https://shop4-h.org/products/cooking-curriculum-set-of-5](https://shop4-h.org/products/cooking-curriculum-set-of-5)
# Healthy Living

## COOKING 401

### Table of Contents

**Projects & Materials**

<table>
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<tr>
<th>Skill Level – Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suggested 3-year project</td>
</tr>
</tbody>
</table>

**Youth Materials:**
- National 4-H Curriculum 4-H Cooking 401 Manual (#01515Y) 2015
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
- National 4-H Curriculum 4-H Cooking 401 Manual (#01515Y) 2015
- National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F) 2015
- [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)

**In the member’s Manual:**
- Must complete 2 learning activities or experiments from the manual and document in the record activity log.
- Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Group, Dairy Group and Desserts.
- Plan and complete a celebration meal each year of project.
- Complete the project checklist on page 7 of the manual.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Exhibit Requirements**
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Project Manual with completed activities and/or experiments
- A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe
- OR
- A poster (14”x22”) or a display illustrating what you learned in this project this year.

**Note:** Foods such as breads, muffins, candy, pie or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Cooking page visit: [https://www.uidaho.edu/extension/4h/projects/cooking](https://www.uidaho.edu/extension/4h/projects/cooking)

To order National 4-H Curriculum visit: [https://shop4-h.org/products/cooking-curriculum-set-of-5](https://shop4-h.org/products/cooking-curriculum-set-of-5)
## Healthy Living

### DUTCH OVEN COOKING

#### UNIT 1

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
</tr>
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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current manual:</td>
<td><strong>ZSuites 4-H Project</strong></td>
</tr>
<tr>
<td>• Dutch Oven Cooking, Unit 1 (BUL938)</td>
<td>• Complete all reflection questions</td>
<td>Report Book</td>
</tr>
<tr>
<td>• Recipes for Dutch Oven Cooking (#53150)</td>
<td>• Complete 3 Beyond Cooking activities</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Prepare one item from each of these categories:</td>
<td>Completed Project Manual (BUL 938)</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>o Soup or stew</td>
<td>Dutch oven recipe file or book with a minimum of 11 recipes.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• “One-dish” meal</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• Dutch Oven Cooking Helper’s Guide (BUL940)</td>
<td>o Vegetable</td>
<td>• A non-perishable dessert you have learned about by taking this project.</td>
</tr>
<tr>
<td>• 2019</td>
<td>o Quick bread</td>
<td>Include the recipe, neatly written (or typed), on a 3”x5” or a 4”x6” recipe card.</td>
</tr>
<tr>
<td></td>
<td>o Dessert</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>o Breakfast</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>o Cooking on the lid</td>
<td><strong>Note:</strong> Foods such as breads or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</td>
</tr>
<tr>
<td>Optional:</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• Participate in a Dutch oven cook-off is encouraged, but not required</td>
<td>• Create a recipe file or book to include everything you cooked plus additional recipes to total a minimum of 11 recipes.</td>
<td></td>
</tr>
<tr>
<td>Complete the following:</td>
<td>• Exhibit project</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Dutch Oven Cooking page (and to download project materials):

[https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking](https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking)
# Healthy Living
## DUTCH OVEN COOKING
### UNIT 2

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Dutch Oven Cooking, Unit 2 (BUL939)</td>
<td>• Complete all reflection questions</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete 3 Beyond Cooking activities</td>
<td>• Completed Project Manual (BUL939)</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Prepare a minimum of 10 recipes (using recipes not previously used), with at least one item from each of these categories:</td>
<td>• Dutch oven recipe file (or book) continued from Unit 1 with a minimum of 34 recipes.</td>
</tr>
<tr>
<td></td>
<td>o Soup or stew</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td></td>
<td>o Vegetable</td>
<td>• A non-perishable yeast bread, roll, sweet bread or specialty bread cooked in the Dutch oven displayed on a plate, NOT in the Dutch oven. Include the recipe, neatly written (or typed), on a 3”x5” or a 4”x6” recipe card.</td>
</tr>
<tr>
<td></td>
<td>o Yeast breads or rolls</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>o Sweet rolls or specialty breads</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>o Dessert</td>
<td><strong>Note:</strong> Foods such as breads or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</td>
</tr>
<tr>
<td></td>
<td>o Meat (beef, pork, lamb, game)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Fowl (turkey, chicken, game hen)</td>
<td><strong>County Requirements:</strong></td>
</tr>
<tr>
<td></td>
<td>• Cook in two or more Dutch ovens at the same time at least one time</td>
<td>Check with your County Extension office for more information.</td>
</tr>
<tr>
<td></td>
<td>• Continue keeping a recipe file or book started in Unit 1 plus additional recipes cooked this year to total a minimum of 34 recipes.</td>
<td><strong>Support Materials:</strong></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Idaho 4-H Dutch Oven Cooking page (and to download project materials):</td>
</tr>
<tr>
<td></td>
<td>• Exhibit project</td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking">https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking</a></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
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**Volunteer Materials:**
- Dutch Oven Cooking Helper’s Guide (BUL940) 2019

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# Healthy Living

## BAKING

### LEVEL 1

**Projects & Materials**

- **Youth Materials:**
  - Baking 1 Manual (#ND EC111) 2020
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Project Record Book

- **Volunteer Materials:**
  - Baking 1 Manual (#ND EC111) 2020

**Requirements**

In the member’s Baking 1 manual:

- Review the Eating Well and Getting Ready to Bake sections with your Volunteer.
- Make baking powder biscuits; evaluate your product with the judging sheet provided on page 15.
- Make at least one type of muffin; evaluate your product with the judging sheet provided on page 19.
- Make at least one type of cookie; evaluate your product with the judging sheet provided on page 28.
- Become involved in at least one Service/Leadership activity.
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.

Complete the following:

- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Exhibit Requirements**

- Baking 1 Manual
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Plus one of the following:
  - Three biscuits
  - Three plain muffins
  - Three chocolate chip cookies
  - Three sugar cookies-round, plain, un-iced
  - Three oatmeal cookies
  - Three peanut butter cookies
- Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.

**OR**

- A poster (14”x22”) or display illustrating what you learned in this project this year.

**Note:** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

Idaho 4-H Baking page (and to download curriculum) visit:
https://www.uidaho.edu/extension/4h/projects/baking

**Optional Supporting Materials:**

English and Spanish version of Make Half Your Grains Whole tipsheet at:
https://www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains
# Healthy Living

## BAKING

### LEVEL 2

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s Baking 2 Manual: | • Baking 2 Manual  
• ZSuites 4-H Project Record Book |
| - Baking 2 Manual (#ND EC112) | • Review the Eating Well and Getting Ready to Bake, Let’s Talk About Ingredients, Let’s Look at Equipment and More Baking Terms sections with your Volunteer.  
• Make at least one quick loaf bread; evaluate your product with the judging sheet provided on page 22.  
• Make at least one coffee cake; evaluate your product with the judging sheet provided on page 26.  
• Make at least one type of cookie or bar; evaluate your product with the judging sheet provided on page 35.  
• Make gingerbread  
• Make corn bread.  
• Become involved in at least one Service/Leadership activity.  
• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. | • Plus one of the following:  
  o Basic nut bread (one loaf)  
  o Banana nut bread (one loaf)  
  o Zucchini bread (one loaf)  
  o Quick coffeecake (2 3”x3” squares)  
  o Fruit-filled coffeecake (2 wedges)  
  o Three brown sugar nut cookies  
  o Gingerbread (2 3x3” squares)  
  o Three jam thumbprint blossom cookies.  
  o Three peanut butter blossom cookies  
  o Plain brownies (three 3x3” squares)  
  o Corn bread (two 3”x3” squares)  
  o Butterscotch bars (three 3”x3” squares) |
| - ZSuites 4-H Involvement Report | Complete the following: | • Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.  
OR | • A poster (14”x22”) or display illustrating what you learned in this project this year.  
**Note:** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used. |
| - ZSuites 4-H Project Record Book | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | |

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Baking page (and to download curriculum) visit:  
https://www.uidaho.edu/extension/4h/projects/baking
Healthy Living

BAKING
LEVEL 3

Projects & Materials

Youth Materials:
- Baking 3 Manual (#ND EC113) 2018
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

Volunteer Materials:
- Baking 3 Manual (#ND EC113) 2018

Requirements

In the member’s Baking 3 manual:
- Review the Teen Health and The Goodness of Bread sections.
- Make at least one loaf of Fast French Bread.
- Make at least one type of yeast bread; evaluate your product with the judging sheet provided on page 27.
- Make at least one type of microwave bread.
- If equipment is available, make at least one type of bread with a bread machine.
- Become involved in at least one Service/Leadership activity.
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

Exhibit Requirements

- Baking 3 Manual
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Plus one of the following:
  - Fast French Bread (one loaf)
  - Three basic yeast rolls, any shape
  - Three refrigerator rolls, any shape
  - White wheat yeast bread (one loaf)
  - Dakota bread (one loaf)
  - Three bread sticks
  - Shaped bread, such as bears, lions or owls (one loaf)
  - Microwave bread (one loaf)
  - White wheat bread using bread machine (one loaf)
  - Whole wheat bread using bread machine (one loaf)
- Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.
- OR
  - A poster (14”x22”) or display illustrating what you learned in this project this year.

Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

County Requirements:
Check with your County Extension office for more information.

Support Materials:
Idaho 4-H Baking page (and to download curriculum) visit:
https://www.uidaho.edu/extension/4h/projects/baking
# Healthy Living

## BAKING

### LEVEL 4

### Projects & Materials

**Youth Materials:**
- **Baking 4 Manual** (#ND EC114) 2018
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
- **Baking 4 Manual** (#ND EC114) 2018

### Requirements

In the member’s Baking 4 manual:
- Review the Eating Well and Cake Science sections.
- Conduct at least one Cake Science experiment (page 10 and 11), record your findings and answer the questions in the manual about the experiment.
- Make at least one yellow, sponge or oatmeal cake with frosting.
- Make at least one cake using a packaged mix and compare with your “scratch” cake using the criteria on page 18.
- Become involved in at least one Service/Leadership activity.
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

### Exhibit Requirements

- Baking 4 Manual
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report

Plus one of the following:
- Frosted yellow cake
- Frosted or unfrosted sponge cake
- Frosted or unfrosted oatmeal cake

Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.

OR
- A poster (14”x22”) or display illustrating what you learned in this project this year.

**Note:** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Baking page (and to download curriculum) visit:
https://www.uidaho.edu/extension/4h/projects/baking

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# Healthy Living

## BAKING

### LEVEL 4 - PIES

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s Baking 4 manual: | • Baking 4 Manual  
| • Baking 4 Manual (#ND EC114) |  
| | • Review the Eating Well and Basic Recipe for Pastry sections. | • ZSuites 4-H Project Record Book  
| | • Make a one-crust baked pie crust and rate it with the score sheet on page 25. | • ZSuites 4-H Involvement Report  
| | • Conduct at least one of the following: | Plus **one** of the following:  
| | | • One 8 or 9 inch fruit pie  
| | 1. *Pastry-Let’s Experiment:* activity on pages 26-28, record your findings and answer the questions in the manual about the experiment. | • Two fruit-filled empanadas or turnovers  
| | 2. *Filling-Let’s Experiment:* activity on pages 31-34, record your findings and answer the questions in the manual about the experiment. | • Poster (14”x22”) or display about one of the experiments or activities you chose to complete (pages 26, 31, 35, or 37)  
| | 3. *Thickening Agent-Let’s Experiment:* activity on pages 35-37, record your findings and answer the questions in the manual about the experiment. | • Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.  
| | 4. *Pie Comparison:* Purchase a frozen ready-to-bake pie and compare to your “scratch” pie using the criteria on page 58. | **OR**  
| | • Make at least one type of cream pie with meringue; evaluate your product with the judging sheet provided on page 46. | • A poster (14”x22”) or display illustrating what you learned in this project this year.  
| | • Make at least one type of fruit pie with a double crust; evaluate your product with the judging sheet on page 50. | **Note:** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.  
| | • Make at least one type of empanada or turnover; evaluate your product with the judging sheet on page 54. |  
| | • Become involved in at least one Service/Leadership activity. |  
| | • Complete at least one Career Exploration activity on page 19. |  
| | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
| | Complete the following: |  
| | • ZSuites 4-H Involvement Report  
| | • ZSuites 4-H Project Record Book |  

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
Idaho 4-H Baking page (and to download curriculum) visit: [https://www.uidaho.edu/extension/4h/projects/baking](https://www.uidaho.edu/extension/4h/projects/baking)
# CAKE DECORATING

## LEVEL 1

### Skill Level – Beginner (suggested 2-year project)

### Youth Materials:
- *Wilton Method of Cake Decorating Course 1, Building Buttercream Skills*  
  📚 2014
- *Wilton Cake Decorating Skills Checklist Course 1*  
  📚 2016
- *ZSuites 4-H Project Record Book*
- *ZSuites 4-H Involvement Report*

### Volunteer Materials:
- *Wilton Method of Cake Decorating Course 1, Building Buttercream Skills*  
  📚 2014
- *Wilson Cake Decorating Skills Checklist Course 1*  
  📚 2016

### Requirements
- Complete Course 1 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Put together a collection of photos and captions documenting the 10 skills you have learned this year.
- Exhibit Project.

#### Complete the following:
- *ZSuites 4-H Project Record Book*
- *ZSuites 4-H Involvement Report*
- *Wilton Cake Decorating Skills Checklist Course 1*

### Exhibit Requirements
- *ZSuites 4-H Project Record Book*
- *ZSuites 4-H Involvement Report*
- Completed Wilton Cake Decorating Skills Checklist Course 1
- Creative display of photos and captions documenting the 10 skills that you have learned this year. (Example – a binder with pictures showing the skills you learned and a description of the picture).

#### Level One
- Decorated single layer 9 or 10 inch cake, or may use specialty shaped single layer cake pan, using two or three decorating skills learned this year.
  **OR**
- A display (12” x 16” or poster (8 ½” x 16”) about what was learned in this project.

Note: The cake must be baked by 4-H member. Commercial cake mix can be used because it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Cake Decorating page (and to download the Cake Decorating Checklist):
[https://www.uidaho.edu/extension/4h/projects/cake-decorating](https://www.uidaho.edu/extension/4h/projects/cake-decorating)

To purchase the Wilton Course 1 Student Guide visit amazon.com, Walmart, Michael’s, or JoAnne Fabrics
### Projects & Materials

**Skill Level – Intermediate (suggested 2-year project)**

**Youth Materials:**
- Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751)) 2014
- Wilton Cake Decorating/Food Garnishing Skills Checklist, Course 2 2016
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report

**Volunteer Materials:**
- Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751)) 2014
- Wilton Cake Decorating/Food Garnishing Skills Checklist, Course 2 2016

### Requirements

- Complete Course 2 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Put together a collection of photos and captions documenting the 10 skills you have learned this year.
- Exhibit Project.

Complete the following:
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Wilton Cake Decorating Skills Checklist Course 2

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- Completed Wilton Cake Decorating Skills Checklist Course 2
- ZSuites 4-H Involvement Report
- Creative display of photos and captions documenting the 10 skills that you have learned this year. (Example – a binder with pictures showing the skills you learned and a description of the picture).

**Level One:**
- Decorated 2-layer 10” round or 2-layer oval decorated cake using (4) skills learned in this year’s project.
- A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project.

**Note:** The cake must be baked by 4-H member. Commercial cake mix can be used because it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

### County Requirements:
Check with your County Extension office for more information.

**Support Materials:**
Idaho 4-H Cake Decorating page (and to download the Cake Decorating Checklist):
[https://www.uidaho.edu/extension/4h/projects/cake-decorating](https://www.uidaho.edu/extension/4h/projects/cake-decorating)
To purchase the Wilton Course 2 Student Guide visit amazon.com, Walmart, Michael’s, or JoAnne Fabrics
# Healthy Living

## CAKE DECORATING

### LEVEL 3

**Projects & Materials**

- **Skill Level – Advanced (suggested 2-year project)**
  - Youth Materials:
    - Wilton Method of Cake Decorating. Course 3, Fondant & Gum Paste 2014
    - Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3 2016
    - ZSuites 4-H Project Record Book
    - ZSuites 4-H Involvement Report
  - Volunteer Materials:
    - Wilton Method of Cake Decorating. Course 3, Fondant & Gum Paste 2014
    - Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3 2016

**Requirements**

- Complete a Course 3 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Put together a collection of photos and captions documenting the 10 skills you have learned this year.
- Exhibit Project.

Complete the following:

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Wilton Cake Decorating Skills Checklist Course 3

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- Completed Wilton Cake Decorating Skills Checklist Course 3
- ZSuites 4-H Involvement Report
- Creative display of photos and captions documenting the 10 skills that you have learned this year. (Example – a binder with pictures showing the skills you learned and a description of the picture).

### Level One:

- One, two-tiered cake covered and decorate with fondant and gum paste. Use at least 6 skills learned this year.
  
  OR

- A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project.

Note: The cake must be baked by 4-H member. Commercial cake mix can be used because it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Cake Decorating page (and to download the Cake Decorating Checklist):
https://www.uidaho.edu/extension/4h/projects/cake-decorating

To purchase the Wilton Course 3 Student Guide visit amazon.com, Walmart, Michael’s, or JoAnne Fabrics
# Healthy Living

## DAIRY FOOD SCIENCE

### Projects & Materials

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<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</table>
| • *Science Fun With Dairy Foods, Member’s Guide (#OH 490 ) 2016* | In the Member’s Guide:  
  • Complete the Planning Section (Steps 1 through 4).  
  • Conduct four of the nine project experiments.  
  • After each experiment, answer the Discovery Questions and complete at least one Digging Deeper activity.  
  • Take part in at least two Learning Experiences.  
  • Become involved in at least two Citizenship/Leadership activities.  
  • Maintain a journal on each of your project experiments. Record your observations and draw conclusions from your findings. Use the Journal of Experiments section on pages 37 through 42 or record your findings on separate sheets.  
  • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  Complete the following:  
  • ZSuites 4-H Involvement Report  
  • ZSuites 4-H Project Record Book | • Science Fun With Dairy Foods, Members Guide (OH 490 - #53201)  
• ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
Plus one of the following:  
  ➢ Poster (14 x 22) or story board (14 x 22) describing one of the experiments you completed  
  OR  
  ➢ Display a dairy product you made in this project (only with proper refrigeration may dairy products be used as a fair display)  
  OR  
  ➢ Display and label some of the equipment you used to complete this project  
• Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used. |
| Volunteer Materials: |  |  |
| • *Science Fun With Dairy Foods, Member’s Guide (#OH 490 ) 2016* |  |  |

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
# Healthy Living

## EXPLORING FOOD SCIENCE UNIT 1

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>About the Project:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>- National 4-H Curriculum&lt;br&gt;Exploring Food Science, The Secrets of Baking (01411Y)&lt;br&gt;2014</td>
<td>• What’s on your plate is a mixture of chemistry, biology, and physics exploration while baking. It is the first in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Secrets of Baking is for youth grades 6-9 but maybe adapted for younger and older learners.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report&lt;br&gt;ZSuites 4-H Project Record Book</td>
<td>Requirements:</td>
<td>• Exploring Food Science, The Secrets of Baking Youth Science Journal</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>- National 4-H Curriculum&lt;br&gt;What’s On Your Plate?, Exploring Food Science, The Secrets of Baking Facilitator Guide (01415F)&lt;br&gt;2014</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
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</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H What’s On Your Plate? page: [https://www.uidaho.edu/extension/4h/projects/plate](https://www.uidaho.edu/extension/4h/projects/plate)
To order National 4-H Curriculum visit: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1)
To order National 4-H Curriculum Volunteer Guide: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1-facilitators-guide](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1-facilitators-guide)

### Optional Support Materials:
Exploring Food Science, The Secrets of Baking: [http://4-h.org/parents/curriculum/food-science/](http://4-h.org/parents/curriculum/food-science/)
## Healthy Living

