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
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table of Contents</td>
<td>3</td>
</tr>
<tr>
<td>Citizenship and Civic Education</td>
<td>5</td>
</tr>
<tr>
<td>EXPLORING CITIZENSHIP, MY GOVERNMENT (KYG)</td>
<td>5</td>
</tr>
<tr>
<td>ADVANCED CITIZENSHIP</td>
<td>6</td>
</tr>
<tr>
<td>POWER OF THE PRESS</td>
<td>7</td>
</tr>
<tr>
<td>CITIZENSHIP WASHINGTON FOCUS (CWF)</td>
<td>8</td>
</tr>
<tr>
<td>Communication and Expressive Arts</td>
<td>9</td>
</tr>
<tr>
<td>DRAMA/THEATRE</td>
<td>9</td>
</tr>
<tr>
<td>LEATHERCRAFT</td>
<td>10</td>
</tr>
<tr>
<td>GET STARTED IN ART</td>
<td>13</td>
</tr>
<tr>
<td>ART</td>
<td>14</td>
</tr>
<tr>
<td>LATINO CULTURAL ARTS</td>
<td>16</td>
</tr>
<tr>
<td>HANDWORK FROM OUR HERITAGE</td>
<td>17</td>
</tr>
<tr>
<td>PHOTOGRAPHY</td>
<td>18</td>
</tr>
<tr>
<td>PUBLIC SPEAKING</td>
<td>21</td>
</tr>
<tr>
<td>Family and Consumer Science</td>
<td>24</td>
</tr>
<tr>
<td>CHILD DEVELOPMENT</td>
<td>24</td>
</tr>
<tr>
<td>SEW WOW</td>
<td>27</td>
</tr>
<tr>
<td>SEWING FOR FUN</td>
<td>28</td>
</tr>
<tr>
<td>SEWING EXPRESSIONS</td>
<td>29</td>
</tr>
<tr>
<td>STEAM CLOTHING FUNDAMENTALS</td>
<td>35</td>
</tr>
<tr>
<td>CROCHET</td>
<td>39</td>
</tr>
<tr>
<td>KNITTING</td>
<td>40</td>
</tr>
<tr>
<td>QUILTING</td>
<td>41</td>
</tr>
<tr>
<td>CONSUMER EDUCATION</td>
<td>42</td>
</tr>
<tr>
<td>Environmental Education</td>
<td>45</td>
</tr>
<tr>
<td>ECOLOGY</td>
<td>45</td>
</tr>
<tr>
<td>FORESTRY</td>
<td>46</td>
</tr>
<tr>
<td>GEOLOGY</td>
<td>47</td>
</tr>
<tr>
<td>WILDLIFE</td>
<td>50</td>
</tr>
<tr>
<td>SPORTFISHING</td>
<td>51</td>
</tr>
<tr>
<td>CROSS-COUNTRY SKIING</td>
<td>52</td>
</tr>
<tr>
<td>OUTDOOR ADVENTURES</td>
<td>53</td>
</tr>
<tr>
<td>SHOOTING SPORTS</td>
<td>54</td>
</tr>
<tr>
<td>Healthy Living</td>
<td>60</td>
</tr>
<tr>
<td>COOKING SERIES</td>
<td>60</td>
</tr>
<tr>
<td>DUTCH OVEN</td>
<td>64</td>
</tr>
<tr>
<td>BAKING</td>
<td>65</td>
</tr>
<tr>
<td>CAKE DECORATING</td>
<td>70</td>
</tr>
<tr>
<td>FOOD SCIENCE</td>
<td>73</td>
</tr>
<tr>
<td>WHAT’S ON YOUR PLATE SERIES</td>
<td>74</td>
</tr>
<tr>
<td>FOOD PRESERVATION</td>
<td>78</td>
</tr>
<tr>
<td>HEALTH &amp; FITNESS</td>
<td>82</td>
</tr>
<tr>
<td>GROUP HEALTH &amp; FITNESS</td>
<td>86</td>
</tr>
</tbody>
</table>
# Civic Engagement

## KYG

### Projects & Materials | Requirements | Exhibit Requirements
---|---|---
**Exploring Citizenship, My Government (KYG)**

**Grades 8-9**

**Youth Materials:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Judicial First Year Project Tip Sheet
- Judicial Second Year Project Tip Sheet
- Legislative First Year Tip Sheet
- Legislative Second Year Tip Sheet

**Volunteer Materials:**

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 Idaho 4-H Record Book (#91950)
6. Complete 4-H Involvement Report (#91910)

- 4-H Project Record Book (#91950) rev. 2015
- 4-H Involvement Report (#91910)
- Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002)
- 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 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 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

### ADVANCED CITIZENSHIP

#### Projects & Materials

**Advanced Citizenship**

**Youth Materials:**
- *Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005)*
- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*

**Volunteer Materials:**
- *Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005)*

#### Requirements

For 4-H Know Your Government Steering Committee: Legislator, Judge, Speaker of the House, and Justice

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 Advanced Citizenship Project Manual (#11005) and complete the required sections:
   - **Legislator:**
     - Bill Study
     - Parliamentary Procedure
     - Legislators Activities
   - **Speaker of the House:**
     - Parliamentary Procedure
     - Speaker of the House Activities
     - Course of the Bill
   - **Judge:**
     - Judicial Branch Study
     - Judges Activities
     - Laws Study
   - **Justice:**
     - Judicial Branch Study
     - Justice Activities
     - Interpretation Study
4. Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*

#### Exhibit Requirements

- *Advanced Citizenship, Idaho 4-H Know Your Government Planning Committee Project Book (#11005)*
- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*
- 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 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 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)
# POWER OF THE PRESS

## Projects & Materials

### Power of the Press

#### Youth Materials:
- *Power of the Press*
  - Idaho 4-H Know Your Government Steering Committee Project Manual (#11006)
- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)

#### Volunteer Materials:
- *Power of the Press*
  - Idaho 4-H Know Your Government Steering Committee Project Manual (#11006)

## Requirements

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:
   - **Reporters:**
     - Looking through the Windows
     - Freedoms & Limitations
     - Who am I?
     - News at its Source
   - **News Editor and Video Producer:**
     - 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:
- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)

## Exhibit Requirements

Binder with the following items:
- Power of the Press Project Manual (#11006)
- 4-H Project Record Book (#91950)
- 4-H Involvement report (#91910)
- 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 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 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

Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Exploring Citizenship, National Focus (CWF)** | For Citizenship-Washington Focus Delegates, ages 15 to 19 years.  
- Attend Citizenship-Washington Focus.  
- Upon returning from Citizenship-Washington Focus trip:  
  - 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.  
  - Give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project.  
 Complete the following:  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Annual Plan of Meetings & Activities (#91612) | • Citizenship Washington Focus Delegate Handbook  
• 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Annual Plan of Meetings and Activities (#91612)  
• A poster (14”x22”), or display illustrating something you learned in this project this year. |
| Ages 15 to 18 | **Youth Materials:** |  
- Citizenship Washington Focus Delegate Handbook (updated annually at [http://4-h.org/parents/citizenship-washington-focus/#resources](http://4-h.org/parents/citizenship-washington-focus/#resources))  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Annual Plan of Meetings and Activities (#91612) |  
**Volunteer Materials:** |  
- Citizenship Washington Focus Delegate Handbook (updated annually at [http://4-h.org/parents/citizenship-washington-focus/#resources](http://4-h.org/parents/citizenship-washington-focus/#resources))  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Annual Plan of Meetings & Activities (#91612) |  
**County Requirements:** | Check with your County Extension office for details. |  
**Support Materials:** |  
Idaho 4-H CWF page: [https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus](https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus)  
National 4-H CWF Website: [http://4-h.org/parents/citizenship-washington-focus/](http://4-h.org/parents/citizenship-washington-focus/) |
# Communication and Expressive Arts

## DRAMA/THEATRE

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spurrin’ the Words Cowboy Poetry</strong></td>
<td><strong>Youth Materials:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Montana State Manual <em>Spurrin’ the Words Member’s Manual</em> (#MSU 5308)</td>
<td><strong>4-H Project Record Book (#91950)</strong></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td><strong>Exhibits may include one of the following:</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Montana State Manual <em>Spurrin’ the Words Volunteer’s Guide</em> (#MSU 5309)</td>
<td>• Display for one or more original poems</td>
</tr>
<tr>
<td></td>
<td><strong>In the member’s Montana State Manual:</strong></td>
<td>• Educational display about some of the classic cowboy poets</td>
</tr>
<tr>
<td></td>
<td>• Complete the required activities in Sections 1-4</td>
<td>• Educational display about some of the back or Indian cowboys of the past</td>
</tr>
<tr>
<td></td>
<td>• Write at least 3 original poems composed of at least four-line stanzas</td>
<td>• Educational display about Western culture or history</td>
</tr>
<tr>
<td></td>
<td>• Demonstrate a specific rhyme pattern in your original verse</td>
<td>• Performance of your poems in exhibit buildings at special times</td>
</tr>
<tr>
<td></td>
<td>• Complete at least 3 of the additional activities listed on a page</td>
<td>• Performance of your poems as part of your annual 4-H achievement banquet</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (poem, speech, demonstration or illustrated talk) related to this project.</td>
<td>o Entertainment for donors or fair sponsors</td>
</tr>
<tr>
<td></td>
<td><strong>Complete the following:</strong></td>
<td>o Perform your own original poetry at local, regional or national “gatherings”</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>o Recite someone else’s cowboy verse at a public gathering</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

### 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>Leathercraft:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Leathercraft</td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Complete a rounder or square of tooled practice leather (3” x 4”).</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></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></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></td>
<td>• Learn how to transfer a design.</td>
<td><strong>Optional Exhibit:</strong></td>
</tr>
<tr>
<td></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></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></td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Optional:</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>• Learn to use stamps such as the alphabet, 3-D, etc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Learn to use a swivel knife.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Do basic edge lacing such as the whipstitch, running stitch, or hand stitching.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Leathercraft Supplement/Skills Checklist (#23102)</td>
<td></td>
</tr>
</tbody>
</table>

**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)
# LEATHERCRAFT

## INTERMEDIATE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leathercraft:</td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Intermediate</td>
<td>• Complete a rounder or square of tooled practice leather (3” x 4”).</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Choose three new skills to demonstrate in your project.</td>
<td>• Leathercraft Skills Checklist (#23102)</td>
</tr>
<tr>
<td>• Leathercraft</td>
<td>• Improve your skills from Unit 1 by learning to use 3 additional tools and stamps: beveler, veiner, pear shader, camouflage, backgrounder, seeder, and modeling tools.</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>Supplement/Skills</td>
<td>• Learn to carve by using a swivel knife.</td>
<td><strong>Optional Exhibit:</strong></td>
</tr>
<tr>
<td>Checklist (#23102)</td>
<td>• Learn lacing skills such as whipstitch, running stitch, handstitch, decorative stitches and splicing.</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>• ABC’s of Leathercraft (#23103)</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</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>• Leathercrafting</td>
<td>Optional:</td>
<td></td>
</tr>
<tr>
<td>(#23104)</td>
<td>• Learn to use rivets, eyelets, snaps, grommets, and clasps.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement</td>
<td>• Learn to apply leather dyes.</td>
<td></td>
</tr>
<tr>
<td>Report (#91910)</td>
<td>• Learn assembly skills: lining, skiving, folding, and creasing.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Leathercraft Supplement/Skills Checklist (#23102)</td>
<td></td>
</tr>
</tbody>
</table>

## 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)
# Leathercraft: Advanced

## Youth Materials:
- [Leathercraft Supplement/ Skills Checklist (#23102)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [ABC’s of Leathercraft (#23103)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [Leathercrafting (#23104)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [4-H Involvement Report (#91910)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [4-H Project Record Book (#91950)](https://www.uidaho.edu/extension/4h/projects/leathercraft)

## 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:
- [4-H Involvement Report (#91910)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [4-H Project Record Book (#91950)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [Leathercraft Supplement/ Skills Checklist (#23102)](https://www.uidaho.edu/extension/4h/projects/leathercraft)

## Exhibit Requirements:
- [4-H Project Record Book (#91950)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [4-H Involvement Report (#91910)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- [Leathercraft Supplement/ Skills Checklist (#23102)](https://www.uidaho.edu/extension/4h/projects/leathercraft)
- 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:
- 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
### GET STARTED IN ART

**Projects & Materials**

- **Youth Materials:**
  - *Get Started in Art,* (The Ohio State University Extension 4-H)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)
  - 4-H Critiquing-Reflecting-Learning Sheet
  - Large sketchbook, recommended (any brand)

- **Volunteer Materials:**
  - *How to Teach Art to Children,* Evan-Moor Publishing (EMC 760)
  - 4-H Art Helper Guide
  - 4-H Critiquing-Reflecting-Learning Sheet
  - 4-H Art Matrix

**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.

**Exhibit Requirements**

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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>Sketchbook Crossroads</strong></td>
<td>About the Project:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</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. Youth may work with an adult helper or independently. It consists of three units: Drawing, Fiber Arts and Sculpting.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• All the activities focus on teaching the elements and principles of design and encouraging the development of skills for a lifetime. The Brain Joggers test problem solving ability. Connections may be made locally through artistic community service or service learning opportunities. Youth knowledge is tested through cultural and historical art experiences that are interwoven throughout the activities. The learning indicators at the end of each activity help youth evaluate the learning process.</td>
<td>• Two completed original artworks.</td>
</tr>
<tr>
<td></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. Youth are encouraged to explore the Project Online connections and information to enhance the art experience.</td>
<td><strong>AND/OR</strong></td>
</tr>
<tr>
<td></td>
<td>In the member’s Manual:</td>
<td>• A poster (14”x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• Complete five activities from one unit</td>
<td><strong>Note:</strong> Attach a 4 x 6-inch index card to each artwork with the following information:</td>
</tr>
<tr>
<td></td>
<td>• Complete five activities from the three units OR</td>
<td>• Artist name, unit, activity, and title.</td>
</tr>
<tr>
<td></td>
<td>• 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>• Original artwork title, element of design used, principle of design used, and life skill.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• On the back of the card explain how you used these elements and principles in your artwork.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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

### Supporting Materials:
Idaho 4-H Sketchbook Crossroads page: https://www.uidaho.edu/extension/4h/projects/sketchbook-crossroads
To order National 4-H Curriculum visit: http://www.4-hmall.org/Product/creative-visual-arts/08140.aspx
# 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>Portfolio Pathways</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4HCCS Manuals</td>
<td>About the Project:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><em>Portfolio Pathways</em> (#23114)</td>
<td>• Portfolio Pathways is designed for middle through high school age youth</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>and may be used in a variety of youth development and academic settings.</td>
<td>• Two completed original artworks.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Youth may work with an adult helper or independently. It consists of three</td>
<td></td>
</tr>
<tr>
<td>• Recommended Materials: Elements &amp;</td>
<td>units: Painting, Printing and Graphic Design.</td>
<td></td>
</tr>
<tr>
<td>Principles Design Card (#23112)</td>
<td>All the activities focus on teaching the elements and principles of design</td>
<td></td>
</tr>
<tr>
<td></td>
<td>and encouraging the development of skills for a lifetime. The Brain</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Joggers test problem solving ability. Connections may be made locally</td>
<td></td>
</tr>
<tr>
<td></td>
<td>through artistic community service or service learning opportunities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Youth knowledge is tested through cultural and historical art experiences</td>
<td></td>
</tr>
<tr>
<td></td>
<td>that are interwoven throughout the activities. The learning indicators at</td>
<td></td>
</tr>
<tr>
<td></td>
<td>the end of each activity help youth evaluate the learning process.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Youth will be most successful and prepared when you are familiar with the</td>
<td></td>
</tr>
<tr>
<td></td>
<td>life skill, elements and principle of design, and background information</td>
<td></td>
</tr>
<tr>
<td></td>
<td>provided in each activity. Youth are encouraged to explore the *Project</td>
<td></td>
</tr>
<tr>
<td></td>
<td>In the member’s Manual:</td>
<td>Online* connections and information to enhance the art experience.</td>
</tr>
<tr>
<td>• Complete five activities from one</td>
<td></td>
<td></td>
</tr>
<tr>
<td>unit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Complete five activities from the</td>
<td></td>
<td></td>
</tr>
<tr>
<td>three units OR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Complete one activity five times</td>
<td></td>
<td></td>
</tr>
<tr>
<td>showing variation in the final artwork. A Brain Jogger is equal to one</td>
<td></td>
<td></td>
</tr>
<tr>
<td>activity. (Because art techniques</td>
<td></td>
<td></td>
</tr>
<tr>
<td>and skills require practice,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>patience and time, repeating a single</td>
<td></td>
<td></td>
</tr>
<tr>
<td>activity many times is acceptable.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Give an oral presentation (speech,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>demonstration or illustrated talk)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>related to this project.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4HCCS Manuals</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Portfolio Pathways</em> (#23114)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Elements &amp; Principles Design Card</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#23112)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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: [http://www.4-hmall.org/Product/creative-visual-arts/08141.aspx](http://www.4-hmall.org/Product/creative-visual-arts/08141.aspx)
# ¡Qué Rico! La Cultura – Latino Cultural Arts

## Projects & Materials

### Youth Materials:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Volunteer Materials:
- ¡Qué Rico! La Cultura – Latino Cultural Arts: Bilingual Group Activities for Youth K-8 (#BU-08180)

## 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:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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: [http://www.4-hmall.org/Category/latino-cultural-arts.aspx](http://www.4-hmall.org/Category/latino-cultural-arts.aspx)
HANDWORK FROM OUR HERITAGE

Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Handwork from Our Heritage</td>
<td>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:</td>
<td>4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Handwork From Our Heritage (#23120)</td>
<td>• Embroidery or Crewel</td>
<td>Report on background or history of the handwork art you chose. AND</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Specialty Embroidery</td>
<td>• Finished item(s) as listed in the exhibit requirements under the area and unit you chose.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Needlepoint</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Applique</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Rug Making</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Macramé</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Tole Painting</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Ceramics</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Beadwork</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Wheat Weaving</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Origami</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Dried Flower Art</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Alternatives</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Develop those skills necessary to accomplish your goals.</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• 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.</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• 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.</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Complete the specific unit requirements within the AREA chosen as a project.</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• Handwork From Our Heritage Volunteer’s Guide (#23122)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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
### Focus on Photography: Level 1

A beginning level project designed for youth with no prior experience in photography.

**Youth Materials:**
- National 4-H Curriculum Focus on Photography, Project Book and Photo journal, Level 1 (#23400)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
None

**Note:** This project may be taken more than one year, do not repeat activities or challenges you have already completed. Use the Challenges to enrich your project.

**Project Requirements:**
- Explore the four Project Areas: Equipment, Lighting, Composition, and Skill Building in the member manual (#23400).
- Complete at least seven (7) activities each year. Select activities in each of the four project areas listed above. Record progress in Step 1, p. 4. Complete the Photo Journal and Review Question sections throughout the manual for the activities selected.
- Complete two of the Organized Project Experiences each year, one of which will be to give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Each year complete one of the Leadership/Citizenship activities listed in Step 3.
- Complete a Project Review each year.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950) Record step 2 and step 3, “Project experiences and leadership/citizenship activities” in project record book.
- Member manual (#23400)

**Exhibit Requirements:** An album or three-ring binder containing the following items:
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Member manual (#23400)
- Photo journal pages from your project manual for the activities you completed, or your own album pages labeled with the activity title and techniques shown.
- 8x10 photo mounted on 11x14 board or matted with an 11x14 board

**Exhibit Instructions:**
Exhibit your required pictures in your project manual, a photo album or three-ring binder with heavy paper. The binder need not be fancy or expensive. It is used simply to keep all your photography materials in one neat, orderly place. You may decorate the binder or album cover as you wish.

**Note:** Photos should be printed on photographic paper. Do not crop or trim the photos when you mount them in your exhibit album, unless instructed to do so for an activity. Cropping or trimming photos can enhance a scrapbook or gift album, but uncropped photos are needed in your exhibit album to show your composition skills and techniques.

**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: [http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx](http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx)
Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
Controlling the Image: Level 2 | Film camera or digital camera with a flash and adjustable settings. | An album or three-ring binder containing the following items:
| Project Requirements: | • Explore the four Project Areas (Equipment, Lighting, Composition, and Skill Building) in the member manual (#23401). | • 4-H Project Record Book (#91950)
| | • Complete at least seven (7) activities each year. Select activities in each of the four project areas listed above. Record progress in Step 1, p. 4. Complete the Photo Journal and Review Question sections throughout the manual for the activities selected. | • 4-H Involvement Report (#91910)
| | • Complete two of the Organized Project Experiences each year, one of which will be to give an oral presentation (speech, demonstration or illustrated talk) related to this project. | • Member manual (#23401)
| | • Each year complete one of the Leadership/Citizenship activities listed in Step 3. | • Photo journal pages from your project manual for the activities you completed, or your own album pages labeled with the activity title and techniques shown.
| | • Complete a Project Review each year. | • 8x10 photo mounted on 11x14 board or matted with an 11x14 board

Complete the following:

• 4-H Involvement Report (#91910)
• 4-H Project Record Book (#91950) Record step 2 and step 3, “Project experiences and leadership/citizenship activities” in project record book.
• Member manual (#23401)

Note: Photos should be printed on photographic paper.

Do not crop or trim the photos when you mount them in your exhibit album, unless instructed to do so for an activity. Cropping or trimming photos can enhance a scrapbook or gift album, but uncropped photos are needed in your exhibit album to show your composition skills and techniques.

