The Project Requirements Handbook outlines project and exhibit requirements, this is not a 4-H policy document. The University of Idaho 4-H Youth Development Policies and Procedures is the official source of policies and procedures, posted at: https://www.uidaho.edu/extension/4h/documents-records
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REVISED 9/16/19 by Erika Jeffries;
email Erika at ethiel@uidaho.edu if there are questions or to report errors with this publication. 

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# Civic Engagement

## KYG

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<td>Exploring Citizenship, My Government (KYG)</td>
<td>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 <strong>First Year</strong> – 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) <strong>Second Year</strong> – 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 6. Complete 4-H Involvement Report</td>
<td>4-H Project Record Book rev. 2015 4-H Involvement Report 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.</td>
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### Youth Materials:
- 4-H Involvement Report
- 4-H Project Record Book
- Judicial First Year Project Tip Sheet
- Judicial Second Year Project Tip Sheet
- Legislative First Year Tip Sheet
- Legislative Second Year Tip Sheet

### Volunteer Materials:

### 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

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| **Advanced Citizenship** | 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. |  
- Advanced Citizenship, Idaho 4-H Know Your Government Planning Committee Project Book (#11005)  
- 4-H Project Record Book  
- 4-H Involvement Report  
- A poster (14”x 22”), or display illustrating something you learned in this project this year. |

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

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

**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

## 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
- 4-H Involvement Report

**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
- 4-H Involvement Report

### Exhibit Requirements

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

**Exploring Citizenship, National Focus (CWF)**

**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*
- *4-H Involvement Report*
- *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))

**Requirements**

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*
- *4-H Involvement Report*
- *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

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

#### 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:  

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

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| **Leathercraft:** Beginner | Project Requirements:  
- Complete a rounder or square of tooled practice leather (3” x 4”).  
- Learn to use three of six basic tools: beveler, veiner, pear shader, camouflage, backgrounder, and seeder.  
- Learn how to prepare leather for tooling (casing).  
- Learn how to transfer a design.  
- Learn to edge and finish leather articles.  
- Learn to apply different types of protective finishes.  
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.  

Optional:  
- Learn to use stamps such as the alphabet, 3-D, etc.  
- Learn to use a swivel knife.  
- Do basic edge lacing such as the whipstitch, running stitch, or hand stitching.  

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

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

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

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<td><strong>Support Materials:</strong></td>
<td>Idaho 4-H Leathercraft page: <a href="https://www.uidaho.edu/extension/4h/projects/leathercraft">https://www.uidaho.edu/extension/4h/projects/leathercraft</a></td>
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## LEATHERCRAFT INTERMEDIATE

### Projects & Materials

**Leathercraft: Intermediate**

**Youth Materials:**
- Leathercraft Supplement/Skills Checklist (#23102)
- ABC’s of Leathercraft (#23103)
- Leathercrafting (#23104)
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- None

### Requirements

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

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

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

### Exhibit Requirements

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

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

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Leathercraft page: [https://www.uidaho.edu/extension/4h/projects/leathercraft](https://www.uidaho.edu/extension/4h/projects/leathercraft)
## Communication and Expressive Arts

### LEATHERCRAFT

#### ADVANCED

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| **Leathercraft:** Advanced | **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  
    - 4-H Project Record Book  
    - Leathercraft Supplement/Skills Checklist (#23102) |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- Leathercraft Supplement/Skills Checklist (#23102)  
- One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer.  
**Optional Exhibit:**  
- Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work.  
- **Note:** Precut kits may be used as long as the expected learning experience for that level can be performed.  

| Youth Materials: |  
- Leathercraft Supplement/Skills Checklist (#23102)  
- ABC’s of Leathercraft (#23103)  
- Leathercrafting (#23104)  
- 4-H Involvement Report  
- 4-H Project Record Book |  

| Volunteer Materials: | None |

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

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

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

### Optional Supporting Materials:  
Available for purchase from a Leathercraft supplier:  
- Figure Carving, by Al Stohlman  
- How to Carve Leather, by Al Stohlman  
- Lacing and Stitching for Leathercrafters  
- How to Buckstitch, by Al Stohlman  
Possible Instructor’s Manuals:  
- Leatherwork Manual  
- Adventures in Leather Instructor’s Manual

### Leathercraft Videos:  
- Basic Leathercraft  
- Leather Carving and Figure Carving  
- Leather Stamping for Fun and Profit  
- Coloring and Finishing
# GET STARTED IN ART

## Youth Materials:
- *Get Started in Art*, (The Ohio State University Extension 4-H)
- 4-H Involvement Report
- 4-H Project Record Book
- 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