### EXPLORING FOOD SCIENCE UNIT 2

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<tr>
<td><strong>Youth Materials:</strong></td>
<td>About the Project:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum Exploring Food Science, the Power of Protein Chemistry (#01412Y) 2014</td>
<td>• What’s on your plate is the food science and food technology behind every bite. The Power of Protein Chemistry explores the basic building blocks of protein in the kitchen laboratory, looking at cooking and using eggs and making fresh cheese. It is the second book in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Power of Protein Chemistry is for youth grades 6-9 but maybe adapted for younger and older learners.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>Requirements:</td>
<td>• Exploring Food Science, The Power of Protein Chemistry Youth Science Journal</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum What’s On Your Plate?, Exploring Food Science, the Power of Protein Chemistry Facilitator Guide (#01416F) 2014</td>
<td>Complete the following:</td>
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<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• ZSuites 4-H Project Record Book</td>
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<td>• ZSuites 4-H Project Record Book</td>
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### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
- Idaho 4-H What’s On Your Plate? page: [https://www.uidaho.edu/extension/4h/projects/plate](https://www.uidaho.edu/extension/4h/projects/plate)
- To order National 4-H Curriculum visit: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2)
- To order National 4-H Curriculum Volunteer Guide: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2-facilitators-guide](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2-facilitators-guide)

### Optional Support Materials:
- Exploring Food Science, The Power of Protein Chemistry: [http://4-h.org/parents/curriculum/food-science/#!protein-chemistry](http://4-h.org/parents/curriculum/food-science/#!protein-chemistry)
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<tr>
<td><strong>Youth Materials:</strong></td>
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</tr>
<tr>
<td>• National 4-H Curriculum Exploring Food Science, The Inner Mysteries of Fruits and Vegetables (#01413Y) 2014</td>
<td>About the Project:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• What’s on your plate delves into the causes and solutions to fruits and vegetable browning; and looks at preparing, preserving and cooking fruits and vegetables using science techniques. The Inner Mysteries of Fruits and Vegetables is the third book in the Food Science series and includes the Youth Science Journal to record your food science experiments. It is for youth grades 6-9 but maybe adapted for younger and older learners.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
<td>• Exploring Food Science, The Power of Protein Chemistry Youth Science Journal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
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</tr>
<tr>
<td>• National 4-H Curriculum What’s On Your Plate?, Exploring Food Science, The Inner Mysteries of Fruits and Vegetables Facilitator Guide (#01417F) 2014</td>
<td>Requirements:</td>
<td></td>
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<tr>
<td></td>
<td>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.</td>
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<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
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<td>Complete the following:</td>
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<td>County Requirements:</td>
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<tr>
<td>Check with your County Extension office for more information.</td>
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</table>

**Support Materials:**

Idaho 4-H What’s On Your Plate? page: [https://www.uidaho.edu/extension/4h/projects/plate](https://www.uidaho.edu/extension/4h/projects/plate)

To order National 4-H Curriculum visit: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3)

To order National 4-H Curriculum Volunteer Guide: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3-facilitators-guide](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3-facilitators-guide)

**Optional Support Materials:**

*Exploring Food Science, The Inner Mysteries of Fruits and Vegetables*: [http://4-h.org/parents/curriculum/food-science/#!fruits-vegetables](http://4-h.org/parents/curriculum/food-science/#!fruits-vegetables)
## Projects & Materials

### Youth Materials:
- **National 4-H Curriculum**
  *Exploring Food Science, Be a Food Scientist!* (#01414Y) 2014
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

### Volunteer Materials:
- **National 4-H Curriculum**
  *What’s On Your Plate? Exploring Food Science, Be a Food Scientist! Facilitator Guide* (#01418F) 2014

## Requirements

### About the Project:
- What’s on your plate, Be a Food Scientist lets you explore being a food scientist, make a new beverage, and experiment with sugar. It is the fourth book in the Food Science series and includes the Youth Science Journal to record your food science experiments. It is for youth grades 6-9 but maybe adapted for younger and older learners.

### Requirements:
- Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

### Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

## County Requirements:
Check with your County Extension office for more information.

## Support Materials:
- Idaho 4-H What’s On Your Plate? page: [https://www.uidaho.edu/extension/4h/projects/plate](https://www.uidaho.edu/extension/4h/projects/plate)
- To order National 4-H Curriculum visit: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4-facilitators-guide)
- To order National 4-H Curriculum Volunteer Guide: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4-facilitators-guide](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4-facilitators-guide)

## Optional Support Materials:
- *Exploring Food Science, Be a Food Scientist!*: [http://4-h.org/parents/curriculum/food-science/#!food-scientist](http://4-h.org/parents/curriculum/food-science/#!food-scientist)
# Healthy Living

## FOOD PRESERVATION DRYING

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</table>
| - Food Preservation Drying Manual (PNW #651)  
  2013                            | From the manual:                               | - Food Preservation Drying Manual (PNW #651)              |
| - ZSuites 4-H Involvement Report  | • Complete four or more activities each year.  | - ZSuites 4-H Project Record Book                        |
| - ZSuites 4-H Project Record Book | • Maintain the journal for each of your activities. Record your challenges and observations. | - ZSuites 4-H Involvement Report                         |
| Volunteer Materials:              | • Answer at least two questions from the Reflection section. | Plus one of the following:                              |
| None                              | • Become involved in at least one Citizenship/Leadership activity. | - A poster (14”x 22”) illustrating something you learned in this project this year. |
|                                  | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | - A photo journal showing how to dry a food from start to finish. |
|                                  | Complete the following:                        | - A display (12”x12”x12”) and label some of the equipment you used to complete this project. |
|                                  | - ZSuites 4-H Involvement Report               | - Two dried fruits, in a proper storage container with a correctly completed label. |
|                                  | - ZSuites 4-H Project Record Book              | - Two dried vegetables, in a proper storage container with a correctly completed label. |
| Optional: Complete a menu plan using food preserved in this project. | - Recipes and a menu plan using foods you preserved in this project. | - Two dried herbs, in a proper storage container with a correctly completed label. |

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To download the Food Preservation Drying manual visit: [www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/drying](http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/drying)

**Optional Support Materials:**
- Drying Fruits and Vegetables (PNW #397) [https://catalog.extension.oregonstate.edu/pnw397](https://catalog.extension.oregonstate.edu/pnw397)
- How to Dry Foods by Deanna DeLong available for purchase through book stores such as Amazon or Barnes and Noble
- So Easy to Preserve (University of Georgia Extension) [https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html](https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html)
- National Center for Home Food Preservation available at: [http://nchfp.uga.edu/](http://nchfp.uga.edu/)
### Healthy Living

#### FOOD

#### PRESERVATION

#### FREEZING

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Freezing Manual (PNW650)</td>
</tr>
<tr>
<td>• Food Preservation Freezing Manual (PNW #650)</td>
<td>• Complete four or more activities each year.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>■ 2013</td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Become involved in at least one Citizenship/Leadership activity.</td>
<td>• A poster (14”x22”) illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A photo journal showing how to freeze a food from start to finish.</td>
</tr>
<tr>
<td>None</td>
<td>Complete the following:</td>
<td>• A display (12”x12”x12”) and label some of the equipment you used to complete this project.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• An empty freezer container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Recipes and a menu plan using foods you preserved in this project.</td>
</tr>
<tr>
<td></td>
<td><strong>Optional:</strong> Complete a menu plan using food preserved in this project.</td>
<td></td>
</tr>
</tbody>
</table>

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

To download the Food Preservation Freezing manual visit: [http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/freezing](http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/freezing)

**Optional Support Materials:**

- *Freezing Fruits and Vegetables. (PNW #214)* [https://catalog.extension.oregonstate.edu/pnw214](https://catalog.extension.oregonstate.edu/pnw214)
- *Freezing Convenience Foods (PNW #296)* [https://catalog.extension.oregonstate.edu/pnw296](https://catalog.extension.oregonstate.edu/pnw296)
- *Extension Bulletin #1195 – Freezing Meat, Fish and Poultry at Home*
- *So Easy to Preserve (University of Georgia Extension)* [https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html](https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html)
Healthy Living

FOOD

PRESERVATION

BOILING WATER

CANNING

Projects & Materials

Youth Materials:
- Food Preservation Boiling Water Canning Manual (PNW #652) 2013
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

Volunteer Materials:
None

Requirements

From the manual:
- Complete four or more activities each year.
- Maintain the journal for each of your activities. Record your challenges and observations.
- Answer at least two questions from the Reflection section.
- Become involved in at least one Citizenship/Leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

Optional: Complete a menu plan using food preserved in this project.

Exhibit Requirements

- Food Preservation Boiling Water Canning Manual (PNW #652)
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report

Plus one of the following:
- A poster (14”x22”) illustrating something you learned in this project this year.
- A photo journal showing how to do a boiling water canning of food from start to finish.
- A tomato product, in a proper storage container with a correctly completed label.
- A fruit product, in a proper storage container with a correctly completed label.
- An acidified pickled product, in a proper storage container with a correctly completed label.
- A jam or jelly, in a proper storage container with a correctly completed label.
- A display (12”x12”x12”) and label some of the equipment you used to complete this project.
- Recipes and a menu plan using foods you preserved in this project.

County Requirements:
Check with your County Extension office for more information.

Support Materials:
To download the Food Preservation Boiling Water Canning manual visit:
http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/boilingwatercanning

Optional Support Materials:
- Guardado de frutas en conserva (PNW 199S) https://catalog.extension.oregonstate.edu/pnw199s
- Canning Tomatoes and Tomato Products (PNW #300) https://ir.library.oregonstate.edu/downloads/8623h01z
- Elaboración de conservas de tomates y productos de tomates (PNW 300S) https://catalog.extension.oregonstate.edu/pnw300s
- Pickling Vegetables (PNW #355) https://catalog.extension.oregonstate.edu/pnw355
- Salsa Recipes for Canning (PNW #395) https://catalog.extension.oregonstate.edu/pnw395
- Recetas de Salsa para Guardar en Conserva (PNW 395S) https://catalog.extension.oregonstate.edu/pnw395s
- So Easy to Preserve (University of Georgia Extension) https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html
- National Center for Home Food Preservation available at: http://nchfp.uga.edu/
# Healthy Living

## FOOD PRESERVATION

### PRESSURE CANNING

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<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ages 14 - 18</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Pressure Canning Manual (PNW653)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete four or more activities each year.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Food Preservation Pressure Canning Manual (PNW #653) 2013</td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Become involved in at least one Citizenship/Leadership activity.</td>
<td>• A poster (14”x22”) illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A photo journal showing how to pressure can a food from start to finish.</td>
</tr>
<tr>
<td>None</td>
<td>Complete the following:</td>
<td>• A vegetable product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• A meat product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• A combination product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td><strong>Optional:</strong> Complete a menu plan using food preserved in this project.</td>
<td>• A tomato product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A display (12”x12”x12”) and label some of the equipment you used to complete this project.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Recipes and a menu plan using foods you preserved in this project.</td>
</tr>
</tbody>
</table>

**County Requirements:** Check with your County Extension office for more information.

**Support Materials:**
To download the Food Preservation Pressure Canning manual visit:


**Optional Support Materials:**
- Canning Vegetables (PNW #172) [https://catalog.extension.oregonstate.edu/pnw172](https://catalog.extension.oregonstate.edu/pnw172)
- Guardado de vegetales en conserva (PNW #172s) [https://catalog.extension.oregonstate.edu/pnw172s](https://catalog.extension.oregonstate.edu/pnw172s)
- Canning Tomatoes and Tomato Products Ag. (PNW #300) [https://ir.library.oregonstate.edu/downloads/8623h01z](https://ir.library.oregonstate.edu/downloads/8623h01z)
- Elaboración de conservas de tomates y productos de tomates (PNW #300S) [https://catalog.extension.oregonstate.edu/pnw300s](https://catalog.extension.oregonstate.edu/pnw300s)
- So Easy to Preserve (University of Georgia Extension) [https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html](https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html)
- National Center for Home Food Preservation available at: [http://nchfp.uga.edu/](http://nchfp.uga.edu/)
# Healthy Living

## KEEPING FIT & HEALTHY LEVEL 1

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<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>In <em>First Aid in Action</em> youth guide:</strong></td>
<td><strong>- ZSuites 4-H Project Record Book #91950</strong></td>
</tr>
<tr>
<td>- National 4-H Curriculum <em>Keeping Fit and Healthy First Aid in Action</em>, (#08174) 2005</td>
<td>- Complete a minimum of 7 activities from the lessons.</td>
<td><strong>- ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>- Assemble a first aid kit.</td>
<td><strong>- First Aid kit, assembled by youth.</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>- Give an illustrated talk, demonstration or speech on any topic of choice related to health.</td>
<td><strong>Plus <em>one</em> of the following:</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>- Exhibit Project</td>
<td><strong>- A poster (14”x22”) or display illustrating a skill or skills learned in this project.</strong></td>
</tr>
<tr>
<td><em>None</em></td>
<td><strong>Complete the following:</strong></td>
<td><strong>- A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.</strong></td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Involvement Report</td>
<td><strong>County Requirements:</strong></td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Project Record Book</td>
<td>Check with your County Extension office for more information.</td>
</tr>
</tbody>
</table>

**Support Materials:**

Idaho 4-H Keeping Fit and Healthy page: [https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy](https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy)

To order National 4-H Curriculum visit: [https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action](https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action)
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**KEEPING FIT & HEALTHY LEVEL 2**

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In <em>Staying Healthy</em> youth guide:</td>
<td>• ZSuites 4-H Project Record Book #91950</td>
</tr>
<tr>
<td>• National 4-H Curriculum Keeping Fit and Healthy <em>Staying Healthy</em>, (#08175) 2005</td>
<td>➢ Complete a minimum of 7 activities from the lessons.</td>
<td>• ZSuites 4-H Involvement Report Plus <a href="#"><strong>one</strong></a> of the following:</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>➢ Complete a self-assessment of personal talents.</td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Give an illustrated talk, demonstration or speech on any topic of choice related to health.</td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Exhibit Project</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Keeping Fit and Healthy page: <a href="https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy">https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To order National 4-H Curriculum visit: <a href="https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-staying-healthy">https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-staying-healthy</a></td>
<td></td>
<td></td>
</tr>
</tbody>
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# Healthy Living

## KEEPING FIT & HEALTHY LEVEL 3

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<th>Projects &amp; Materials</th>
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</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In <em>Keeping Fit</em> youth guide:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Keeping Fit and Healthy Keeping Fit</em>, (#08176) 2005</td>
<td>• Complete a minimum of 7 activities from the lessons.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete a personal fitness plan.</td>
<td>• Personal Fitness Plan</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Give an illustrated talk, demonstration or speech on any topic of choice related to health.</td>
<td>Plus <strong>one</strong> of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Exhibit Project</td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td>None</td>
<td>Complete the following:</td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
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### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Keeping Fit and Healthy page: [https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy](https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy)
To order National 4-H Curriculum visit: [https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-keeping-fit](https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-keeping-fit)
## Healthy Living

### CHOOSE HEALTH: FOOD, FUN & FITNESS

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<tr>
<th>Projects &amp; Materials</th>
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</table>
| **Youth Materials:** | Choose Health: Food, Fun and Fitness is a group curriculum, led by an adult volunteer. It may be used multiple years. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• A poster (14”x22”) or labeled display (12”x 12”x12”) illustrating something you learned during this project year. |
| • ZSuites 4-H Involvement Report | Requirements:  
• Complete at least one activity from each of the six sections.  
• Include one physical activity and one snack activity at each meeting.  
• Share one newsletter with family members.  
• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. |  

Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |
| • ZSuites 4-H Project Record Book |  |  

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Choose My Plate: www.choosemyplate.gov
To purchase curriculum from National 4-H Council visit: https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum

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# Healthy Living

## GROUP HEALTH & FITNESS

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<tbody>
<tr>
<td><strong>Materials:</strong></td>
<td><strong>Up for the Challenge</strong>, Lifetime Fitness, Health Decisions (Maryland)**&lt;br&gt;<a href="http://extension.umd.edu/4-h/4-h-program-areas/challenge">http://extension.umd.edu/4-h/4-h-program-areas/challenge</a>&lt;br&gt;&lt;br&gt;Note: May be used multiple years.</td>
<td><strong>ZSuites 4-H Project Record Book</strong>&lt;br&gt;<strong>ZSuites 4-H Involvement Report</strong>&lt;br&gt;Create a poster (14” x 22”) or exhibit display. Poster should differ each year, if project is used multiple years. Photos, artwork and items may be used on the poster. Examples of poster/exhibit display topics:&lt;br&gt;• Choose My Plate poster with healthy food choices for each section.&lt;br&gt;• Physical activity that work key muscle groups (cycling with quadriceps)&lt;br&gt;• Reading package labels&lt;br&gt;• Recipe book of healthy snacks&lt;br&gt;• Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate&lt;br&gt;• 5-10 healthy snacks items from a gas-&amp;-go store&lt;br&gt;Create a grocery store or farmer’s market treasure hunt.</td>
</tr>
<tr>
<td><strong>Choose My Plate</strong>&lt;br&gt;www.choosemyplate.gov</td>
<td><strong>Complete a minimum of 10 activities.</strong>&lt;br&gt;&lt;br&gt;<strong>Give an illustrated talk, demonstration or speech on any topic of choice. Must be on a different topic each year, if used multiple years. Optional - deliver a youth directed skill-a-thon focused on topic from curriculum.</strong>&lt;br&gt;&lt;br&gt;<strong>Exhibit Project at fair or a community event.</strong></td>
<td></td>
</tr>
</tbody>
</table>

## County Requirements:
Check with your County Extension office for more information.

## Optional Supporting Materials:
Choose My Plate: www.choosemyplate.gov
**Personal Development & Leadership**

**ELEMENTARY**

**FINANCIAL MANAGEMENT**

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>About the Project:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Reading Makes Cents</em> (#08389DD) 2011</td>
<td>• <em>Reading Makes Cents</em> is designed for 3rd through 5th grade youth in afterschool programs, although it may be used in all 4-H group settings.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• It consists of seven sections:</td>
<td>• <em>Reading Make Cents</em> Journal showing the activities completed and books read.</td>
</tr>
<tr>
<td></td>
<td>1. The History of Money</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Managing Money</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Earning Money</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4. Spending Money</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5. Saving and Investing Money</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6. Sharing and Giving Money</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Each section has 5 - 8 activities. Each activity features a children’s book that ties reading to financial literacy. Plus, there are Family Time Activities (in English and Spanish). The curriculum emphasizes that saving is not an option, but a necessary part of all budget practices.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• The children’s books are used multiple times in different activities. Most books may be easily borrowed from a local library. Additional resource books are listed at the end of each section.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• The helper/adult Volunteer guides the youth through a minimum of two activities from each section for a total of 14 activities. <em>Word Searches</em> build vocabulary but are not considered an “activity.”</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• It is recommended but not required that the first activity be the <em>Reading Makes Cents</em> Journal.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project Requirements:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Display the Exhibit</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Complete the following:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

**Note:** *May be used multiple years.*

| Volunteer Materials: | |
|---------------------||
| • National 4-H Curriculum *Reading Makes Cents* (#08389DD) 2011 | |

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**


# Personal Development & Leadership

## BUILD YOUR FUTURE

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Requirements: Project may be used for three years if desired.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Set personal goals for the year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><em>Build Your Future: Choices. Connections. Careers. Youth Career Journal Grades 8-12 (08561)</em></td>
<td>• Choose at least three Activity Sections, (Skills, Choices, Careers; Making Career Connections; Build Your Future Through Portfolios; Education Pay$; Career FUNds; Turn Your 4-H Passion Into Profit; Pounding the Pavement; Putting the Pieces Together; or Pathways to Success), from the Build Your Future Youth Career Journal and complete at least one experience in each Activity.</td>
<td>• Build Your Future: Youth Career Journal</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td>Plus <em>one</em> of the following:</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Build Your Future: Youth Career Journal</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for details.