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: [http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx](http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx)
Communication and Expressive Arts
PHOTOGRAPHY
LEVEL 3

Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Mastering Photography: Level 3 | Film camera or digital camera with adjustable settings, a variety of interchangeable lenses, and filters that fit on those lenses. **Project Requirements:**  
- Explore the four Project Areas (Equipment, Lighting, Composition, and Skill Building) in the member manual (#23402).  
- Complete at least seven (7) activities each year. Select activities in each of the four project areas listed above. Record progress in Step 1, p. 4. Complete the Photo Journal and Review Question sections throughout the manual for the activities selected.  
- Complete two of the Organized Project Experiences each year, one of which will be to give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
- Each year complete one of the Leadership/Citizenship activities listed in Step 3.  
- Complete a Project Review each year. | An album or three-ring binder containing the following items:  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Member manual (#23402)  
- Photo journal pages from your project manual for the activities you completed, or your own album pages labeled with the activity title and techniques shown.  
- 8x10 photo mounted on 11x14 board or matted with an 11x14 board **Exhibit Instructions:** Exhibit your required pictures in your project manual, a photo album or three-ring binder with heavy paper. The binder need not be fancy or expensive. It is used simply to keep all your photography materials in one neat, orderly place. You may decorate the binder or album cover as you wish. **Note:** Photos should be printed on photographic paper.  
**Do not crop or trim the photos when you mount them in your exhibit album, unless instructed to do so for an activity.** Cropping or trimming photos can enhance a scrapbook or gift album, but uncropped photos are needed in your composition album to show your composition skills and techniques. |

| Youth Materials: | Complete the following:  
- **4-H Involvement Report (#91910)**  
- **4-H Project Record Book (#91950)** Record step 2 and step 3, “project experiences and leadership/citizenship activities” in project record book.  
- **Member manual (#23402)** |  |
|------------------|-----------------------------------------------|
| • National 4-H Curriculum Mastering Photography Project Book and Photo journal, Level 3 (#23402)  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | **Volunteer Materials:** None |
| **Note:** This project may be taken more than one year, do not repeat activities or challenges you have already completed. Use the Challenges to enrich your project. |  |

**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: [http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx](http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx)
## Communication and Expressive Arts

### PUBLIC SPEAKING

#### LEVEL 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Express Yourself Level 1; Grades 3-5** | In *Picking Up the Pieces* member manual:  
- Complete a minimum of 7 activities from the lessons and upgrades.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- 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. |
| **Youth Materials:** | Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- 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. |
| - National 4-H Curriculum *Picking Up the Pieces* (#08156) |  |  |
| - 4-H Involvement Report (#91910) |  |  |
| - 4-H Project Record Book (#91950) |  |  |
| **Volunteer Materials:** |  |  |
| - National 4-H Curriculum *Express Yourself: Communications Helper’s Guide* (#08159) |  |  |
| - Communications Toolkit (#4H1560) |  |  |

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

**Support Materials:**
Idaho 4-H Express Yourself page: [https://www.uidaho.edu/extension/4h/projects/express-yourself](https://www.uidaho.edu/extension/4h/projects/express-yourself)
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/communication-books.aspx](http://www.4-hmall.org/Category/communication-books.aspx)
## Communication and Expressive Arts

### PUBLIC SPEAKING

#### LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Express Yourself:</strong> Level 2</td>
<td><strong>In <em>Putting it Together</em> member manual:</strong></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Grades 6-8</strong></td>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project. <strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned this year.</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Putting it Together</em> (#08157)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Express Yourself: Communications Helper’s Guide</em> (#08159)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Communications Toolkit (#4H1560)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### Support Materials:
Idaho 4-H Express Yourself page: [https://www.uidaho.edu/extension/4h/projects/express-yourself](https://www.uidaho.edu/extension/4h/projects/express-yourself)
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/communication-books.aspx](http://www.4-hmall.org/Category/communication-books.aspx)
# Communication and Expressive Arts

## PUBLIC SPEAKING

### LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Express Yourself:** | In *The Perfect Fit* member manual:  
  - Complete a minimum of 7 activities from the lessons and upgrades.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | **•** 4-H Project Record Book (#91950)  
**•** 4-H Involvement Report (#91910)  
**•** A poster (14”x22”) or display illustrating a skill or skills learned in this project. |
| **Level 3** | Complete the following:  
  - 4-H Involvement Report (#91910)  
  - 4-H Project Record Book (#91950) | **OR**  
**•** A scrapbook, portfolio or journal notebook showing activities and skills learned this year. |
| **Grades 9-12** | | |
| **Youth Materials:** | | |
| - National 4-H Curriculum  
*The Perfect Fit* (#08158) | | |
| - 4-H Involvement Report (#91910) | | |
| - 4-H Project Record Book (#91950) | | |
| **Volunteer Materials:** | | |
| - National 4-H Curriculum  
*Express Yourself: Communications Helpers Guide* (#08159) | | |
| **County Requirements:** | Check with your County Extension office for details. | |
| **Support Materials:** | Idaho 4-H Express Yourself page: [https://www.uidaho.edu(extension/4h/projects/express-yourself](https://www.uidaho.edu/extension/4h/projects/express-yourself)  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/communication-books.aspx](http://www.4-hmall.org/Category/communication-books.aspx) | |
# Child Development

## Level 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Growing on My Own** | 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. | - Exhibiting at the Fair is optional and non-competitive.  
- Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual.  
- The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required.  
- A participation ribbon or similar recognition may be given. |
| **Youth Materials:** | | |
| • National 4-H Curriculum  
*Growing On My Own, Step 1 (#08075)* | | |
| **Volunteer Materials:** | | |
| • National 4-H Curriculum  
*Growing All Together Helper’s Guide* (#08078) | | |

**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)  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx](http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx)
## Table of Contents

**Family and Consumer Science**  
**CHILD DEVELOPMENT**  
**LEVEL 2**  
Rev. 09-18

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Growing with Others** | *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:*  
  - 4-H Involvement Report (#91910)  
  - 4-H Project Record Book (#91950) | *4-H Project Record Book (#91950)*  
*4-H Involvement Report (#91910)*  
*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. |

| Youth Materials: |  
- National 4-H Curriculum  
  *Growing with Others, Step 2 (#08076)*  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
| Volunteer Materials: |  
- National 4-H Curriculum  
  *Growing All Together Helper’s Guide (#08078)* |  

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

| Support Materials: |  
Idaho 4-H Child Development page: [https://www.uidaho.edu/extension/4h/projects/child-development](https://www.uidaho.edu/extension/4h/projects/child-development)  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx](http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx) |
# Table of Contents

## CHILD DEVELOPMENT

### LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Growing in Communities</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>Complete a minimum of 7 required/optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>Finish at least 21 of the required and optional activities within 3 years to</td>
<td>• Member portfolio containing items created/accomplished during this year’s project.</td>
</tr>
<tr>
<td></td>
<td>pass each book.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Have your project helper date (month and year) and initial each activity when it is</td>
<td></td>
</tr>
<tr>
<td></td>
<td>finished.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Develop a portfolio of notes drawings, picture and other things created.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related</td>
<td></td>
</tr>
<tr>
<td></td>
<td>to this project.</td>
<td></td>
</tr>
<tr>
<td>Volunteeer Materials:</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Note: Exhibits should utilize only skills, tools, and techniques taught in</td>
<td></td>
</tr>
<tr>
<td></td>
<td>this project book or previous levels.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>County Requirements:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Check with your County Extension office for details.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx">http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx</a></td>
<td></td>
</tr>
<tr>
<td>Optional Supporting Materials:</td>
<td>Worksheets available under the Resources Button at: <a href="http://cfmtest.uwex.edu/ces/4hccs/index.html">http://cfmtest.uwex.edu/ces/4hccs/index.html</a></td>
<td></td>
</tr>
</tbody>
</table>

---

26
# CLOTHING & TEXTILE

## SEW WOW

### “Sew Wow”, Unit 5: Skill Level - Advanced

#### Youth Materials:
- “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

#### Volunteer Materials:
- Reader’s Digest Complete Guide to Sewing

#### In the Member’s Manual:
- Choose one focus area for your project.
- Complete at least 1 of the “General Advanced Activities” each year.
- Learn about two “in-depth Study Topics” for the selected focus area each year.
- Construct two small or one large clothing item using appropriate fabric with required advanced constructions skills from focus area.
  - Area A – Active/Sports Wear
  - Area B – Outdoor Wear
  - Area C – Western Wear
  - Area D – Formal Apparel
  - Area E – Embellished Apparel
  - Area F – Tailored Apparel
  - Area G – Pattern Your Own

- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

#### Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

#### Exhibit Requirements:
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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.

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

#### Support Materials:
Idaho 4-H Sew Wow page (and to download Sew Wow) visit: [https://www.uidaho.edu/extension/4h/projects/sew-wow](https://www.uidaho.edu/extension/4h/projects/sew-wow)

#### Optional Supporting Materials:
Web:
- Textile and Clothing Links from Ohio State University [http://ohioline.osu.edu/lines/home.html](http://ohioline.osu.edu/lines/home.html)
- FibreArts Online Educational Resources [www.fibreartsonline.com/fac/sew/education.htm#Kids](http://www.fibreartsonline.com/fac/sew/education.htm#Kids)
- New York State 4-H Resources Directory [nys4h.cce.cornell.edu](http://nys4h.cce.cornell.edu)
- University of Kentucky Family & Consumer Sciences Extension [www.ca.uky.edu/hes/fcs/newagent/](http://www.ca.uky.edu/hes/fcs/newagent/)
### CLOTHING & TEXTILE

#### SEWING FOR FUN

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sewing For Fun</strong></td>
<td>In the member’s Activity Book:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Skill Level – Beginner</td>
<td>• Learn to use a sewing machine and/or a serger.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Suggested 2 year project</td>
<td>• Learn to sew on woven or knit fabric.</td>
<td>• Sew For Fun Skills Checklist</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete 25 of the skills listed on the sewing skills checklist each year.</td>
<td>• Display an item from the sewing for fun packet such as:</td>
</tr>
<tr>
<td>• <em>Sewing For Fun</em> <em>(4H167)</em></td>
<td>• Develop these three basic constructions skills:</td>
<td>o Needle book</td>
</tr>
<tr>
<td>• <em>Sewing Skills Checklist Sew For Fun</em></td>
<td>➢ Straight seams,</td>
<td>o Square pin cushion</td>
</tr>
<tr>
<td>• <em>4-H Involvement Report</em> <em>(91910)</em></td>
<td>➢ Sew square and/or curved corners</td>
<td>o Pillow stripes</td>
</tr>
<tr>
<td>• <em>4-H Project Record Book</em> <em>(#91950)</em></td>
<td>➢ Use plain finish on seams</td>
<td>o Patchwork pillow</td>
</tr>
<tr>
<td>• <em>Sewing For Fun Packet</em> <em>(4H169)</em></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>o Pillowback with envelope closure</td>
</tr>
<tr>
<td>• <em>Sewing For Fun Supplements</em></td>
<td>Complete the following:</td>
<td>o Tote bag</td>
</tr>
<tr>
<td><strong>Volunteers Materials:</strong></td>
<td>• <em>4-H Involvement Report</em> <em>(#91910)</em></td>
<td>o Laundry bag</td>
</tr>
<tr>
<td>• <em>Sewing For Fun Volunteer’s Guide</em> <em>(4H168)</em></td>
<td>• <em>4-H Project Record Book</em> <em>(#91950)</em></td>
<td>o Diagonal Patchwork pillow</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Railfence pillow</td>
</tr>
</tbody>
</table>

#### 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:
# FAMILY AND CONSUMER SCIENCE

## SEWING

### EXPRESSIONS

### LEVEL 1 – REC.BOOK

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Under Construction, Level 1** Record Book Version | - In the member’s current Manual:  
  - Complete at least 7 required and optional activities each 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 Under Construction 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. | - 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Under Construction Skills Checklist  
- Display one clothing item including at least three new sewing skills learned in each year of taking this project OR  
- 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 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 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. |

### Youth Materials:  
- National 4-H Curriculum Under Construction, Level 1 (#32081)  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
- Under Construction Skills Checklist  

### Volunteer Materials:  
- National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)  

### 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:  
http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx  

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

**LEVEL 1 - PORTFOLIO**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Under Construction, Level 1 Portfolio Version | In the member’s current Manual:  
- Complete at least 7 activities, record findings and put samples in the Idaho 4-H Clothing Construction Portfolio  
- Complete at least 10-12 skills each year from the Under Construction 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.  
Complete the following:  
- 4-H Involvement Report (#91910)  
- Idaho 4-H Clothing Construction Portfolio  
- Under Construction Skills Checklist  
| • Idaho 4-H Clothing Construction Portfolio  
• 4-H Involvement Report (#91910)  
• Under Construction Skills Checklist  
• Display one clothing item including at least three new sewing skills learned in each year of taking this project  
OR  
• 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  
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 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: When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members. |

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

**Support Materials:**  
Idaho 4-H Sewing Expressions page (to download the Skills Checklist and Idaho 4-H Clothing Construction Portfolio): [https://www.uidaho.edu/extension/4h/projects/sewing-expressions](https://www.uidaho.edu/extension/4h/projects/sewing-expressions)
# SEWING
## EXPRESSIONS
### LEVEL 2 – REC. BOOK

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fashion Forward, Level 2, Intermediate</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Record Book Version</strong></td>
<td>• Complete at least 7 required and optional activities each project year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Have your project helper date (month/year) and initial each activity when it is finished.</td>
<td>• Fashion Forward Skills Checklist</td>
</tr>
<tr>
<td></td>
<td>• Complete at least 10-12 skills each year from the Fashion Forward Skills Checklist</td>
<td>• Display a garment or outfit that including at least three new sewing skills learned in each year of taking this project</td>
</tr>
<tr>
<td></td>
<td>• Have project helper date and sign each skill from the skills checklist when completed.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>• Complete at least 4 “Before and After – What do you know?” statements</td>
<td>• One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project</td>
</tr>
<tr>
<td></td>
<td>(Page 3 of manual) each project year.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year.</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><strong>The following are examples of items you could make and exhibit in this project:</strong></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>Clothing:</strong></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• A skirt with darts/waistband, blouse with buttons/buttonholes, lined vest, vest with collar, blouse with collar and cuffs, dress with zipper or other clothing items.</td>
</tr>
<tr>
<td></td>
<td>• Fashion Forward Skills Checklist</td>
<td><strong>Non-clothing:</strong></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A sewing or locker organizer, decorative pillow, windsock with decorative stitches, backpacks/duffle bags/fanny pack with zipper, box edge pillow, curtains with scalloped or tab-top heading or other non-clothing item(s).</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Fashion Forward Skills Checklist</td>
<td></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: http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx
# Family and Consumer Science

## SEWING EXPRESSIONS

### LEVEL 2 - PORTFOLIO

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Fashion Forward, Level 2, Intermediate Portfolio Version** | In the member’s current Manual:  
- Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.  
- Complete at least 10-12 skills each year from the Fashion Forward 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.  

**Complete the following:**  
- 4-H Involvement Report (#91910)  
- Idaho 4-H Clothing Construction Portfolio  
- Fashion Forward Skills Checklist  

**Note:** When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members. | Idaho 4-H Clothing Construction Portfolio  
4-H Involvement Report (#91910)  
Fashion Forward 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.  
The following are examples of items you could make and exhibit in this project:  
**Clothing:**  
- A skirt with darts/waistband, blouse with buttons/buttonholes, lined vest, vest with collar, blouse with collar and cuffs, dress with zipper or other clothing items.  
**Non-clothing:**  
- A sewing or locker organizer, decorative pillow, windsock with decorative stitches, backpacks/duffle bags/fanny pack with zipper, box edge pillow, curtains with scalloped or tab-top heading or other non-clothing item(s). |

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Volunteer Materials:</th>
<th>County Requirements:</th>
</tr>
</thead>
</table>
| • National 4-H Curriculum  
*Fashion Forward, Level 2 (#32082)*  
• 4-H Involvement Report (#91910)  
• Idaho 4-H Clothing Construction Portfolio  
• Fashion Forward Skills Checklist | • National 4-H Curriculum  
*Sewing Expressions Helper’s Guide (#32084)* | Check with your County Extension office for details. |

| Support Materials: | | |
|-------------------| | Idaho 4-H Sewing Expressions page (and to download the *Fashion Forward Skills Checklist* and *Idaho 4-H Clothing Construction Portfolio*: [https://www.uidaho.edu/extension/4h/projects/sewing-expressions](https://www.uidaho.edu/extension/4h/projects/sewing-expressions) |
# Family and Consumer Sciences

## SEWING EXPRESSIONS

### LEVEL 3 – REC. BOOK

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Refine Design, Level 3, Advanced Record Book Version | 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. | 4-H Project Record Book (#91950)  
4-H Involvement Report (#91910)  
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. |

### Youth Materials:
- National 4-H Curriculum Refine Design, (#32083) Level 3 (Order from 4HCCS)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Refine Design Skills Checklist
- Supplemental Skills Checklist Sheet

### Volunteer Materials:
- National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)
- Supplemental Skills Checklist Sheet

### Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- 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: [http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx](http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx)
# Family and Consumer Sciences

## SEWING

### EXPRESSIONS

#### LEVEL 3 - PORTFOLIO

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Refine Design, Level 3, Advanced | In the member’s current Manual:  
- Complete at least 7 activities and record findings and put samples in Idaho 4-H Clothing Construction Portfolio  
- 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. |  
- Idaho 4-H Clothing Construction Portfolio  
- 4-H Involvement Report (#91910)  
- 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. The following are examples of items you could make and exhibit in this project:  
**Clothing:**  
- Pants or skirt with flat felled seam (mock/regular), dress or skirt with lining, garment sewn with special fabric, lingerie, create your own pattern, tailored jacket, lined jacket, outdoor/action wear.  
**Non-clothing:**  
- Pleated or gathered drapery, bedspread, lined drapery or curtain, furniture slip cover, create your own fabric, embellished household item, purse, or other non-clothing item(s). |

**Volunteer Materials:**  
- National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)  
- Supplemental Skills Checklist Sheet  

**Note:** When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members.

### 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, the Supplemental Skills Checklist Sheet, and Idaho 4-H Clothing Construction Portfolio):  
[https://www.uidaho.edu/extension/4h/projects/sewing-expressions](https://www.uidaho.edu/extension/4h/projects/sewing-expressions)
# STEAM Clothing Fundamentals LEVEL 1

## Projects & Materials

### STEAM Clothing 1 Fundamentals

**Ages 8-10**

**Youth Materials:**
- STEAM Clothing 1 Fundamentals (#UN-L 4H2210)
- STEAM Clothing: Maker’s Guide (#UN-L 4H2240)
- 4-H Involvement Report (#91910)
- 4-H Clothing Construction Portfolio
- Fundamentals Skills Checklist

**Volunteer Materials:**
- STEAM Clothing 1 Fundamentals
- STEAM Clothing Maker’s Guide

## Requirements

Using the STEAM Clothing 1 Fundamentals manual:
- Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.
- 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:
- 4-H Involvement Report (#91910)
- 4-H Clothing Construction Portfolio
- Fundamentals Skills Checklist

**Note:** When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members.

## Exhibit Requirements

- 4-H Clothing Construction Portfolio
- 4-H Involvement Report (#91910)
- Fundamentals Skills Checklist
- Display one item that includes at least three new sewing skills learned in each year of taking this project
- 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

## 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 and Idaho 4-H Clothing Construction Portfolio): [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 Fundamentals

### LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| STEAM Clothing 2 Simply Sewing | Using the STEAM Clothing 2 Simply Sewing manual:  
- Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.  
- Complete at least 10 skills each year from the Simply Sewing 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:  
- 4-H Involvement Report (#91910)  
- 4-H Clothing Construction Portfolio  
- Simply Sewing Skills Checklist | - 4-H Clothing Construction Portfolio  
- 4-H Involvement Report (#91910)  
- Simply Sewing Skills Checklist  
- 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 |
| Youth Materials: | Note: When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members. | The following are examples of items you could make and exhibit for this project:  
- A skirt or dress with a zipper  
- A skirt or pants with a simple waistband  
- A blouse with buttons/buttonholes  
- A blouse with cuffs and collar  
- Non-clothing options: Decorative pillow, windsock with decorative stitches, backpacks/duffle bag with zipper, box edge pillow, curtains with scallops or tab top heading |
| - STEAM Clothing 2 Simply Sewing (#UN-L 4H2220D) | | |
| - STEAM Clothing: Maker’s Guide (UN-L 4H2240) | | |
| - 4-H Involvement Report (#91910) | | |
| - 4-H Clothing Construction Portfolio | | |
| - Simply Sewing Skills Checklist | | |
| Volunteer Materials: | | |
| - STEAM Clothing 2 Simply Sewing | | |
| - STEAM Clothing Maker’s Guide | | |
| County Requirements: | | |
| Check with your County Extension Office for details. | | |
| Support Materials: | | |
| Idaho 4-H STEAM Clothing Fundamentals page (and to download the Simply Sewing Skills Checklist and Idaho 4-H Clothing Construction Portfolio): 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 Fundamentals
### LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEAM Clothing 3 A Stitch Further</td>
<td>Using the STEAM Clothing 3 A Stitch Further manual:</td>
<td>• 4-H Clothing Construction Portfolio</td>
</tr>
<tr>
<td>Ages 12 and up</td>
<td>• Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Youth Materials: STEAM Clothing 3 A Stitch</td>
<td>• Complete at least 10 skills each year from the A Stitch Further Skills Checklist</td>
<td>• A Stitch Further Checklist</td>
</tr>
<tr>
<td>Further (#UN-L 4H2230D)</td>
<td>• Have project helper date and sign each skill from the skills checklist</td>
<td>• Display one item that includes at least three new sewing skills learned in each year of taking this project</td>
</tr>
<tr>
<td>4-H Involvement Report (#91910)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td>OR</td>
</tr>
<tr>
<td>4-H Clothing Construction Portfolio</td>
<td>Complete the following:</td>
<td>• A display or a poster (14” x 22”) illustrating something learned in this project year</td>
</tr>
<tr>
<td>A Stitch Further Checklist</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials: STEAM Clothing 3 A Stitch</td>
<td>• 4-H Clothing Construction Portfolio</td>
<td>The following are examples of items you could make and exhibit for this project:</td>
</tr>
<tr>
<td>Further</td>
<td>• A Stitch Further Skills Checklist</td>
<td>• Pants or skirt with flat felled seam</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Dress or skirt with lining</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Garment sewn with special fabric</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Tailored jacket</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Non-clothing options: Pleated or gathered grapery, bedspread, lined drapery or curtain, furniture slipcovers</td>
</tr>
</tbody>
</table>

**Note:** When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members.

### 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 and Idaho 4-H Clothing Construction Portfolio): [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 Fundamentals
## LEVEL 4

### Projects & Materials

**STEAM Clothing Beyond the Needle**
- Youth Materials:
  - *STEAM Clothing Beyond the Needle* (#UN-L 4H2250D)
  - 4-H Involvement Report (#91910)
  - 4-H Clothing Construction Portfolio
  - Beyond the Needle Skills Checklist

**Volunteer Materials:**
- *STEAM Clothing Beyond the Needle*

### Requirements

- Using the STEAM Clothing Beyond the Needle manual:
  - Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.
  - 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:
  - 4-H Involvement Report (#91910)
  - 4-H Clothing Construction Portfolio
  - Beyond the Needle Skills Checklist

**Note:** When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members.

### Exhibit Requirements

- 4-H Clothing Construction Portfolio
- 4-H Involvement Report (#91910)
- Beyond the Needle Skills Checklist
- 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 and Idaho 4-H Clothing Construction Portfolio): [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)
# CROCHET

## Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Crochet Project Guide and Requirements (#32018)</td>
<td>None</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

## 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

Complete the following:

- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

## 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)
# KNITTING

**Projects & Materials**

**Youth Materials:**
- *Knitting, Member’s Guide and Project Requirements* (#32023)
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

**Volunteer Materials:**
None

**Requirements**

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:**

1. Beginning Level A – learn how to cast on, knit and purl, and bind off.
2. Beginning Level B – learn basic stitch combinations, stockinette, garter, ribbing, increasing and decreasing.
3. Intermediate Level A – learn how to make buttonholes, pick up stitches, and knit on circular needles.
4. Intermediate Level B – learn how to knit pattern stitches.
5. Advanced Level A – learn to knit using multicolor techniques.
6. Advanced Level B – learn advanced knitting techniques by selecting one of seven project focus areas.

- Give an oral presentation (demonstration, speech or illustrated talk) related to this project.

Complete the following:

- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

**Exhibit Requirements**

- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)
- Beginning Level A & B, exhibit at least one item you have made using skills learned in your project level.
- Intermediate Level A & B, exhibit two small OR one large item you have made using the skills learned in your project level.
- Include in your record book the yarn content (example: 50% cotton/50% polyester) and care of your yarn.

**Optional:** You might want to include a sample of skills learned that are not included in your exhibit.

### 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**

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• <strong>Quilt Quest, (CD)</strong></td>
<td>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.</td>
</tr>
<tr>
<td>• <strong>Project Block (CDs), select one</strong></td>
<td></td>
</tr>
<tr>
<td>• <strong>Quilt Quest Activities Checklist</strong></td>
<td></td>
</tr>
<tr>
<td>• <strong>4-H Involvement Report (#91910)</strong></td>
<td></td>
</tr>
<tr>
<td>• <strong>4-H Project Record Book (#91950)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
</tr>
<tr>
<td>• <strong>Quilt Quest, (CD)</strong></td>
<td></td>
</tr>
<tr>
<td>• <strong>Project Block (CDs)</strong></td>
<td></td>
</tr>
<tr>
<td>o <strong>Project Block 1, Creative Corners</strong></td>
<td>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.</td>
</tr>
<tr>
<td>o <strong>Project Block 2, Terrific Triangles</strong></td>
<td>Complete at least five activities each year from the Quilt Quest Activities Checklist</td>
</tr>
<tr>
<td>o <strong>Project Block 3, Fantastic Fabrics</strong></td>
<td>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.</td>
</tr>
<tr>
<td>o <strong>Project Block 4, Perfect Paper Piecing</strong></td>
<td>Keep an Idea Book each year documenting your activities, drawings, design ideas, fabric samples, etc.</td>
</tr>
<tr>
<td>o <strong>Project Block 5, Elegant Embellishments</strong></td>
<td>Give an oral presentation (demonstration, speech or illustrated talk) related to this project.</td>
</tr>
<tr>
<td>o <strong>Project Block 6, Amazing Applique</strong></td>
<td>Recommended but not required – Use the Quilt Planning sheet from Chapter 1 to plan your quilt projects each year.</td>
</tr>
<tr>
<td>o <strong>Project Block 7, Outstanding Options</strong></td>
<td>Complete the following:</td>
</tr>
<tr>
<td>o <strong>Project Block 8, Wonderful Windows</strong></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Quilt Quest Activities Checklist</td>
</tr>
</tbody>
</table>

**Exhibit Requirements**

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Quilt Quest Activities Checklist
- Exhibit one quilt OR two small quilted items you have sewn and quilted.
- Include in the exhibit your Idea Book with activities, drawings, sketches, photographs, test blocks, design ideas, planning sheets, fabric samples, etc.

**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)
### Projects & Materials

<table>
<thead>
<tr>
<th>Consumer Savvy, Level 1: The Consumer in Me</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
</tr>
<tr>
<td><em>The Consumer in Me, Level 1</em> (#08030)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum</td>
</tr>
<tr>
<td><em>Consumer Group Activity Guide</em> (#08033)</td>
</tr>
</tbody>
</table>

### 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:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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 Consume Savvy page: [https://www.uidaho.edu/extension/4h/projects/consumer-savvy](https://www.uidaho.edu/extension/4h/projects/consumer-savvy)

To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx](http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx)
## Consumer Education Level 2

### Projects & Materials

**Consumer Savvy, Level 2: Consumer wise**

**Youth Materials:**
- National 4-H Curriculum Consumer Wise, Level 2 (#08031)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum Consumer Group Activity Guide (#08033)

### Requirements

- **In the member’s current Manual:**
  - 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:**
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A poster (14” x 22”), or display illustrating something you learned in this project this year.

**Example:** personal values shield, a chart that shows comparison shopping information, create an advertisement for a product

### 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 purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx](http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx)
### Projects & Materials

<table>
<thead>
<tr>
<th>Consumer Savvy, Level 3: Consumer Roadmap</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum Consumer Roadmap, Level 3 (#08032)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum Consumer Group Activity Guide (#08033)</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 seven of the required activities and two Savvy Challenges each project year.</td>
</tr>
<tr>
<td>• Complete at least 21 activities within three years to complete the Consumer Roadmap Achievement Program.</td>
</tr>
<tr>
<td>• Have your project helper date and initial each activity as you complete it.</td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• A poster (14” x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
</tbody>
</table>

**Example:** a research report on another country’s economic system, advertising slogans, a complaint letter

### 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 purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx](http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx)
# ECOLOGY

## Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National 4-H Curriculum</strong>&lt;br&gt;Exploring Your Environment-Earth’s Capacity (#08411)&lt;br&gt;Exploring Your Environment-Ecosystems Services (#08410)&lt;br&gt;4-H Involvement Report (#91910)&lt;br&gt;4-H Project Record Book (#91950)</td>
<td><strong>National 4-H Curriculum</strong>&lt;br&gt;Exploring your Environment, Facilitator’s Guide (#08412)</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:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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: [http://www.4-hmall.org/Category/4-hcurriculum-exploring-your-environment.aspx](http://www.4-hmall.org/Category/4-hcurriculum-exploring-your-environment.aspx)

## Optional Supporting Materials:

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

### Projects & Materials

#### Forestry

**Youth Materials:**
- National 4-H Curriculum
  - *Follow the Path, Level 1* (#08038)
  - *Reach for the Canopy, Level 2* (#08039)
  - *Explore the Deep Woods, Level 3* (#08040)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum
  - *Forestry Helper’s Guide* (#08041)

### Requirements

**In the current member Manual:**
- Complete a minimum of 6 required activities each year (see pg. 4).
- Finish at least 20 of the required and optional activities within 3 years to complete that level.
- 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:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A poster (14” x 22”), or display illustrating something you learned in this project this year.

*Note:* Exhibits should utilize only skills, tools, and/or techniques taught in the current member manual or previous levels.

### 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: [http://www.4-hmall.org/Category/4-hcurriculum-forestry.aspx](http://www.4-hmall.org/Category/4-hcurriculum-forestry.aspx)
# Table of Contents

## GEOLOGY

### Projects & Materials

- **Youth Materials:**
  - Geology, Level 1 (#PU 4-H-985)
  - Geology, Level 2 (#PU 4-H-986)
  - Geology, Level 3 (#PU 4-H-987)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

- **Volunteer Materials:**
  - Geology, Helper’s Guide (#PU 4H-988-W)

### Requirements

In the member’s current project Manual:
- Complete a minimum of (6) six required activities and/or journal corners each year.
- 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.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Any supplemental forms required at the county level.

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Display a poster or exhibit box based on one of the following activities:
  - **Level 1:**
    - The Rock Cycle – explain the rock cycle in both pictures and words.
    - Rock Types – display rocks from the three major types: igneous, sedimentary, and metamorphic.
    - Earth Processes – color and display the picture in your book or draw and color your own on your poster. Briefly describe the earth processes that are shown.
    - Rock Artwork – display your rock artwork and the story that you created.
    - Collections – display 6 rocks.
    - Making Crystal Models – display the crystal forms characteristic of most minerals (cubic, tetragonal, hexagonal, orthorhombic, monoclinic, triclinic) in a display box with their name and mineral in this form. You may paint, color or use markers on your crystal models.
    - Molds and Casts – display three molds and/or casts in a display box. Describe the steps that you followed to create a mold or cast.
    - Other suitable exhibit approved by your County Extension Office.

---

See page 48 for information to obtain Support Materials.
Level 2:

- Rocks with Different Textures – identify and display six rocks with three different textures (two rocks of each general type). Include three grades of sandpaper and show how the differences in sandpaper are similar to the differences in rock texture.

- Mineral Properties and Tests – explain the characteristics: crystal form, cleavage, hardness, appearance and streak. Explain tests used in identifying specimens. Examples you might include are streak, acid, hardness, chemical analysis, and specific gravity.

- How We Use Minerals – Show 10 common products that contain minerals. Explain the minerals that are contained in these products and the characteristics that make them useful.

- Geologic Time – Create a display to show the major geologic eras. Indicate the names, specific features, and approximately length of each.

- Field Trip – Describe a geology field trip that you took. Describe where you went and what you learned. Include photographs (if possible) or sketch what you saw.

- Collections – Display and identify one of the following: 8-16 minerals, fossils, or 4-8 of each (half minerals and half fossils). You may exhibit a new collection in subsequent years, but not one you have already exhibited.

- Other suitable exhibit approved by your County Extension Office.
### Level 3:

- **Geology Research:** Prepare a display to teach others about the topic you studied. Include an appropriate title, abstract (brief description of your topic) and photographs, drawings, charts, or graphs to help explain your topic. This activity may be repeated if a new topic is chosen in subsequent years.
- **Lapidary and Jewelry:** Show how stones and minerals are turned into polished stones and jewelry. Show and explain the steps involved.
- **Miniatures:** Display five miniatures in a display box and explain the benefits of collecting miniatures and how they are prepared.
- **Idaho’s State Parks and Forests:** Create a matching game of Idaho’s State Parks or Forests and a brief description.
- **Idaho, U.S. or World Geology:** Teach others about one Idaho, U.S. or World Geology topic through a poster.
- **Career Exploration:** Prepare a display that explains your interview with someone who needs an understanding of geology to do their job.
- **Other suitable exhibit approved by your County Extension Office.**

### 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 Purdue University Extension manuals and download the Helper’s guide visit: [https://mdc.itap.purdue.edu/subcategory.asp?subCatID=362&CatID=16](https://mdc.itap.purdue.edu/subcategory.asp?subCatID=362&CatID=16)

Further project information visit: [https://mdc.itap.purdue.edu/subcategory.asp?subCatID=362&CatID=16](https://mdc.itap.purdue.edu/subcategory.asp?subCatID=362&CatID=16)

### Optional Supporting Materials:

- Websites for Geology Project tipsheet at [https://www.uidaho.edu/extension/4h/projects/geology](https://www.uidaho.edu/extension/4h/projects/geology)
## WILDLIFE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wildlife</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Complete at least 5 activities (found under Table of Contents, Chapter headings in member manuals) each year for your respective Level (1, 2, 3).</td>
<td>4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• <em>Wildlife Science 1, (#PU 4-H-1044)</em></td>
<td>Record the completed activity name, date and short description of what you learned, in the Project Activity log of your 4-H Project Record Book (#91950).</td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• <em>Wildlife Science 2, (#PU 4-H-1046)</em></td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• <em>Wildlife Science 3, (#PU 4-H-1048)</em></td>
<td>Complete the following:</td>
<td>• Something you built or made related to the project.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• <em>4-H Involvement Report (#91910)</em></td>
<td>• A labeled photo story depicting something related to the project.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• <em>4-H Project Record Book (#91950)</em></td>
<td>• A poster (14” x 22” ), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• Other suitable exhibit approved by your County Extension Office.</td>
</tr>
<tr>
<td>• <em>Wildlife Science 1, Facilitator’s Guide (#PU 4-H-1045)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• <em>Wildlife Science 2, Facilitator’s Guide (#PU 4-H-1047)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• <em>Wildlife Science 3, Facilitator’s Guide (#PU 4-H-1049)</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### 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)
# Environmental Education

## SPORT FISHING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sport Fishing</strong></td>
<td>In the member’s current Manual:</td>
<td>4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>- Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year.</td>
<td>4-H Involvement Report (#91910)</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>Plus <strong>one</strong> of the following:</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>- 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum Sport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fishing Project</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helper’s Guide (#07601)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Idaho General</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fishing Season</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regulations.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 4-H Wildlife</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bulletins, #SW 442,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>439, and SW 451 (pdf’s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Check with your County Extension office for details.</td>
<td></td>
</tr>
<tr>
<td>Support Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Sportfishing page: <a href="https://www.uidaho.edu/extension/4h/projects/sportfishing">https://www.uidaho.edu/extension/4h/projects/sportfishing</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To purchase National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/4-hcurriculum-fishing.aspx">http://www.4-hmall.org/Category/4-hcurriculum-fishing.aspx</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For Fishing Regulations visit: <a href="http://fishandgame.idaho.gov/">http://fishandgame.idaho.gov/</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Optional Supporting Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Sport Fishing Skills Checklist (#44371) available at <a href="https://www.uidaho.edu/extension/4h/projects/sportfishing">https://www.uidaho.edu/extension/4h/projects/sportfishing</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

51
# Environmental Education

## CROSS-COUNTRY SKIING

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Cross-Country Skiing | • 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)  
• 4-H Project Record Book (91950)  
• 4-H Involvement Report (#91910)  
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 |
| Youth Materials: | Complete the following:  
• Cross-Country Skiing Adventures Manual (#45120)  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) |  
• 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910) |  
| Volunteer Materials: |  

**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.

### 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:
- Outdoor Adventures Youth Activity Guides – National 4-H Curriculum available at [http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx](http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx)  
  - 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 Care 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
# Environmental Education

## OUTDOOR ADVENTURES

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hiking/Camping Backpacking</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of (7) seven required/optional activities, plus the required number of Learning Experiences (pg.3) each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum Hiking Trails, Level 1 (#08043)</td>
<td>• Finish at least 20 of the required and optional activities within 3 years to pass each book.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• National 4-H Curriculum Camping Adventures, Level 2 (#08044)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• A scrapbook of labeled outdoor adventure activities.</td>
</tr>
<tr>
<td>• National 4-H Curriculum Backpacking Expeditions, Level 3 (#08045)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A display of 5 or more types of outdoor hiking, backpacking &amp; camping equipment.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td>• Something you built or made related to the project.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td>• A labeled photo story depicting something related to the project.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• A poster (14” x 22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• National 4-H Curriculum Outdoor Adventures Helpers Guide (#08046)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Other suitable exhibit approved by your County Extension Office.</td>
</tr>
</tbody>
</table>

### 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: [http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx](http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx)
# Archery

## Youth Materials:
- Archery Skills Checklist (#45310)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- STEM Connections (Colorado)

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

- 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 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

## Exhibit Requirements
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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.

### 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

### Optional Supporting Materials:
4-H Archery Member Record Book (#751) (Ohio State)
https://extensionpubs.osu.edu/archery-member-record-book/

Basic Archery Member Manual (#631) (Ohio State)
https://extensionpubs.osu.edu/basic-archery/
## SHOOTING SPORTS
### PISTOL/HANDGUN

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pistol/Handgun</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Pistol Skills Checklist (#45410)</td>
<td>• 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.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete at least 5 new items from the Pistol Skills Checklist each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Pistol Skills Checklist (#45410)</td>
</tr>
<tr>
<td>• STEM Connections (Colorado)</td>
<td>• Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
</tr>
<tr>
<td>• Provided to volunteers at Shooting Sports Workshops</td>
<td>• 4-H Involvement Report (#91910)</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></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
</tr>
<tr>
<td></td>
<td>Plus one of the following:</td>
<td>• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
</tr>
<tr>
<td></td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
<td><strong>Note:</strong> For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.</td>
</tr>
<tr>
<td></td>
<td>• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
<td></td>
</tr>
<tr>
<td>County Requirements:</td>
<td><strong>Note:</strong> For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.</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 Pistol page (and to download the Pistol Skills Checklist and STEM Connections)
https://www.uidaho.edu/extension/4h/projects/pistol

### Optional Supporting Materials:
Pistol Member Record Book (#753) (Ohio State) –
https://extensionpubs.osu.edu/pistol-member-record-book/
# SHOOTING SPORTS

## RIFLE

### Projects & Materials

<table>
<thead>
<tr>
<th>Materials</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Members may enroll in shooting sports only under the direction of an adult</td>
</tr>
<tr>
<td>Rifle Skills Checklist</td>
<td>University of Idaho 4-H Youth Development.</td>
</tr>
<tr>
<td>(#45510)</td>
<td>Complete at least 5 new items from the Rifle Skills Checklist each year.</td>
</tr>
<tr>
<td>4-H Involvement Report</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related</td>
</tr>
<tr>
<td>(#91910)</td>
<td>to this project.</td>
</tr>
<tr>
<td>4-H Project Record Book</td>
<td>Complete 2 activities from the STEM Connections workbook each year; list the</td>
</tr>
<tr>
<td>(#91950)</td>
<td>activities completed in the Project Activity Log of your record book.</td>
</tr>
<tr>
<td>STEM Connections</td>
<td>Complete the following:</td>
</tr>
<tr>
<td>(Colorado)</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Plus <strong>one</strong> of the following:</td>
</tr>
<tr>
<td>Provided to volunteers at</td>
<td>• A poster (14”x 22”) or display showing something you learned in this project</td>
</tr>
<tr>
<td>Shooting Sports Workshops</td>
<td>this year.</td>
</tr>
<tr>
<td></td>
<td>• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms</td>
</tr>
<tr>
<td></td>
<td>or archery equipment, being a responsible hunter, etc.).</td>
</tr>
<tr>
<td></td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery</td>
</tr>
<tr>
<td></td>
<td>equipment etc.).</td>
</tr>
<tr>
<td></td>
<td>• A labeled photo story showing you or someone else engaged in some</td>
</tr>
<tr>
<td></td>
<td>Shooting Sports activity.</td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> For safety reasons, exhibits cannot include live ammunition,</td>
</tr>
<tr>
<td></td>
<td>broadheads, knives, or functional firearms.</td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Rife 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)

### 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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shotgun</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Shotgun Skills</td>
<td>Members may enroll in shooting sports only under the direction of an adult</td>
<td>4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Checklist (#45610)</td>
<td>4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.</td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement</td>
<td>Complete at least 5 new items from the Shotgun Skills Checklist each year.</td>
<td>Shotgun Skills Checklist (#45610)</td>
</tr>
<tr>
<td>Report (#91910)</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• 4-H Project Record</td>
<td>Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.</td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
</tr>
<tr>
<td>Book (#91950)</td>
<td></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>• STEM Connections</td>
<td></td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
</tr>
<tr>
<td>(Colorado)</td>
<td></td>
<td>• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
</tr>
<tr>
<td></td>
<td><strong>Complete the following:</strong></td>
<td><strong>Note:</strong> For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>County Requirements:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check with your County Extension office for details.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Support Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Idaho 4-H Shotgun page (and to download the Shotgun Skills Checklist and STEM Connections):</td>
</tr>
<tr>
<td><a href="https://www.uidaho.edu/extension/4h/projects/shotgun">https://www.uidaho.edu/extension/4h/projects/shotgun</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Optional Supporting Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shotgun Member Record Book (#752) (Ohio State) –</td>
</tr>
<tr>
<td><a href="https://extensionpubs.osu.edu/shotgun-member-record-book/">https://extensionpubs.osu.edu/shotgun-member-record-book/</a></td>
</tr>
</tbody>
</table>
# Environmental Education

## SHOOTING SPORTS

### MUZZLELOADER

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Muzzleloader/Black Powder | - 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 activities from STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.  

Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) | - 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
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. |

### Youth Materials:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
- STEM Connections (Colorado)  

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

### 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)

### Optional Support Materials:  
Muzzleloader Member Record Book (#755) (Ohio State) –  
### SHOOTING SPORTS

#### HUNTING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Hunting**          | • 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 activities from the Stem Connections workbook each year; list the activities completed in the Project Activity Log of your record book |
| **Youth Materials:** | ▪ 4-H Involvement Report (#91910)                                             | ▪ 4-H Project Record Book (#91950)                        |
|                      | ▪ 4-H Project Record Book (#91950)                                            | ▪ 4-H Involvement Report (#91910)                         |
|                      | ▪ STEM Connections (Colorado)                                                 | Plus one of the following:                                |
| **Volunteer Materials:** | Provided to volunteers at Shooting Sports Workshops                           | ▪ A poster (14”x 22”) or display showing something you learned in this project this year. |
|                      | Complete the following:                                                      | ▪ A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.) |
|                      | ▪ 4-H Involvement Report (#91910)                                            | ▪ Something you built or made (i.e., rifle sling, target holder, archery equipment etc.). |
|                      | ▪ 4-H Project Record Book (#91950)                                            | ▪ A labeled photo story showing you or someone else engaged in some Shooting Sports activity. |

**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

**Optional Supporting Materials:**
Hunting/Wildlife Member Record Book (#754) (Ohio State) –  
## Healthy Living

### COOKING SERIES

#### COOKING 101

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cooking 101</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Skill Level</strong> – Beginner</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Suggested 2-year project</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)</td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
<td>• Project Manual with completed activities and/or experiments</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>• 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</td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td>Complete the following:</td>
<td><strong>Note:</strong> Foods such as brownies, pancakes, cookies, muffins 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>Check with your County Extension office for more information.</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/healthy-cooking.aspx">http://www.4-hmall.org/Category/healthy-cooking.aspx</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Healthy Living

## COOKING SERIES

### COOKING 201

**Projects & Materials**

- **Cooking 201**
  - Skill Level – Beginner/Intermediate
  - Suggested 2-year project

**Youth Materials:**
- National 4-H Curriculum 4-H Cooking 201 Manual (#01513Y)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum 4-H Cooking 201 Manual (#01513Y)
- National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• Must complete 2 learning activities or experiments from the manual and document in the record activity log.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Prepare 1-2 recipes from each of the recipe sections: Vegetable and Fruit Groups, Grains Group, Protein Foods Group, Dairy Group and Desserts.</td>
<td>• Project Manual with completed activities and/or experiments</td>
</tr>
<tr>
<td>• Complete the project checklist on page 7 of the manual.</td>
<td>• 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</td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>OR</td>
</tr>
<tr>
<td>Complete the following:</td>
<td>• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>Note:</strong> 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.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:**
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/healthy-cooking.aspx](http://www.4-hmall.org/Category/healthy-cooking.aspx)
# Healthy Living

## COOKING SERIES

### COOKING 301

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cooking 301</strong></td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Skill Level –</td>
<td>• Must complete 2 learning activities or experiments from the manual and document in the record activity log.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Intermediate/Advanced</td>
<td>• Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Foods Group, Dairy Group and Desserts.</td>
<td>• Project Manual with completed activities and/or experiments</td>
</tr>
<tr>
<td>Suggested 3-year project</td>
<td>• Plan and complete a party each year of the project.</td>
<td>• 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</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete the project checklist on page 7 of the manual.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>National 4-H</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>Curriculum 4-H</td>
<td><strong>Complete the following:</strong></td>
<td><strong>Note:</strong> Foods such as breads, rolls, pretzels, granola, cookies 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>Cooking 301 Manual</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>(#01514Y)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>4-H Involvement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Project Record</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Book (#91950)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

| National 4-H         | National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y) |
| Curriculum 4-H       | National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F) |

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/healthy-cooking.aspx](http://www.4-hmall.org/Category/healthy-cooking.aspx)
# Healthy Living

## COOKING SERIES

### COOKING 401

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cooking 401</strong></td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Skill Level – Advanced</strong></td>
<td>• Must complete 2 learning activities or experiments from the manual and document in the record activity log.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>Suggested 3-year project</strong></td>
<td>• Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Group, Dairy Group and Desserts.</td>
<td>• Project Manual with completed activities and/or experiments</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Plan and complete a celebration meal each year of project.</td>
<td>• 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</td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking 401 Manual (#01515Y)</td>
<td>• Complete the project checklist on page 7 of the manual.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td><strong>Complete the following:</strong></td>
<td><strong>Note:</strong> 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.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking 401 Manual (#01515Y)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>• National 4-H Cooking Helper’s Guide (#01516F)</td>
<td></td>
<td><strong>Note:</strong> 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.</td>
</tr>
</tbody>
</table>

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

**Support Materials:**
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/healthy-cooking.aspx](http://www.4-hmall.org/Category/healthy-cooking.aspx)
# Healthy Living

## DUTCH OVEN COOKING

### Projects & Materials

<table>
<thead>
<tr>
<th>Dutch Oven Cooking Level 1, Ages 12-18</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• Dutch Oven Cooking, Unit I (#53144)</td>
</tr>
<tr>
<td>• Recipes for Dutch Oven Cooking (#53150)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>None</td>
</tr>
</tbody>
</table>

### Requirements

In the member’s current manual:
- Complete all reflection questions
- Complete 3 Beyond Cooking activities
- Prepare one item from each of these categories:
  - Soup or stew
  - “One-dish” meal
  - Vegetable
  - Quick bread
  - Dessert
  - Breakfast
  - Cooking on the lid
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit project

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Dutch oven recipe file or book with a minimum of 11 recipes.
- Plus one of the following:
  - A non-perishable dessert you have learned about by taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or a 4”x6” recipe card.
  - A poster (14”x22”) or display illustrating what you learned in this project this year.