### Support Materials:
Idaho 4-H Build Your Future page: [https://www.uidaho.edu/extension/4h/projects/build-your-future](https://www.uidaho.edu/extension/4h/projects/build-your-future)
To order National 4-H Curriculum visit: [https://shop4-h.org/products/build-your-future-curriculum-youth-notebook](https://shop4-h.org/products/build-your-future-curriculum-youth-notebook)
To order Volunteer Guide visit: [https://shop4-h.org/products/build-your-future-curriculum-facilitators-guide](https://shop4-h.org/products/build-your-future-curriculum-facilitators-guide)
# Personal Development & Leadership

## FINANCIAL DEVELOPMENT

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<tr>
<td>Youth Materials:</td>
<td></td>
</tr>
<tr>
<td><strong>National 4-H Curriculum</strong> My Financial Future; Youth Notebook – Beginner (#01441Y) 2014</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Youth Notebook – Advanced (#01442Y) 2014</td>
<td>My Financial Future; Youth Notebook</td>
</tr>
<tr>
<td>ZSuites 4-H Involvement Report</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>ZSuites 4-H Project Record Book</td>
<td>- A Poster (14”x 22”) illustrating something you learned about financial management this year.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Materials:</td>
<td></td>
</tr>
<tr>
<td><strong>National 4-H Curriculum</strong> My Financial Future; Facilitator Guide (#01443F) 2014</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>My Financial Future; Youth Notebook</td>
</tr>
</tbody>
</table>

### Projects & Materials

- **Youth Materials:**
  - **National 4-H Curriculum** My Financial Future; Youth Notebook – Beginner (#01441Y) 2014
  - Youth Notebook – Advanced (#01442Y) 2014
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Project Record Book

- **Volunteer Materials:**
  - **National 4-H Curriculum** My Financial Future; Facilitator Guide (#01443F) 2014

### Requirements

- Project may be used for multiple years if desired. Beginning Notebook should be completed before starting the Advanced Notebook.

### Beginning Notebook:

- Each year choose at least three of the eleven activities from the My Financial Future Youth Notebook and complete the assignment for each activity.
- Each year, give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project.

### Advanced Notebook:

- Each year choose at least two of the five modules from the My Financial Future Youth Notebook and complete the assignments for each activity.
- Each year, give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project.

### Complete the following:

- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- My Financial Future; Youth Notebook

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

- Idaho 4-H Financial Future page: [https://www.uidaho.edu/extension/4h/projects/financial-future](https://www.uidaho.edu/extension/4h/projects/financial-future)
- To order National 4-H Curriculum visit: [https://shop4-h.org/products/my-financial-future-curriculum-beginner-notebook](https://shop4-h.org/products/my-financial-future-curriculum-beginner-notebook)
### Personal Development & Leadership

**FINANCIAL CHAMPIONS**

**LEVEL 1**

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<tr>
<th>Projects &amp; Materials</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td>In member’s current Manual:</td>
<td></td>
</tr>
<tr>
<td>Curriculum Money Fundamentals, Level 1 (#202024)</td>
<td>• Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27).</td>
<td>ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Money Fundamentals manual</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>Poster (14”x 22”) illustrating something you learned about financial management this year.</td>
</tr>
<tr>
<td>• ZSuites 4-H</td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>Involvement Report</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project</td>
<td>Note: Designed to be finished in a single year.</td>
<td></td>
</tr>
<tr>
<td>Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum Financial Champions Volunteer Guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#202026)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Support Materials:**
Idaho 4-H Financial Champions page: [https://www.uidaho.edu/extension/4h/projects/financial-champions](https://www.uidaho.edu/extension/4h/projects/financial-champions)
# Personal Development & Leadership

## FINANCIAL CHAMPIONS

### LEVEL 2

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In member’s current Manual: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• Money Moves Manual  
• Poster (14”x 22”) illustrating something you learned about financial management this year. |
| • National 4-H Curriculum  
*Money Moves, Level 2*  
(#202025)  
シーク2020 |  
➢ Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27).  
➢ Have your project helper date (month and year) and initial each activity when it is finished.  
➢ Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  
| **Volunteer Materials:** | Complete the following: |  
• National 4-H Curriculum  
*Financial Champions Volunteer Guide*  
(#202026)  
シーク2020 |  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  
• Note: Designed to be finished in a single year. |  

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

- Idaho 4-H Financial Champions page: [https://www.uidaho.edu/extension/4h/projects/financial-champions](https://www.uidaho.edu/extension/4h/projects/financial-champions)
# Personal Development & Leadership

## ENTREPRENEURSHIP

### BE THE E, LEVEL 1

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>- National 4-H Curriculum <em>Be The E Entrepreneurship</em> (#DDBU08035)</td>
<td>• Do at least 7 of the Love It! And More E Challenges activities each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>• Complete at least 21 activities of the Love It! And More E Challenges within 3 years to complete the Achievement Program.</td>
<td>• Be the E, Manual</td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>• Have your project helper date and initial each activity as you complete it.</td>
<td>Choose an activity that you completed to display</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

<table>
<thead>
<tr>
<th>National 4-H Curriculum <em>Entrepreneurship Volunteer Guide</em> (#BU08036)</th>
<th>Complete the following:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
</tbody>
</table>

**Note:** All three levels are inclusive in one book

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Entrepreneurship page: [https://www.uidaho.edu/extension/4h/projects/entrepreneurship](https://www.uidaho.edu/extension/4h/projects/entrepreneurship) and to download youth materials.

## ENTREPRENEURSHIP

### BE THE E, LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• Do at least 7 of the Plan It! Practicing Skills Challenges activities each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Curriculum Be The E</td>
<td>• Complete at least 21 activities of the Plan it! And More E Challenges within 3 years to complete the Achievement Program.</td>
<td>• Be the E Manual</td>
</tr>
<tr>
<td>Entrepreneurship</td>
<td>• Have your project helper date and initial each activity as you complete it.</td>
<td>• Choose an activity that you completed to display Example: A business plan, evaluation of a business web site, a commercial or advertisement for your product OR</td>
</tr>
<tr>
<td>(#DDBU08035) 2004</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Make an educational poster or display that illustrates what you learned in the project.</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials</strong></td>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entrepreneurship</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteer Guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#BU08036) 2004</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Note:</strong> All three levels are inclusive in one book</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Entrepreneurship page: [https://www.uidaho.edu/extension/4h/projects/entrepreneurship](https://www.uidaho.edu/extension/4h/projects/entrepreneurship) and to download youth materials.
# PERSONAL DEVELOPMENT & LEADERSHIP

## ENTREPRENEURSHIP

### BE THE E, LEVEL 3

**Table of Contents**

### Projects & Materials

**Youth Materials**
- **National 4-H Curriculum** *Be The E Entrepreneurship* (#DDBU08035) 2004
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

**Volunteer Materials**
- **National 4-H Curriculum** *Entrepreneurship Volunteer Guide* (#BU08036) 2004

**Note:** All three levels are inclusive in one book

### Requirements

In the member’s current Manual:
- Do at least 7 of the Do It! And More E Challenges activities each year.
- Complete at least 21 activities of the Do It! And More E Challenges within 3 years to complete the Achievement Program.
- Have your project helper date and initial each activity as you complete it.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

### Exhibit Requirements

- **ZSuites 4-H Project Record Book**
- **ZSuites 4-H Involvement Report**
- **Be the E, Manual**

Choose an activity that you completed to display
- **Example:** Marketing strategy, cash flow forecast
- **OR**
- Make an educational poster or display that illustrates what you learned in the project.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Entrepreneurship page: [https://www.uidaho.edu/extension/4h/projects/entrepreneurship](https://www.uidaho.edu/extension/4h/projects/entrepreneurship) and to download youth materials.

# Personal Development & Leadership

## HIGH SCHOOL

### FINANCIAL PLANNING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | 4-H Youth are encouraged to begin with the first module and work themselves through all six, completing one or two per year. For High School aged youth. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• High School Financial Planning Program Student Modules. |
| • High School Financial Planning Program Student Modules  
www.hsfpp.org  
🛏️ 2020 | • Learn basic personal finance concepts and show how these concepts apply to everyday life.  
• Fully complete at least one of the six student modules.  
• Learn about the financial planning process. Apply the process through activities provided.  
• Learn effective use of all financial resources. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• High School Financial Planning Program Student Modules. |
| **Volunteer Materials:** |  
| • High School Financial Planning Program Student Modules  
www.hsfpp.org  
🛏️ 2020 |  
| **County Requirements:** | Check with your County Extension office for more information. |
| **Support Materials:** |  
| Idaho 4-H High School Financial Planning page: [https://www.uidaho.edu/extension/4h/projects/high-school-financial-planning](https://www.uidaho.edu/extension/4h/projects/high-school-financial-planning)  
To order High School Planning Program Student Modules visit: [www.hsfpp.org](http://www.hsfpp.org) |
# Personal Development & Leadership

## CLOVERBUDS

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#### Projects & Materials

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<th>Cloverbuds Ages 5-7</th>
<th>Curriculum Choices</th>
<th>Exhibit Options</th>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td>The approved Cloverbud curriculum is developmentally appropriate for this age; activity oriented, non-competitive, focused on life skills taught through a broad spectrum of subject matter and involves cooperative learning.</td>
<td>There are no specific requirements for completing Cloverbuds projects. Exhibiting at the Fair is optional and non-competitive and can include one or more of the following:</td>
</tr>
<tr>
<td>• Cloverbud Memory Book (#63013)</td>
<td><strong>Curriculum Choices:</strong> The Big Book of 4-H Cloverbud Activities <a href="https://shop4-h.org/products/the-big-book-of-4-h-cloverbud-activities">https://shop4-h.org/products/the-big-book-of-4-h-cloverbud-activities</a> Exploring 4-H Cloverbud Activity Bundle <a href="https://shop4-h.org/products/exploring-4-h-cloverbud-activity-bundle">https://shop4-h.org/products/exploring-4-h-cloverbud-activity-bundle</a> All About Pets Bundle <a href="https://shop4-h.org/products/all-about-pets-cloverbud-activity-bundle">https://shop4-h.org/products/all-about-pets-cloverbud-activity-bundle</a> All About Insects Bundle <a href="https://shop4-h.org/products/all-about-insects-cloverbud-activity-bundle">https://shop4-h.org/products/all-about-insects-cloverbud-activity-bundle</a> Aerospace Adventures 1 – Pre-Flight <a href="https://shop4-h.org/products/aerospace-adventures-curriculum-1-pre-flight">https://shop4-h.org/products/aerospace-adventures-curriculum-1-pre-flight</a> Exploring the Treasures of 4-H <a href="https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum-helpers-guide">https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum-helpers-guide</a></td>
<td>• Cloverbud Memory Book (#63013) • Items made, a folder or notebook showing activities completed • A poster (14”X22”) or display illustrating something learned in this project year. A participation ribbon or similar recognition may be awarded for exhibits.</td>
</tr>
<tr>
<td>• National 4-H Curriculum listed under Curriculum Choices</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Volunteer Materials:

| • National 4-H Curriculum listed under Curriculum Choices | |

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

- Idaho 4-H Cloverbuds Page (Cloverbud Memory Book is here): [https://www.uidaho.edu/extension/4h/projects/cloverbuds](https://www.uidaho.edu/extension/4h/projects/cloverbuds)
- Cloverbuds: A 4-H Discovery Program for 6 to 8 Year-Olds – University of Minnesota [https://bookstores.umn.edu/product/book/cloverbuds-4-h-discovery-program-6-8-year-olds](https://bookstores.umn.edu/product/book/cloverbuds-4-h-discovery-program-6-8-year-olds)
### Projects & Materials

**Youth Materials:**
- National 4-H Curriculum
  *Exploring the Treasures of 4-H Member Manual (#BU-08171) [2005]*
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report

**Volunteer Materials:**
- National 4-H Curriculum
  *Exploring the Treasures of 4-H Volunteer Guide (#BU-08172) [2005]*

### Requirements

In the Member’s manual:
- Complete a minimum of six activities from the Exploring the Treasures of 4-H member manual (#08171).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- Complete the ZSuites 4-H Project Record Book
- Complete the ZSuites 4-H Involvement Report

### Exhibit Requirements

Binder with the following items:
- Completed activities from the Exploring the Treasures of 4-H member manual (#08171)
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- A poster (14”x22”) or display illustrating something you learned in this project this year.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Exploring Treasures of 4-H page: [https://www.uidaho.edu/extension/4-h/projects/exploring-4-h](https://www.uidaho.edu/extension/4-h/projects/exploring-4-h)

To purchase National 4-H Curriculum: [https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum-set-of-2](https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum-set-of-2)
## LEADERSHIP

<table>
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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Each year, in the member’s Leadership Road Trip: Where Are You Going? Manual (OH 4-H375):</td>
<td>Notebook or scrapbook of Leadership activities including the following:</td>
</tr>
<tr>
<td>• <strong>OH Publication:</strong> Leadership Road Trip: Where Are You Going? (OH 4-H375)</td>
<td>• Step 1: complete at least three of the twelve project activities; complete Rest Stop activities if the Project Area Section is finished.</td>
<td>• Leadership Road Trip: Where Are You Going? Manual (OH 4-H375)</td>
</tr>
<tr>
<td></td>
<td>• Step 2: complete at least one learning experience (these can be recorded in the Leadership Portfolio #82316).</td>
<td>• Idaho 4-H Leadership Portfolio (#82316)</td>
</tr>
<tr>
<td></td>
<td>• Step 3: complete at least one leadership/citizenship activity (these can be recorded in the Leadership Portfolio #82316).</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Step 4: write a brief assessment of your personal growth because of these leadership opportunities.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Leadership Training Record</td>
</tr>
<tr>
<td></td>
<td>• Attend the majority of scheduled 4-H club meetings.</td>
<td>• Leadership Resume</td>
</tr>
<tr>
<td></td>
<td>• Complete the Idaho 4-H Leadership Portfolio (#82316); including Leadership Road Trip (OH 4-H375) activities and all other Leadership Opportunities you have completed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete the ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete the ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Leadership Road Trip: Where Are You Going? (OH 4-H375)</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Idaho 4-H Leadership Portfolio (#82316)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
- Idaho 4-H Leadership page: [https://www.uidaho.edu/extension/4h/projects/step-up-to-leadership](https://www.uidaho.edu/extension/4h/projects/step-up-to-leadership)
- To purchase Ohio curriculum Leadership Road Trip: Where Are You Going? [https://extensionpubs.osu.edu/leadership-road-trip-where-are-you-going/](https://extensionpubs.osu.edu/leadership-road-trip-where-are-you-going/)

### Optional Supporting Materials:
- Putting the Pieces Together, Texas A&M Agrilife Extension [http://www.agrilifebookstore.org/Putting-the-Pieces-Together-p/e4-h-11-1.htm](http://www.agrilifebookstore.org/Putting-the-Pieces-Together-p/e4-h-11-1.htm)
- Learning to Lead, Montana State University [https://store.msuextension.org/products/4-h-learning-to-lead__5330.aspx](https://store.msuextension.org/products/4-h-learning-to-lead__5330.aspx)
## Plants and Animals

### LLAMA/ALPACA

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<td><strong>Youth Materials:</strong></td>
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</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 1 (#72193) 2005</td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 2 (#72194) 2005</td>
<td>• Provide proper housing, food and primary care for your Llama/Alpaca for at least 90 days.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 3 (#72195) 2005</td>
<td>• Members must work in the Llama/Alpaca Activities Checklist Level: 1 (Beginner), 2 (Intermediate), or 3 (Advanced).</td>
<td>• Permanent Individual Animal Record (#72101)</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Members can take up to 3 years to complete a Level Check List.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year. <strong>AND/OR</strong></td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Members will complete Skills Options and Personal Development Options each year.</td>
<td>• Exhibit one of your project animals in a Llama/Alpaca Fitting and Showing class.</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
</tbody>
</table>

| Voluntary Materials: | Complete the following: | |
| • Llama and Alpaca Resource Handbook (OD #4-H 132R) 2008 | • ZSuites 4-H Involvement Report | |
| • ZSuites 4-H Animal Project Record Book | • ZSuites 4-H Animal Project Record Book | |
| • Permanent Individual Animal Record (#72101) for each project animal | • Permanent Individual Animal Record (#72101) for each project animal | |

| County Requirements | | |
| Check with your County Extension office for more information. | | |

| Support Materials: | | |
| Idaho 4-H Llama/Alpaca page and to download the Llama/Alpaca Activities checklists visit: | | |
| https://www.uidaho.edu/extension/4h/projects/llama-alpaca | | |
| To download the Volunteer Manual visit: | | |

| Optional Supporting Materials: | | |
| • Rocky Mountain Llama Association 4-H Manual – www.rmla.com | | |
# Plants and Animals

## BEEF MARKET

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<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Choose one or more steers or heifers for your Market Beef project.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Individually identify each animal with an ear tag and/or tattoo.</td>
<td>• Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td>• Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days.</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 130 days.</td>
<td>• Exhibit project animal at community, county, or other county Extension approved livestock show.</td>
</tr>
<tr>
<td>• Beef Resource Handbook OH (#117R) 2011</td>
<td>• Provide appropriate documentation, which includes a brand inspection, and/or a bill of sale. Check with local Extension Office for exact forms required and the deadline for turning in those forms.</td>
<td>• Exhibit one of your project animals in a Beef Fitting and Showing class.</td>
</tr>
<tr>
<td>• 4-H Animal Science Lessons</td>
<td>• Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Lesson Plan Tracker</td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements

Check with your County Extension office for more information.

### Support Materials:

To order Ohio Materials: [https://extensionpubs.osu.edu/beef-resource-handbook/](https://extensionpubs.osu.edu/beef-resource-handbook/)

University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

Idaho 4-H Beef page: [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef)

### Optional Supporting Materials:

All items listed below are available to download at [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef)

- Market Beef Growth Chart (#72110)
- Youth Beef Quality Assurance (#72203)
- Market Beef Planning Sheet (#72298)
- Beef, Sheep and Swine Selection and Evaluation (#72010)
- Idaho 4-H Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)
- Beef Showmanship DVD (#72999)
- Market Animal Health Supplement
- Market Animal Weight Guidelines
# Plants and Animals

## BEEF

### BREEDING

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<tr>
<th>Projects &amp; Materials</th>
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</table>
| **Youth Materials:** | Project Requirements: | - ZSuites 4-H Animal Project Record Book  
- ZSuites 4-H Involvement Report  
- Permanent Individual Animal Record (#72101)  
- 4-H Animal Science Skills Checklist |
| - ZSuites 4-H Involvement Report  
- ZSuites 4-H Animal Project Record Book  
- Permanent Individual Animal Record (#72101)  
- 4-H Animal Science Skills Checklist |  
- Choose one or more heifers, cows, or bulls for your Breeding Beef project. Bulls must be less than one (1) year of age as of fair date to be exhibited at a 4-H show.  
- Individually identify each animal with an ear tag and/or tattoo.  
- Include one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal at least 90 days.  
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.  
- Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.  
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following:  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Animal Project Record Book  
  - Permanent Individual Animal Record (#72101) for each project animal  
  - Any supplemental forms required at the county level.  
- Note: Each member is strongly encouraged to participate in a livestock/dairy judging contest. |  
- Display performance data on exhibit or stall card.  
- Exhibit one of your project animals in a Beef Fitting and Showing class.  
- County Requirements: |  
| Check with your County Extension office for more information. |  
University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)  
Idaho 4-H Beef page: [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef) |  
| Optional Supporting Materials: All items listed below are available to download at [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef) |  
| - Market Beef Growth Chart (#72110)  
- Youth Beef Quality Assurance (#72203)  
- Market Beef Planning Sheet (#72298)  
- Beef, Sheep and Swine Selection and Evaluation (#72010)  
- Idaho 4- Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)  
- Beef Showmanship DVD (#72999)  
- Market Animal Health Supplement  
- Market Animal Weight Guidelines |
# Plants and Animals

## BEEF

### STOCKER/FEEDER

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<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Choose one or more beef animals for your Stocker-Feeder project.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Individually identify each animal with an ear tag and/or tattoo.</td>
<td>• Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td>• Provide primary care during wintering and/or summer grazing period for at least 90 days.</td>
<td>• Exhibit fitted or unfitted animal(s) at home tour, show, sale, or other County Extension approved event.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days.</td>
<td>• Display performance data on exhibit or stall card. Should have beginning weight, ending weight, total gain, cost/lb, and ADG.</td>
</tr>
<tr>
<td>• Beef Resource Handbook OH (#117R) 2011</td>
<td>• Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Science Lessons</td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Lesson Plan Tracker</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
To order Ohio Materials: [https://extensionpubs.osu.edu/beef-resource-handbook/](https://extensionpubs.osu.edu/beef-resource-handbook/)
University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)
Idaho 4-H Beef page: [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef)

### Optional Supporting Materials: All items listed below are available to download at [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef)
- Market Beef Growth Chart (#72110)
- Youth Beef Quality Assurance (#72203)
- Market Beef Planning Sheet (#72298)
- Beef, Sheep and Swine Selection and Evaluation (#72010)
- Idaho 4-H Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)
- Beef Showmanship DVD (#72999)
- Market Animal Health Supplement
- Market Animal Weight Guidelines

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# Plants and Animals

## BIRDS AND POULTRY

### MARKET BROILERS/FRYERS

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<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
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<tr>
<td>• 4-H Market Broilers (#UNL 4H308)</td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for no less than eight (8) weeks.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Minimum requirement is five (5) broilers.</td>
<td>• Exhibit three (3) birds as uniform as possible.</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.</td>
<td>• A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.</td>
</tr>
<tr>
<td>• 4-H Market Broilers (#UNL 4H308)</td>
<td>• Give an oral presentation (speech, demonstration, or Illustrated talk) related to this project.</td>
<td><strong>Note:</strong> Meat birds will not be shown in showmanship. The 4-H’er can participate in showmanship by standing by his/her caged bird and answering questions by the judge.</td>
</tr>
<tr>
<td>☐1989</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
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</table>

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To purchase Nebraska curriculum, visit: [https://marketplace.unl.edu/ne4h/curriculum/animalscience/market-broilers.html](https://marketplace.unl.edu/ne4h/curriculum/animalscience/market-broilers.html)
Idaho 4-H Market Broiler Page: [https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers](https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers)

**Optional Supporting Materials:** All items listed below are available for download at: [https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers](https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers)
- Feeding Meat-type Chickens (PNW #658)
- 4-H Poultry Showmanship Questions
- Exhibiting 4-H Poultry (Nebraska EC282)
- Poultry Options and Egg Production Record (#72310)
- Poultry Judging (Nebraska 72307)
- Ohio 4-H Poultry Resources
# BIRDS AND POULTRY
## PULLETS/LAYING HENS

## Projects & Materials

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<td>• ZSuites 4-H Involvement Report</td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• Egg Production Record (#72310)</td>
<td>• Minimum requirement is five (5) pullets/hens. Chicks should be obtained early in the year so that they will be in production in the fall.</td>
<td>• Egg Production Record (#72310)</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td>• Note: If pullets are to be continued as a laying project, at least 10 pullets are suggested (but not required) to start.</td>
<td>• Permanent Individual Animal Record (#72101)</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td>• Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production.</td>
</tr>
<tr>
<td>• The 4-H Poultry Project: An Introduction (WY#12004C) 2003</td>
<td>Complete 5 Animal Science activities.</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td>Optional: You may choose to participate in a Poultry Fitting &amp; Showing (pre-registration required).</td>
</tr>
</tbody>
</table>

## County Requirements:
Check with your County Extension office for more information.

## Support Materials:
Idaho 4-H Pullets page (and to download the Individual Animal Record and Egg Production Record):
[https://www.uidaho.edu/extension/4h/projects/pullets](https://www.uidaho.edu/extension/4h/projects/pullets)

## Optional Supporting Materials:
Available to access and/or download at [https://www.uidaho.edu/extension/4h/projects/pullets](https://www.uidaho.edu/extension/4h/projects/pullets)
• Poultry Options and Egg Production Record (#72310)
• Exhibiting 4-H Poultry (Nebraska EC282)
• Poultry Judging (Nebraska #72307)
• 4-H Poultry Showmanship Questions
• Raising Pullets (OH #4-H 151)
• Ohio 4-H Poultry Resources
# Plants and Animals

## BIRDS AND POULTRY

### FAMILY FLOCK

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<td>ZSuites 4-H Involvement Report</td>
<td>Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.</td>
</tr>
<tr>
<td>ZSuites 4-H Animal Project Record Book</td>
<td>Complete a minimum of 5 activities from supporting materials for Birds &amp; Poultry.</td>
</tr>
<tr>
<td>Permanent Individual Animal Record (#72101)</td>
<td>On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
</tr>
<tr>
<td>The 4-H Poultry Project: An Introduction (WY#12004C) 2003</td>
<td>Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
<th>Complete the following:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td></td>
<td>Permanent Individual Animal Record (#72101) – one for your flock</td>
</tr>
</tbody>
</table>

### Exhibit Requirements

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<th>Youth Materials:</th>
<th>Exhibit Requirements:</th>
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</thead>
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<tr>
<td>ZSuites 4-H Animal Project Record Book</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Permanent Individual Animal Record (#72101)</td>
<td>Exhibit 1 or a pair of birds. OR</td>
</tr>
<tr>
<td></td>
<td>A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.</td>
</tr>
</tbody>
</table>

### Optional: You may choose to participate in a Poultry Fitting & Showing (pre-registration required).

### County Requirements: Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Family Flock page: [https://www.uidaho.edu/extension/4h/projects/family-flock](https://www.uidaho.edu/extension/4h/projects/family-flock)

### Optional Supporting Materials:

Available to access or download at [https://www.uidaho.edu/extension/4h/projects/family-flock](https://www.uidaho.edu/extension/4h/projects/family-flock)

- Poultry Options and Egg Production Record (#72310)
- Exhibiting 4-H Poultry (Nebraska EC282)
- 4-H Poultry Showmanship Questions
- Poultry Judging (Nebraska 72307)
- Duck or Goose Project (OH MA2102)
- 4-H Pigeon and Dove Project (OSU 4H154)
- Raising Turkeys (OH MA2101)
- Ohio 4-H Poultry Resources
## Plants and Animals

### Projects & Materials

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<tr>
<th>Youth Materials:</th>
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<th>Exhibit Requirements:</th>
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</thead>
<tbody>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days.</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Complete 5 Animal Science activities.</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Cat Project, Unit 1 (WSU EM4809E) 2015</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Permanent Individual Animal Record (#72101)</td>
</tr>
<tr>
<td>• 4-H Cat Project, Unit 2 (WSU EM4900E) 2013</td>
<td>Complete the following:</td>
<td>• A poster (14” x 22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>• Cat Anatomy &amp; Physiology, Unit 3 (WSU EM4289E) 2013</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>AND/OR</td>
</tr>
<tr>
<td>• Cat Fitting and Showmanship (WSU EM4810E) 2015</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Exhibit your project animal in a Cat Fitting and Showing class.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Cat Anatomy &amp; Physiology, Unit 3 (WSU EM4289E), 2013</td>
<td></td>
</tr>
<tr>
<td>• 4-H Cat Project, Unit 1 (WSU EM4809E), 2015</td>
<td>• Cat Fitting and Showmanship (WSU EM4810E), 2015</td>
<td></td>
</tr>
<tr>
<td>• 4-H Cat Project, Unit 2 (WSU EM4900E), 2013</td>
<td>• Cat Fitting and Showmanship (WSU EM4810E), 2015</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Cat page: [https://www.uidaho.edu/extension/4h/projects/cat](https://www.uidaho.edu/extension/4h/projects/cat)
To order WSU Cat Curriculum: [https://pubs.wsu.edu/ListItems.aspx?CategoryID=284](https://pubs.wsu.edu/ListItems.aspx?CategoryID=284)

### Optional Supporting Materials:
Available to download at: [https://www.uidaho.edu/extension/4h/projects/cat](https://www.uidaho.edu/extension/4h/projects/cat)
• Cat Showmanship Questions and Tips (OH)
## Plants and Animals

### CAVY

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</table>
| **Youth Materials:** | Project Requirements: | • ZSuites 4-H Animal Project Record Book  
• ZSuites 4-H Involvement Report  
• Permanent Individual Animal Record (#72101) |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• Permanent Individual Animal Record (#72101) | • Provide proper housing, food and primary care for your Cavies for at least 90 days.  
• Complete 5 Animal Science Activities  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | • Permanent Individual Animal Record (#72101) |
| **Volunteer Materials:** | Complete the following: | • A poster (14”x22”) or display illustrating something you learned in this project this year.  
• Exhibit your project animal in a Cavy Fitting and Showing class. |
| • 4-H Cavy Project Volunteers Guide (PNW 573)  
2004 | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• Permanent Individual Animal Record (#72101) | **AND/OR** |
| • Cavy Resource Handbook (OH 4-H 215R)  
2017 | | • Exhibit your project animal in a Cavy Fitting and Showing class. |

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
Idaho 4-H Cavy page: [https://www.uidaho.edu/extension/4h/projects/cavy](https://www.uidaho.edu/extension/4h/projects/cavy)
To order 4-H Cavy Project Volunteer Guide (PNW 573): [https://catalog.extension.oregonstate.edu/4-h1622l](https://catalog.extension.oregonstate.edu/4-h1622l)

**Optional Supporting Materials:** All items listed below are posted (or available for download) at [https://www.uidaho.edu/extension/4h/projects/cavy](https://www.uidaho.edu/extension/4h/projects/cavy)
- 4-H Cavy Project Health Supplement (WI)
- American Rabbit Breeders Association (ARBA) Standard of Perfection
- “Your Guinea Pig” by Wanda L. Curran (1995), Storey publishing
- American Cary Breeders Association (ACBA) Guide Book
- Cavy Genetics by Harry Claus
## Projects & Materials

### Youth Materials:
- **Dairy Resource Handbook (OH #127R)**
  - Includes information on dairy cattle care and management.
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Animal Project Record Book**
- **Permanent Individual Animal Record (#72101)**

### Volunteer Materials:
- **Dairy Resource Handbook (OH #127R)**

## Requirements

### Project Requirements:
- Care for 1 or more dairy cattle at least 90 days.
- **If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.**
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

### Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Animal Project Record Book**
- **Permanent Individual Animal Record (#72101)**
  - Any supplemental forms required at the county level.

**Note:** Each member is strongly encouraged to participate in a livestock/dairy judging contest.

## Exhibit Requirements

- **ZSuites 4-H Animal Project Record Book**
- **ZSuites 4-H Involvement Report**
- **Permanent Individual Animal Records (#72101)**
- Supplemental forms required at the county level, submitted to county extension office by date specified.
- Exhibit project animal at community, county, or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Dairy Cattle Fitting and Showing class.

## County Requirements:
Check with your County Extension office for more information.

## Support Materials:
To order Ohio Materials: [https://extensionpubs.osu.edu/dairy-resource-handbook/](https://extensionpubs.osu.edu/dairy-resource-handbook/)
Idaho 4-H Dairy Cattle page: [https://www.uidaho.edu/extension/4h/projects/dairy-cattle](https://www.uidaho.edu/extension/4h/projects/dairy-cattle)

## Optional Supporting Materials:
All items listed below are available to access at [https://www.uidaho.edu/extension/4h/projects/dairy-cattle](https://www.uidaho.edu/extension/4h/projects/dairy-cattle)
- **Dairy Heifer Growth Chart (#72120)**
- **Monitoring Dairy Heifer Growth**, Penn State, 1988 (see Calves & Heifer Mgt.)
- **4-H Dairy Cattle Project** (Michigan State University)
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### Projects & Materials

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<tr>
<td>Dog Resource Handbook (OH #201R)</td>
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<tr>
<td>ZSuites 4-H Involvement Report</td>
<td></td>
<td></td>
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<tr>
<td>ZSuites 4-H Animal Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Permanent Individual Animal Record (#72101)</td>
<td>Project Requirements:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Provide primary care for and train 1 or more dogs, which belong to the member or a family pet for at least 90 days. The dog may be registered or an unregistered, crossbred male or female.</td>
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<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
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<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
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<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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</table>

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<thead>
<tr>
<th>Volunteer Materials:</th>
<th>Complete the following:</th>
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<tbody>
<tr>
<td>Dog Resource Handbook OH (#201R)</td>
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<tr>
<td>ZSuites 4-H Involvement Report</td>
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<td></td>
</tr>
<tr>
<td>ZSuites 4-H Animal Project Record Book</td>
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<tr>
<td>Permanent Individual Animal Record (#72101)</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
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</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
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<td></td>
<td>• Permanent Individual Animal Records (#72101)</td>
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<tr>
<td></td>
<td>• Exhibit dog you trained in appropriate obedience class according to experience and development as follows:</td>
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<tr>
<td></td>
<td>• Dog in Training:</td>
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<tr>
<td></td>
<td>o Unit 1 – Subnovice</td>
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<td></td>
<td>o Unit 2 – Novice</td>
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<td>o Unit 3 – Graduate Novice</td>
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<td>o Unit 4 – Open Class</td>
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<td>o Unit 5 – Open Challenge</td>
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<td>o Unit 6 – Utility</td>
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<td></td>
<td>OR</td>
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<tr>
<td></td>
<td>• Exhibit one of your project animals in a Dog Fitting and Showing class.</td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Some counties may require both.

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Dog page: [https://www.uidaho.edu/extension/4h/projects/dog](https://www.uidaho.edu/extension/4h/projects/dog)

### Optional Supporting Materials:
All items listed below are available to access or download at [https://www.uidaho.edu/extension/4h/projects/dog](https://www.uidaho.edu/extension/4h/projects/dog)

- 4-H Dog Showmanship Guide (IN 4-H 716W)
- Dog Project Resources
# Plants and Animals

## GOATS

### MEAT

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<td>Youth Materials:</td>
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<tr>
<td>‣ ZSuites 4-H Involvement Report</td>
<td>Choose one or more goats for your Market Goat project.</td>
<td>ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>‣ ZSuites 4-H Animal Project Record Book</td>
<td>Comply with current USDA Scrapie requirements</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>‣ 4-H Animal Science Skills Checklist</td>
<td>Individually identify each animal with an ear tag and/or tattoo.</td>
<td>Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‣ Goat Resource Handbook OH (#135R)</td>
<td>Choose one or more goats for your Market Goat project.</td>
<td>Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>‣ 4-H Animal Science Lessons</td>
<td>Comply with current USDA Scrapie requirements</td>
<td>Exhibit project animal at community, county, or other county Extension approved livestock show.</td>
</tr>
<tr>
<td>‣ 4-H Animal Lesson Plan Tracker</td>
<td>Individually identify each animal with an ear tag and/or tattoo.</td>
<td>Exhibit one of your project animals in a Goat Fitting and Showing class.</td>
</tr>
</tbody>
</table>

**Project Requirements:**
- Choose one or more goats for your Market Goat project.
- Comply with current USDA Scrapie requirements
- Individually identify each animal with an ear tag and/or tattoo.
- Provide one or more forms of positive ownership for a minimum of 70 days.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.
- Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
- Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete the following:
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Animal Project Record Book
  - Any supplemental forms required at the county level.

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To Order Ohio Materials: [https://extensionpubs.osu.edu/goat-resource-handbook/](https://extensionpubs.osu.edu/goat-resource-handbook/)
Idaho 4-H Meat Goat page: [https://www.uidaho.edu/extension/4h/projects/meat-goat](https://www.uidaho.edu/extension/4h/projects/meat-goat)
University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

**Optional Supporting Materials:**
All items listed below are available to access/download at: [https://www.uidaho.edu/extension/4h/projects/meat-goat](https://www.uidaho.edu/extension/4h/projects/meat-goat)
- Market Animal Health Supplement
- Market Animal Weight Guidelines
- Meat Goat Planning Sheet
- Market Goat Growth Chart
- Idaho 4-H Livestock Cost and Returns Estimate – Market Goat Project (#72596)
- 4-H Meat Goat Fact Sheets; NY 4-H
- Texas Goat Resources
- Meat Goat Showmanship (Oklahoma State)
Plants and Animals

GOATS

BREEDING MEAT

Rev. 09-20

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<tbody>
<tr>
<td>Youth Materials:</td>
<td>Project Requirements:</td>
<td>ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Choose one or more goats for your Breeding Meat Goat project.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Comply with current USDA Scrapie requirements</td>
<td>Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td></td>
<td>• Individually identify each animal with an ear tag and/or tattoo.</td>
<td>Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td></td>
<td>• Provide one or more forms of positive ownership for a minimum of 90 days.</td>
<td>Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td></td>
<td>• If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td>Exhibit project animal at community, county, or other county Extension approved livestock show.</td>
</tr>
<tr>
<td></td>
<td>• Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.</td>
<td>Exhibit one of your project animals in a Goat Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
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<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<tr>
<td></td>
<td>Complete the following:</td>
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</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) for each project animal.</td>
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<td></td>
<td>• Any supplemental forms required at the county level.</td>
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</tbody>
</table>

Volunteer Materials:
- 4-H Animal Science Lessons
- 4-H Animal Lesson Plan Tracker

County Requirements:
Check with your County Extension office for more information.

Idaho 4-H Meat Goat page: [https://www.uidaho.edu/extension/4h/projects/meat-goat](https://www.uidaho.edu/extension/4h/projects/meat-goat)
University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

Optional Supporting Materials:
All items listed below are available to access at [https://www.uidaho.edu/extension/4h/projects/meat-goat](https://www.uidaho.edu/extension/4h/projects/meat-goat) (scroll down for Breeding Meat Goat resources)
- Texas Goat Resources
- NYS Meat Goat and Breeding Meat Goat Resources
- Meat Goat Showmanship (Oklahoma State)
### Projects & Materials

**Youth Materials:**
- ZSuites 4-H Involvement Report
- ZSuites 4-H Animal Project Record Book
- Permanent Individual Animal Record (#72101) for each project animal

**Volunteer Materials:**

### Requirements

**Project Requirements:**
- Choose one or more goats for your Dairy Goat project.
- Comply with current USDA Scrapie requirements
- Individually identify each animal with an ear tag and/or tattoo.
- Provide one or more forms of positive ownership for a minimum of 90 days.
- **If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.**
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- ZSuites 4-H Involvement Report
- ZSuites 4-H Animal Project Record Book
- Permanent Individual Animal Record (#72101) for each project animal.

### Exhibit Requirements

- ZSuites 4-H Animal Project Record Book
- ZSuites 4-H Involvement Report
- Permanent Individual Animal Records (#72101)
- Supplemental forms required at the county level, submitted to county Extension office by date specified.
- Display performance data on exhibit or stall card.
- Exhibit project animal at community, county, or other county Extension approved livestock show.
- Exhibit one of your project animals in a Goat Fitting and Showing class.

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
To order Ohio materials visit: [https://extensionpubs.osu.edu/goat-resource-handbook/](https://extensionpubs.osu.edu/goat-resource-handbook/)
Idaho 4-H Dairy goat page: [https://www.uidaho.edu/extension/4h/projects/dairy-goat](https://www.uidaho.edu/extension/4h/projects/dairy-goat)

### Optional Supporting Materials:
All items listed below are available to download at: [https://www.uidaho.edu/extension/4h/projects/dairy-goat](https://www.uidaho.edu/extension/4h/projects/dairy-goat)
- Dairy Goat Showmanship (UCANR 197372)
- Dairy Goat Production Record (UAF LPM-00049)
## Plants and Animals

### GOATS

### PACK

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<td><strong>Youth Materials:</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>ZSuites 4-H Animal Project Record Book</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>- Own and care for at least 1 pack goat of any breed or mixed breed for at least 90 days.</td>
<td>- ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>- ZSuites 4-H Animal Project Record Book</td>
<td>- Comply with current USDA Scrapie requirements.</td>
<td>- Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>- Permanent Individual Animal Record (#72101) for each project animal</td>
<td>- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td>- Exhibit project animal at community, county or other livestock show.</td>
</tr>
</tbody>
</table>

| **Volunteer Materials:** | | **OR** |
| - Goat Resource Handbook OH (#135R) 2016 | - Complete 5 Animal Science activities. | - A poster (14” x 22”) or display illustrating something you learned in the project this year. |
| | - Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log. | |
| | - Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | |
| | | - Participate in a class that demonstrates skills learned in the project. |

Complete the following:

- ZSuites 4-H Involvement Report
- ZSuites 4-H Animal Project Record Book
- Permanent Individual Animal Record (#72101) for each project animal

#### County Requirements:

Check with your County Extension office for more information.