**Note:** 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.

### 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

## BAKING
### LEVEL 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baking 1</strong></td>
<td>In the member’s Baking 1 manual:</td>
<td>• Baking 1 Manual</td>
</tr>
<tr>
<td>First year baking members.</td>
<td>• Review the Eating Well and Getting Ready to Bake sections with your Volunteer.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Biscuits, muffins, pancakes and</td>
<td>• Make baking powder biscuits; evaluate your product with the judging sheet</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>cookies.</td>
<td>provided on page 15.</td>
<td>• Plus one of the following:</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Make at least one type of muffin; evaluate your product with the judging</td>
<td>o Three biscuits</td>
</tr>
<tr>
<td>• Baking 1 Manual (#ND EC111)</td>
<td>sheet provided on page 19.</td>
<td>o Three plain muffins</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Make at least one type of cookie; evaluate your product with the judging</td>
<td>o Three chocolate chip cookies</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>sheet provided on page 28.</td>
<td>o Three sugar cookies-round, plain, un-iced</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Become involved in at least one Service/Leadership activity.</td>
<td>o Three oatmeal cookies</td>
</tr>
<tr>
<td>• Baking 1 Manual (#ND EC111)</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk)</td>
<td>o Three peanut butter cookies</td>
</tr>
<tr>
<td></td>
<td>related to this project.</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>Complete the following:</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td><strong>Note:</strong> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</td>
</tr>
</tbody>
</table>

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

### Support Materials:
Idaho 4-H Baking page: [https://www.uidaho.edu/extension/4h/projects/baking](https://www.uidaho.edu/extension/4h/projects/baking)
To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf](https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf)

### Optional Supporting Materials:
Spanish version of *Make Half Your Grains Whole* at: [http://www.choosemyplate.gov/ten-tips-make-half-your-whole-grains-whole](http://www.choosemyplate.gov/ten-tips-make-half-your-whole-grains-whole)
# Healthy Living

## BAKING

### LEVEL 2

**Rev. 09-18**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baking 2 Quick Breads and Cookies</strong></td>
<td>In the member’s Baking 2 Manual:</td>
<td>• Baking 2 Manual</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• 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.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Baking 2 Manual (#ND EC112)</td>
<td>• Make at least one quick loaf bread; evaluate your product with the judging sheet provided on page 22.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Make at least one coffee cake; evaluate your product with the judging sheet provided on page 26.</td>
<td>• Plus one of the following:</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Make at least one type of cookie or bar; evaluate your product with the judging sheet provided on page 35.</td>
<td>o Basic nut bread (one loaf)</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Make gingerbread</td>
<td>o Banana nut bread (one loaf)</td>
</tr>
<tr>
<td>• Baking 2 Manual (#ND EC112)</td>
<td>• Make corn bread.</td>
<td>o Zucchini bread (one loaf)</td>
</tr>
<tr>
<td></td>
<td>• Become involved in at least one Service/Leadership activity.</td>
<td>o Quick coffeecake (2 3”x3” squares)</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td>o Fruit-filled coffeecake (2 wedges)</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>o Three brown sugar nut cookies</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>o Gingerbread (2 3x3” squares)</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>o Three jam thumbprint blossom cookies.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Three peanut butter blossom cookies</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Plain brownies (three 3x3” squares)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Corn bread (two 3”x3” squares)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Butterscotch bars (three 3”x3” squares)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### Support Materials:
Idaho 4-H Baking page: [https://www.uidaho.edu/extension/4h/projects/baking](https://www.uidaho.edu/extension/4h/projects/baking)
To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf](https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf)
# Healthy Living

## BAKING

### LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Baking 3**<br>Baking Yeast Breads | In the member’s Baking 3 manual: | • Baking 3 Manual  
• 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• 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.  
| Youth Materials:  
• Baking 3 Manual (#ND EC113)  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) |  
• 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 bread rolls.  
• 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.  
|  
| Volunteer Materials:  
• Baking 3 Manual (#ND EC113) | Complete the following:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) |  
|  
|  
| County Requirements:  
Check with your County Extension office for more information. |  
| Support Materials:  
Idaho 4-H Baking page: [https://www.uidaho.edu/extension/4h/projects/baking](https://www.uidaho.edu/extension/4h/projects/baking)  
To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf](https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf) |  

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

### BAKING

#### LEVEL 4

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baking 4 Cakes, Pies and Pastries</strong></td>
<td>In the member’s Baking 4 manual:</td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Review the Eating Well and Cake Science sections.</td>
<td>• Baking 4 Manual</td>
</tr>
<tr>
<td>• Baking 4 Manual (#ND EC114)</td>
<td>• Conduct at least one Cake Science experiment (page 10 and 11), record your findings and answer the questions in the manual about the experiment.</td>
<td>• 4-H Project Record Book (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Make at least one yellow, sponge or oatmeal cake with frosting.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Make at least one cake using a packaged mix and compare with your “scratch” cake using the criteria on page 18.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Become involved in at least one Service/Leadership activity.</td>
<td>• Frosted yellow cake</td>
</tr>
<tr>
<td>• Baking 4 Manual (#ND EC114)</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td>• Frosted or unfrosted sponge cake</td>
</tr>
</tbody>
</table>

Complete the following:

- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

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

To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf](https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf)
# Healthy Living

## BAKING

### LEVEL 4 - PIES

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking 4 Pies</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Baking 4 Manual (#ND EC114)</td>
<td>In the member’s Baking 4 manual:</td>
<td>• Baking 4 Manual</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Review the Eating Well and Basic Recipe for Pastry sections.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Make a one-crust baked pie crust and rate it with the score sheet on page 25.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• Baking 4 Manual (#ND EC114)</td>
<td>• Conduct at least one of the following:</td>
<td>• One 8 or 9 inch fruit pie</td>
</tr>
<tr>
<td></td>
<td>1. Pastry-Let’s Experiment: activity on pages 26-28, record your findings and answer the questions in the manual about the experiment.</td>
<td>• Two fruit-filled empanadas or turnovers</td>
</tr>
<tr>
<td></td>
<td>2. Filling-Let’s Experiment: activity on pages 31-34, record your findings and answer the questions in the manual about the experiment.</td>
<td>• Poster (14”x22”) or display about one of the experiments or activities you chose to complete (pages 26, 31, 35, or 37)</td>
</tr>
<tr>
<td></td>
<td>3. Thickening Agent-Let’s Experiment: activity on pages 35-37, record your findings and answer the questions in the manual about the experiment.</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>4. Pie Comparison: Purchase a frozen ready-to-bake pie and compare to your “scratch” pie using the criteria on page 58.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>• Make at least one type of cream pie with meringue; evaluate your product with the judging sheet provided on page 46.</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• Make at least one type of fruit pie with a double crust; evaluate your product with the judging sheet on page 50.</td>
<td><strong>Note:</strong> 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>• Make at least one type of empanada or turnover; evaluate your product with the judging sheet on page 54.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Become involved in at least one Service/Leadership activity.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete at least one Career Exploration activity on page 19.</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>
</tbody>
</table>

Complete the following:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950)

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

### Support Materials:  
Idaho 4-H Baking page: https://www.uidaho.edu/extension/4h/projects/baking  
To download curriculum please visit: https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf
# CAKE DECORATING
## LEVEL 1

### Projects & Materials

**Cake Decorating Level I, Ages 8-11**

**Skill Level – Beginner** (suggested 2 yr project)

**Youth Materials:**
- *Wilton Method of Cake Decorating Course 1, Building Buttercream Skills*
- *Wilton Cake Decorating Skills Checklist Course 1*
- *4-H Cake Decorating Portfolio*
- *4-H Involvement Report (#91910)*

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

### Requirements

- Must complete project portfolio with a minimum of **six skills** learned/documentd in the portfolio
- Complete the Course 1 Skills Checklist with at least **10 skills completed** and checked off each year. **Only 6 of these need to be documented in the portfolio.**
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit Project

Complete the following:
- *4-H Involvement Report (#91910)*
- *4-H Cake Decorating Portfolio*
- *Wilton Cake Decorating Skills Checklist Course 1*

### Exhibit Requirements

- *4-H Project Portfolio*
- *4-H Involvement Report (#91910)*
- Completed Wilton Cake Decorating Skills Checklist Course 1

**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 Portfolio and Checklist): 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

---

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cake Decorating Level I, Ages 8-11</strong></td>
<td><strong>Skill Level – Beginner</strong> (suggested 2 yr project)</td>
<td><strong>4-H Project Portfolio</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Complete the Course 1 Skills Checklist with at least 10 skills completed and checked off each year. Only 6 of these need to be documented in the portfolio.</strong></td>
<td><strong>4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>- <em>Wilton Method of Cake Decorating Course 1, Building Buttercream Skills</em></td>
<td><strong>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</strong></td>
<td><strong>Completed Wilton Cake Decorating Skills Checklist Course 1</strong></td>
</tr>
<tr>
<td>- <em>Wilton Cake Decorating Skills Checklist Course 1</em></td>
<td><strong>Exhibit Project</strong></td>
<td><strong>Level One</strong></td>
</tr>
<tr>
<td>- <em>4-H Cake Decorating Portfolio</em></td>
<td>Complete the following:</td>
<td>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. <strong>OR</strong></td>
</tr>
<tr>
<td>- <em>4-H Involvement Report (#91910)</em></td>
<td></td>
<td>- A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
# Healthy Living

## CAKE DECORATING

### LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Cake Decorating Level 2, Ages 12-14 | • Must complete project portfolio with a minimum of **six skills** learned/documentated in the portfolio  
• Complete a Course 2 Skills Checklist with at least **10 skills completed** and checked off each year. **Only 6 of these need to be documented in the portfolio.**  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
• 4-H Project Portfolio  
• 4-H Involvement Report (#91910)  
• Wilton Cake Decorating Skills Checklist Course 2 | • 4-H Project Portfolio  
• Completed Wilton Cake Decorating Skills Checklist Course 2  
• 4-H Involvement Report (#91910)  
Level One:  
• Decorated 2-layer 10” round or 2-layer oval decorated cake using (4) skills learned in this year’s project.  
**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. |

### Youth Materials:
- *Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751))
- *Wilton Cake Decorating/Food Garnishing Skills Checklist, Course 2
- 4-H Involvement Report (#91910)
- 4-H Cake Decorating Portfolio

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

### 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 Portfolio and 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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cake Decorating Level 3, Ages 15-18</td>
<td>• Must complete project portfolio with a minimum of six skills learned/documentated in the portfolio.</td>
<td>• 4-H Project Portfolio</td>
</tr>
<tr>
<td>Skill Level – Advanced (suggested 2-year project)</td>
<td>• Complete a Course 3 Skills Checklist with at least 10 skills completed and checked off each year. Only 6 of these need to be documented in the portfolio.</td>
<td>• Completed Wilton Cake Decorating Skills Checklist Course 3</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Wilton Method of Cake Decorating. Course 3, Fondant &amp; Gum Paste</td>
<td>Complete the following:</td>
<td>• 4-H Cake Decorating Portfolio</td>
</tr>
<tr>
<td>• Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3</td>
<td>• 4-H Project Portfolio</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• 4-H Cake Decorating Portfolio</td>
</tr>
<tr>
<td>• 4-H Cake Decorating Portfolio</td>
<td>• Wilton Cake Decorating Skills Checklist Course 3</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Wilton Method of Cake Decorating. Course 3, Fondant &amp; Gum Paste</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3</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>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Support Materials:
Idaho 4-H Cake Decorating page (and to download the Cake Decorating Portfolio and 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
## Science Fun With Dairy Foods

### Youth Materials:
- *Science Fun With Dairy Foods, Member’s Guide (#OH 490)*
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Volunteer Materials:
- *Science Fun With Dairy Foods, Member’s Guide (#OH 490)*

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:

- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- Science Fun With Dairy Foods, Members Guide (OH 490 - #53201)
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)

Plus one of the following:

- Poster (14 x 22) or storyboard (14 x 22) describing one of the experiments you completed
- Display a dairy product you made in this project (only with proper refrigeration may dairy products be used as a fair display)
- 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.

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

### Support Materials:
# Healthy Living

## WHAT’S ON YOUR PLATE? 
**EXPLORING FOOD SCIENCE**

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **What’s On Your Plate?**  
Exploring Food Science, The Secrets of Baking  
Grades 6-8 | About the Project:  
- 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. |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Exploring Food Science, The Secrets of Baking  
- Youth Science Journal  
- A poster (14”x22”) or display illustrating what you learned in this project this year. |
| Youth Materials:  
- National 4-H Curriculum  
Exploring Food Science, The Secrets of Baking  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) | 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:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |
| Volunteer Materials:  
- National 4-H Curriculum  
What’s On Your Plate?, Exploring Food Science, The Secrets of Baking Facilitator Guide |  |  |

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

**Support Materials:**  
Idaho 4-H What’s On Your Plate? page:  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/whats-on-your-plate.aspx](http://www.4-hmall.org/Category/whats-on-your-plate.aspx)

**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/)
## Table of Contents

### Projects & Materials

**What’s On Your Plate? Exploring Food Science Unit 2, The Power of Protein Chemistry**

**Grades 6-8**

**Youth Materials:**
- National 4-H Curriculum *Exploring Food Science, the Power of Protein Chemistry*
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum *What’s On Your Plate?, Exploring Food Science, the Power of Protein Chemistry Facilitator Guide*

### Requirements

**About the Project:**
- 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.

**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:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- *Exploring Food Science, The Power of Protein Chemistry* Youth Science Journal
- A poster (14”x22”) or display illustrating what you learned in this project this year.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

**Idaho 4-H What’s On Your Plate? page:**

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/whats-on-your-plate.aspx](http://www.4-hmall.org/Category/whats-on-your-plate.aspx)

### Optional Support Materials:

# Healthy Living

## WHAT’S ON YOUR PLATE?

### EXPLORING FOOD SCIENCE UNIT 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **What’s On Your Plate? Exploring Food Science Unit 3, The Inner Mysteries of Fruits and Vegetables** | About the Project:  
- 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. | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• *Exploring Food Science, The Power of Protein Chemistry* Youth Science Journal  
• A poster (14”x22”) or display illustrating what you learned in this project this year. |
| **Grades 6-8** | 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:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) |
| **Youth Materials:**  
- National 4-H Curriculum *Exploring Food Science, The Inner Mysteries of Fruits and Vegetables*  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |  
| **Volunteer Materials:**  
- National 4-H Curriculum *What’s On Your Plate?, Exploring Food Science, The Inner Mysteries of Fruits and Vegetables Facilitator Guide* |  

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

**Support Materials:**  
Idaho 4-H What’s On Your Plate? page:  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/whats-on-your-plate.aspx](http://www.4-hmall.org/Category/whats-on-your-plate.aspx)

**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)
# Healthy Living

## WHAT’S ON YOUR PLATE?

### EXPLORING FOOD SCIENCE UNIT 4

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **What’s On Your Plate?**<br>Exploring Food Science Unit 4, Be a Food Scientist! | 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. | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• *Exploring Food Science, Be a Food Scientist!* Youth Science Journal  
• A poster (14”x22”) or display illustrating what you learned in this project this year. |
| **Grades 6-8** | 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:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) |

### Youth Materials:
- **National 4-H Curriculum**  
  *Exploring Food Science, Be a Food Scientist!*
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

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

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

### Support Materials:
Idaho 4-H What’s On Your Plate? page:  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/whats-on-your-plate.aspx](http://www.4-hmall.org/Category/whats-on-your-plate.aspx)

### 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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drying</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Drying Manual (PNW #651)</td>
</tr>
<tr>
<td></td>
<td>• Complete four or more activities each year.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Become involved in at least one Citizenship/Leadership activity.</td>
<td>• A poster (14”x 22”) 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>• A photo journal showing how to dry a food from start to finish.</td>
</tr>
<tr>
<td></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>• 4-H Involvement Report (#91910)</td>
<td>• Two dried fruits, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Two dried vegetables, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Optional: Complete a menu plan using food preserved in this project.</td>
<td>• Two dried herbs, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td>None</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 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)
- How to Dry Foods by Deanna DeLong
- So Easy to Preserve (University of Georgia Extension)
- National Center for Home Food Preservation available at: [http://www.uga.edu/nchfp/how/freeze.html](http://www.uga.edu/nchfp/how/freeze.html)
# Healthy Living

## FOOD PRESERVATION

### FREEZING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Freezing</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Freezing Manual (PNW650)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete four or more activities each year.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• Food Preservation Freezing Manual (PNW #650)</td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</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>• 4-H Involvement Report (#91910)</td>
<td>• An empty freezer container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Recipes and a menu plan using foods you preserved in this project.</td>
</tr>
<tr>
<td></td>
<td>Optional: 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)
- *Freezing Convenience Foods* (PNW #296)
- *Extension Bulletin #1195 – Freezing Meat, Fish and Poultry at Home*
- *So Easy to Preserve* (University of Georgia Extension)
- *National Center for Home Food Preservation* available at: [http://www.uga.edu/nchfp/how/freeze.html](http://www.uga.edu/nchfp/how/freeze.html)
# Healthy Living

## FOOD PRESERVATION

### BOILING WATER CANNING

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boiling Water Canning</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Boiling Water Canning Manual (PNW #652)</td>
</tr>
<tr>
<td>• <em>Food Preservation Boiling Water Canning Manual (PNW #652)</em></td>
<td>• Complete four or more activities each year.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></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><em>None</em></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A photo journal showing how to do a boiling water canning of food from start to finish.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A tomato product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• A fruit product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• A jam or jelly, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td><em>Optional: Complete a menu plan using food preserved in this project.</em></td>
<td>• An acidified pickled 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 Boiling Water Canning manual visit: [http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/boilingwatercanning](http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/boilingwatercanning)

**Optional Support Materials:**

| *Canning Fruits (PNW #199)* | *Salsa Recipes for Canning (PNW #395)* |
| *Canning Tomatoes and Tomato Products (PNW #300)* | *USDA Complete Guide to Home Canning (Ag. Bull. #539)* |
| *Pickling Vegetables (PNW #355)* | *So Easy to Preserve (University of Georgia Extension)* |

80
## Projects & Materials

**Pressure Canning**

**Ages 14 - 18**

**Youth Materials:**
- *Food Preservation Pressure Canning Manual* (PNW #653)
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

**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:
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

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

## Exhibit Requirements
- *Food Preservation Pressure Canning Manual* (PNW653)
- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)

Plus one of the following:
- A poster (14”x22”) illustrating something you learned in this project this year.
- A photo journal showing how to pressure can a food from start to finish.
- A vegetable product, in a proper storage container with a correctly completed label.
- A meat product, in a proper storage container with a correctly completed label.
- A combination product, in a proper storage container with a correctly completed label.
- A tomato product, 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 Pressure Canning manual visit:
http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/pressurecanning

## Optional Support Materials:
- *PNW 172 - Canning Vegetables*
- *PNW 300 – Canning Tomatoes and Tomato Products Ag.*
- *Bull. #539 - USDA Complete Guide to Home Canning*
- *So Easy to Preserve (University of Georgia Extension)*
- National Center for Home Food Preservation available at: http://www.uga.edu/nchfp/how/freeze.html
## First Aid in Action: Keeping Fit and Healthy Level 1, Grades 3-5

**Youth Materials:**
- National 4-H Curriculum *Keeping Fit and Healthy First Aid in Action*, (#08174)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:** None

### Youth Requirements

In *First Aid in Action* youth guide:
- Complete a minimum of 7 activities from the lessons.
- Assemble a first aid kit.
- Give an illustrated talk, demonstration or speech on any topic of choice related to health.
- Exhibit Project

### Exhibit Requirements

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

To order National 4-H Curriculum visit: [www.4-hmall.org/Category/health-and-fitness.aspx](http://www.4-hmall.org/Category/health-and-fitness.aspx)
## Projects & Materials

**Youth Materials:**
- National 4-H Curriculum Keeping Fit and Healthy Staying Healthy, (#08175)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
None

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Staying Healthy Keeping Fit and Healthy Level 2, Grades 6-8** | In *Staying Healthy* youth guide:  
  - Complete a minimum of 7 activities from the lessons.  
  - Complete a self-assessment of personal talents.  
  - Give an illustrated talk, demonstration or speech on any topic of choice related to health.  
  - Exhibit Project  
  Complete the following:  
  - 4-H Involvement Report (#91910)  
  - 4-H Project Record Book (#91950) |  
  - 4-H Project Record Book #91950  
  - 4-H Involvement Report (#91910)  
  Plus one of the following:  
  - A poster (14”x22”) or display illustrating a skill or skills learned in this project.  
  - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project. |

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

**Support Materials:**
To order National 4-H Curriculum visit: [www.4-hmall.org/Category/health-and-fitness.aspx](http://www.4-hmall.org/Category/health-and-fitness.aspx)
## Keeping Fit

### Healthy Living

#### HEALTH & FITNESS

**KEEPING FIT & HEALTHY LEVEL 3**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Keeping Fit**      | In *Keeping Fit* youth guide:  
- Complete a minimum of 7 activities from the lessons.  
- Complete a personal fitness plan.  
- Give an illustrated talk, demonstration or speech on any topic of choice related to health.  
- Exhibit Project  
Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
| **Keeping Fit and Healthy Level 3, Grades 9-12** | | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Personal Fitness Plan  
Plus *one* of the following:  
• A poster (14”x22”) or display illustrating a skill or skills learned in this project.  
• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project. |

### Youth Materials:

- National 4-H Curriculum *Keeping Fit and Healthy Keeping Fit*, (#08176)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Volunteer Materials:

None

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

To order National 4-H Curriculum visit: [www.4-hmall.org/Category/health-and-fitness.aspx](http://www.4-hmall.org/Category/health-and-fitness.aspx)
# Healthy Living

## CHOOSE HEALTH: FOOD, FUN & FITNESS

### Table of Contents

**PROJECT OPTION**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose Health: Food, Fun and Fitness</td>
<td><strong>About the Project:</strong></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Note:</strong> Choose Health is a group curriculum, led by an adult. May be</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>- 4-H Involvement Report (#91910)</td>
<td>used multiple years.</td>
<td>• A poster (14”x22”) or labeled display (12”x 12”x12”)</td>
</tr>
<tr>
<td>- 4-H Project Record Book (#91950)</td>
<td><strong>Requirements:</strong></td>
<td>illustrating something you learned during this project</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Complete at least one activity from each of the six sections.</td>
<td><strong>Examples for poster/display:</strong></td>
</tr>
<tr>
<td>- Choose Health: Food, Fun and Fitness</td>
<td>• Include one physical activity and one snack activity at each meeting.</td>
<td>• Choose My Plate poster with healthy food choices for</td>
</tr>
<tr>
<td></td>
<td>• Share one newsletter with family members.</td>
<td>each section.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on</td>
<td>• Feature local foods that fit in the fruit, vegetable,</td>
</tr>
<tr>
<td></td>
<td>a topic related to this project.</td>
<td>grain, protein and dairy sections of My Plate.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• Reading package labels.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Recipe book of healthy snack items from a gas-&amp;-go store.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Eating–out using healthy strategies.</td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Choose My Plate: [www.choosemyplate.gov](http://www.choosemyplate.gov)
## Healthy Living

### GROUP HEALTH & FITNESS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Up for the Challenge</strong>&lt;br&gt;Lifetime Fitness, Healthy Decisions</td>
<td>Up for the Challenge, Lifetime Fitness, Healthy Decisions addresses wellness for elementary, middle and high school aged youth. It works best in group settings.&lt;br&gt;&lt;br&gt;Recommended key topics to cover include but are not limited to My Plate, physical activities, hand washing, food safety, dairy, think-your-drink, proteins and legumes, healthy snacks and breakfast, whole grains, label reading and portion size, and eating out.&lt;br&gt;&lt;br&gt;- Complete a minimum of 10 activities.&lt;br&gt;- 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.&lt;br&gt;- Exhibit Project at fair or a community event.</td>
<td>• 4-H Project Record Book (#91950)&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;Create a poster (14&quot; x 22&quot;) 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</td>
</tr>
<tr>
<td></td>
<td>Youth complete the following:&lt;br&gt;- <strong>4-H Involvement Report</strong> (#91910)&lt;br&gt;- <strong>4-H Project Record Book</strong> (#91950)</td>
<td>Create a grocery store or farmer’s market treasure hunt.</td>
</tr>
<tr>
<td></td>
<td><strong>Display poster/exhibit at community event</strong></td>
<td></td>
</tr>
</tbody>
</table>

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

**Optional Supporting Materials:**<br>Choose My Plate: [www.choosemyplate.gov](http://www.choosemyplate.gov)
# Reading Makes Cents

**Youth Materials:**
- National 4-H Curriculum Reading Makes Cents (#08389DD)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

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

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

**About the Project:**
*Reading Makes Cents* is designed for 3rd through 5th grade youth in afterschool programs, although it may be used in all 4-H group settings.