#### Support Materials:

To order Ohio materials visit: [https://extensionpubs.osu.edu/goat-resource-handbook/](https://extensionpubs.osu.edu/goat-resource-handbook/)

Idaho 4-H Pack Goat page: [https://www.uidaho.edu/extension/4h/projects/pack-goat](https://www.uidaho.edu/extension/4h/projects/pack-goat)

#### Optional Supporting Materials:

All items listed below are available to access or download at: [https://www.uidaho.edu/extension/4h/projects/pack-goat](https://www.uidaho.edu/extension/4h/projects/pack-goat)

- Pack Goat Skills Checklist (#72580 2003)
- 4-H Pack Goat Project Handbook
- NYS Working Goat Resources
- Northwest Pack Goats & Supplies
# Plants and Animals

## GOATS

### PET/PYGMY

**Projects & Materials**

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<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>- Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days.</td>
<td>- ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>- Comply with current USDA Scrapie requirements.</td>
<td>- ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td>- Permanent Individual Animal Records (#72101)</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

<table>
<thead>
<tr>
<th>Goat Resource Handbook OH (#135R) 2016</th>
<th>Complete the following:</th>
<th>AND/OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Goat Resource Handbook OH (#135R) 2016</td>
<td>- ZSuites 4-H Involvement Report</td>
<td>• Exhibit one of your project animals in a Goat Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

To order Ohio materials visit: [https://extensionpubs.osu.edu/goat-resource-handbook/](https://extensionpubs.osu.edu/goat-resource-handbook/)

Idaho 4-H Pet/Pygmy Goat page: [https://www.uidaho.edu/extension/4h/projects/pet-pygmy-goat](https://www.uidaho.edu/extension/4h/projects/pet-pygmy-goat)

### Optional Supporting Materials:

All items listed below are available to access or download at [https://www.uidaho.edu/extension/4h/projects/pet-pygmy-goat](https://www.uidaho.edu/extension/4h/projects/pet-pygmy-goat)

- Goat Showmanship Manual (NDSU GBG091)
- Individual Pygmy Goat Information (#72595)
- National Pygmy Goat Website
- Pygmy Goat Youth Project Guide (order from National Pygmy Goat website)
- Youth Project Guide Advisors Manual (order from National Pygmy Goat website)
# Plants and Animals

## HORSE

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<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• The 4-H Horse Project (#PNW 587) □ 2013</td>
<td>• Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) at least 90 days before exhibiting.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td>• Permanent 4-H Horse Identification and Health Record (#72650)</td>
</tr>
<tr>
<td>• Permanent 4-H Horse Identification and Health Record (#72650)</td>
<td>• Keep record of expenses, health care, plus participation in shows and related horse activities/events.</td>
<td>• Any supplemental forms required at the county level submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• Basic Horse Safety Manual (#72673) □ 1989</td>
<td>• Learn and practice safety precautions necessary to prevent injury to you and your horse.</td>
<td>• Exhibit your horse in a show, fair, or other Extension 4-H/Youth program approved event.</td>
</tr>
</tbody>
</table>

| Volunteer Materials: | Complete the following: |  |
| • The 4-H Horse Project (#PNW 587) □ 2013 | • ZSuites 4-H Involvement Report |  |
| • ZSuites 4-H Animal Project Record Book | • ZSuites 4-H Animal Project Record Book |  |
| • Permanent 4-H Horse Identification and Health Record (#72650) for each project animal. | • Permanent 4-H Horse Identification and Health Record (#72650) |  |
| • Any supplemental forms required at county level. | • Any supplemental forms required at county level. |  |

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Horse page: [https://www.uidaho.edu/extension/4h/projects/horse](https://www.uidaho.edu/extension/4h/projects/horse)

### Optional Supporting Materials:
All listed below accessible at [https://www.uidaho.edu/extension/4h/projects/horse](https://www.uidaho.edu/extension/4h/projects/horse)

- Horses and Horsemanship (#CO-200)
- Horse Science (#CO-201)
- 4-H Horse Judging Manual (#PNW 575)
- Hunt Seat & Jumper Manual (#PNW 488)
- PNW #574: 4-H Horse Contest Guide (#72675)
- PNW #229: 4-H Driving Manual (#72682)
- Horse Safety Guidelines (Order from American Youth Horse Council)

### Checklists:
All listed below are available for download at [https://www.uidaho.edu/extension/4h/projects/horse](https://www.uidaho.edu/extension/4h/projects/horse)

- Working Ranch Horse Optional Focus Area Skills Checklist (#72652)
- Hunter/Jumper Optional Focus Area Skills Checklist (#72653)
- Driving Optional Focus Area Skills Checklist (#72654)
- Trail Optional Focus Area Skills Checklist (#72655)
- Dressage Optional Focus Area Skills Checklist (#72656)
- General Equitation Optional Focus Area Skills Checklist (#72657)
# Plants and Animal

## HORSELESS HORSE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Horseless Horse (OH #4-H 173) 2016</td>
<td>• Complete 4 Interest Areas per year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Record each activity completed in the ZSuites 4-H Project Record Book, Project Information and Activity Log.</td>
<td>• Any supplemental forms required at the county level submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• Basic Horse Safety Manual (#72673) 1989</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteers Materials:</strong></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>• Horseless Horse (OH #4-H 173) 2016</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
</tbody>
</table>

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
Idaho 4-H Horse page: [https://www.uidaho.edu/extension/4h/projects/horse](https://www.uidaho.edu/extension/4h/projects/horse)

**Optional Supporting Materials:**
All items listed below are accessible or available to download at [https://www.uidaho.edu/extension/4h/projects/horse](https://www.uidaho.edu/extension/4h/projects/horse)

- Horses and Horsemanship (#CO-200)
- Horse Science (#CO-201)
- 4-H Horse Judging Manual (#PNW575)
- Horse Safety Guidelines (order from American Youth Horse Council)
# Plants and Animals

## NON-ANIMAL PROJECT OPTION

### Table of Contents

**Projects & Materials**

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<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ZSuites Involvement Report</td>
<td>• Obtain approval to do this project from your county 4-H professional.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• The purpose of this project is to provide members an opportunity to experience the following projects without animal ownership: Llama/Alpaca Beef, Birds, Cat, Cavy, Dairy Cattle, Dog, Goat, Rabbit, Sheep, Small Animals/Pocket Pets, and Swine</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
<th></th>
<th>• A poster (14”x 22”) or display illustrating something you learned in this project this year.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• University of Idaho 4-H Animal Science Lessons</td>
<td>• Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the University of Idaho Extension 4-H Animal Science Skills Checklist.</td>
<td></td>
</tr>
<tr>
<td>• University of Idaho 4-H Animal Lesson Plan Tracker</td>
<td>• Record each activity completed in the ZSuites 4-H Project Record Book.</td>
<td></td>
</tr>
<tr>
<td>• SEE SECTION BELOW FOR SPECIFIC CURRICULUM TO USE</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• All Idaho 4-H animal project materials are posted at <a href="https://www.uidaho.edu/extension/4h/projects">https://www.uidaho.edu/extension/4h/projects</a></td>
<td>Complete the following:</td>
<td></td>
</tr>
</tbody>
</table>

### Volunteer Materials/ Curriculum:

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Birds – The 4-H Poultry Project: An Introduction (WY#12004C)</td>
<td>Sheep – Sheep Resource Handbook for Market and Breeding Projects (OH#194R)</td>
</tr>
<tr>
<td>Cat – WSU 4-H Cat Project Unit 1, 2 and 3</td>
<td>Small Animals/Pocket Pets – Pocket Pets Resource Handbook (OH#220R)</td>
</tr>
<tr>
<td>Cavy – 4-H Cavy Project (PNW573)</td>
<td>Swine – Swine Resource Handbook for Market and Breeding Projects (OH#134R)</td>
</tr>
<tr>
<td>Dairy Cattle – Dairy Resource Handbook (OH#127R)</td>
<td></td>
</tr>
<tr>
<td>Dog – Dog Resource Handbook (OH#201R)</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Projects page: [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

University of Idaho Extension 4-H Animal Science Lessons: [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)
# Plants and Animals

## RABBIT MARKET

### Table of Contents

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Provide proper housing, food and primary care for your rabbits for no less than eight weeks.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Learn how to fit and show a rabbit.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Pen of 3 fryers</td>
</tr>
<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• Exhibit one of your project animals in a Rabbit Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

| Volunteer Materials: | |
| Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R) | |

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To order from Ohio: [https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/](https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/)
Idaho 4-H Rabbit page: [https://www.uidaho.edu/extension/4h/projects/rabbits](https://www.uidaho.edu/extension/4h/projects/rabbits)

**Optional Supporting Materials:**
All materials listed below are accessible or downloadable at [https://www.uidaho.edu/extension/4h/projects/rabbits](https://www.uidaho.edu/extension/4h/projects/rabbits)

- 4-H Rabbit Fitting and Showing Member Guide (MSU)
- 4-H Rabbit Show Preparation and Showmanship Fact Sheet (OH)
- The Rabbit Handbook by Karen Gendron (2000) Barron’s Ed Series, Inc. available from Barnes and Noble or Amazon
- American Rabbit Breeders Association (ARBA) Standard of Perfection
# Plants and Animals

## RABBIT BREEDING

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Own 1 or more does for at least 90 days and have access to the appropriate number of bucks (purebred commercial breeds are recommended but crossbreeds may be used).</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Raise at least 1 litter per doe, and keep or market the young.</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>• Provide proper housing, feed and primary care for your rabbits.</td>
<td>• One project rabbit (select from a junior doe, senior doe, junior buck or senior buck).</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Keep breeding pedigree, performance and production records on your rabbits.</td>
<td>• Exhibit one of your project animals in a Rabbit Fitting and Showing class.</td>
</tr>
<tr>
<td>• Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R) 2004</td>
<td>• Learn how to fit and show a rabbit.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
To order from Ohio: [https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/](https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/)
Idaho 4-H Rabbit page: [https://www.uidaho.edu/extension/4h/projects/rabbits](https://www.uidaho.edu/extension/4h/projects/rabbits)

### Optional Supporting Materials:
All materials listed below are accessible or downloadable at [https://www.uidaho.edu/extension/4h/projects/rabbits](https://www.uidaho.edu/extension/4h/projects/rabbits)

- 4-H Rabbit Fitting and Showing Member Guide (MSU)
- 4-H Rabbit Show Preparation and Showmanship Fact Sheet (OH)
- The Rabbit Handbook by Karen Gendron (2000) Barron’s Ed Series, Inc. available from Barnes and Noble or Amazon
- American Rabbit Breeders Association (ARBA) Standard of Perfection
# Plants and Animals

## RABBIT PET

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Provide proper housing, food and primary care for your rabbits for at least 90 days.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Permanent Individual Animal Record (#72101)</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year. <strong>AND/OR</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Exhibit one of your project animals in a Rabbit Fitting and Showing class.</td>
</tr>
<tr>
<td>• Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R) 2004</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
</tr>
</tbody>
</table>

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To order from Ohio: [https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/](https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/)
Idaho 4-H Rabbit page: [https://www.uidaho.edu/extension/4h/projects/rabbits](https://www.uidaho.edu/extension/4h/projects/rabbits)

**Optional Supporting Materials:**
All materials listed below are accessible or downloadable at [https://www.uidaho.edu/extension/4h/projects/rabbits](https://www.uidaho.edu/extension/4h/projects/rabbits)

- 4-H Rabbit Fitting and Showing Member Guide (MSU)
- 4-H Rabbit Show Preparation and Showmanship Fact Sheet (OH)
- The Rabbit Handbook by Karen Gendron (2000) Barron’s Ed Series, Inc. available from Barnes and Noble or Amazon
- American Rabbit Breeders Association (ARBA) Standard of Perfection
# Plants and Animals

## SHEEP MARKET

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</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Choose at least one wether or ewe for your Market Lamb project.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Comply with current USDA Scrapie requirements.</td>
<td>Any supplemental forms required at the county level. submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td>• Provide one or more forms of positive ownership (70 days) for each project animal.</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.</td>
<td>Exhibit project animal(s) at a community, county or other livestock show.</td>
</tr>
<tr>
<td>• Sheep Resource Handbook for Market and Breeding Projects OH (#194R) 2011</td>
<td>• Individually identify each animal with an ear tag, tattoo or ear notch.</td>
<td>Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>• 4-H Animal Science Lessons</td>
<td>• Provide appropriate documentation including, a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.</td>
<td>Exhibit one of your project animals in a Sheep Fitting and Showing class.</td>
</tr>
<tr>
<td>• 4-H Animal Lesson Plan Tracker</td>
<td>• Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.</td>
<td></td>
</tr>
<tr>
<td>Complete the following:</td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Exhibit project animal(s) at a community, county or other livestock show.</td>
<td></td>
</tr>
<tr>
<td>• Any supplemental forms required at the county level. submitted to county Extension office by date specified.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>County Requirements:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
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</tbody>
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Idaho 4-H Sheep page: [https://www.uidaho.edu/extension/4h/projects/sheep](https://www.uidaho.edu/extension/4h/projects/sheep)

University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

### Optional Supporting Materials: All items listed below are available at [https://www.uidaho.edu/extension/4h/projects/sheep](https://www.uidaho.edu/extension/4h/projects/sheep)

- Market Animal Health Supplement
- Market Animal Weight Guidelines
- Market Sheep Planning Sheet
- Market Lamb Growth Chart (#72130)
- Beef, Sheep and Swine Selection and Evaluation
- Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)
- Sheep Showmanship Video (#72898)
# Plants and Animals

## SHEEP BREEDING

**Table of Contents**

### Projects & Materials

**Youth Materials:**
- ZSuites 4-H Involvement Report
- ZSuites 4-H Animal Project Record Book
- Permanent Individual Animal Record (#72101)
- 4-H Animal Science Skills Checklist

**Volunteer Materials:**
- Sheep Resource Handbook for Market and Breeding Projects OH (#194R)
- 4-H Animal Science Lessons
- 4-H Animal Lesson Plan Tracker

### Requirements

**Project Requirements:**
- Choose and provide primary care for one or more ewes for your Breeding Sheep project.
- Comply with current USDA Scrapie requirements.
- Provide one or more forms of positive ownership (90 days) for each project animal.
- Individually identify each animal with an ear tag, tattoo or ear notch.

**If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.**

- Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Animal Project Record Book
- Permanent Individual Animal Record (#72101) for each project animal
- Any supplemental forms required at the county level.  

**Note:** Each member is strongly encouraged to participate in a livestock judging contest.

### Exhibit Requirements

- ZSuites 4-H Animal Project Record Book
- ZSuites 4-H Involvement Report
- Permanent Individual Animal Records (#72101)
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit project animal(s) at a community, county or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Sheep Fitting and Showing class.

### County Requirements

Check with your County Extension office for more information.

### Support Materials

To order Ohio State Materials: [https://extensionpubs.osu.edu/sheep-resource-handbook-for-market-and-breeding-projects/](https://extensionpubs.osu.edu/sheep-resource-handbook-for-market-and-breeding-projects/)

Idaho 4-H Sheep page: [https://www.uidaho.edu/extension/4h/projects/sheep](https://www.uidaho.edu/extension/4h/projects/sheep)

University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

### Optional Supporting Materials

All items listed below are available at [https://www.uidaho.edu/extension/4h/projects/sheep](https://www.uidaho.edu/extension/4h/projects/sheep)

- Market Animal Health Supplement
- Market Animal Weight Guidelines
- Market Sheep Planning Sheet
- Market Lamb Growth Chart (#72130)
- Beef, Sheep and Swine Selection and Evaluation
- Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)
- Sheep Showmanship Video (#72898)
# Plants & Animals

## SMALL ANIMAL, POCKET PETS, & OTHER ANIMALS

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Members should provide proper housing, food, and primary care for their pet for at least 60 days.</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>In member’s current Project Manual:</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• Pocket Pets Resource Handbook (OH #220R)</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td><strong>AND/OR</strong></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• Exhibit their project animal in a corresponding species Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td><strong>Support Materials:</strong></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>Idaho 4-H Pocket Pets page: <a href="https://www.uidaho.edu/extension/4h/projects/pocket-pet">https://www.uidaho.edu/extension/4h/projects/pocket-pet</a></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>To order Ohio curriculum visit: <a href="https://extensionpubs.osu.edu/pocket-pets-resource-handbook/">https://extensionpubs.osu.edu/pocket-pets-resource-handbook/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>County Requirements:</th>
<th>Check with your County Extension office for more information.</th>
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</table>

<table>
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<tr>
<th>Support Materials:</th>
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</thead>
</table>
## Projects & Materials

**Youth Materials:**
- ZSuites 4-H Involvement Report
- ZSuites 4-H Animal Project Record Book
- 4-H Animal Science Skills Checklist

**Volunteer Materials:**
- Swine Resource Handbook for Market and Breeding OH (#134R) 2001
- 4-H Animal Science Lessons
- 4-H Animal Lesson Plan Tracker

## Requirements

**Project Requirements:**
- Choose one or more barrows or gilts for your Market Swine project.
- Individually identify each animal with an ear tag, tattoo or ear notch.
- Provide one or more forms of positive ownership for at least 100 days for each project animal.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 80 days.
- Provide appropriate documentation, which includes a bill of sale. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
- Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- 4-H Animal Project Record
- Any supplemental forms required at the county level.

## Exhibit Requirements

- ZSuites 4-H Animal Project Record Book
- ZSuites 4-H Involvement Report
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit project animal(s) at a community, county or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Swine Fitting and Showing class.

## County Requirements:
Check with your County Extension office for more information.

**Support Materials:** To order Ohio State Materials: [https://extensionpubs.osu.edu/swine-resource-handbook-for-market-and-breeding-projects/](https://extensionpubs.osu.edu/swine-resource-handbook-for-market-and-breeding-projects/)

Idaho Swine 4-H page: [https://www.uidaho.edu/extension/4h/projects/swine](https://www.uidaho.edu/extension/4h/projects/swine)

University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

**Optional Supporting Materials:**
All items listed below are accessible or downloadable at [https://www.uidaho.edu/extension/4h/projects/swine](https://www.uidaho.edu/extension/4h/projects/swine)

- Market Animal Health Supplement
- Market Animal Weight Guidelines
- Market Swine Growth Chart (#72140)
- Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)
- Exploring Swine Health and Husbandry
- Swine Showmanship Video
# Plants and Animals

## SWINE

### BREEDING

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<td><strong>Projects &amp; Materials</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>Project Requirements:</td>
<td>- ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>- ZSuites 4-H Animal Project Record Book</td>
<td>- Choose one or more gilt/sows for your Breeding Swine project.</td>
<td>- ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>- Permanent Individual Animal Record (#72101)</td>
<td>- Individually identify each animal with an ear tag, tattoo or ear notch.</td>
<td>- Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>- 4-H Animal Science Skills Checklist</td>
<td>- Provide one or more forms of positive ownership for at least 90 days for each project animal.</td>
<td>Any supplemental forms required at the count level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td>Exhibit project animal(s) at a community, county or other livestock show.</td>
</tr>
<tr>
<td>- Swine Resource Handbook for Market and Breeding OH (#134R) 2001</td>
<td>- Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.</td>
<td>Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>- 4-H Animal Science Lessons</td>
<td>- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>Exhibit one of your project animals in a Swine Fitting and Showing class.</td>
</tr>
<tr>
<td>- 4-H Animal Lesson Plan Tracker</td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Involvement Report</td>
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</tr>
<tr>
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<td>- Any supplemental forms required at the county level.</td>
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<tr>
<td><strong>Support Materials:</strong> To order Ohio State Materials: <a href="https://extensionpubs.osu.edu/swine-resource-handbook-for-market-and-breeding-projects/">https://extensionpubs.osu.edu/swine-resource-handbook-for-market-and-breeding-projects/</a></td>
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<tr>
<td>Idaho Swine 4-H page: <a href="https://www.uidaho.edu/extension/4h/projects/swine">https://www.uidaho.edu/extension/4h/projects/swine</a></td>
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<tr>
<td>University of Idaho Extension 4-H Animal Science Lessons <a href="https://www.uidaho.edu/extension/4h/projects">https://www.uidaho.edu/extension/4h/projects</a></td>
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<td></td>
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<tr>
<td><strong>Optional Supporting Materials:</strong></td>
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<tr>
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<td></td>
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<tr>
<td>- Market Animal Health Supplement</td>
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<td>- Market Animal Weight Guidelines</td>
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<td>- Market Swine Growth Chart (#72140)</td>
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<tr>
<td>- Swine Showmanship Video</td>
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</tbody>
</table>
# Plants and Animals