- It consists of seven sections:
  1. The History of Money
  2. Managing Money
  3. Earning Money
  4. Spending Money
  5. Saving and Investing Money
  6. Sharing and Giving Money

- 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.

- 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.

- The helper/adult Volunteer guides the youth through a minimum of two activities from each section for a total of 14 activities. *Word Searches* build vocabulary but are not considered an “activity.”

- It is recommended but not required that the first activity be the *Reading Makes Cents* Journal.

**Project Requirements:**
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Display the Exhibit
- Complete the following:
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

**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/financial-literacy-curriculum-reading-makes-cents-digital-download](https://shop4-h.org/products/financial-literacy-curriculum-reading-makes-cents-digital-download)
### Personal Development & Leadership

#### WORKFORCE DEVELOPMENT

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Build Your Future** | Requirements: Project may be used for three years if desired.  
  - Set personal goals for the year.  
  - 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.  
  - Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.  
  Complete the following:  
  - 4-H Involvement Report (#91910)  
  - 4-H Project Record Book (#91950)  
  - Build Your Future: Youth Career Journal  
  - **Plus one** of the following:  
    - A poster (14”x22”) or display illustrating a skill or skills learned in this project.  
    - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project. | 
| Youth Materials:  
  • National 4-H Curriculum  
  • 4-H Involvement Report (#91910)  
  • 4-H Project Record Book (#91950) | |  
| Volunteer Materials:  
  • National 4-H Curriculum  
| 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/collections/searchresults?type=product&q=Build+Your+Future](https://shop4-h.org/collections/searchresults?type=product&q=Build+Your+Future) | |  

88
## FINANCIAL DEVELOPMENT

### Projects & Materials

<table>
<thead>
<tr>
<th>My Financial Future</th>
<th>Requirements</th>
<th>County Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Requirements: Project may be used for multiple years if desired. Beginning Notebook should be completed before starting the Advanced Notebook.</td>
<td>Check with your County Extension office for more information.</td>
</tr>
</tbody>
</table>
| - National 4-H Curriculum My Financial Future; Youth Notebook – Beginner (#01441Y) Youth Notebook – Advanced (#1442Y) 4-H Involvement Report (#91910) 4-H Project Record Book (#91950) | 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:  
  - 4-H Involvement Report (#91910)  
  - 4-H Project Record Book (#91950)  
  - My Financial Future; Youth Notebook Plus one of the following:  
    - A Poster (14”x 22”) illustrating something you learned about financial management this year.  
    - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project | |

### Volunteer Materials:

- National 4-H Curriculum My Financial Future; Facilitator Guide (01443F)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- My Financial Future; Youth Notebook

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/collections/searchresults?type=product&q=My+Financial+Future](https://shop4-h.org/collections/searchresults?type=product&q=My+Financial+Future)
# Personal Development & Leadership

## FINANCIAL MANAGEMENT

### LEVEL 1

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Financial Champions, Money Fundamentals, Level 1</strong></td>
<td>In member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27).</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Money Fundamentals manual</td>
</tr>
<tr>
<td>Money Fundamentals, Level 1</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Poster (14”x 22”) illustrating something you learned about financial management this year.</td>
</tr>
<tr>
<td>4-H Involvement Report (#91910)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>4-H Project Record Book (#91950)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• National 4-H Curriculum</td>
<td></td>
</tr>
</tbody>
</table>

**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)

To order National 4-H Curriculum visit: [https://shop4-h.org/products/financial-champions-curriculum-1-money-fundamentals-digital-download](https://shop4-h.org/products/financial-champions-curriculum-1-money-fundamentals-digital-download)

To order Helper’s Guide visit: [https://shop4-h.org/products/financial-champions-helpers-digital-download](https://shop4-h.org/products/financial-champions-helpers-digital-download)
# Financial Management

## Level 2

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum Money Moves, Level 2 (#07711DD)</td>
<td>In member’s current Manual:</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>➢ Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27).</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>➢ Have your project helper date (month and year) and initial each activity when it is finished.</td>
</tr>
</tbody>
</table>

- **Volunteer Materials:**
  - National 4-H Curriculum Financial Champions Helper’s Guide (#07712DD)

Complete the following:

- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Note:** Designed to be finished in a single year.

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Money Moves Manual
- Poster (14”x 22”) illustrating something you learned about financial management this 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)
- To order Helper’s Guide visit: [https://shop4-h.org/products/financial-champions-helpers-digital-download](https://shop4-h.org/products/financial-champions-helpers-digital-download)
# ENTREPRENEURSHIP

## BE THE E, LEVEL 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Entrepreneurship – Be the E, Level 1</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Do at least 7 of the Love It! And More E Challenges activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum Love It! Exploring Entrepreneurship, Level 1 (#08035)</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>• 4-H Involvement Report (#91910)</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>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Example: The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>• Make an educational poster (14” x 22”) or display that illustrates what you learned in the project.</td>
</tr>
<tr>
<td>• National 4-H Curriculum Entrepreneurship Helper’s Guide (#08036)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></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)
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx](http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx)
## 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>Entrepreneurship – Be the E, Level 2</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials</strong></td>
<td>• Do at least 7 of the Plan It! Practicing Skills Challenges activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></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></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>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td><strong>Example</strong>: A business plan, evaluation of a business website, a commercial or advertisement for your product</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Make an educational poster or display that illustrates what you learned in the project.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note</strong>: All three levels are inclusive in one book</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)
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx](http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx)
Table of Contents

ENTREPRENEURSHIP
BE THE E, LEVEL 3

Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Entrepreneurship – Be the E, Level 3</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Do It! Planning Your Business, Level 3</em> (#08035)</td>
<td>• Do at least 7 of the Do It! And More E Challenges activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete at least 21 activities of the Do It! And More E Challenges within 3 years to complete the Achievement Program.</td>
<td>• Be the E, Manual</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</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>
<tr>
<td>Volunteer Materials</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• <strong>Example:</strong> Marketing strategy, cash flow forecast</td>
</tr>
<tr>
<td>• National 4-H Curriculum Group Activities Helper’s Guide (#08036)</td>
<td>Complete the following:</td>
<td>OR</td>
</tr>
<tr>
<td>Note: All three levels are inclusive in one book</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Make an educational poster or display that illustrates what you learned in the project.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</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)
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx](http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx)
## Table of Contents

### FINANCIAL PLANNING

#### Projects & Materials

<table>
<thead>
<tr>
<th>High School Financial Planning Program</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• High School Financial Planning Program Student Modules</td>
</tr>
<tr>
<td><a href="http://www.hsfpp.org">www.hsfpp.org</a></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>• High School Financial Planning Program Student Modules</td>
</tr>
<tr>
<td><a href="http://www.hsfpp.org">www.hsfpp.org</a></td>
</tr>
</tbody>
</table>

**For questions contact:**
Surine Greenway  
University of Idaho  
Extension Educator  
Owyhee County  
(208) 896-4104  
surineg@uidaho.edu

#### Requirements

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.
- 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.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- High School Financial Planning Program Student Modules.

#### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- High School Financial Planning Program Student Modules.

#### 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)
### CLOVERBUDS

**Projects & Materials**

<table>
<thead>
<tr>
<th>Cloverbuds</th>
<th>Ages 5-7</th>
</tr>
</thead>
</table>

**Youth Materials:**
- Cloverbud Memory Book (#63013)
- National 4-H Curriculum listed under Curriculum Choices

**Volunteer Materials:**
- National 4-H Curriculum listed under Curriculum Choices

**Curriculum Choices:**
- 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.

**Curriculum Choices:**
- The Big Book of 4-H Cloverbud Activities [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)
- Exploring 4-H Cloverbud Activity [http://www.4-hmall.org/Product/cloverbud-activities/exploring-4-h-cloverbud-activity/05612.aspx](http://www.4-hmall.org/Product/cloverbud-activities/exploring-4-h-cloverbud-activity/05612.aspx)
- Aerospace Adventures 1 – Pre-Flight [http://www.4-hmall.org/Product/aerospace/06842.aspx](http://www.4-hmall.org/Product/aerospace/06842.aspx)
- Exploring the Treasures of 4-H [http://www.4-hmall.org/Product/bus-cit-exploring-4h/08173.aspx](http://www.4-hmall.org/Product/bus-cit-exploring-4h/08173.aspx)

**Exhibit Options:**
- 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:
  - 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.

**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* (#08171)
- **4-H Project Record Book** (#91950)
- **4-H Involvement Report** (#91910)

**Volunteer Materials:**
- **National 4-H Curriculum**  
  *Exploring the Treasures of 4-H Helper’s Guide* (08172)

### 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 4-H Project Record Book (#91950)
- Complete the 4-H Involvement Report (#91910)

### Exhibit Requirements

Binder with the following items:
- Completed activities from the Exploring the Treasures of 4-H member manual (#08171)
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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:
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

**Projects & Materials**

<table>
<thead>
<tr>
<th>Leadership</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</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>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>Idaho 4-H Leadership Portfolio (#82316)</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>4-H Involvement Report (#91910)</td>
<td>• Step 3: complete at least one leadership/citizenship activity (these can be recorded in the Leadership Portfolio #82316).</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>4-H Project Record Book (#91950)</td>
<td>• Step 4: write a brief assessment of your personal growth because of these leadership opportunities.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Leadership Training Record</td>
</tr>
<tr>
<td>Leadership Road Trip: Where Are You Going? (OH 4-H375)</td>
<td>Attend the majority of scheduled 4-H club meetings.</td>
<td>Leadership Resume</td>
</tr>
<tr>
<td>Idaho 4-H Leadership Portfolio (#82316)</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>
</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/search.php?search_query=Leadership%20Road%20ATrip&section=product](https://extensionpubs.osu.edu/search.php?search_query=Leadership%20Road%20ATrip&section=product)

## Optional Supporting Materials:
- 4-H Teen Leadership, Michigan State University Extension
- 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)
- YELL Louder than Ever Before, University of Wisconsin Extension
- 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

#### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Llama/Alpaca</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 1 (#72193)</td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 2 (#72194)</td>
<td>• Provide proper housing, food and primary care for your Llama/Alpaca for at least 90 days.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 3 (#72195)</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>• 4-H Involvement Report (#91910)</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>• 4-H Animal Project Record Book (#91940)</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>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Volunteer Manual for 4-H Llama Activities (WSU Bulletin - EM4891)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</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:**
Idaho 4-H Llama/Alpaca page and to download the Llama/Alpaca Activities checklists visit:
[https://www.uidaho.edu/extension/4h/projects/llama-alpaca](https://www.uidaho.edu/extension/4h/projects/llama-alpaca)
To download the Volunteer Manual visit:

**Optional Supporting Materials:**
- **Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 1(#4-H 996)**
- **Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 2(#4-H 997)**
- **Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 3(#4-H 998)**
- **Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Helper’s Guide(#4-H 999-W)**
  - To order: [https://extension.purdue.edu/4h/Pages/project.aspx?proj=8](https://extension.purdue.edu/4h/Pages/project.aspx?proj=8)
# Plants and Animals

## LLAMA/ALPACA

### NON-ANIMAL

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Llama/Alpaca - Non-animal** | Project Requirements: | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• A poster (14”x 22”) or display illustrating something you learned in this project this year. |
| Youth Materials: | - Members must work in the Llama/Alpaca Activities Checklist Level: 1 (Beginner), 2 (Intermediate), or 3 (Advanced).  
- Members can take up to 3 years to complete a Level Check List.  
- Members will complete Skills Options and Personal Development Options each year.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | |
| • 4-H Llama/Alpaca Activities Check List, Level 1 (#72193)  
• 4-H Llama/Alpaca Activities Check List, Level 2 (#72194)  
• 4-H Llama/Alpaca Activities Check List, Level 3 (#72195)  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | Complete the following: | |
| Volunteer Materials: | • 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | |
| • Volunteer Manual for 4-H Llama Activities (WSU Bulletin - EM4891) | **County Requirements** | **Support Materials:** |
| | Check with your County Extension office for more information. | Idaho 4-H Llama/Alpaca page and to download the Llama/Alpaca Activities checklists visit: [https://www.uidaho.edu/extension/4h/projects/llama-alpaca](https://www.uidaho.edu/extension/4h/projects/llama-alpaca)  
| | **Optional Supporting Materials:** | - Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 1(#4-H 996)  
- Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 2(#4-H 997)  
- Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 3(#4-H 998)  
- Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Helper’s Guide(#4-H 999-W)  
  - To order: [www.ces.purdue.edu/](http://www.ces.purdue.edu/)  
- Rocky Mountain Llama Association 4-H Manual – [www.rmla.com](http://www.rmla.com) |
## Plants and Animals
### BEEF
#### MARKET

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Market Beef</strong></td>
<td><strong>Project Requirements:</strong>&lt;br&gt;• Choose one or more steers or heifers for your Market Beef project.&lt;br&gt;• Individually identify each animal with an ear tag and/or tattoo.&lt;br&gt;• Provide one or more forms of positive ownership such as: Brand Inspection, Recorded Iron Brand, or Bill of Sale for each project animal for at least 150 days.&lt;br&gt;• Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 130 days.&lt;br&gt;• 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.&lt;br&gt;• 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.&lt;br&gt;• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).&lt;br&gt;• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.**&lt;br&gt;&lt;br&gt;<strong>Note:</strong> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</td>
<td>• 4-H Animal Project Record Book (#91940)&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• Any supplemental forms required at the county level, submitted to county Extension office by date specified.&lt;br&gt;• Display performance data on exhibit or stall card.&lt;br&gt;• Exhibit project animal at community, county, or other county Extension approved livestock show.&lt;br&gt;• Exhibit one of your project animals in a Beef Fitting and Showing class.</td>
</tr>
</tbody>
</table>

**Youth Materials:**<br>• 4-H Involvement Report (#91910)<br>• 4-H Animal Project Record Book (#91940)<br>• 4-H Animal Science Skills Checklist<br><br>**Volunteer Materials:**<br>• Beef Resource Handbook OH (#117R)<br>• 4-H Animal Science Lessons<br>• 4-H Animal Lesson Plan Tracker

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

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

**Optional Supporting Materials:**<br>• Market Beef Growth Chart (#72110)<br>• Youth Beef Quality Assurance (#72203)<br>• Market Beef – Beginning Planning & Record Sheet (#72298)<br>• Idaho 4- Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)<br>• Beef Showmanship DVD (#72999)<br><br>**National 4-H Curriculum:**<br>[http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx](http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx)<br>• Bite Into Beef, Book 1 (#72291)<br>• Here’s the Beef, Book 2 (#08144)<br>• Leading the Charge, Book 3 (#08145)<br>• Beef Helper’s Guide (#08146)
# Plants and Animals

## BEEF

### BREEDING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Breeding Beef: Purebred or Commercial | **Project Requirements:**
- Choose one or more heifers, cows, or bulls for your Breeding Beef project. Bulls must be less than one (1) year of age by fair date to be exhibited at a 4-H show.
- Individually identify each animal with an ear tag and/or tattoo.
- Provide 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 news 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 (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following:
  - 4-H Involvement Report (#91910)
  - 4-H Animal Project Record Book (#91940)
  - 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. |

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

<table>
<thead>
<tr>
<th>Support Materials:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>To order Ohio Materials: <a href="https://extensionpubs.osu.edu/beef-resource-handbook/">https://extensionpubs.osu.edu/beef-resource-handbook/</a></td>
<td></td>
</tr>
<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>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Beef page: <a href="https://www.uidaho.edu/extension/4h/projects/beef">https://www.uidaho.edu/extension/4h/projects/beef</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Optional Supporting Materials:</th>
<th>National 4-H Curriculum:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permanent Individual Animal Record (#72101)</td>
<td><a href="http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx">http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx</a></td>
</tr>
<tr>
<td>Youth Beef Quality Assurance (#72203)</td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Livestock Cost &amp; Return Estimates - Market Steer Project (#72295)</td>
<td></td>
</tr>
<tr>
<td>Beef Showmanship DVD (#72999)</td>
<td></td>
</tr>
</tbody>
</table>

**National 4-H Curriculum:**
- Bite Into Beef, Book 1 (#72291)
- Here’s the Beef, Book 2 (#08144)
- Leading the Charge, Book 3 (#08145)
- Beef Helper’s Guide (#08146)
# Plants and Animals

## BEEF

### STOCKER/FEEDER

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stocker-Feeder</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Choose one or more beef animals for your Stocker-Feeder project.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</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 Project Record Book (#91940)</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>• 4-H Animal Science Skills Checklist</td>
<td>• Provide one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal.</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><strong>Volunteer Materials:</strong></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>• Beef Resource Handbook OH (#117R)</td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Science Lessons</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Lesson Plan Tracker</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
</tbody>
</table>

**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:**

- Market Beef Growth Chart (#72110)
- Youth Beef Quality Assurance (#72203)
- Selecting 4-H Market Livestock Project Animals (#72007)
- Idaho 4- Livestock Cost & Return Estimates - Market Steer Project (#72295)
- Beef Showmanship DVD (#72999)

**National 4-H Curriculum:**

[http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx](http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx)

- Bite Into Beef, Book 1 (#72291)
- Here’s the Beef, Book 2(#08144)
- Leading the Charge, Book 3 (#08145)
- Beef Helper’s Guide (#08146)
# Plants and Animals

## BEEF

### NON-ANIMAL

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Beef Non-Animal**  | Project Requirements:  
  • Complete 5 Animal Science activities.  
  • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).  
  • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  
  Complete the following:  
  • 4-H Involvement Report (#91910)  
  • 4-H Project Record Book (#91950)  
  • Any supplemental forms required at the county level.  
  
  **Note:** Each member is strongly encouraged to participate in a livestock/dairy judging contest. |  
  • 4-H Project Record Book (#91950)  
  • 4-H Involvement Report (#91910)  
  • 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:

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:**

- Youth Beef Quality Assurance (#72203)
- Idaho 4-H Livestock Cost & Return Estimates - Market Steer Project (#72295)
- Beef Showmanship DVD (#72999)

**To order Ohio Materials:** [http://estore.osu-extension.org](http://estore.osu-extension.org)

**National 4-H Curriculum:** [http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx](http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx)

- Bite Into Beef, Book 1 (#72291)
- Here’s the Beef, Book 2 (#08144)
- Leading the Charge, Book 3 (#08145)
- Beef Helper’s Guide (#08146)
# Plants and Animals

## BIRDS AND POULTRY

### MARKET BROILERS/FRYERS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Market Broilers/Fryers</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Market Broilers (#UNL 4H308)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Market Broilers (#UNL 4H308)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Project Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for no less than eight (8) weeks.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Minimum requirement is five (5) broilers.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Complete 5 Animal Science activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).</td>
<td></td>
<td></td>
</tr>
<tr>
<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></td>
<td></td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration, or Illustrated talk) related to this project.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Complete the following:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</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:**

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:**

- 4-H Market Broilers (#72301) listed under optional materials at: [https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers](https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers)

**National 4-H Curriculum:**

- [http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx](http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx)
  - Scratching the Surface, Level 1 (#06363)
  - Testing Your Wings, Level 2 (#06364)
  - Flocking Together, Level 3 (#06365)
  - Poultry Helper’s Guide (#06366)

---

105
### Pullets/Laying Hens

**Youth Materials:**
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Egg Production Record (#72310)
- Permanent Individual Animal Record (#72101)

**Volunteer Materials:**
None

**Project Requirements:**
- Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.
- 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.
- **Note:** If pullets are to be continued as a laying project, at least 10 pullets are suggested (but not required) to start.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Egg Production Record (#72310)
- Permanent Individual Animal Record (#72101) – one for your flock

**Exhibit Requirements:**
- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- Egg Production Record (#72310)
- Permanent Individual Animal Records (#72101)
- Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production. **OR**
- A display or poster (14” x 22”) that shows something new you learned this year related to a completed project activity.

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

---

**Counties 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:**
- Selecting & Grooming 4-H Exhibition Poultry (#72306)
- Poultry Judging (#72307)
- Egg Production Record (#72310) – Pullets/Laying Hens Only

**National 4-H Curriculum:**
[http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx](http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx)
- Scratching the Surface, Level 1 (#06363)
- Testing Your Wings, Level 2 (#06364)
- Flocking Together, Level 3 (#06365)
- Poultry Helper’s Guide (#06366)
# BIRDS AND POULTRY
## FAMILY FLOCK

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Flock:</strong> Domestic Poultry, Gamebirds, Pigeons or Waterfowl</td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td></td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 5 activities from supporting materials for Birds &amp; Poultry.</td>
<td>• Permanent Individual Animal Record (#72101)</td>
</tr>
<tr>
<td></td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td>• Exhibit 1 or a pair of birds. OR</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</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>Complete the following:</td>
<td><strong>Optional:</strong> You may choose to participate in a Poultry Fitting &amp; Showing (pre-registration required).</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) – one for your flock</td>
<td></td>
</tr>
</tbody>
</table>

**Youth Materials:**
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Permanent Individual Animal Record (#72101)

**Volunteer Materials:** None

**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:**
- Selecting & Grooming 4-H Exhibition Poultry (#72306) and Poultry Judging (#72307) available at: [https://www.uidaho.edu/extension/4h/projects/family-flock](https://www.uidaho.edu/extension/4h/projects/family-flock)

**National 4-H Curriculum:**
[http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx](http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx)
- Scratching the Surface, Level 1 (#06363)
- Testing Your Wings, Level 2 (#06364)
- Flocking Together, Level 3 (#06365)
- Poultry Helper’s Guide (#06366)
# Plants and Animals

## BIRDS AND POULTRY

### NON-ANIMAL

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Poultry Non-Animal</strong></td>
<td>In the member’s current Project Manual:</td>
<td><strong>4-H Project Record Book (#91950)</strong></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td><strong>4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Scratching the Surface, Level 1</em> (#06363)</td>
<td>• Complete 5 Animal Science activities.</td>
<td><strong>A poster (14” x 22”) or a display illustrating what you learned in this project this year.</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Testing Your Wings, Level 2</em> (#06364)</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Flocking Together, Level 3</em> (#06365)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum Poultry Helper’s Guide (#06366)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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

### Support Materials:
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx](http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx)
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:
- *Selecting & Grooming 4-H Exhibition Poultry* (#72306) and *Poultry Judging* (#72307) available at: [https://www.uidaho.edu/extension/4h/projects/family-flock](https://www.uidaho.edu/extension/4h/projects/family-flock)
# Plants and Animals

## CAT

### Projects & Materials

**Cat**

**Youth Materials:**
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Permanent Individual Animal Record (#72101)
- 4-H Cat Project, Unit 1 (WSU EM4809E)
- 4-H Cat Project, Unit 2
- Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)
- Cat Fitting and Showmanship (WSU EM4810E)

**Volunteer Materials:**
- 4-H Cat Project, Unit 1 (WSU EM4809E)
- 4-H Cat Project, Unit 2
- Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)
- Cat Fitting and Showmanship (WSU EM4810E)

### Requirements

**Project Requirements:**
- Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Permanent Individual Animal Record (#72101)

### Exhibit Requirements

- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- Permanent Individual Animal Record (#72101)
- A poster (14” x 22”) or a display illustrating what you learned in this project this year.
- **AND/OR**
  - Exhibit your project animal in a Cat Fitting and Showing class.

## 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:

- National 4-H Curriculum
  - [http://www.4-hmall.org/Category/4-hcurriculum-cat.aspx](http://www.4-hmall.org/Category/4-hcurriculum-cat.aspx)
  - Purr-fect Pals!, Book 1 (#08148)
  - Climbing Up!, Book 2 (#08149)
  - Leaping Forward, Book 3 (#08150)
  - Cat Helper’s Guide (#08151)
## Plants and Animals

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Animal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Material:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum Purr-fect Pals! Book 1 (#08148)</td>
<td>Complete 5 Animal Science activities.</td>
<td>4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>- National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum Climbing Up!, Book 2 (#08149)</td>
<td>Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).</td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>- National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum Leaping Forward, Book 3 (#08150)</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>- 4-H Involvement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>- 4-H Project Record Book (#91950)</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 Cat Helper’s Guide (#08151)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Check with your County Extension office for more information.</td>
<td></td>
</tr>
<tr>
<td>Support Materials:</td>
<td>To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/4-hcurriculum-cat.aspx">http://www.4-hmall.org/Category/4-hcurriculum-cat.aspx</a></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Cat page:</td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/cat">https://www.uidaho.edu/extension/4h/projects/cat</a></td>
<td></td>
</tr>
</tbody>
</table>
# Plants and Animals

## CAVY

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cavy</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>• 4-H Animal Project Record Book (#91940)</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>• Provide proper housing, food and primary care for your Cavies for at least 90 days.</strong></td>
<td><strong>• 4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Step One Checklist (#72781)</td>
<td><strong>• Members must work in the Cavy Advancement Program Step 1, 2, 3, 4 or 5.</strong></td>
<td><strong>• Permanent Individual Animal Record (#72101)</strong></td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Two Checklist (#72782)</td>
<td><strong>• Members can take up to 2 years to complete a specific Step Check List.</strong></td>
<td><strong>• A poster (14”x22”) or display illustrating something you learned in this project this year.</strong></td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Three Checklist (#72783)</td>
<td><strong>• Members will complete Skills Options and Personal Development Options each year.</strong></td>
<td><strong>• AND/OR</strong></td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Four Checklist (#72784)</td>
<td><strong>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</strong></td>
<td><strong>• Exhibit your project animal in a Cavy Fitting and Showing class.</strong></td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Five Checklist (#72785)</td>
<td><strong>Complete the following:</strong></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>• 4-H Involvement Report (#91910)</strong></td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td><strong>• 4-H Animal Project Record Book (#91940)</strong></td>
<td></td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td><strong>• Permanent Individual Animal Record (#72101)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• PNW 4-H Cavy Project Volunteers Guide (#72780)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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 PNW 4-H Cavy Project Volunteer Guide: [https://catalog.extension.oregonstate.edu/4-h1622l](https://catalog.extension.oregonstate.edu/4-h1622l)

### Optional Supporting Materials:

- **4H Cavy Project Health Supplement (WI)** – [https://fyi.uwex.edu/wi4hpublications/4-h-cavy-project-health-supplement/](https://fyi.uwex.edu/wi4hpublications/4-h-cavy-project-health-supplement/)
- American Rabbit Breeders Association (ARBA) Standard of Perfection, and
- American Rabbit Breeders Association (ARBA) Official Guide Book, “Raising Better Rabbits & Cavies”. American Rabbit Breeders [ARBAPOST@aol.com](mailto:ARBAPOST@aol.com) or [http://www.arba.net/](http://www.arba.net/)
- “Your Guinea Pig” by Wanda L. Curran (1995), Storey publishing,
### Projects & Materials

| Youth Materials:                                                                                           | Requirements:                                                                                      | Exhibit Requirements:                                                                                     |
|========================================================================================================|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| • 4-H Cavy Advancement Program, Step One Checklist (#72781)                                              | Project Requirements:                                                                              | • 4-H Project Record Book (#91950)                                                                       |
| • 4-H Cavy Advancement Program, Cavy Step Two Checklist (#72782)                                        | • Members must work in the Cavy Advancement Program Step 1, 2, 3, 4 or 5.                           | • 4-H Involvement Report (#91910)                                                                       |
| • 4-H Cavy Advancement Program, Cavy Step Three Checklist (#72783)                                       | • Members can take up to 2 years to complete a specific Step Check List.                           | • A poster (14” x 22”) or display illustrating something you learned in this project this year.       |
| • 4-H Cavy Advancement Program, Cavy Step Four Checklist (#72784)                                       | • Members will complete Skills Options and Personal Development Options each year.                 | -------------------------------------------------------------------------------------------------------|
| • 4-H Cavy Advancement Program, Cavy Step Five Checklist (#72785)                                       | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.    | -------------------------------------------------------------------------------------------------------|
| • 4-H Involvement Report (#91910)                                                                       | Complete the following:                                                                            | -------------------------------------------------------------------------------------------------------|
| • 4-H Project Record Book (#91950)                                                                       | • 4-H Involvement Report (#91910)                                                                  | -------------------------------------------------------------------------------------------------------|
| • A poster (14” x 22”) or display illustrating something you learned in this project this year.        | • 4-H Project Record Book (#91950)                                                                  | -------------------------------------------------------------------------------------------------------|

### Volunteer Materials:

- PNW 4-H Cavy Project Volunteers Guide (#72780)

### 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 PNW 4-H Cavy Project Volunteer Guide: [https://catalog.extension.oregonstate.edu/4-h1622l](https://catalog.extension.oregonstate.edu/4-h1622l)

### Optional Supporting Materials:

- 4H Cavy Project Health Supplement (WI) – [https://fvi.uwex.edu/wi4hpublications/4-h-cavy-project-health-supplement/](https://fvi.uwex.edu/wi4hpublications/4-h-cavy-project-health-supplement/)
- American Rabbit Breeders Association (ARBA) Standard of Perfection, and
- “Your Guinea Pig” by Wanda L. Curran (1995), Storey publishing,
# DAIRY CATTLE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Dairy Cattle         | 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 (#91940).  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  
Complete the following:  
  - 4-H Involvement Report (#91910)  
  - 4-H Animal Project Record Book (#91940)  
  - 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. |  
| Youth Materials:     |  
  - Dairy Resource Handbook OH (#127R)  
  - 4-H Involvement Report (#91910)  
  - 4-H Animal Project Record Book (#91940)  
  - Permanent Individual Animal Record (#72101)  
| Volunteer Materials: |  
  - Dairy Resource Handbook OH (#127R)  
|  
| County Requirements: |  
  Check with your County Extension office for more information. |  
| Support Materials:   |  
  To order Ohio Materials:  
  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: |  
  National 4-H Curriculum [http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx](http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx)  
  - Cowabunga!, Book 1, Grades 3-4 (#08161)  
  - Mooving Ahead, Book 2, Grades 5-7 (#08162)  
  - Rising to the Top, Book 3, Grades 6-9 (#08163)  
  - Dairy Cattle Helper’s Guide (#08164)  
  - 4-H Dairy Cattle Project (Michigan State University)  
  - Dairy Heifer Growth Chart (#72120)  
  - Monitoring Dairy Heifer Growth, Penn State, 1988 (see Calves & Heifer Mgt.) –  
    [www.extension.psu.edu/animals/dairy/health/nutrition/heifers](http://www.extension.psu.edu/animals/dairy/health/nutrition/heifers) |  

---

113
# Plants and Animals

## DAIRY CATTLE

### NON-ANIMAL

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Dairy Cattle Non-Animal | Project Requirements:  
- Complete 5 Animal Science activities.  
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- A poster (14”x22”) or display illustrating something you learned in this project this year. |

**Youth Materials:**  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  

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

**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:**  
National 4-H Curriculum - [http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx](http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx)  
- Cowabunga!, Book 1, Grades 3-4 (#08161)  
- Mooving Ahead, Book 2, Grades 5-7 (#08162)  
- Rising to the Top, Book 3, Grades 6-9 (#08163)  
- Dairy Cattle Helper’s Guide (#08164)  
# Plants and Animals

## Dog

### Projects & Materials

- **Youth Materials:**
  - *Dog Resource Handbook OH (#201R)*
  - *4-H Involvement Report (#91910)*
  - *4-H Animal Project Record Book (#91940)*
  - *Permanent Individual Animal Record (#72101)*

- **Volunteer Materials:**
  - *Dog Resource Handbook OH (#201R)*

### Requirements

**Project Requirements:**
- 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.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- *4-H Involvement Report (#91910)*
- *4-H Animal Project Record Book (#91940)*
- *Permanent Individual Animal Record (#72101)* for each project animal

### Exhibit Requirements

- *4-H Animal Project Record Book (#91940)*
- *4-H Involvement Report (#91910)*
- *Permanent Individual Animal Records (#72101)*
- Exhibit dog you trained in appropriate obedience class according to experience and development as follows:
  - Dog in Training:
    - Unit 1 – Subnovice
    - Unit 2 – Novice
    - Unit 3 – Graduate Novice
  - OR
  - Exhibit one of your project animals in a Dog Fitting and Showing class.

**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:

**National 4-H Curriculum:** [www.4-hmall.org/Category/4-hcurriculum-dog.aspx](http://www.4-hmall.org/Category/4-hcurriculum-dog.aspx)
- *Wiggles ‘n’ Wags, Level 1 (#08166)*
- *Canine Connection, Level 2 (#08167)*
- *Leading the Pack, Level 3 (#08168)*
- *Dog Helper’s Guide (#08169)*
# Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---

**Dog**

**Non-Animal**

**Youth Materials:**

- **National 4-H Curriculum**
  
  *Wiggles ‘n’ Wags, Level 1 (#08166)*
  
  - National 4-H Curriculum
    
  *Canine Connection, Level 2 (#08167)*

- **National 4-H Curriculum**
  
  *Leading the Pack, Level 3 (#08168)*

- **4-H Involvement Report (#91910)**

- **4-H Project Record Book (#91950)**

**Volunteer Materials:**

- **National 4-H Curriculum**
  
  *Dog Helper’s Guide (#08169)*

**In member’s current Project Manual:**

- Complete 5 Animal Science activities.

- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).

- 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:**

- **4-H Involvement Report (#91910)**

- **4-H Project Record Book (#91950)**

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

To order National 4-H Curriculum visit:  [www.4-hmall.org/Category/4-hcurriculum-dog.aspx](https://www.4-hmall.org/Category/4-hcurriculum-dog.aspx)

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

**Optional Supporting Materials:**

# Plants and Animals

## GOATS

### MEAT

**Projects & Materials**

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Involvement Report (#91910)</td>
<td>Project Requirements:&lt;br&gt;• Choose one or more goats for your Market Goat project.&lt;br&gt;• Comply with current USDA Scrapie requirements&lt;br&gt;• Individually identify each animal with an ear tag and/or tattoo.&lt;br&gt;• Provide one or more forms of positive ownership for a minimum of 70 days.&lt;br&gt;• Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.&lt;br&gt;• Provide appropriate documentation, which includes a brand inspection and/or 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.&lt;br&gt;• 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.&lt;br&gt;• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).&lt;br&gt;• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following:&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• 4-H Animal Project Record Book (#91940)&lt;br&gt;• Any supplemental forms required at the county level.</td>
<td>4-H Animal Project Record Book (#91940)&lt;br&gt;4-H Involvement Report (#91910)&lt;br&gt;Supplemental forms required at the county level, submitted to county Extension office by date specified.&lt;br&gt;Display performance data on exhibit or stall card.&lt;br&gt;Exhibit project animal at community, county, or other county Extension approved livestock show.&lt;br&gt;Exhibit one of your project animals in a Goat Fitting and Showing class.</td>
</tr>
<tr>
<td>4-H Animal Project Record Book (#91940)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Animal Science Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Animal Lesson Plan Tracker</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

- Goat Resource Handbook OH (#135R)
- 4-H Animal Science Lessons
- 4-H Animal Lesson Plan Tracker

**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:**
- 4-H Meat Goat Fact Sheets; NY 4-H website: [www.ansci.cornell.edu/4H/meatgoats/](http://www.ansci.cornell.edu/4H/meatgoats/)
- Idaho 4-H Livestock Cost and Returns Estimate – Market Goat Project (#72596)

**National 4-H Curriculum:** [http://www.4-hmall.org/Category/4-hcurriculum-meat-goat.aspx](http://www.4-hmall.org/Category/4-hcurriculum-meat-goat.aspx)

**For Youth:** Just Browsing, Level 1 (#07909), Get Growing with Meat Goats, Level 2 (#07901), Meating the Future, Level 3 (#07911)

**For Volunteers:** Meat Goat Helper’s Guide (#07912)
# Plants and Animals

## GOATS

### BREEDING MEAT

**Projects & Materials**

<table>
<thead>
<tr>
<th>Breeding Meat Goat</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Project Requirements:</td>
<td>4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>- 4-H Involvement Report (#91910)</td>
<td>- Choose one or more goats for your Breeding Meat Goat project.</td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>- 4-H Animal Project Record Book (#91940)</td>
<td>- Comply with current USDA Scrapie requirements</td>
<td>Permanent Individual Animal Records (#72101)</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>- 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>- Goat Resource Handbook OH (#135R)</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>- 4-H Animal Science Lessons</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>Exhibit one of your project animals in a Goat Fitting and Showing class.</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 (#91940).</td>
<td></td>
</tr>
<tr>
<td>- 4-H Involvement Report (#91910)</td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>- 4-H Animal Project Record Book (#91940)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>- Permanent Individual Animal Record (#72101) for each project animal.</td>
<td>- 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>- Any supplemental forms required at the county level.</td>
<td>- 4-H Animal Project Record Book (#91940)</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/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:**

- 4-H Meat Goat Fact Sheets; NY 4-H website: [www.anisci.cornell.edu/4H/meatgoats/](http://www.anisci.cornell.edu/4H/meatgoats/)
- Idaho 4-H Livestock Cost and Returns Estimate – Market Goat Project (#72596)

**National 4-H Curriculum:**

[http://www.4-hmall.org/Category/4-hcurriculum-meat-goat.aspx](http://www.4-hmall.org/Category/4-hcurriculum-meat-goat.aspx)

*For Youth:* Just Browsing, Level 1 (#07909), Get Growing with Meat Goats, Level 2 (#07901), Meating the Future, Level 3 (#07911)

*For Volunteers:* Meat Goat Helper’s Guide (#07912)
# Plants and Animals

## GOATS
### DAIRY

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy Goat</td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td></td>
<td>• Choose one or more goats for your Dairy Goat project.</td>
<td>• 4-H Involvement Report (#91910)</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,</td>
</tr>
<tr>
<td></td>
<td>• Provide one or more forms of positive ownership for a minimum of 90 days.</td>
<td>submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td></td>
<td><strong>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.</strong></td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Exhibit project animal at community, county, or other</td>
</tr>
<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).</td>
<td>county Extension approved livestock show.</td>
</tr>
<tr>
<td></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 Goat Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>for each project animal</td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101)</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Goat Resource Handbook OH (#135R)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Check with your County Extension office for more information.</td>
<td></td>
</tr>
<tr>
<td>Support Materials:</td>
<td>To order Ohio materials visit: <a href="https://extensionpubs.osu.edu/goat-resource-handbook/">https://extensionpubs.osu.edu/goat-resource-handbook/</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Idaho 4-H Dairy goat page: <a href="https://www.uidaho.edu/extension/4h/projects/dairy-goat">https://www.uidaho.edu/extension/4h/projects/dairy-goat</a></td>
<td></td>
</tr>
<tr>
<td>Optional Supporting Materials:</td>
<td>National 4-H Curriculum: <a href="http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx">http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx</a></td>
<td>For Volunteers:</td>
</tr>
<tr>
<td></td>
<td>For Youth:</td>
<td>• Dairy Goat Helper’s Guide (#08355)</td>
</tr>
<tr>
<td></td>
<td>• Getting Your Goat, Book 1 (#08352)</td>
<td>Iowa Dairy Goat Project information:</td>
</tr>
<tr>
<td></td>
<td>• Stepping Out, Book 2 (#08353)</td>
<td><a href="http://www.extension.iastate.edu/4hfiles/projects/hotsheets/dairygoathotsheet.pdf">http://www.extension.iastate.edu/4hfiles/projects/hotsheets/dairygoathotsheet.pdf</a></td>
</tr>
<tr>
<td></td>
<td>• Showing the Way, Book 3 (#08354)</td>
<td></td>
</tr>
</tbody>
</table>

*Rev. 09-18*
## Plants and Animals

### GOATS

#### PACK

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pack Goat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td>4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
<td>Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Goat Resource Handbook OH (#135R)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Project Requirements:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Own and care for at least 1 pack goat of any breed or mixed breed for at least 90 days.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Comply with current USDA Scrapie requirements.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• <strong>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.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Complete 5 Animal Science activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></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 Pack Goat page: [https://www.uidaho.edu/extension/4h/projects/pack-goat](https://www.uidaho.edu/extension/4h/projects/pack-goat)

Optional Supporting Materials:

**National 4-H Curriculum:** [http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx](http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx)

**For Youth:**
- Getting Your Goat, Book 1 (#08352)
- Stepping Out, Book 2 (#08353)
- Showing the Way, Book 3 (#08354)
- Pack Goat Skills Checklist (#72580)

**For Volunteers:**
- Dairy Goat Helper’s Guide (#08355)
- Pack Goat Skills Checklist (#72580)

Pack Goat website: [www.northwestpackgoats.com](http://www.northwestpackgoats.com)
# Plants and Animals

## GOATS

**PET/PYGMY**

### Projects & Materials

<table>
<thead>
<tr>
<th>Pet/Pygmy Goat</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>• 4-H Involvement Report (#91910)</td>
<td><strong>Project Requirements:</strong></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>• Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>• Comply with current USDA Scrapie requirements.</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
</tbody>
</table>

### Volunteer Materials:

- Goat Resource Handbook OH (#135R)

Complete the following:

- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- 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 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:

- Individual Pygmy Goat Information (#72595)
- National Pygmy Goat Website: [www.npga-pygmy.com](http://www.npga-pygmy.com)
- Pygmy Goat Youth Project Guide (order from National Pygmy Goat website)
- Youth Project Guide Advisors Manual (order from National Pygmy Goat website)

### National 4-H Curriculum

[http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx](http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx)

**For Youth:**

- Getting Your Goat, Book 1 (#08352)
- Stepping Out, Book 2 (#08353)
- Showing the Way, Book 3 (#08354)

**For Volunteers:**

- Dairy Goat Helper’s Guide (#08355)
### Projects & Materials

<table>
<thead>
<tr>
<th>Goat Non-Animal</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete 5 Animal Science activities.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).</td>
<td>• A poster (14” x 22”) or display illustrating something you learned in the project this year.</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>
<tr>
<td>Volunteer Materials:</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Goat Resource Handbook OH (#135R)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</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 Goat, Non-animal page: [https://www.uidaho.edu/extension/4h/projects/goat-non-animal](https://www.uidaho.edu/extension/4h/projects/goat-non-animal)

### Optional Supporting Materials:
- Individual Pygmy Goat Information (#72595)
- Pygmy Goat Website: [www.npga-pygmy.com](http://www.npga-pygmy.com)
- Youth Project Guide Advisors Manual (order from National Pygmy Goat website)
- Pygmy Goat Youth Project Guide (order from National Pygmy Goat website)

### National 4-H Curriculum
[http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx](http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx)

### For Youth:
- Getting Your Goat, Book 1 (#08352)
- Stepping Out, Book 2 (#08353)
- Showing the Way, Book 3 (#08354)

### For Volunteers:
- Dairy Goat Helper’s Guide (#08355)
## Horse

### Youth Materials:
- PNW #587: The 4-H Horse Project (#72676)
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Permanent 4-H Horse Identification and Health Record (#72650)
- Basic Horse Safety Manual (#72673)

### Volunteer Materials:
- PNW #587: The 4-H Horse Project (#72676)

#### Project Requirements:
- Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) at least 90 days before exhibiting.
- 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.
- Keep record of expenses, health care, plus participation in shows and related horse activities/events.
- Learn and practice safety precautions necessary to prevent injury to you and your horse.
- Complete 5 Horse-related educational lessons/activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
  - Complete the following:
    - 4-H Involvement Report (#91910)
    - 4-H Animal Project Record Book (#91940)
    - Permanent 4-H Horse Identification and Health Record (#72650) for each project animal.
    - Any supplemental forms required at county level.