## CROPS

### SMALL GRAINS

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Project Requirements:</th>
<th>Exhibit Requirements:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Small Grains Production Guide</td>
<td>• Own your project with a bona-fide agreement with your parent or landlord covering machinery, labor, seed, share etc. This must be signed by your landlord, Volunteer, and, if applicable, the contracting company field man.</td>
<td>• 4-H Small Grains Production Guide (#73115)</td>
</tr>
<tr>
<td>(#73115)</td>
<td>• Plant a minimum of five acres of small grains</td>
<td>• 4-H Small Grains Record Book (#73116)</td>
</tr>
<tr>
<td>• 4-H Small Grains Record Book</td>
<td>• Attend the annual field tour of small grain projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>(#73116)</td>
<td>• Have an up-to-date record book available for review during the field tour.</td>
<td>• If your grain is harvested, exhibit a one-quart sample.</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year.</td>
<td>If you grain is not harvested, display a sample of plants with grain heads attached.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td><strong>AND</strong></td>
<td></td>
</tr>
<tr>
<td>• 4-H Small Grains Production Guide</td>
<td>• If raising malting barley, an individual contract with the malting barley company is required. Seed source and grain variety must be approved by the malting barley contract.</td>
<td></td>
</tr>
<tr>
<td>(#73115)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>2002</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Small Grains Production Guide (#73115)</td>
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</tr>
<tr>
<td></td>
<td>• 4-H Small Grains Record Book (#73116)</td>
<td></td>
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</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Small Grains page (and project materials available for download):
https://www.uidaho.edu/extension/4h/projects/small-grains
# Plants and Animals

## CROPS

### FIELD BEANS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>4-H Bean Grower Workbook (#73118)</td>
</tr>
<tr>
<td>- 4-H Bean Production Guide (#73117)</td>
<td></td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>- 4-H Bean Grower Workbook (#73118)</td>
<td>Own your project with a bona-fide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your landlord and Volunteer and, if applicable, the contracting company field man.</td>
<td>If your beans are harvested, exhibit a one-quart sample of beans prepared for exhibit as outlined in the 4-H Bean Grower Manual (#73117). If your beans are not harvested, display a sample of bean plants with pods attached.</td>
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<tr>
<td></td>
<td>Complete a soil test on your bean field area.</td>
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<tr>
<td></td>
<td>Attend the annual field tour of bean projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.</td>
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<tr>
<td></td>
<td>Have an up-to-date record book available for review during the field tour.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Involvement Report</td>
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<tr>
<td></td>
<td>- 4-H Bean Grower Workbook (#73118)</td>
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<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
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<tbody>
<tr>
<td>- 4-H Bean Production Guide (#73117) 2004</td>
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<table>
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<tr>
<th>County Requirements:</th>
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<tr>
<td>Check with your County Extension office for more information.</td>
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<table>
<thead>
<tr>
<th>Support Materials:</th>
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<tbody>
<tr>
<td>Idaho 4-H Field Beans page (and project materials available for download):</td>
<td></td>
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<tr>
<td><a href="https://www.uidaho.edu/extension/4h/projects/field-beans">https://www.uidaho.edu/extension/4h/projects/field-beans</a></td>
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</table>
## Plants and Animals

### CROPS

#### SUGARBEETS

<table>
<thead>
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<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• Snake River Sugar Company Youth Grower Record Book</td>
</tr>
<tr>
<td>• Snake River Sugar Company Youth Grower Record Book 2019</td>
<td>• Grow a minimum of 2 acres of crop as measured by the club volunteer or crop consultant. Individual contracts with the sugar company are required.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• Presentation Fair Requirements Sheet</td>
<td>• Own your project with a bonafide agreement with your grower and/or landlord covering machinery, labor, seed, share, etc. This must be signed by your grower and/or landlord, your club volunteer, and a sugar company crop consultant.</td>
<td>• Exhibit a sample of sugar beets (3) at the county fair according to instructions (Preparing Sugar beets for Exhibit) section of the record book.</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete a research project and display research at the Presentation Fair (see Presentation Fair Requirements for more detailed instructions).</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Participate in the annual Presentation Fair with completed display board, oral presentation and interview.</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>• Individual project weight slips or market receipts must be included with record book at project completion. This means that project beets must be weighed at the receiving stations separately from other beets produced on the same farm.</td>
<td></td>
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<tr>
<td></td>
<td>• Close, summarize, and turn in projects to the County Extension Office on or before the second Monday in January.</td>
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<td></td>
<td>• Participate in a club-based service project. Complete the following:</td>
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<tr>
<td></td>
<td>• <em>Snake River Sugar Company Youth Grower Record Book</em></td>
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<td></td>
<td>• <em>ZSuites 4-H Involvement Report</em></td>
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<tr>
<td></td>
<td>• <em>One research project and presentation at the Sugar Beet Presentation Fair</em></td>
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</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Sugarbeets page (and project materials available for download):
[https://www.uidaho.edu/extension/4h/projects/sugarbeets](https://www.uidaho.edu/extension/4h/projects/sugarbeets)
Snake River Sugar Company [https://www.scroop.com](https://www.scroop.com)
## Plants and Animals

### CROPS

#### POTATOES

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</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Potato Grower Workbook (#73119)</td>
</tr>
<tr>
<td></td>
<td>• Own your project with a bonafide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your parent and Volunteer.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Supply a legal description of land where you grow potatoes.</td>
<td>• Pesticide Report</td>
</tr>
<tr>
<td></td>
<td>• Complete a pesticide report.</td>
<td>• Exhibit a sample of potatoes at the county fair according to local fair regulations or at a public exhibit other than the county fair (talk to your Volunteer and/or Extension Educator for approval).</td>
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<tr>
<td></td>
<td>• Attend the annual field tour of potato projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.</td>
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<td></td>
<td>• Deliver approximately 1,000 hundred (cwt) of potatoes to purchaser.</td>
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<td>• Watch your samples being graded by the USDA. The fieldman will set up the grading at a time when you are able to attend.</td>
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<td></td>
<td>• Close, summarize, and turn in projects to the County Extension Office on or before December 30 of the current calendar year.</td>
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<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<td></td>
<td><strong>Complete the following:</strong></td>
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<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
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<tr>
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<td>• 4-H Potato Grower Workbook (#73119)</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
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<tr>
<td>None</td>
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### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Idaho 4-H Potatoes page (and project materials available for download):
https://www.uidaho.edu/extension/4h/projects/potatoes
# Plants and Animals

## GARDENING

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<tr>
<td><strong>Youth Materials:</strong></td>
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</table>
| - National 4-H Curriculum  
  *See Them Sprout, Level A (4-H-1037)*  
  2016                               | In the member’s current Manual:                    | - ZSuites 4-H Project Record Book                        |
| - National 4-H Curriculum  
  *Let’s Get Growing, Level B (4-H-1038)*  
  2016                               | - Complete the 6 designated activities for the respective year you are in the given book (first year = 1A-6A, second year = 1B-6B, etc.). | - ZSuites 4-H Involvement Report                        |
| - National 4-H Curriculum  
  *Take Your Pick, Level C (4-H-1039)*  
  2016                               | - Have your project helper date (month and year) each activity when it is finished. | - Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits (4-H-970-W) |
| - National 4-H Curriculum  
  *Growing Profits, Level D (4-H-1040)*  
  2016                               | - Complete the questions at the back of the member manual for their respective year in the project. |                                                          |
| - Suggested 4-H Garden Exhibits (4-H-970-W)  
  2016                               | - Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |                                                          |
| - ZSuites 4-H Involvement Report     | - Complete the following:                         |                                                          |
| - ZSuites 4-H Project Record Book    | - ZSuites 4-H Involvement Report                  |                                                          |
| **Volunteer Materials:**           |                                                   |                                                          |
| - National 4-H Curriculum  
  *Gardening Helper’s Guide (4-H-1041-W)*  
  2016                               |                                                   |                                                          |
| - Suggested 4-H Garden Exhibits (4-H-970-W)  
  2016                               |                                                   |                                                          |

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
To order National 4-H Curriculum visit:
- **Unit A:** [https://shop4-h.org/products/gardening-curriculum-a-see-them-sprout](https://shop4-h.org/products/gardening-curriculum-a-see-them-sprout)
- **Unit B:** [https://shop4-h.org/products/gardening-curriculum-b-lets-get-growing](https://shop4-h.org/products/gardening-curriculum-b-lets-get-growing)
- **Unit C:** [https://shop4-h.org/products/gardening-curriculum-c-take-your-pick](https://shop4-h.org/products/gardening-curriculum-c-take-your-pick)
- **Unit D:** [https://shop4-h.org/products/gardening-curriculum-d-growing-profits](https://shop4-h.org/products/gardening-curriculum-d-growing-profits)
- **Helper Guide:** [https://shop4-h.org/products/2016-gardening-curriculum-helpers-guide](https://shop4-h.org/products/2016-gardening-curriculum-helpers-guide)
- **Idaho 4-H Gardening page:** [https://www.uidaho.edu/extension/4h/projects/gardening](https://www.uidaho.edu/extension/4h/projects/gardening)
### Plants and Animals

#### JUNIOR MASTER GARDENER

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Project Record Book</td>
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<td></td>
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<tr>
<td>• ZSuites 4-H Project Record Book</td>
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<tr>
<td>• Optional: Junior Master Gardener Handbook, Level 1 (#B-6082), 2001</td>
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<tr>
<td>Complete the following:</td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Complete the following:</td>
<td>• Copies of the activities you have completed that are initialed by your helper (in notebook or folder).</td>
</tr>
<tr>
<td>• Junior Master Gardener Teacher/Volunteer Guide, Level 1 (#B-6083) 2001</td>
<td>Exhibit one of the following:</td>
<td>• A scrapbook of labeled plants, herbs or aspects of plant ecology.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Something you built or made related to the project.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A labeled photo story depicting something related to the project.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A poster (14” x 22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Other suitable exhibit approved by your County Extension Office.</td>
</tr>
</tbody>
</table>

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To order the Level 1 Handbook (also available in Spanish) or the Teacher/Volunteer guide visit [http://www.agrilifebookstore.org/category-s/1838.htm](http://www.agrilifebookstore.org/category-s/1838.htm)

Idaho 4-H Junior Master Gardener page: [https://www.uidaho.edu/extension/4h/projects/junior-master-gardener](https://www.uidaho.edu/extension/4h/projects/junior-master-gardener)

**Optional Supporting Materials:**
### Science & Technology

#### ENTOMOLOGY

##### LEVEL 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Using the “Teaming with Insects” Level 1 curriculum booklet:  
- Complete a minimum of 5 activities per year.  
- Complete all 16 activities within 3 years to pass Level 1.  
- Have your project helper date (month and year) and initial each activity when it is finished.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
**1st Year:** Collection of at least 15 adult insects (consists of at least 3 orders, including the Order Lepidoptera).  
**2nd Year:** Collection of at least 20 adult insects, including 15 different insects you haven’t exhibited before (including at least 4 orders).  
**3rd Year:** Collection of at least 25 adult insects, including 15 different insects you haven’t exhibited before (including at least 5 orders).  
Use at least 2 different methods of collecting.  
**OR**  
- A report of things you have learned or researched (such as a two month long diary of observing an insect species-behavior, communication, movement, habitat, etc.).  
**OR**  
- A poster (14”x 22”) or display of some activity in Level 1 (such as insect collecting and mounting equipment, a paper mache’ insect model you made, etc.). |
| **Volunteer Materials:** | Complete the following:  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book |  
| **Classification materials:** (available on website) |  
| - Field Guide to Insects of North Americas (Eaton/Kaufman) |  
| - Field Guide to Insects and Spiders (Evans) |  

**Note:** See “Special Directions” at the end of the Entomology Section for more information about this project.

- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report

#### County Requirements:
Check with your County Extension office for more information.

#### Support Materials:
To order National 4-H Curriculum visit: [https://shop4-h.org/products/entomology-curriculum-1-teaming-with-insects](https://shop4-h.org/products/entomology-curriculum-1-teaming-with-insects)
Facilitator Guide: [https://shop4-h.org/products/entomology-curriculum-facilitators-guide](https://shop4-h.org/products/entomology-curriculum-facilitators-guide)
Idaho 4-H Entomology page: [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)

#### Optional Supporting Materials: All items accessible at [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)
- Field Guide to Insects of North Americas (Eaton/Kaufman)
- Field Guide to Insects and Spiders (Evans)
- Preparing Insect Specimens for Exhibit (#82358)
- Bug Guide (Iowa State University)
- How To Make an Awesome Insect Collection (Purdue)
# Science & Technology
## ENTOMOLOGY
### LEVEL 2

### Table of Contents

**Projects & Materials**

- **Youth Materials:**
  - *Teaming with Insects Level 2* (#08441)  
  - *ZSuites 4-H Involvement Report*
  - *ZSuites 4-H Project Record Book*

- **Volunteer Materials:**
  - *Teaming with Insects Facilitators Guide* (#08443)  
  
- Classification materials: (available on website)
  - Field Guide to Insects of North Americas (Eaton/Kaufman)
  - Field Guide to Insects and Spiders (Evans)

**Requirements**

- **Pre-requisites:** Complete Entomology Level 1 (or approval of 4-H Professional)

  - Using the “Teaming with Insects” Level 2 curriculum booklet:
    - Complete a minimum of 5 activities per year.
    - Complete all 16 activities within 3 years to pass Level 2.
    - Have your project helper date (month and year) and initial each activity when it is finished.
    - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

  - Complete the following:
    - *ZSuites 4-H Involvement Report*
    - *ZSuites 4-H Project Record Book*

**Exhibit Requirements**

- *ZSuites 4-H Project Record Book*
- *ZSuites 4-H Involvement Report*

- **1st Year:** Collection of at least 15 insects, including 10 different insects you haven’t exhibited before. Five insects should be mounted with card-point for display. At least 7 should be identified to family, including at least 3 orders. Use of ethyl alcohol to preserve.

- **2nd Year:** Collection of 20 adult insects and 5 nymphs (not necessarily the same as the adults collected), including 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 5 orders). Use soft body preserving techniques.

- **3rd Year:** Collection of at least 25 insects, including 15 different insects you haven’t exhibited before (at least 15 identified to family; including at least 10 orders). Include 1 incomplete metamorphosis (egg-nymph-adult) Use “Rearing Cage” Collection Method.

  **OR**
  
  A report of things you have learned or researched (such as results of observations of insect traps, habitats, life cycle, entomology careers, etc.).

  **OR**
  
  A poster (14”x 22”) or display relating to some activity in Level 2 (special equipment made such as a separator or extractor, arthropod collection, etc.).

**Collection:** Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.

**Note:** See “Special Directions” at the end of the Entomology Section for more information about this project.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

- Idaho 4-H Entomology page: [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)
- To order National 4-H Curriculum visit: [https://shop4-h.org/products/entomology-curriculum-2-teaming-with-insects](https://shop4-h.org/products/entomology-curriculum-2-teaming-with-insects)
- Facilitator Guide: [https://shop4-h.org/products/entomology-curriculum-facilitators-guide](https://shop4-h.org/products/entomology-curriculum-facilitators-guide)

### Optional Supporting Materials:

- *Field Guide to Insects of North Americas* (Eaton/Kaufman)
- *Field Guide to Insects and Spiders* (Evans)
- *Preparing Insect Specimens for Exhibit* (#82358)
- *Bug Guide* (Iowa State University)
- *How To Make an Awesome Insect Collection* (Purdue)
### Science & Technology
#### ENTOMOLOGY LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Pre-requisites: Complete Entomology Level 2 (or approval of 4-H Professional)</td>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td>- National 4-H Curriculum Teaming with Insects, Level 3 (#08442)</td>
<td>- Using the “Teaming with Insects” Level 3 curriculum booklet:</td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>- Complete a minimum of 5 activities per year.</td>
<td><strong>1st Year:</strong> Collection of at least 20 insects, including 1 incomplete and 1 complete metamorphosis and including 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 10 orders) or a specific collection.*</td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>- Complete all 15 activities within 3 years to pass Level 3.</td>
<td><strong>2nd Year:</strong> Collection of 25 insects, including, using ethyl acetate to kil and preserve 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 10 orders) or specific collections.*</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>- Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td><strong>3rd Year:</strong> Collection of 40 insects, including 1 incomplete and complete metamorphosis, and learning how to use UV light for nighttime collection, and including 15 different insects you haven’t exhibited before (at least 20 identified to family; including at least 10 orders) or a specific collection.*</td>
</tr>
<tr>
<td>- National 4-H Curriculum Teaming with Insects Facilitators Guide (#08443)</td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td></td>
<td>- A report of things you have learned or researched (such as results of observations of the life cycle and behavior of the monarch butterfly, a story you wrote about an insect, etc.).</td>
</tr>
<tr>
<td>Classification materials: (available on website)</td>
<td>Complete the following:</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>- Field Guide to Insects of North Americas (Eaton/Kaufman)</td>
<td>- ZSuites 4-H Involvement Report</td>
<td>- A poster (14”x 22”) or display relating to some activity in Level 3 (life cycle display, spider’s web, plastic mount, framed butterflies, etc.).</td>
</tr>
<tr>
<td>- Field Guide to Insects and Spiders (Evans)</td>
<td>- ZSuites 4-H Project Record Book</td>
<td><strong>Collection:</strong> Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.</td>
</tr>
</tbody>
</table>

**Note:** *See “Special Directions” at the end of the Entomology Section for more information about this project.*

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:** Idaho 4-H Entomology page: [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)
To order National 4-H Curriculum visit: [https://shop4-h.org/products/entomology-curriculum-3-teaming-with-insects](https://shop4-h.org/products/entomology-curriculum-3-teaming-with-insects)
Facilitator Guide: [https://shop4-h.org/products/entomology-curriculum-facilitators-guide](https://shop4-h.org/products/entomology-curriculum-facilitators-guide)

**Optional Supporting Materials:** All items accessible at [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)
- Field Guide to Insects of North Americas (Eaton/Kaufman)
- Field Guide to Insects and Spiders (Evans)
- Preparing Insect Specimens for Exhibit (#82358)
- Bug Guide (Iowa State University)
- How To Make an Awesome Insect Collection (Purdue)
**Special Directions:**

*Specific Collections:* May represent a specific Order be collected from one specific host plant, or from specific location (example: pond, yard, garden, forest).

- **1st year:** 30 adult insects, properly mounted and identified to family.
- **2nd year:** 40 different insects added to the previous exhibit (if using the same Order, host or location), or 30 adult insects from a new specialized collection area.
- **3rd year:** 50 different insects added to the previous exhibit (if using the same Order, host or location), or 30 adult insects from a new specialized collection area.
# BEEKEEPING

## Projects & Materials

### Youth Materials:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **4-H Beekeeping Level 1, Understanding the Honey Bee (#PU 4-H-571)**
  - 2006
- **4-H Beekeeping Level 2, Working With Honey Bees (#PU 4-H-586-W)**
  - 2014
- **4-H Beekeeping Level 3, Advanced Beekeeping Methods (#PU 4-H-593-W)**
  - 2015

### Volunteer Materials:
- **Indiana 4-H Beekeeping Helper’s Guide (#PU 4-H-576-W)**
  - 2008

## Requirements

### Project Requirements:
- Complete each section of the Beekeeping manual for your respective Level (1, 2, 3)
- Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

### Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **Beekeeping Manual for your respective Level (1, 2, 3)**

## Exhibit Requirements

- **ZSuites 4-H Project Record Book**
- **ZSuites 4-H Involvement Report**
- A poster (14” x 22”) or display related to the project and unit.
- OR
- One jar of Honey

## County Requirements:
Check with your County Extension office for more information.

## Support Materials:
Idaho 4-H Beekeeping page: [https://www.uidaho.edu/extension/4h/projects/beekeeping](https://www.uidaho.edu/extension/4h/projects/beekeeping)

## Optional Supporting Materials:
All items listed below are accessible at [https://www.uidaho.edu/extension/4h/projects/beekeeping](https://www.uidaho.edu/extension/4h/projects/beekeeping)
- **Foundation for the Preservation of Honey Bees**
- **The Bee Hive – Honey Bee Extension (Purdue)**
- **Beekeeping Project (OH)**
# Science & Technology

## VETERINARY SCIENCE

### Projects & Materials

**Youth Materials:**
- **Nebraska Curriculum: The Normal Animal-Unit 1 (#4H131)** 2008
- **Animal Diseases-Unit 2 (#4H48)** 2008
- **Animal Health & It’s Relationship to Our World-Unit 3 (#4H133)** 2002
- **ZSuites 4-H Project Record Book**
- **ZSuites 4-H Involvement Report**

**Volunteer Materials:**
- **Veterinary Science Volunteer’s Guide (#4H192)** 2002

**Project Requirements:**
- Complete a minimum of 7 activities from supporting materials for Veterinary Science.
- On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **Veterinary Science Manual**

### Exhibit Requirements

- **ZSuites 4-H Project Record Book**
- **ZSuites 4-H Involvement Report**
- **Veterinary Science Manual (#4H131/4H48/4H133)**
- A poster (14” x 22”) or display related to the project and unit.