### 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:
  - Horses and Horsemanship (#CO-200)
  - Horse Science (#CO-201)
  - 4-H Horse Judging Manual (#72672)
  - Hunt Seat Manual (#72681)
  - PNW #574: 4-H Horse Contest Guide (#72675) [https://catalog.extension.oregonstate.edu/pnw574](https://catalog.extension.oregonstate.edu/pnw574)
  - Horse Safety Guidelines (Order from American Youth Horse Council at: [http://ayhc.com](http://ayhc.com))

### Checklists:
- 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)

### National 4-H Curriculum

#### For Youth:
- Giddy Up & Go, Level 1 (#08053)
- Head, Heart & Hooves, Level 2 (#08054)
- Stable Relationships, Level 3 (#08055)
- Riding the Range, Level 4 (#08056)
- Jumping to New Heights, Level 5 (#08057)

#### For Volunteers:
- Horse Helper’s Guide (#08058)
# Plants and Animal

## HORSE

### NON-ANIMAL

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Horse Non-Animal</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>• 4-H Project Record Book (#91950)</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete 5 Horse-related educational lessons/activities.</td>
<td><strong>• 4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).</td>
<td>• Any supplemental forms required at the county level submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• Giddy Up &amp; Go, Level 1 (#08053)</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>• Head, Heart &amp; Hooves, Level 2 (#08054)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Stable Relationships, Level 3 (#08055)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• Riding the Range, Level 4 (#08056)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>• Jumping to New Heights, Level 5 (#08057)</td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>Volunteers Materials:</strong></td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Horse Helper’s Guide (#08058)</td>
<td></td>
</tr>
<tr>
<td>• Basic Horse Safety Manual (#72673)</td>
<td><strong>County Requirements:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Check with your County Extension office for more information.</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Support Materials:</strong> Idaho 4-H Horse page: <a href="https://www.uidaho.edu/extension/4h/projects/horse">https://www.uidaho.edu/extension/4h/projects/horse</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Optional Supporting Materials</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Horses and Horsemanship (#CO-200)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Horse Science (#CO-201)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Horse Judging Manual (#72672)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Horse Safety Guidelines (order from American Youth Horse Council at <a href="http://www.ayhc.com">http://www.ayhc.com</a>)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>To order Ohio Materials:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Horseless Horse (OH) <a href="https://extensionpubs.osu.edu/horseless-horse/">https://extensionpubs.osu.edu/horseless-horse/</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Horse Nutrition (OH) <a href="https://extensionpubs.osu.edu/horse-nutrition/">https://extensionpubs.osu.edu/horse-nutrition/</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Horse training: How to talk to your Horse (OH) <a href="https://extensionpubs.osu.edu/horse-training-how-to-talk-to-your-horse/">https://extensionpubs.osu.edu/horse-training-how-to-talk-to-your-horse/</a></td>
<td></td>
</tr>
</tbody>
</table>
### Projects & Materials

#### Market Rabbit

**Youth Materials:**
- **4-H Involvement Report** (#91910)
- **4-H Animal Project Record Book** (#91940)

**Volunteer Materials:**

**Project Requirements:**
- Own 2 or more does and have access to the appropriate number of bucks (standard breeds or crossbreeds) for at least 90 days.
- Raise at least 1 litter per doe during the year.
- Provide proper housing, food and primary care for your rabbits.
- Market the young alive or processed for eating.
- Keep performance production records on all rabbits in the herd.
- Learn how to fit and show a rabbit.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- **4-H Involvement Report** (#91910)
- **4-H Animal Project Record Book** (#91940)

**Exhibit Requirements:**
- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- Pen of 3 fryers, produced from matings of the member’s own does.
- Exhibit one of your project animals in a Rabbit Fitting and Showing class.

#### 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:
- American Rabbit Breeders Association (ARBA) *Standard of Perfection*, and
- American Rabbit Breeders [arbapost@aol.com](mailto:arbapost@aol.com)
  or [www.arba.net](http://www.arba.net)

#### National 4-H Curriculum:
**For Youth:**
- What’s Hoppening, Level 1 (#08080)
- Making Tracks, Level 2 (#08081)
- All Ears, Level 3 (#08082)

**For Volunteers:**
- Rabbit Helper’s Guide (#08083)
## RABBIT BREEDING

### Youth Materials:
- **4-H Involvement Report** (#91910)
- **4-H Animal Project Record Book** (#91940)
- **Permanent Individual Animal Record** (#72101) for each project animal

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

### Project Requirements:
- 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).
- Raise at least 1 litter per doe, and keep or market the young.
- Provide proper housing, feed and primary care for your rabbits.
- Keep breeding pedigree, performance and production records on your rabbits.
- Learn how to fit and show a rabbit.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- **4-H Involvement Report** (#91910)
- **4-H Animal Project Record Book** (#91940)
- **Permanent Individual Animal Record** (#72101) for each project animal

### 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:
- **American Rabbit Breeders Association (ARBA) Standard of Perfection, and**
- **American Rabbit Breeders arbapost@aol.com or www.arba.net**

### National 4-H Curriculum:
**For Youth:**
- **What’s Happening, Level 1** (#08080)
- **Making Tracks, Level 2** (#08081)
- **All Ears, Level 3** (#08082)

**For Volunteers:**
- **Rabbit Helper’s Guide** (#08083)
## RABBIT PET

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Provide proper housing, food and primary care for your rabbits for at least 90 days.</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>Complete 5 Animal Science activities.</td>
<td>• 4-H Involvement Report (#91910)</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 (#91940).</td>
<td>• Permanent Individual Animal Record (#72101)</td>
</tr>
</tbody>
</table>

**Complete the following:**

- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Permanent Individual Animal Record (#72101) for each project animal

**Support Materials:**

- [American Rabbit Breeders](http://www.arba.net) [arbapost@aol.com](mailto:arbapost@aol.com)

### 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:

- [American Rabbit Breeders](http://www.arba.net) [arbapost@aol.com](mailto:arbapost@aol.com)

### National 4-H Curriculum:

**For Youth:**

- [What’s Happening, Level 1 (#08080)](https://extensionpubs.osu.edu/)
- [Making Tracks, Level 2 (#08081)](https://extensionpubs.osu.edu/)
- [All Ears, Level 3 (#08082)](https://extensionpubs.osu.edu/)

**For Volunteers:**

- [Rabbit Helper’s Guide (#08083)](https://extensionpubs.osu.edu/)
# Plants and Animals

## RABBIT

### NON-ANIMAL

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rabbit</td>
<td>In member’s current Project Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Non-Animal</td>
<td>• Complete 5 Animal Science activities.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).</td>
<td>• A poster (14”x 22”) or display illustrating something you learned in this project this year.</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>Youth Materials:</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### Support Materials:
To order National 4-H Curriculum visit:
[http://www.4-hmall.org/Category/4-hcurriculum-rabbit.aspx](http://www.4-hmall.org/Category/4-hcurriculum-rabbit.aspx)
Idaho 4-H Rabbit page: [https://www.uidaho.edu/extension/4h/projects/rabbits](https://www.uidaho.edu/extension/4h/projects/rabbits)

### Optional Supporting Materials:
- American Rabbit Breeders ARBAPOST@aol.com or [http://www.arba.net/](http://www.arba.net/)
## Projects & Materials

### Market Lamb

**Youth Materials:**
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- 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 at least one wether or ewe for your Market Lamb project.
- Comply with current USDA Scrapie requirements.
- Provide one or more forms of positive ownership (70 days) for each project animal.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.
- Individually identify each animal with an ear tag, tattoo or ear notch.
- Provide appropriate documentation, which includes a brand inspection, and/or 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 (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Any supplemental forms required at the county level.

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

### Exhibit Requirements

- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- 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:

- Market Lamb Growth Chart (#72130)
- Sheep Showmanship DVD (#72898)
- Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)

## National 4-H Curriculum:

For Youth: Lambs, Rams and You, Level 1 (#06367), Shear Delight, Level 2 (#06368), Leading the Flock, Level 3 (#06369)

For Volunteers: Sheep Helper’s Guide (#06370)
# Plants and Animals

## SHEEP BREEDING

### Table of Contents

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breeding Sheep</strong></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>• Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td>• Exhibit project animal(s) at a community, county or other livestock show.</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Exhibit one of your project animals in a Sheep Fitting and Showing class.</td>
</tr>
<tr>
<td>• Sheep Resource Handbook for Market and Breeding Projects OH (#194R)</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Science Lessons</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Lesson Plan Tracker</td>
<td></td>
</tr>
</tbody>
</table>

### 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:

- Market Lamb Growth Chart (#72130)
- Sheep Showmanship DVD (#72898)
- National 4-H Curriculum: [http://www.4-hmall.org/Category/4-hcurriculum-sheep.aspx](http://www.4-hmall.org/Category/4-hcurriculum-sheep.aspx)
  
  **For Youths:** Lambs, Rams and You, Level 1 (#06367), Shear Delight, Level 2 (#06368), Leading the Flock, Level 3 (#06369)
  
  **For Volunteers:** Sheep Helper’s Guide (#06370)
# Sheep

**NON-ANIMAL**

## Projects & Materials

### Sheep Non-Animal

**Youth Materials:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- Sheep Resource Handbook for Market and Breeding Projects OH (#194R)

**Project Requirements:**
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Any supplemental forms required at the county level.

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

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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:

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 Sheep 4-H 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:

- Market Lamb Growth Chart(#72130)
- Sheep Showmanship DVD (#72898)

## National 4-H Curriculum:

**For Youth:**
- Lambs, Rams and You, Level 1 (#06367)
- Shear Delight, Level 2 (#06368)
- Leading the Flock, Level 3 (#06369)

**For Volunteers:**
- Sheep Helper’s Guide (#06370)
# Plants & Animals

## SMALL ANIMAL, POCKET PETS, & OTHER ANIMALS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Pocket Pets and Other Pets** | Project Requirements:  
- Members should provide proper housing, food, and primary care for their pet for at least 60 days. 
- In member’s current Project Manual:  
  - Complete 5 Animal Science activities.  
  - Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91940).  
  - 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:  
- 4-H Involvement Report (#91910)  
- 4-H Animal Project Record Book (#91940)  
- Permanent Individual Animal Records (#72101)  
- A poster (14”x22”) or display illustrating something you learned in this project this year. AND/OR  
- Exhibit their project animal in a corresponding species Fitting and Showing class. | • 4-H Animal Project Record Book (#91940)  
• 4-H Involvement Report (#91910)  
• Permanent Individual Animal Records (#72101)  
• A poster (14”x22”) or display illustrating something you learned in this project this year. AND/OR  
• Exhibit their project animal in a corresponding species Fitting and Showing class. |
| **Youth Materials:**  
- National 4-H Curriculum Pet Pals, Level 1 (#06359)  
- National 4-H Curriculum Scurrying Ahead, Level 2 (#06360)  
- National 4-H Curriculum Scaling the Heights, Level 3 (#06361)  
- 4-H Involvement Report (#91910)  
- 4-H Animal Project Record Book (#91940) | | |
| **Volunteer Materials:**  
- National 4-H Curriculum Pet Helper’s Guide (#06362) | | |

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

**Support Materials:**  
To order National 4-H Curriculum visit:  
[http://www.4-hmall.org/Category/4-hcurriculum-pets.aspx](http://www.4-hmall.org/Category/4-hcurriculum-pets.aspx)  
Idaho 4-H Pocket Pets page:  
[https://www.uidaho.edu/extension/4h/projects/pocket-pet](https://www.uidaho.edu/extension/4h/projects/pocket-pet)
## Plants and Animals

### SMALL ANIMAL, POCKET PETS

### NON-ANIMAL

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pocket Pets and Other Animals</strong>&lt;br&gt;Non-Animal</td>
<td>In member’s current Project Manual: &lt;br&gt;• Complete 5 Animal Science activities. &lt;br&gt;• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950). &lt;br&gt;• Have your project helper date (month and year) and initial each activity when it is finished. &lt;br&gt;• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. &lt;br&gt;Complete the following: &lt;br&gt;• 4-H Involvement Report (#91910) &lt;br&gt;• 4-H Project Record Book (#91950)</td>
<td>• 4-H Project Record Book (#91950) &lt;br&gt;• 4-H Involvement Report (#91910) &lt;br&gt;• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
</tbody>
</table>

**Youth Materials:**<br>• National 4-H Curriculum<br>   Pet Pals, Level 1 (#06359)<br>• National 4-H Curriculum<br>   Scurrying Ahead, Level 2 (#06360)<br>• National 4-H Curriculum<br>   Scaling the Heights, Level 3 (#06361)<br>• 4-H Involvement Report (#91910)<br>• 4-H Project Record Book (#91950)

**Volunteer Materials:**<br>• National 4-H Curriculum<br>   Pet Helper’s Guide (#06362)

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

**Support Materials:**<br>To order National 4-H Curriculum visit:<br>http://www.4-hmall.org/Category/4-hcurriculum-pets.aspx<br>Idaho 4-H Pocket Pets page: https://www.uidaho.edu/extension/4h/projects/pocket-pet
# Plants and Animals

## SWINE MARKET

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Market Swine</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td>4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td></td>
<td>Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></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)</td>
<td></td>
<td>Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>• 4-H Animal Science Lessons</td>
<td></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></td>
<td></td>
</tr>
</tbody>
</table>

**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 (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record (#91940)
- Any supplemental forms required at the county level.

**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:

- Market Swine Growth Chart (#72140)
- Swine Showmanship DVD (#72998)
- Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)

### National 4-H Curriculum:

[http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx](http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx)

**For Youth:**
- The Incredible Pig, Level 1 (#08065)
- Putting the Oink in Pig, Level 2 (#08066)
- Going Whole Hog, Level 3 (#08067)

**For Volunteers:** Swine Helper’s Guide (#08068)
# Plants and Animals

## SWINE BREEDING

### Projects & Materials

<table>
<thead>
<tr>
<th>Breeding Swine Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>• Individually identify each animal with an ear tag, tattoo or ear notch.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td>• Provide one or more forms of positive ownership for at least 90 days for each project animal.</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td>• If a 4-H memberleases 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>• Any supplemental forms required at the count level, submitted to county Extension office by date specified.</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

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

**Project Requirements:**

- Choose one or more gilt/sows for your Breeding 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 90 days for each project animal.
- 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 news 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 (#91940).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**

- 4-H Involvement Report (#91910)
- 4-H Animal Project Record (#91940)
- Permanent Individual Animal Record (#72101) for each project animal
- Any supplemental forms required at the county level.

**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:

- Market Swine Growth Chart (#72140)
- Swine Showmanship DVD (#72998)
- Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)

### National 4-H Curriculum:

[http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx](http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx)

### For Youth:

- The Incredible Pig, Level 1 (#08065)
- Putting the Oink in Pig, Level 2 (#08066)
- Going Whole Hog, Level 3 (#08067)

### For Volunteers:

- Swine Helper’s Guide (#08068)
## Plants and Animals

### SWINE

#### NON-ANIMAL

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Swine Non-Animal** | Project Requirements:  
- Complete 5 Animal Science activities.  
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log (#91950).  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
- Any supplemental forms required at the county level.  
**Note:** Each member is strongly encouraged to participate in a livestock/dairy judging contest. |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- A poster (14"x22") or display illustrating something you learned in this project this year. |

**Youth Materials:**
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- Swine Resource Handbook for Market and Breeding OH (#134R)

**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:**
- Market Swine Growth Chart (#72140)  
- Swine Showmanship DVD (#72998)  
- Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)

**National 4-H Curriculum:**
[http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx](http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx)

**For Youth:**
- The Incredible Pig, Level 1 (#08065)  
- Putting the Oink in Pig, Level 2 (#08066)  
- Going Whole Hog, Level 3 (#08067)

**For Volunteers:**
- Swine Helper’s Guide (#08068)
### Plants and Animals

#### CROPS

**SMALL GRAINS**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Small Grains</strong></td>
<td>Project Requirements:</td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</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></td>
</tr>
<tr>
<td></td>
<td>• Plant a minimum of five acres of small grains</td>
<td></td>
</tr>
<tr>
<td></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></td>
</tr>
<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><strong>AND</strong></td>
<td></td>
</tr>
<tr>
<td></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></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>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Small Grains Production Guide (#73115)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Small Grains Record Book (#73116)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• If your grain is harvested, exhibit a one-quart sample. If you grain is not harvested, display a sample of plants with grain heads attached.</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>4-H Small Grains Production Guide (#73115)</td>
<td></td>
</tr>
<tr>
<td>4-H Involvement Report</td>
<td></td>
<td></td>
</tr>
</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>Field Beans</strong></td>
<td>Project Requirements:</td>
<td>4-H Bean Grower Workbook (#73118)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></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>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>- 4-H Bean Production Guide (#73117)</td>
<td>- Complete a soil test on your bean field area.</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>
</tr>
<tr>
<td>- 4-H Bean Grower Workbook (#73118)</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>
<td></td>
</tr>
<tr>
<td>- 4-H Involvement Report (#91910)</td>
<td>- Have an up-to-date record book available for review during the field tour.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></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>- 4-H Bean Production Guide (#73117)</td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
</tbody>
</table>

Complete the following:

- 4-H Involvement Report (#91910)
- 4-H Bean Grower Workbook (#73118)

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

Idaho 4-H Field Beans page (and project materials available for download):

https://www.uidaho.edu/extension/4h/projects/field-beans

---

138
# Plants and Animals

## CROPS

### SUGARBEETS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sugarbeets</strong></td>
<td><strong>Project Requirements:</strong></td>
<td>• Snake River Sugar Company Youth Grower Record Book</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></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>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• <em>Snake River Sugar Company Youth Grower Record Book</em></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>• <em>Presentation Fair Requirements Sheet</em></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>• <em>4-H Involvement Report (#91910)</em></td>
<td>• Participate in the annual Presentation Fair with completed display board, oral presentation and interview.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></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>
</tr>
<tr>
<td>None</td>
<td>• Close, summarize, and turn in projects to the County Extension Office on or before the second Monday in January.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Participate in a club-based service project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• <em>Snake River Sugar Company Youth Grower Record Book</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• <em>4-H Involvement Report (#91910)</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• <em>One research project and presentation at the Sugar Beet Presentation Fair</em></td>
<td></td>
</tr>
</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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potatoes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Potato Grower Workbook (#73119)</td>
<td>Project Requirements:</td>
<td>4-H Potato Grower Workbook (#73119)</td>
</tr>
<tr>
<td>• 4-H Potato Project and Record Book (#73119a)</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>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Supply a legal description of land where you grow potatoes.</td>
<td>Pesticide Report</td>
</tr>
<tr>
<td>Volunteer Materials:</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>
</tr>
<tr>
<td>None</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>
<td></td>
</tr>
<tr>
<td></td>
<td>• Deliver approximately 1,000 hundred (cwt) of potatoes to purchaser.</td>
<td></td>
</tr>
<tr>
<td></td>
<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>
<td></td>
</tr>
<tr>
<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>
<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>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Potato Grower Workbook (#73119)</td>
<td></td>
</tr>
</tbody>
</table>

### 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](https://www.uidaho.edu/extension/4h/projects/potatoes)
# Plants and Animals

## Table of Contents

### GARDENING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gardening</strong></td>
<td>In the member’s current Manual:</td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete the 6 designated activities for the respective year you are in the given book (first year = 1A-6A, second year = 1B-6B, etc.).</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>See Them Sprout, Level A</em> (#07162)</td>
<td>• Have your project helper date (month and year) each activity when it is finished.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Let’s Get Growing, Level B</em> (#07163)</td>
<td>• Complete the questions at the back of the member manual for their respective year in the project.</td>
<td>• Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits (#73360)</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Take Your Pick, Level C</em> (#07164)</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 <em>Growing Profits, Level D</em> (#07165)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Suggested 4-H Garden Exhibits (#07067)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### Support Materials:
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-gardening.aspx](http://www.4-hmall.org/Category/4-hcurriculum-gardening.aspx)

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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Horticulture Gardening** | Project Requirements: | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Copies of the activities you have completed that are initialed by your helper (in notebook or folder). |
| **Youth Materials:** | - Complete a minimum of 7 different JMG activities each year.  
- Have your project helper date (month and year) and initial a copy of each activity completed for your notebook.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | Exhibit one of the following: |
| - 4-H Involvement Report (#91910) | | - A scrapbook of labeled plants, herbs or aspects of plant ecology.  
- A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants.  
- 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. |
| - 4-H Project Record Book (#91950) | | |
| | Complete the following: | |
| | - 4-H Involvement Report (#91910) | |
| | - 4-H Project Record Book (#91950) | |
| **Volunteer Materials:** | | |
| - Junior Master Gardener Teacher/Volunteer Guide, Level 1(#B-6082) | | |

## 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

Projects & Materials | Requirements | Exhibit Requirements
---|---|---
Teaming with Insects, Level 1 Grades 3-5 | 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.  
Complete the following:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• **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.)  
**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. **Note:** All insects must be mounted, labeled and identified to order, and should be organized by order.

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

**Support Materials:**  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx](http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx)  
Idaho 4-H Entomology page: [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)

**Optional Supporting Materials:**  
- Preparing Insect Specimens for Exhibit (#82358)
- Bug Guide from Iowa State University online at: [http://bugguide.net/node/view/15740](http://bugguide.net/node/view/15740)
Science & Technology
ENTOMOLOGY LEVEL 2

Table of Contents

Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
Teaming with Insects, Level 2 Grades 6-8 | Pre-requisites: Complete Entomology Level 1 (or approval of 4-H Professional) | 4-H Project Record Book (#91950) 4-H Involvement Report (#91910) 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. |
Youth Materials: Teaming with Insects Level 2 (#08441) 4-H Involvement Report (#91910) 4-H Project Record Book (#91950) | 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: 4-H Involvement Report (#91910) 4-H Project Record Book (#91950) Note: See “Special Directions” at the end of the Entomology Section for more information about this project. |
Volunteer Materials: Teaming with Insects Facilitators Guide (#08443) Classification materials: Field Guide to Insects of North Americas (Eaton/Kaufman) Field Guide to Insects and Spiders (Evans) | 4-H Project Record Book (#91950) 4-H Involvement Report (#91910) 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. |

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 To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx

Optional Supporting Materials:
- Preparing Insect Specimens for Exhibit (#82358)
- Bug Guide from Iowa State University online at: http://bugguide.net/node/view/15740
- How To Make an Awesome Insect Collection, online at: http://extension.entm.purdue.edu/401Book/default.php?page=home

144
# Science & Technology
## ENTOMOLOGY LEVEL 3

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaming with Insects,</td>
<td>Pre-requisites: Complete Entomology Level 2 (or approval of 4-H Professional)</td>
<td>4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Level 3</td>
<td>Using the “Teaming with Insects” Level 3 curriculum booklet:</td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Grades 9-12</td>
<td>Complete a minimum of 5 activities per year.</td>
<td>1st Year: 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>Youth Materials:</td>
<td>Complete all 15 activities within 3 years to pass Level 3.</td>
<td>2nd Year: 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>• National 4-H Curriculum</td>
<td>Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>3rd Year: 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 8 orders) or a specific collection.*</td>
</tr>
<tr>
<td>Teaming with Insects</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>OR</td>
</tr>
<tr>
<td>9-12 (#08442)</td>
<td>Complete the following:</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>• 4-H Involvement Report</td>
<td>• 4-H Project Record Book (#91950)</td>
<td>OR</td>
</tr>
<tr>
<td>(#91910)</td>
<td>• 4-H Project Record Book (#91950)</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>• 4-H Project Record Book</td>
<td>Note: *See “Special Directions” at the end of the Entomology Section for more information about this project.</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>
<tr>
<td>(#91950)</td>
<td></td>
<td>OR</td>
</tr>
</tbody>
</table>

**Classification materials:**
- Field Guide to Insects of North Americas (Eaton/Kaufman)
- Field Guide to Insects and Spiders (Evans)

**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: [http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx](http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx)

**Optional Supporting Materials:**
- Preparing Insect Specimens for Exhibit (#82358)
- Bug Guide from Iowa State University online at: [http://bugguide.net/node/view/15740](http://bugguide.net/node/view/15740)
<table>
<thead>
<tr>
<th>Special Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Specific Collections:</em> May represent a specific Order be collected from one specific host plant, or from specific location (example: pond, yard, garden, forest).</td>
</tr>
<tr>
<td>• <strong>1st year:</strong> 30 adult insects, properly mounted and identified to family.</td>
</tr>
<tr>
<td>• <strong>2nd year:</strong> 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.</td>
</tr>
<tr>
<td>• <strong>3rd year:</strong> 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.</td>
</tr>
</tbody>
</table>
# BEEKEEPING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beekeeping</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Beekeeping Project and Record Book (OHIO 4-H 641)</td>
<td></td>
<td>• Beekeeping Project and Record Book (OHIO 4-H 641)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>And display item (one of the following)</td>
</tr>
<tr>
<td>• Facilitator materials are included within the curriculum</td>
<td></td>
<td>• A poster (14” x 22”) or display related to the project and unit. OR</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• One jar of Honey</td>
</tr>
</tbody>
</table>

**Project Requirements:**
- In the member guide (Ohio 4-H 641) complete each section of the Beekeeping Project and Record Book.
- Include a story about your beekeeping experience in 4-H.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Veterinary Science Manual

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

**Support Materials:**
To purchase Ohio curriculum, visit: [https://extensionpubs.osu.edu/beekeeping-project-and-record-book/](https://extensionpubs.osu.edu/beekeeping-project-and-record-book/)
Idaho 4-H Beekeeping page: [https://sitecore.uidaho.edu/extension/4h/projects/beekeeping](https://sitecore.uidaho.edu/extension/4h/projects/beekeeping)

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

## VETERINARY SCIENCE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Veterinary Science</strong></td>
<td>Project Requirements:&lt;br&gt;• Complete a minimum of 7 activities from supporting materials for Veterinary Science.&lt;br&gt;• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.&lt;br&gt;• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.&lt;br&gt;Complete the following:&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• 4-H Project Record Book (#91950)&lt;br&gt;• Veterinary Science Manual</td>
<td>• 4-H Project Record Book (#91950)&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• Veterinary Science Manual (#82901/82902/82903)&lt;br&gt;• A poster (14” x 22”) or display related to the project and unit.</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4-H Project Record Book</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4-H Involvement Report</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>The Normal Animal-Unit 1</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Animal Diseases-Unit 2</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Animal Health &amp; It’s Relationship to Our World-Unit 3</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Veterinary Science Volunteer’s Guide</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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


<table>
<thead>
<tr>
<th>Optional Supporting Materials:</th>
<th>National 4-H Curriculum <a href="http://www.4-hmall.org/Category/4-hcurriculum-veterinary-science.aspx">http://www.4-hmall.org/Category/4-hcurriculum-veterinary-science.aspx</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>From Airedales to Zebras-Level 1</strong> (#08048)</td>
<td></td>
</tr>
<tr>
<td><strong>All Systems Go-Level 2</strong></td>
<td></td>
</tr>
<tr>
<td><strong>On the Cutting Edge-Level 3</strong> (#08050)</td>
<td></td>
</tr>
<tr>
<td><strong>Helpers Guide</strong> (#08051)</td>
<td></td>
</tr>
</tbody>
</table>
### Projects & Materials

**Pre-Flight, Grades K-2**

**Youth Materials:**
- **National 4-H Curriculum**
  - *Pre-Flight K-2, Project Activity Guide* (#06842)

**Volunteer Materials:**
- **National 4-H Curriculum**
  - *Aerospace Adventures Helper’s Guide* (#06846)
- **Aerospace Adventures CD** (#07605)

### Requirements

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.