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
To purchase Nebraska curriculum, visit: [http://marketplace.unl.edu/ne4h/curriculum/animalscience?p=2](http://marketplace.unl.edu/ne4h/curriculum/animalscience?p=2)

Idaho 4-H Veterinary Science page: [https://www.uidaho.edu/extension/4h/projects/veterinary-science](https://www.uidaho.edu/extension/4h/projects/veterinary-science)

### Optional Supporting Materials:

National 4-H Curriculum [https://shop4-h.org/products/veterinary-science-curriculum-set-of-4](https://shop4-h.org/products/veterinary-science-curriculum-set-of-4)
- **From Airedales to Zebras-Level 1 (#08048)**
- **All Systems Go-Level 2 (#08049)**
- **On the Cutting Edge-Level 3 (#08050)**
- **Helpers Guide (#08051)**
# Science & Technology

## AEROSPACE

### LEVEL 1

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>There are no specific requirements for completing Cloverbud projects. Volunteers may work through the lessons in this manual as they wish according to the members’ abilities.</td>
<td>• Exhibiting at the Fair is optional and non-competitive.</td>
</tr>
</tbody>
</table>
| • National 4-H Curriculum  
  *Pre-Flight (#BU-06842)  
  2003* | | • Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual. |
| **Volunteer Materials:** | | • The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required. |
| • National 4-H Curriculum  
  *Aerospace Adventures Helper’s Guide*  
  (#BU-06846)  
  2003 | | • A participation ribbon or similar recognition may be given. |

### County Requirements:
Check with your County Extension office for more information.

### Supporting Materials:
To order National 4-H Curriculum: [https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-1-pre-flight](https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-1-pre-flight)


Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)
# AEROSPACE
## LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s current Manual:  
  - Complete a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year.  
  - Finish at least 20 of the required and optional activities within 3 years to pass each book.  
  - Have your project helper date (month and year) and initial each activity when it is finished.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  

  Complete the following:  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book |  
  |  
| **Volunteer Materials:** |  
  - National 4-H Curriculum Lift-Off, Stage 2, Aerospace Activity Guide (#BU-06843)  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book |  
  |  
| | |  

|  |  
|  | **County Requirements:**  
Check with your County Extension Office for more information.  

|  |  
|  | **Supporting Materials:**  
Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)  

* See Special Directions at end of Aerospace requirements.
# AEROSPACE LEVEL 3

**Projects & Materials**

- **Youth Materials:**
  - National 4-H Council
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Project Record Book

- **Volunteer Materials:**
  - National 4-H Council
    *Aerospace Adventures Helper’s Guide* (#BU-06846) 2003

**Requirements**

In the member’s current Manual:
- Complete a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year.
- Finish at least 20 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- An item you made in this project. Suggested items: Rocket made from a kit (Skill Level 2 or 3, include plans). Fighter kite that can roll, pitch, and yaw (include plans).
  - Model airplane from a kit (include plans).
  - Any model rocket or airplane (intermediate skill level) not built from a kit (include plans).
  - A poster (14”x22”) or display illustrating something you learned in this project this year.
  - Report of things you learned or researched.

*Note:* Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.

*See Special Directions at end of Aerospace requirements.*

## County Requirements:

Check with your County Extension office for more information.

## Supporting Materials:

To order National 4-H Curriculum: https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-3-reaching-new-heights


Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures
### Science & Technology

#### AEROSPACE

**LEVEL 4**

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**Youth Materials:**
- National 4-H Curriculum *Pilot In Command, Stage 4, Aerospace Activity Guide* (#BU-06845) 2003
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**

In the member’s current Manual:
- Complete a minimum of 7 required/optimal activities, plus 3 Learning Experiences (pg. 4) each year.
- Finish at least 20 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- An item made in this project.

Suggested items:
- Rocket made from a kit (Skill Level 3 or 4, include plans).
- Box kite (include plans)
- Any model rocket or airplane (Advanced skill level) not built from a kit (include plans).
- Remote control airplane made from a kit (include plans).

**OR**
- A poster (14”x22”) or display illustrating something you learned in this project this year.

**OR**
- Report of things you learned or researched.

*Note: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels. *See Special Directions at end of Aerospace requirements.*

**County Requirements:**
Check with your County Extension office for more information.

**Supporting Materials:**
Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)

*Special Directions*
Engines and igniters are not permitted with the exhibit. Rockets and other models must be able to stand freely on their own or be supported on a wooden base. Do not display rockets on a launch pad, or at an angle. Select a different item to exhibit for your second and third year within a given book; members wishing to build another rocket may select a different style within that skill level. For original design rockets or other models, describe in an attached summary how the model was tested for stability prior to flying.
# Science & Technology

## BICYCLE

### LEVEL 1

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<th>Projects &amp; Materials</th>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Complete a minimum of 7 (5 regular activities and 2 pedaling harder).</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><em>Bicycling for Fun</em> (#BU-08334)</td>
<td>• Finish all 4 steps of the Planning Guide.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in bicycle this year.</td>
</tr>
<tr>
<td>2006</td>
<td>• Complete this book within 2 years.</td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Complete the following:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Bicycle – Don’t Get Stuck: Fix It! DVD (DV-08399)</td>
<td></td>
</tr>
</tbody>
</table>

| **Volunteer Materials:** | | |
| • National 4-H Curriculum | | |
| *Bicycle Group, Helper’s Guide* (#BU-08336) | | |
| 2006 | | |
| | | |
| • Bicycle – Don’t Get Stuck: Fix It! DVD (DV-08399) | | |

| County Requirements: | | |
| Check with your County Extension office for more information. | | |

## Supporting Materials

To order materials from National 4-H Council visit: [https://shop4-h.org/products/bicycle-curriculum-1-bicycling-for-fun](https://shop4-h.org/products/bicycle-curriculum-1-bicycling-for-fun)

Volunteer Guide: [https://shop4-h.org/products/bicycle-curriculum-helpers-guide](https://shop4-h.org/products/bicycle-curriculum-helpers-guide)

DVD: [https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd](https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd)

Idaho 4-H Bicycle page: [https://www.uidaho.edu/extension/4h/projects/bicycle](https://www.uidaho.edu/extension/4h/projects/bicycle)
# BICYCLE LEVEL 2

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<th>Projects &amp; Materials</th>
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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>- National 4-H Curriculum</td>
<td>• Complete a minimum of 7 activities (5 regular and 2 pedaling harder).</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><em>Wheels In Motion, (#BU-08335) 2006</em></td>
<td>• Finish all 4 steps of the Planning Guide.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in bicycle this year.</td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>• Complete this book within 2 years.</td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>- National 4-H Curriculum</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td><em>Bicycle Group, Helper’s Guide (#BU-08336) 2006</em></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>- Bicycle - Don’t Get Stuck: Fix It DVD (#DV-08399)</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

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**County Requirements:**

Check with your County Extension office for more information.

**Supporting Materials**

To order materials from National 4-H Council visit: [https://shop4-h.org/products/bicycle-curriculum-2-wheels-in-motion](https://shop4-h.org/products/bicycle-curriculum-2-wheels-in-motion)

Volunteer Guide: [https://shop4-h.org/products/bicycle-curriculum-helpers-guide](https://shop4-h.org/products/bicycle-curriculum-helpers-guide)

DVD: [https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd](https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd)

Idaho 4-H Bicycle page: [https://www.uidaho.edu/extension/4h/projects/bicycle](https://www.uidaho.edu/extension/4h/projects/bicycle)
## Projects & Materials

### Youth Materials:
  - 2016
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

### Volunteer Materials:
- **National 4-H Curriculum, Discovering Computer Science & Programming through Scratch-Level One Fundamentals Facilitators Guide (#01607F)**
  - 2016

## Requirements

### In the member’s Manual:
- Complete all activities in the youth guide.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

### Complete the following:
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)**

## Exhibit Requirements

- **ZSuites 4-H Project Record Book**
- **ZSuites 4-H Involvement Report**
- A poster (14”x22”) or display illustrating something you learned in the project this year.

OR
- Demonstration of software

## County Requirements:
Check with your County Extension office for more information.

## Supporting Materials:
To order materials from National 4-H Council visit:
[https://shop4-h.org/products/discovering-computer-science-programming-curriculum-set-of-2](https://shop4-h.org/products/discovering-computer-science-programming-curriculum-set-of-2)

Idaho 4-H Computer page: [https://sitecore.uidaho.edu/extension/4h/projects/computing](https://sitecore.uidaho.edu/extension/4h/projects/computing)

## Optional Support Materials:
# Science & Technology

## SCRATCH

### LEVEL 2

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
</table>
| **Youth Materials:** | **In the member’s Manual:** | **ZSuites 4-H Project Record Book**
| • National 4-H Curriculum, *Discovering Computer Science & Programming through Scratch-Level Two: Fundamentals Youth Guide (#01801Y)*  
| | • Complete all activities in the youth guide. | • ZSuites 4-H Involvement Report |
| | • Have your project helper date (month and year) and initial each activity when it is finished. | • Completed Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y) |
| | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | • A poster (14”x22”) or display illustrating something you learned in the project this year. |
| | Complete the following: | **OR** |
| | • ZSuites 4-H Involvement Report | • Demonstration of software |
| | • ZSuites 4-H Project Record Book | |
| | • *Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)* | |
| **Volunteer Materials:** | | |
| • Included in Level 2 youth guide National 4-H Curriculum, *Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)*  
| | | **County Requirements:**
| | | Check with your County Extension office for more information.
| | | **Supporting Materials:**
| | | To order materials from National 4-H Council visit: [https://shop4-h.org/products/computer-science-2](https://shop4-h.org/products/computer-science-2)
| | | Idaho 4-H Computer page: [https://sitecore.uidaho.edu/extension/4h/projects/computing](https://sitecore.uidaho.edu/extension/4h/projects/computing)
| | | **Optional Support Materials:**
# Science & Technology

## SCRATCH

### LEVEL 3

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s Manual: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Completed Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)  
• A poster (14”x22”) or display illustrating something you learned in the project this year.  
OR  
• Demonstration of software |
| • National 4-H Curriculum, Discovering Computer Science & Programming through Scratch-Level Three: Fundamentals Youth Guide (#01802Y)  
2017 | • Complete all activities in the youth guide.  
• Have your project helper date (month and year) and initial each activity when it is finished.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)  
2017 |  |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)  
2017 |  |  |
| **Volunteer Materials:** |  |  |
| • Included in Level 3 youth guide National 4-H Curriculum, Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)  
2017 |  |  |
| **County Requirements:** | Check with your County Extension office for more information. |  |
| **Supporting Materials:** | To order materials from National 4-H Council visit:  
[https://shop4-h.org/products/computer-science-3](https://shop4-h.org/products/computer-science-3)  
Idaho 4-H Computer page: [https://sitecore.uidaho.edu/extension/4h/projects/computing](https://sitecore.uidaho.edu/extension/4h/projects/computing) |  |
## Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| - National 4-H Curriculum  
  *Magic of Electricity, Level 1 (#BU-06848)*  
  2002  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book | In the member’s current Manual:  
  - Complete at least 3 required activities and 4 optional activities each year.  
  - Complete at least 21 total required and optional activities in three years or less to complete this achievement program.  
  - Participation in at least two Leadership experiences a year.  
  - Have your electric helper date and initial the activities as you complete them.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | - ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Member Guide (this is a 3 year project make a delineation of what items are completed each year)  
AND  
Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:  
- A poster (14”x22”) or display illustrating something you learned in this project this year.  
- A scrapbook of pictures of a Leadership activity or circuits made or being tested.  
- One of the following items (each year it should be a different item):  
  - Homemade Flashlight  
  - Simple Switch  
  - Circuit with two batteries and one light bulb  
  - Compass  
  - Electromagnet  
  - Galvanometer  
  - Electric Motor | Complete the following:  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book |  
**Note:** Exhibits must utilize only skills, tools, and techniques taught in this project book. |

| Volunteer Materials: |  |  |
|----------------------|  |  |
| - National 4-H Curriculum  
  *Electricity Excitement, Helper’s Guide*  
  (#BU-06852)  
  2002 |  |  |

## County Requirements:
Check with your County Extension office for more information.

## Supporting Materials
To order materials from National 4-H Council visit:  
[https://shop4-h.org/products/electric-excitement-curriculum-1-magic-of-electricity](https://shop4-h.org/products/electric-excitement-curriculum-1-magic-of-electricity)  
Volunteer Guide: [https://shop4-h.org/products/electric-excitement-helpers-guide](https://shop4-h.org/products/electric-excitement-helpers-guide)  
Idaho 4-H Electric Power page: [https://www.uidaho.edu/extension/4h/projects/electric-power](https://www.uidaho.edu/extension/4h/projects/electric-power)
# Science & Technology

## ELECTRICITY

### LEVEL 2

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current 4HCCS Manual:</td>
<td>ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum Investigating Electricity, Level 2 (#BU-06849)</td>
<td>• Complete at least 3 required activities and 4 optional activities each year.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>2002</td>
<td>• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.</td>
<td>Member Guide (this is a 3 year project make a delineation of what items are completed each year)</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Participation in at least two Leadership experiences a year.</td>
<td>AND</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Have your electric helper date and initial the activities as you complete them.</td>
<td>Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• National 4-H Curriculum Electric, Group Guide (#BU-06852)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2002</td>
<td>Complete the following:</td>
<td>• A scrapbook of pictures of a Leadership activity or circuits made or being tested.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• One of the following items (each year it should be a different item):</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Homemade Flashlight</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Simple Switch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Circuit with two batteries and one light bulb</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Compass</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Electromagnet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Galvanometer</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Electric Motor</td>
</tr>
</tbody>
</table>

**Note:** Exhibits must utilize only skills, tools, and techniques taught in this project book.

### County Requirements:
Check with your County Extension office for more information.

### Supporting Materials
To order materials from National 4-H Council visit https://shop4-h.org/products/electric-excitement-curriculum-2-investigating-electricity
Volunteer Guide: https://shop4-h.org/products/electric-excitement helpers-guide
Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power
## Science & Technology

# ELECTRICITY

## LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s current Manual: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Completed Member Guide  
**AND**  
Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:  
• A poster (14”x22”) or display illustrating something you learned in this project this year.  
• A scrapbook of pictures of a Leadership activity or circuits made or being tested.  
• One of the following items (each year it should be a different item):  
  o Electrical tool and supply kit  
  o Display of symbols on wires and cables and their meaning  
  o Display of light bulbs and the jobs they do best  
  o Poster on how to read an appliance nametag  
  o Chart showing the electrical usage of appliances  
  o Poster on how to replace a switch  
**Note:** Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level. |
| • National 4-H Curriculum Wired for Power, Level 3 (#BU-06850) □ 2002  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | • Complete at least 3 required activities and 4 optional activities each year.  
• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.  
• Participation in at least two Leadership experiences a year.  
• Have your electric helper date and initial the activities as you complete them.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
**Complete the following:**  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  |
| **Volunteer Materials:** |  |  |
| • National 4-H Curriculum Electric, Group Guide (#BU-06852) □ 2002 |  |  |
|  |  |  |

## County Requirements:

Contact your County Extension office for more information.

## Supporting Materials

To order materials from National 4-H Council visit  
[https://shop4-h.org/products/electric-excitement-curriculum-3-wired-for-power](https://shop4-h.org/products/electric-excitement-curriculum-3-wired-for-power)  
Volunteer Guide: [https://shop4-h.org/products/electric-excitement-helpers-guide](https://shop4-h.org/products/electric-excitement-helpers-guide)  
Idaho 4-H Electric Power page: [https://www.uidaho.edu/extension/4h/projects/electric-power](https://www.uidaho.edu/extension/4h/projects/electric-power)
# Science & Technology

## ELECTRICITY

### LEVEL 4

**Table of Contents**

**Projects & Materials**

**Youth Materials:**
- National 4-H Curriculum
  *Entering Electronics, Level 4 (#BU-06851) 2002*
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
- National 4-H Curriculum
  *Electric, Helper’s Guide (#BU-06852) 2002*

**Requirements**

In the member’s current Manual:

- Complete at least 3 required activities and 4 optional activities each year.
- Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
- Participation in at least two Leadership experiences a year.
- Have your electric helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:

- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Completed member guide Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:
  - A poster (14”x22”) or display illustrating something you learned in this project this year.
  - A scrapbook of pictures of a Leadership activity or circuits made or being tested.
  - One of the following items (each year it should be a different item):
    - Display of electronic parts
    - Diode
    - Transistor
    - Light emitting diode (LED)
    - LED flasher
    - Photocell alarm
    - Light Meter
    - Silicon controlled rectifier (SCR) intruder alarm
    - 6-8 Watt amplifier with integrated circuit

**County Requirements:** Check with your County Extension office for more information.

**Supporting Materials**

To order materials from National 4-H Council visit [https://shop4-h.org/products/electric-excitement-curriculum-4-entering-electronics](https://shop4-h.org/products/electric-excitement-curriculum-4-entering-electronics)

Volunteer Guide: [https://shop4-h.org/products/electric-excitement-helpers-guide](https://shop4-h.org/products/electric-excitement-helpers-guide)

Idaho 4-H Electric Power page: [https://www.uidaho.edu/extension/4h/projects/electric-power](https://www.uidaho.edu/extension/4h/projects/electric-power)

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# SMALL ENGINES
## LEVEL 1

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<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Crank It Up, Level 1</em> (#BU-08186)</td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book #91950</td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 7 required/optional activities each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td>• Completed Member Guide</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>Exhibit one of the following:</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>• A scrapbook of pictures of an activity you conducted</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Small Engines Helper’s Guide</em> (#BU-08189)</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• One of the following items (each year it should be a different item):</td>
</tr>
<tr>
<td></td>
<td>(2005)</td>
<td>o History of Engines</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Classifying Small Engines</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Uses of Small Engines</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Matching machines to the job</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Engine operation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Small Engine Parts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Buying Small Engine Parts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Electrical System Operation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Needs for Lubrication</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Needs for Cooling System</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Note:</strong> Exhibits must utilize only skills, tools, and techniques taught in this project book.</td>
</tr>
</tbody>
</table>

| County Requirements: | | |
|----------------------| | |
| Check with your County Extension office for more information. | | |

### Support Materials:
To order National 4-H Curriculum visit: [https://shop4-h.org/products/small-engines-curriculum-1-crank-it-up](https://shop4-h.org/products/small-engines-curriculum-1-crank-it-up)
Volunteer Guide: [https://shop4-h.org/products/small-engines-curriculum-helpers-guide](https://shop4-h.org/products/small-engines-curriculum-helpers-guide)
Idaho 4-H Small Engines page: [https://www.uidaho.edu/extension/4h/projects/small-engines](https://www.uidaho.edu/extension/4h/projects/small-engines)

### Optional Supporting Materials:
- [www.briggsandstratton.com](http://www.briggsandstratton.com) (Briggs and Stratton)
- [www.deere.com](http://www.deere.com) (John Deere)
- [www.kohlerengines.com](http://www.kohlerengines.com) (Kohler)
- [http://www.tecumseh.com](http://www.tecumseh.com) Tune (Tecumseh)
## Science & Technology

### SMALL ENGINES

#### LEVEL 2

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<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Warm It Up, Level 2 (#BU-08187)</em> 2005</td>
<td>• Complete a minimum of 7 required/optional activities each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td>• Completed Member Guide</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>Exhibit one of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Small Engines Helper’s Guide (#BU-08189)</em> 2005</td>
<td></td>
<td>• A scrapbook of pictures of an activity you conducted</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• One of the following items (each year it should be a different item):</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>o Classifying small engines</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>o Determining engine size</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Comparison of diesel and gasoline engines</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Alternative energy sources</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Grades of gasoline</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Grades of engine oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Small engine parts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Buying engine parts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Air cleaner cutaway</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Electrical system cutaway</td>
</tr>
</tbody>
</table>

**Note:** Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To order National 4-H Curriculum visit: [https://shop4-h.org/products/small-engines-curriculum-2-warm-it-up](https://shop4-h.org/products/small-engines-curriculum-2-warm-it-up)
Volunteer Guide: [https://shop4-h.org/products/small-engines-curriculum-helpers-guide](https://shop4-h.org/products/small-engines-curriculum-helpers-guide)
Idaho 4-H Small Engines page: [https://www.uidaho.edu/extension/4h/projects/small-engines](https://www.uidaho.edu/extension/4h/projects/small-engines)

**Optional Supporting Materials:**
- [www briggsandstratton com](http://www.briggsandstratton.com) (Briggs and Stratton)
- [www ariens com/en-us](http://www.ariens.com/en-us) (Ariens)
- [www deere com](http://www.deere.com) (John Deere)
- [www kohlerengines com](http://www.kohlerengines.com) (Kohler)
- [http://www.tecumseh.com](http://www.tecumseh.com) Tune (Tecumseh)
## Science & Technology

### SMALL ENGINES

#### LEVEL 3

<table>
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<tr>
<th>Projects &amp; Materials</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>In the member’s current Manual:</strong></td>
<td><strong>- ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td>- National 4-H Curriculum</td>
<td>- Complete a minimum of 7 required/optional activities each year.</td>
<td><strong>- ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td><em>Tune It Up, Level 3</em> (#BU-08188) 2005</td>
<td>- Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td><strong>- Completed member guide</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>- Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td><strong>- A poster (14”x22”) or display illustrating something you learned in this project this year.</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td><strong>Complete the following:</strong></td>
<td><strong>- A scrapbook of pictures of an activity you conducted</strong></td>
</tr>
<tr>
<td>- National 4-H Curriculum</td>
<td>- <strong>ZSuites 4-H Involvement Report</strong></td>
<td><strong>- One of the following items (each year it should be a different item):</strong></td>
</tr>
<tr>
<td><em>Small Engines Helper’s Guide</em> (#BU-08189) 2005</td>
<td>- <strong>ZSuites 4-H Project Record Book</strong></td>
<td>- Small engine cutaway</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Small engine tools and their uses</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Troubleshooting a small engine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Engine valve failures</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Lawnmower blades service</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Rebuild a small engine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Rebuild small engine equipment</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Build equipment powered by small engines, such as log splitter, go-cart, etc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Small engine design trends</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Oil refining process</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Note:</strong> Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels.</td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
To order National 4-H Curriculum visit: [https://shop4-h.org/products/small-engines-curriculum-3-tune-it-up](https://shop4-h.org/products/small-engines-curriculum-3-tune-it-up)
Volunteer Guide: [https://shop4-h.org/products/small-engines-curriculum-helpers-guide](https://shop4-h.org/products/small-engines-curriculum-helpers-guide)
Idaho 4-H Small Engines page: [https://www.uidaho.edu/extension/4h/projects/small-engines](https://www.uidaho.edu/extension/4h/projects/small-engines)

### Optional Supporting Materials:
- www.briggsandstratton.com (Briggs and Stratton)
- www.ariens.com/en-us (Ariens)
- www.deere.com (John Deere)
- www.kohlerengines.com (Kohler)
- http://www.tecumseh.com (Tecumseh)
## Science & Technology

### ROBOTICS

**JUNK DRAWER**

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</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• Complete Robotics Notebook (#83178)</td>
</tr>
</tbody>
</table>
| • Junk Drawer Robotics: Youth Robotics Notebook (#08435)  
  2011 | • In your Youth Robotics Notebook, complete all the modules for each respective year (Year 1 = Level 1, Modules 1-3; Year 2 = Level 2, Modules 1-4; and Year 3 = Level 3 Modules 1-5) | • ZSuites 4-H Project Record Book |
| • ZSuites 4-H Involvement Report | • Give an oral presentation for each curriculum level demonstrating the designs. Presentations should include discussion of each of the Engineering Design Process stages. | • One or more youth-designed junk drawer robots. |
| • ZSuites 4-H Project Record Book | Complete the following: | |
| **Volunteer Materials:** | • ZSuites 4-H Involvement Report | |
| • Junk Drawer Robotics, Level 1: Give Robots a Hand (#08431)  
  2011 | • ZSuites 4-H Project Record Book | |
| • Junk Drawer Robotics, Level 2: Robots on the Move (#08432)  
  2011 | | |
| • Junk Drawer Robotics, Level 3: Mechatronics (#08433)  
  2011 | | |

### County Requirements:

Check with your County Extension office for more information.

### Supporting Materials:

To order materials from National 4-H Council visit:

- **Youth Notebook:** [https://shop4-h.org/products/junk-drawer-robotics-curriculum-youth-notebook](https://shop4-h.org/products/junk-drawer-robotics-curriculum-youth-notebook)
- **Level 1:** [https://shop4-h.org/products/junk-drawer-robotics-curriculum-1-give-robotics-a-hand](https://shop4-h.org/products/junk-drawer-robotics-curriculum-1-give-robotics-a-hand)
- **Level 2:** [https://shop4-h.org/products/junk-drawer-robotics-2-robots-on-the-move](https://shop4-h.org/products/junk-drawer-robotics-2-robots-on-the-move)
- **Level 3:** [https://shop4-h.org/products/junk-drawer-robotics-curriculum-3-mechatronics](https://shop4-h.org/products/junk-drawer-robotics-curriculum-3-mechatronics)

Online materials from National 4-H Council: [http://4-h.org/parents/curriculum/robotics/](http://4-h.org/parents/curriculum/robotics/)

University of Idaho Extension Robotics: [https://www.uidaho.edu/extension/4h/programs/robotics](https://www.uidaho.edu/extension/4h/programs/robotics)

Idaho 4-H Junk Drawer Robotics page: [https://www.uidaho.edu/extension/4h/projects/robotics-junk-drawer](https://www.uidaho.edu/extension/4h/projects/robotics-junk-drawer)
## Science & Technology

### ROBOTICS: FIRST® LEGO® League (FLL) Tournament Track

**Rev. 09-20**

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<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| • LEGO® MINDSTORMS® NXT or EV3 set and associated programming software | Project Requirements:  
  1. Attend majority of club/project meetings  
  2. Complete your FLL Project: 1) identify problem; 2) create innovative solution; 3) share research and solution; 4) present at a tournament (see FLL Coaches’ Handbook)  
  3. Share your project research and solution with a community group (see FLL Coaches’ Handbook)  
  4. Complete and submit your project summary and robot design executive summary to UI Extension Robotics | • With your team, complete robot build and associated programming  
• Participate in at least one Idaho FLL Qualifying Tournament  
• Present your Project to a community group and to judge panel at your local FLL qualifying tournament (see FLL Coaches’ Handbook) |
| • Field Setup Kit | | |
| • FLL Challenge | | |
| **Volunteer Materials:** | | |
| • Participate in volunteer coach/mentor training by University of Idaho Extension Robotics | | |
| • Register team with FIRST | | |
| • FLL Coaches’ Handbook  
Register for qualifying tournament with University of Idaho Extension Robotics | | |

### County Requirements:
Check with your County Extension office for more information.

### Supporting Materials:
Register your FLL team and purchase materials: [http://www.firstinspires.org/robotics/fll](http://www.firstinspires.org/robotics/fll)
Learn more about FIRST and FLL: [http://www.firstinspires.org](http://www.firstinspires.org)
University of Idaho Extension Robotics: [https://www.uidaho.edu/extension/4h/programs/robotics](https://www.uidaho.edu/extension/4h/programs/robotics)
Idaho 4-H FLL Robotics page: [https://www.uidaho.edu/extension/4h/projects/robotics-fll](https://www.uidaho.edu/extension/4h/projects/robotics-fll)
# Science & Technology

## ROBOTICS:

**FIRST® Tech Challenge (FTC®)**

### Tournament Track

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • With your team, complete robot build and associated programming  
• Participate in the Idaho FTC State Championship Tournament. |
| • Tetrix or Matrix kit of parts  
• Assembled playing field (constructed by team)  
• FTC Kit of Parts  
• FTC Game Manuals  
• FTC Online Team Resources | • Attend majority of club/project meetings.  
• Community Outreach (see FTC Coaches’ Manual).  
• Complete your Engineering Notebook (see FTC Coaches’ Manual). |

| Volunteer Materials: |  |  |
|----------------------|  |  |
| • Participate in volunteer coach/mentor training by University of Idaho Extension Robotics  
• Register team with FIRST  
• FTC Coaches’ Manual  
• FTC Mentor’s Guide |  |  |

| County Requirements: |  |  |
|----------------------|  |  |
| Check with your County Extension office for more information. |  |  |

| Supporting Materials: |  |  |
|-----------------------|  |  |
| Learn about FTC and start a team: [http://www.firstinspires.org/robotics/ftc](http://www.firstinspires.org/robotics/ftc) |  |  |
| University of Idaho Extension Robotics: [https://www.uidaho.edu/extension/4h/programs/robotics](https://www.uidaho.edu/extension/4h/programs/robotics) |  |  |
| Idaho 4-H FTC Robotics page: [https://www.uidaho.edu/extension/4h/projects/robotics-ftc](https://www.uidaho.edu/extension/4h/projects/robotics-ftc) |  |  |
# ROBOTICS 1 with EV3

## Table of Contents

### Projects & Materials

**Youth Materials:**
- National 4-H Curriculum
  *Robotics 1: with EV3 (#4H507) 2015*
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
- Facilitator materials are included within the curriculum

### Requirements

**About the Project:**
- This project is an introduction to the LEGO Mindstorms EV3 Robotics System. By completing this project, youth will learn fundamental aspects of robots and building and programming the EV3 system.

**Requirements:**
- See p. 3 of Curriculum Guide and complete all 4 steps listed under Project Guidelines
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

**Complete the following:**
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Completed Robotics1 with EV3 Manual (#4H507)
- One or more youth-designed and built functional robots

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

**Idaho 4-H EV3 Robotics project page:** [https://www.uidaho.edu/extension/4h/projects/robotics-ev3](https://www.uidaho.edu/extension/4h/projects/robotics-ev3)

**EV3 manual:** [https://shop4-h.org/products/lego-robotics-curriculum-with-ev3](https://shop4-h.org/products/lego-robotics-curriculum-with-ev3)

### Optional Supporting Materials:

**FIRST LEGO League (FLL):** [https://www.firstinspires.org/](https://www.firstinspires.org/)

**Idaho 4-H Robotics:** [https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics](https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics)

**Free EV3 Online Tutorial:** [http://www.stemcentric.com/ev3-tutorial/](http://www.stemcentric.com/ev3-tutorial/)

**Free EV3 Projects:** [http://www.nxtprograms.com/index3.html](http://www.nxtprograms.com/index3.html)
# ROBOTICS 2: EV3N MORE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Youth Materials:     | About the Project:  
  - This project is an introduction to the LEGO Mindstorms EV3 Robotics System. By completing this project, youth will learn fundamental aspects of robots and building and programming the EV3 system. | - ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Completed Robotics 2: EV3N More curriculum guide.  
- One or more youth-designed and built functional robots |
|                      | Requirements:  
  - See p. 3 of Curriculum Guide and complete all 4 steps listed under Project Guidelines  
  - Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. |                      |
|                      | Complete the following:  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book |                      |

## County Requirements:
Check with your County Extension office for more information.

## Support Materials:
Idaho 4-H EV3 Robotics project page: [https://www.uidaho.edu/extension/4h/projects/robotics-ev3](https://www.uidaho.edu/extension/4h/projects/robotics-ev3)  
EV3N More manual: [https://shop4-h.org/products/robotics-2-ev3n-more](https://shop4-h.org/products/robotics-2-ev3n-more)

## Optional Support Materials:
FIRST LEGO League (FLL) at: [https://www.firstinspires.org/](https://www.firstinspires.org/)  
Idaho 4-H Robotics: [https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics](https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics)  
# WIND ENERGY

**Projects & Materials**

**Youth Materials:**
- National 4-H Curriculum
  *The Power of the Wind, Youth Guide* (#08383) 2008
- Engineering Notebook
  *(See Facilitator’s Guide for directions)*
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
- The Power of the Wind, Facilitator Guide
  (#08384) 2008

**Requirements**

**Project Requirements:**
- Complete all five chapters including all challenges, explorations, and investigations.
- Give an oral presentation of at least one of the activities. Presentation about one of the Challenge Activities should address most of the steps of the engineering process. Presentations about the Investigation or Exploration Activities should describe what was done, why, and what was learned.

Complete the following:
- *Engineering Notebook* *(See Facilitator’s Guide for directions)*
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Engineering Notebook
- Challenge Activity Projects

**County Requirements:**
Check with your County Extension office for more information.

**Support Materials:**
To order National 4-H Curriculum visit: [https://shop4-h.org/products/power-of-the-wind-curriculum-youth-guide](https://shop4-h.org/products/power-of-the-wind-curriculum-youth-guide)
Volunteer Guide: [https://shop4-h.org/products/power-of-the-wind-curriculum-facilitators-guide](https://shop4-h.org/products/power-of-the-wind-curriculum-facilitators-guide)
Idaho 4-H Wind Energy page: [https://www.uidaho.edu/extension/4h/projects/wind-energy](https://www.uidaho.edu/extension/4h/projects/wind-energy)

**Optional Supporting Materials:**
Power of the Wind Online Component: [http://4-h.org/parents/curriculum/wind-energy/](http://4-h.org/parents/curriculum/wind-energy/)
# Science & Technology

## WOODWORKING

### LEVEL 1

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<th>Projects &amp; Materials</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum Measuring Up, Level 1 (#BU-06875) 2003</td>
<td>In the member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete a minimum of 7 required/optional Measuring Up Achievement Program activities and two (2) Leadership experiences each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Complete all four steps of the Measuring Up Planning Guide—Project goals, Leadership experiences, project highlights and project review.</td>
<td>• One (1) item from the list below; select a different item to exhibit for the second and third year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Complete at least 21 of the required and optional activities within three years to complete this achievement program.</td>
<td>o A rabbit puzzle (p. 27).</td>
</tr>
<tr>
<td>• National 4-H Curriculum Woodworking Helper’s Guide (#BU-06879) 2003</td>
<td>• Have your woodworking helper date and initial the activities as you complete them.</td>
<td>o A wood airplane (p. 28).</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>o A wood box (p. 30).</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>o A letter holder (p. 32).</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>o A picture frame (p. 34).</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 10).</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Note:</strong> Exhibits must utilize only skills, tools, and techniques taught in this project book.</td>
</tr>
</tbody>
</table>

### County Requirements:
Check with your County Extension office for more information.

### Supporting Materials:
To order National 4-H Woodworking curriculum visit:
https://shop4-h.org/products/woodworking-wonders-curriculum-1-measuring-up
Volunteer Guide: https://shop4-h.org/products/woodworking-wonders-curriculumelpers-guide
Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking
# WOODWORKING

## LEVEL 2

### Projects & Materials

**Youth Materials:**
- National 4-H Curriculum *Making the Cut, Level 2,* (#BU-06876)  
  
  
  2002
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
- National 4-H Curriculum *Woodworking Wonders Helper's Guide* (#BU-06879)  
  
  2003

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| In the member’s current Manual:  
  - Complete a minimum of 7 required/optional *Measuring Up* Achievement Program activities and 2 Leadership experiences each year.  
  - Complete all four steps of the *Measuring Up* Planning Guide—Project goals, Leadership experiences, project highlights and project review.  
  - Complete at least 21 of the required and optional activities within three years to complete this achievement program.  
  - Have your woodworking helper date and initial the activities as you complete them.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  
  Complete the following:  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book |  
  - ZSuites 4-H Project Record Book  
  - ZSuites 4-H Involvement Report  
  - One (1) item from the list below; select a different item to exhibit for the second and third year:  
    - A display of wood types (p.14).  
    - A tool box (p. 29).  
    - A bird house (p. 31).  
    - A sawhorse (p. 32).  
    - A wood whistle (p. 33).  
    - A foot stool (p. 34).  
    - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 11).  

**Note:** Exhibits must utilize only skills, tools, and techniques taught in this project book.

### County Requirements:
Check with your County Extension office for more information.

### Supporting Materials:
To order National 4-H Woodworking curriculum visit:  
https://shop4-h.org/products/woodworking-wonders-curriculum-2-making-the-cut  
Volunteer Guide:  
https://shop4-h.org/products/woodworking-wonders-curriculum helpers-guide  
Idaho 4-H Woodworking page:  
https://www.uidaho.edu/extension/4h/projects/woodworking
# Science & Technology

## WOODWORKING

### LEVEL 3

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Nailing It Together, Level 3</em> (#BU-06877)</td>
<td>• Complete a minimum of 7 required/optional <em>Measuring Up</em> Achievement Program activities and 2 Leadership experiences each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Complete all four steps of the <em>Measuring Up</em> Planning Guide—Project goals, Leadership experiences, project highlights and project review.</td>
<td>• One (1) item from the list below; select a different item to exhibit for the second and third year.</td>
</tr>
<tr>
<td></td>
<td>• Complete at least 21 of the required and optional activities within three years to complete this achievement program.</td>
<td>o A boomerang (p. 26).</td>
</tr>
<tr>
<td></td>
<td>• Have your woodworking helper date and initial the activities as you complete them.</td>
<td>o A belt buckle (p. 28).</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>o A simple puzzle (p. 30).</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>o A book shelf (p. 33).</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8).</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td><strong>Note:</strong> Exhibits must utilize only skills, tools, and techniques taught in this project book.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>County Requirements:</th>
<th>Check with your County Extension office for more information.</th>
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</table>

### Supporting Materials:

To order National 4-H Woodworking curriculum visit:  
https://shop4-h.org/products/woodworking-curriculum-3-nailing-it-together  
Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking

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### Science & Technology

#### WOODWORKING

**LEVEL 4**

**Rev. 09-20**

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum Finishing Up, Level 4 (#BU-06878)</td>
<td>• Complete a minimum of 7 required/optional Measuring Up Achievement Program activities and 2 Leadership experiences each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Complete all four steps of the Measuring Up Planning Guide—Project goals, Leadership experiences, project highlights and project review.</td>
<td></td>
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<td></td>
<td>• Complete at least 21 of the required and optional activities within three years to complete this achievement program.</td>
<td></td>
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<tr>
<td></td>
<td>• Have your woodworking helper date and initial the activities as you complete them.</td>
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<tr>
<td></td>
<td>➢ Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
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<tr>
<td></td>
<td>• One (1) item from the list below; select a different item to exhibit for the second and third year.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o A wood vehicle (p. 26).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o A tabletop hockey game (p. 28).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o A step stool or chair (p. 31).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o A toy dog (p. 33).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o A door knocker (p. 34).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8).</td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Exhibits must utilize only skills, tools, and techniques taught in this project book.

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**County Requirements:**
Check with your County Extension office for more information.

**Supporting Materials:**
To order National 4-H Woodworking curriculum visit:
[https://shop4-h.org/products/woodworking-wonders-curriculum-4-finishing-up](https://shop4-h.org/products/woodworking-wonders-curriculum-4-finishing-up)
Idaho 4-H Woodworking page: [https://www.uidaho.edu/extension/4h/projects/woodworking](https://www.uidaho.edu/extension/4h/projects/woodworking)
# SELF-DETERMINED PROJECTS

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NOTE: The Idaho 4-H Self-Determined project option is only available to youth 12-18 years of age. It is designed for members to explore appropriate educational interests in subject areas where either: (1) no Idaho-approved 4-H curriculum exists, or (2) members have completed all levels of the approved curriculum and desire to continue learning about that subject in greater depth. At no time shall it be used to substitute for currently approved Idaho 4-H curriculum. Furthermore, while supporting member’s creativity, for safety and liability reasons all proposed Self-Determined project plans must be submitted to local Extension 4-H Professional for review and approval, before members continue with their project. The Extension 4-H Professional may require plan modifications and/or deny approval of the proposed plan if they foresee potential safety issues or if it does not comply with the parameters set forth above. Because of inherent risk management issues, Self-Determined projects related to the 4-H Shooting Sports program are not permitted.

### Ages 12-18

**Youth Materials:**
  - 2020

**Volunteer Materials:**
  - 2020

- Obtain approval to do this project from your county 4-H professional
- Complete required activities in You Decide! Decision Making Guide for Self-Determined Projects (#91001) including a Project Report
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- ZSuites 4-H Involvement Report

- ZSuites 4-H Involvement Report
- Project report using one of the suggested methods and includes:
  - Your project idea
  - Goals you set
  - Methods used to meet goals
  - What you learned
  - Conclusion/Observation
  - Self-evaluation of project

### County Requirements:

Check with your County Extension office for more information.

**Support Materials:**
Idaho 4-H Self-Determined Projects page: [https://www.uidaho.edu/extension/4h/projects/self-determined](https://www.uidaho.edu/extension/4h/projects/self-determined)
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October 2020