### Exhibit Requirements

- Exhibiting at the Fair is optional and non-competitive.
- Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual.
- The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required.
- 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: [http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx](http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx)

Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)
## AEROSPACE
## GRADES 1-5

### Projects & Materials

**Lift-Off,**
**Ages 8-10**

**Youth Materials:**
- National 4-H Curriculum *Lift-Off, Stage 2, Aerospace Activity Guide* (#06843)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum *Aerospace Adventures Helper’s Guide* (#06846)
- Aerospace Adventures CD (#07605)

### Requirements

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:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- An item you made in this project. Suggested items:
  - Rocket made from a kit (Skill Level 1 or 2, include plans).
  - Handmade Kite (include plans).
  - Model airplane from a kit (include plans).
  - Any model rocket or airplane (beginning 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: [http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx](http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx)
Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)
# Science & Technology

## AEROSPACE

### GRADES 6-8

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reaching New Heights, Grades 6-8</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• National 4-H Council Reaching New Heights, Stage 3, Project Activity Guide (#06849)</td>
<td>• Complete a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Finish at least 20 of the required and optional activities within 3 years to pass each book.</td>
<td>• An item you made in this project. Suggested items: Rocket made from a kit (Skill Level 2 or 3, include plans).</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Model airplane from a kit (include plans).</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>• Any model rocket or airplane (intermediate skill level) not built from a kit (include plans).</td>
</tr>
<tr>
<td>• National 4-H Council Aerospace Adventures Helper’s Guide (#06846)</td>
<td>Complete the following:</td>
<td>OR</td>
</tr>
<tr>
<td>• Aerospace Adventures CD (#07605)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>➢ A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• An item you made in this project. Suggested items: Rocket made from a kit (Skill Level 2 or 3, include plans).</td>
<td>➢ Report of things you learned or researched.</td>
</tr>
<tr>
<td></td>
<td>• Model airplane from a kit (include plans).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any model rocket or airplane (intermediate skill level) not built from a kit (include plans).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Report of things you learned or researched.</td>
<td></td>
</tr>
</tbody>
</table>

**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: [http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx](http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx)
Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)
## Table of Contents

### Projects & Materials

<table>
<thead>
<tr>
<th>Pilot In Command, Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum Pilot In Command, Stage 4, Aerospace Activity Guide (#06845)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum Aerospace Adventures Helper’s Guide (#06846)</td>
</tr>
<tr>
<td>• Aerospace Adventures CD (#07605)</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 a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year.</td>
</tr>
<tr>
<td>• Finish at least 20 of the required and optional activities within 3 years to pass each book.</td>
</tr>
<tr>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• An item made in this project. Suggested items:</td>
</tr>
<tr>
<td>• Rocket made from a kit (Skill Level 3 or 4, include plans).</td>
</tr>
<tr>
<td>• Box kite (include plans)</td>
</tr>
<tr>
<td>• Any model rocket or airplane (Advanced skill level) not built from a kit (include plans).</td>
</tr>
<tr>
<td>• Remote control airplane made from a kit (include plans).</td>
</tr>
</tbody>
</table>

**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:
To order National 4-H Curriculum: [http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx](http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx)
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

### GRADES 3-5

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Bicycling for Fun Grades 3-5 | In the member’s current Manual:  
- Complete a minimum of 7 (5 regular activities and 2 pedaling harder).  
- Finish all 4 steps of the Planning Guide.  
- Complete this book within 2 years.  
- 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:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• A poster (14”x22”) or display illustrating something you learned in bicycle this year.  
**Note:** Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels. |

### Youth Materials:
- National 4-H Curriculum  
  *Bicycling for Fun 3-5 (#08334)*

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

---

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

**Supporting Materials**
To order materials from National 4-H Council visit: [http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx](http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx)
Idaho 4-H Bicycle page: [https://www.uidaho.edu/extension/4h/projects/bicycle](https://www.uidaho.edu/extension/4h/projects/bicycle)
## Science & Technology

### BICYCLE

#### GRADES 6-8

**Projects & Materials**

- **Wheels in Motion**
  - Grades 6-8

  **Youth Materials:**
  - National 4-H Curriculum *Wheels In Motion*, (#08335)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

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

**Requirements**

- In the member’s current Manual:
  - Complete a minimum of 7 activities (5 regular and 2 pedaling harder).
  - Finish all 4 steps of the Planning Guide.
  - Complete this book within 2 years.
  - 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:
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

**Exhibit Requirements**

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A poster (14”x22”) or display illustrating something you learned in bicycle 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 more information.

### Supporting Materials

To order materials from National 4-H Council visit: [http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx](http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx)

Idaho 4-H Bicycle page: [https://www.uidaho.edu/extension/4h/projects/bicycle](https://www.uidaho.edu/extension/4h/projects/bicycle)
## Table of Contents

**Projects & Materials**

**Discovering Computer Science & Programming through Scratch**

**Youth Materials:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**

**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:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)

**Exhibit Requirements**

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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:

# DISCOVERING COMPUTER SCI & PROGRAMMING, LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Discovering Computer Science &amp; Programming through Scratch</strong></td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete all activities in the youth guide.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum, Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Completed Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</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 the project this year. OR</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td>• Demonstration of software</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• Included in Level 2 youth guide National 4-H Curriculum, Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</td>
<td></td>
</tr>
</tbody>
</table>

### 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:
## DISCOVERING COMPUTER SCI & PROGRAMMING, LEVEL 3

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discovering Computer Science &amp; Programming through Scratch</td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete all activities in the youth guide.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum, Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Completed Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</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 the project this year.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td>OR</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Demonstration of software</td>
</tr>
<tr>
<td>• Included in Level 3 youth guide National 4-H Curriculum, Discovering Computer Science &amp; Programming through Scratch-Level One Fundamentals Youth Guide (#01802Y)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td>•</td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Completed Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>Supporting Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>To order materials from National 4-H Council visit:</td>
<td>• Completed Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)</td>
<td></td>
</tr>
<tr>
<td><a href="https://shop4-h.org/products/computer-science-3">https://shop4-h.org/products/computer-science-3</a></td>
<td>• A poster (14”x22”) or display illustrating something you learned in the project this year.</td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Computer page: <a href="https://sitecore.uidaho.edu/extension/4h/projects/computing">https://sitecore.uidaho.edu/extension/4h/projects/computing</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Optional Support Materials:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Projects & Materials

### Magic of Electricity, Grades 6-8

**Youth Materials:**
- National 4-H Curriculum
  *Magic of Electricity, Level 1* (#08648)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

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

### 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:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- 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

**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: [http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx](http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx)

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

**Science & Technology**

**ELECTRICITY**

**LEVEL 2**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investigating Electricity</td>
<td>In the member’s current 4HCCS Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete at least 3 required activities and 4 optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum Investigating Electricity, Level 2 (#06849)</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>• 4-H Involvement Report (#91910)</td>
<td>• Participation in at least two Leadership experiences a year.</td>
<td><strong>AND</strong></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</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>Volunteer Materials:</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 (#06852)</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>• 4-H Involvement Report (#91910)</td>
<td>• One of the following items (each year it should be a different item):</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</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 [http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx](http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx)

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 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wired for Power</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Curriculum</td>
<td>• Complete at least 3 required activities and 4 optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Wired for Power,</td>
<td>• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.</td>
<td>• Completed Member Guide</td>
</tr>
<tr>
<td>Level 3 (#06850)</td>
<td>• Participation in at least two Leadership experiences a year.</td>
<td><strong>AND</strong></td>
</tr>
<tr>
<td>• 4-H Involvement</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>Report (#91910)</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>• 4-H Project Record</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>Book (#91950)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• One of the following items (each year it should be a different item):</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>o Electrical tool and supply kit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Display of symbols on wires and cables and their meaning</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Display of light bulbs and the jobs they do best</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Poster on how to read an appliance nametag</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Chart showing the electrical usage of appliances</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Poster on how to replace a switch</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td><strong>Note:</strong> Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>Curriculum</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>Electric, Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guide (#06852)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**County Requirements:**
Contact your County Extension office for more information.

**Supporting Materials**
To order materials from National 4-H Council visit http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx
Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power
# Science & Technology

## ELECTRICITY

### LEVEL 4

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Entering Electronics</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Complete at least 3 required activities and 4 optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.</td>
<td>• 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:</td>
</tr>
<tr>
<td></td>
<td>• Participation in at least two Leadership experiences a year.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• Have your electric helper date and initial the activities as you complete them.</td>
<td>• A scrapbook of pictures of a Leadership activity or circuits made or being tested.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• One of the following items (each year it should be a different item):</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Complete the following:</td>
<td>• Display of electronic parts</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Diode</td>
</tr>
<tr>
<td>Entering Electronics, Level 4 (#06851)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Transistor</td>
</tr>
<tr>
<td>4-H Involvement Report (#91910)</td>
<td></td>
<td>• Light emitting diode (LED)</td>
</tr>
<tr>
<td>4-H Project Record Book (#91950)</td>
<td></td>
<td>• LED flasher</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• Photocell alarm</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td></td>
<td>• Light Meter</td>
</tr>
<tr>
<td>Electric, Helper’s Guide (#06852)</td>
<td></td>
<td>• Silicon controlled rectifier (SCR) intruder alarm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 6-8 Watt amplifier with integrated circuit</td>
</tr>
</tbody>
</table>

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

**Supporting Materials**
To order materials from National 4-H Council visit http://www.4-hmall.org/Category/4-hecurriculum-electric.aspx
Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power

---

161
### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum Crank It Up, Level 1 (#83751)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum Small Engines Helper’s Guide (#83754)</td>
</tr>
</tbody>
</table>

### 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.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:

- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book #91950
- 4-H Involvement Report (#91910)
- Completed Member Guide
- Exhibit one of the following:
  - A poster (14”x22”) or display illustrating something you learned in this project this year.
  - A scrapbook of pictures of an activity you conducted
  - One of the following items (each year it should be a different item):
    - History of Engines
    - Classifying Small Engines
    - Uses of Small Engines
    - Matching machines to the job
    - Engine operation
    - Small Engine Parts
    - Buying Small Engine Parts
    - Electrical System Operation
    - Needs for Lubrication
    - Needs for Cooling System

**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.

### Support Materials:

To order from National 4-H Mall visit: [http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx](http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx)

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)
## Projects & Materials

<table>
<thead>
<tr>
<th>Warm It Up, Grades 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
</tr>
<tr>
<td>Warm It Up, Level 2 (#08187)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum</td>
</tr>
<tr>
<td>Small Engines Helper’s Guide (#83754)</td>
</tr>
</tbody>
</table>

## 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.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:

- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Completed Member Guide
- Exhibit one of the following:
  - A poster (14”x22”) or display illustrating something you learned in this project this year.
  - A scrapbook of pictures of an activity you conducted
  - One of the following items (each year it should be a different item):
    - Classifying small engines
    - Determining engine size
    - Comparison of diesel and gasoline engines
    - Alternative energy sources
    - Grades of gasoline
    - Grades of engine oil
    - Small engine parts
    - Buying engine parts
    - Air cleaner cutaway
    - Electrical system cutaway

**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 from National 4-H Mall visit: [http://www.4-hmall.org/Category/4-heurriculum-small-engines.aspx](http://www.4-hmall.org/Category/4-heurriculum-small-engines.aspx)

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
## ENGINES, TRACTORS, FIELD EQUIPMENT
### LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tune It Up,</strong> Grades 9-12</td>
<td>In the member’s current Manual:</td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>Complete a minimum of 7 required/optional activities each year.</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td></td>
</tr>
<tr>
<td><em>Tune It Up, Level 3 (#08188)</em></td>
<td>Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td><em>Small Engines Helper’s Guide</em> (#83754)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Completed member guide</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• A scrapbook of pictures of an activity you conducted</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• One of the following items (each year it should be a different item):</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Small engine cutaway</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Small engine tools and their uses</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Troubleshooting a small engine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Engine valve failures</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Lawnmower blades service</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Rebuild a small engine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Rebuild small engine equipment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Build equipment powered by small engines, such as log splitter, go-cart, etc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Small engine design trends</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Oil refining process</td>
<td></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 from National 4-H Mall visit: [http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx](http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx)

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)
### Exploring Spaces, Going Places

#### Youth Materials:
- **National 4-H Curriculum Exploring Spaces, Going Places CD, (#08358)**
- **4-H Involvement Report (#91910)**
- **4-H Project Record Book (#91950)**

#### Volunteer Materials:
- **National 4-H Curriculum Exploring Spaces, Going Places CD, (#08358)**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- <strong>1st Year:</strong> Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- <strong>2nd Year:</strong> Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- <strong>3rd Year:</strong> Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- <strong>4-H Involvement Report (#91910)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- <strong>4-H Project Record Book (#91950)</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

#### Supporting Materials
To order materials from National 4-H Council visit [http://www.4-hmall.org/Category/4-hcurriculum-geospatial.aspx](http://www.4-hmall.org/Category/4-hcurriculum-geospatial.aspx)

**Note:** The CD contains activities for Level 1, 2, and 3, and a Helper’s Guide.

Idaho 4-H Geospatial Technologies page: [https://www.uidaho.edu/extension/4h/projects/geospatial](https://www.uidaho.edu/extension/4h/projects/geospatial)
**Science & Technology**

**ROBOTICS**

**JUNK DRAWER**

---

### Projects & Materials | Requirements | Exhibit Requirements
---|---|---
**Junk Drawer Robotics** | Project Requirements: | • Complete Robotics Notebook (#83178)

- **Youth Materials:**
  - *Junk Drawer Robotics: Youth Robotics Notebook* (#08435)
  - *4-H Involvement Report* (#91910)
  - *4-H Project Record Book* (#91950)

- **Volunteer Materials:**
  - *Junk Drawer Robotics, Level 1: Give Robots a Hand* (#08431)
  - *Junk Drawer Robotics, Level 2: Robots on the Move* (#08432)
  - *Junk Drawer Robotics, Level 3: Mechatronics* (#08433)

- **Complete the following:**
  - *4-H Involvement Report* (#91910)
  - *4-H Project Record Book* (#91950)

|  |  | • One or more youth-designed junk drawer robots. |

---

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

**Supporting Materials:**
To order materials from National 4-H Council visit: [http://www.4-hmall.org/Category/junk-drawer-robotics.aspx](http://www.4-hmall.org/Category/junk-drawer-robotics.aspx)

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:

#### FLL Tournament Track

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **FIRST® LEGO® League (FLL)** | Project Requirements:  
- Attend majority of club/project meetings  
- 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)  
- Share your project research and solution with a community group (see FLL Coaches’ Handbook)  
- 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) |

**Youth Materials:**
- **LEGO® MINDSTORMS® NXT or EV3 set and associated programming software**  
- **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)
<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **FIRST® Tech Challenge (FTC®)** | Project Requirements:  
- Attend majority of club/project meetings.  
- Community Outreach (see FTC Coaches’ Manual).  
- Complete your Engineering Notebook (see FTC Coaches’ Manual). | • With your team, complete robot build and associated programming  
• Participate in the Idaho FTC State Championship Tournament. |
| **Youth Materials:** |  
- Tetrix or Matrix kit of parts  
- Assembled playing field (constructed by team)  
- FTC Kit of Parts  
- FTC Game Manuals  
- FTC Online Team Resources |  |
| **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 |  |
|  | Register for State Championship tournament with University of Idaho Extension Robotics |  |
| **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

#### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| National 4-H Curriculum, *Robotics 1 with EV3 (#4H507)* | 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. | 4-H Project Record Book (#91950) |
| 4-H Involvement Report (#91910) | 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. | 4-H Involvement Report (#91910) |
| 4-H Project Record Book (#91950) | Complete the following:  
  - 4-H Involvement Report (#91910)  
  - 4-H Project Record Book (#91950) | Completed Robotics 1 with EV3 Manual (#4H507) |

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

**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)

**Optional Supporting 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)  
## ROBOTICS 2: EV3N MORE

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Robotics 2: EV3N More</strong></td>
<td><strong>About the Project:</strong></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• 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.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• <em>Robotics 2: EV3N More curriculum guide.</em> (through *Media Distribution’s eStore: <a href="https://extensionpubs.osu.edu/robotics-2-ev3n-more/">https://extensionpubs.osu.edu/robotics-2-ev3n-more/</a>)</td>
<td><strong>Requirements:</strong></td>
<td>• Completed Robotics 2: EV3N More curriculum guide.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• One or more youth-designed and built functional robots</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• Facilitator materials are included within the curriculum</td>
</tr>
<tr>
<td>• Facilitator materials are included within the curriculum</td>
<td><strong>Complete the following:</strong></td>
<td><strong>County Requirements:</strong></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>Check with your County Extension office for more information.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td><strong>Support Materials:</strong></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td>Idaho 4-H EV3 Robotics project page: <a href="https://www.uidaho.edu/extension/4h/projects/robotics-ev3">https://www.uidaho.edu/extension/4h/projects/robotics-ev3</a></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td><strong>Optional Support Materials:</strong></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td><strong>FIRST LEGO League (FLL) at:</strong> <a href="https://www.firstinspires.org/">https://www.firstinspires.org/</a></td>
<td><em>FIRST</em> LEGO League (FLL) at: <a href="https://www.firstinspires.org/">https://www.firstinspires.org/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Idaho 4-H Robotics: <a href="https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics">https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics</a></td>
</tr>
</tbody>
</table>
## WIND ENERGY

### Projects & Materials

**Wind Energy**

**Youth Materials:**
- National 4-H Curriculum  
  *The Power of the Wind, Youth Guide (#08383)*
- *Engineering Notebook (See Facilitator’s Guide for directions)*
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

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

### 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)*
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Engineering Notebook
- Challenge Activity Projects

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

### Support Materials:
To order materials from National 4-H Council visit:  
[http://www.4-hmall.org/Category/wind-energy.aspx](http://www.4-hmall.org/Category/wind-energy.aspx)

**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/)
# WOOD SCIENCE
## LEVEL 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measuring Up, Grades 2–4</td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• National 4-H Curriculum Measuring Up, Level 1 (#06875)</td>
<td>• Complete a minimum of 7 required/optional Measuring Up Achievement Program activities and two (2) Leadership experiences each year.</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>• 4-H Involvement Report (#91910)</td>
<td>• Complete all four steps of the Measuring Up Planning Guide—Project goals, Leadership experiences, project highlights and project review.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Complete at least 21 of the required and optional activities within three years to complete this achievement program.</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Have your woodworking helper date and initial the activities as you complete them.</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum Woodworking Helper’s Guide (#06879)</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>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Supporting Materials:</td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td>To order National 4-H Woodworking curriculum visit:</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx">http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx</a></td>
<td></td>
</tr>
</tbody>
</table>
# Science & Technology

## WOOD SCIENCE

### LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Making the Cut, Grades 4-6</td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 7 required/optional <em>Measuring Up</em> Achievement Program activities and 2 Leadership experiences each year.</td>
<td>• 4-H Involvement Report (#91910)</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></td>
</tr>
<tr>
<td></td>
<td>• Have your woodworking helper date and initial the activities as you complete them.</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>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Supporting Materials:</th>
<th>To order National 4-H Woodworking curriculum visit:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><a href="http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx">http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx</a></td>
</tr>
</tbody>
</table>
### Nailing It Together, Grades 6-8

#### Youth Materials:
- **National 4-H Curriculum** Nailing It Together, Level 3 (#06877)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

#### Volunteer Materials:
- **National 4-H Curriculum** Woodworking Helper’s Guide (#06879)

#### In the member’s 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.
- 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:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

#### Exhibit Requirements:
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- One (1) item from the list below; select a different item to exhibit for the second and third year.
  - A boomerang (p. 26).
  - A belt buckle (p. 28).
  - A simple puzzle (p. 30).
  - A book shelf (p. 33).
  - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8).

**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:  
http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx  
Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking
# Wood Science

## Level 4

### Projects & Materials

<table>
<thead>
<tr>
<th>Finishing Up, Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
</tr>
<tr>
<td>• National 4-H Curriculum Finishing Up, Level 4 (#06878)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
</tr>
<tr>
<td>• National 4-H Curriculum Woodworking Helper’s Guide (#06879)</td>
</tr>
</tbody>
</table>

### Requirements

- In the member’s 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:
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- One (1) item from the list below; select a different item to exhibit for the second and third year.
  - A wood vehicle (p. 26).
  - A tabletop hockey game (p. 28).
  - A step stool or chair (p. 31).
  - A toy dog (p. 33).
  - A door knocker (p. 34).
  - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8).

**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: [http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx](http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx)

Idaho 4-H Woodworking page: [https://www.uidaho.edu/extension/4h/projects/woodworking](https://www.uidaho.edu/extension/4h/projects/woodworking)
### SELF-DETERMINED PROJECTS

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>

**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.

### Self-Determined Ages 12-18

**Youth Materials:**

**Volunteer Materials:**

**You Decide! Decision Making Guide for Self-Determined Projects** (#91001) including a Project Report
- Complete required activities in You Decide! Decision Making Guide for Self-Determined Projects (#91001)
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- *4-H Involvement Report* (#91910)

**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)
The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

October 2018