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

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

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

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

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

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

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

## Supporting Materials:
Idaho 4-H Get Started in Art page: [http://www.uidaho.edu/extension/4h/projects/art-get-started](http://www.uidaho.edu/extension/4h/projects/art-get-started)
To order Ohio 4-H Curriculum visit: [https://extensionpubs.osu.edu/get-started-in-art/](https://extensionpubs.osu.edu/get-started-in-art/)
# Communication and Expressive Arts

## ART

### Sketchbook Crossroads

**Youth Materials:**
- National 4-H Curriculum Sketchbook Crossroads (#08140)
- Recommended Materials: Elements & Principles Design Card (#23112)
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- National 4-H Curriculum Sketchbook Crossroads (#08140)
- Elements & Principles Design Card (#23112)

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</table>
| Sketchbook Crossroads | - 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 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.  
In the member’s Manual:  
- Complete five activities from one unit (Drawing, Fiber Arts and Sculpting) and record activities in the activity log in the 4-H Project Record Book OR  
Complete five activities from the three units OR  
Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity.  
(Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.)  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
- 4-H Involvement Report  
- 4-H Project Record Book | - 4-H Project Record Book  
- 4-H Involvement Report  
- Sketchbook Crossroads Manual (#084140)  
- Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:  
  - Artist name, unit, activity, and title.  
  - Original artwork title, element of design used, principle of design used, and life skill.  
  - On the back of the card explain how you used these elements and principles in your artwork. |

**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](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](http://www.4-hmall.org/Product/creative-visual-arts/08140.aspx)
### Communication and Expressive Arts

#### ART PORTFOLIO PATHWAYS

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</table>
| **Portfolio Pathways** | • Portfolio Pathways is designed for middle through high school age youth and may be used in a variety of youth development and academic settings. Youth may work with an adult helper or independently. It consists of three units: Painting, Printing and Graphic Design.  
• 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.  
• In the member’s Manual:  
  • Complete five activities from one unit (Painting, Printing and Graphic Design) and record activities in the activity log in the 4-H Project Record Book OR Complete five activities from the three units OR Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity.  
  • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following:  
  • 4-H Involvement Report  
  • 4-H Project Record Book | • 4-H Project Record Book  
• 4-H Involvement Report  
• Portfolio Pathways Manual (#23114)  
• Two completed original artworks.  
• Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:  
  o Artist name, unit, activity, and title.  
  o Original artwork title, element of design used, principle of design used, and life skill.  
  o On the back of the card explain how you used these elements and principles in your artwork. |}

<table>
<thead>
<tr>
<th>County Requirements:</th>
<th>Support Materials:</th>
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</table>
| Check with your County Extension office for details. | 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) |
# LATINO CULTURAL ARTS

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</table>
| ¡Qué! Rico! LaCultura – Latino Cultural Arts | 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  
• 4-H Project Record Book |  
• 4-H Project Record Book  
• 4-H Involvement Report  
• One completed artwork from an activity you completed.  
AND/OR  
• A poster (14”x 22”) or display illustrating something you learned in this project this year. |
| Youth Materials: |  
• 4-H Involvement Report  
• 4-H Project Record Book |  
| Volunteer Materials: |  
• ¡Qué! Rico! LaCultura – Latino Cultural Arts: Bilingual Group Activities for Youth K-8 (#BU-08180) |  
**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

**Youth Materials:**
- *Handwork From Our Heritage* (#23120)
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- *Handwork From Our Heritage Volunteer’s Guide* (#23122)

**NOTE:** QUILTING is now a standalone project under the Family and Consumer Sciences see page 41

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:

- Embroidery or Crewel
- Specialty Embroidery
- Needlepoint
- Appliqué
- Rug Making
- Macramé
- Tole Painting
- Ceramics
- Beadwork
- Wheat Weaving
- Origami
- Dried Flower Art
- Alternatives

- Develop those skills necessary to accomplish your goals.
- Learn the skills needed to complete this project by using the knowledge of a person in your community who has this skill, such as a 4-H Volunteer, grandparent, or any interested persons, and by finding and using written materials about your subject area.
- Write a history of the handwork you choose as your project area. Include when and where the handwork started, what it was used for, and how and where it came to this country. Each year you do this project area, expand your history to include materials used through the years, changes in the art, major influences, etc. Be sure to cite your sources.
- Complete the specific unit requirements within the AREA chosen as a project.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

**Exhibit Requirements**
- 4-H Project Record Book
- 4-H Involvement Report
- Report on background or history of the handwork art you chose.

AND

- Finished item(s) as listed in the exhibit requirements under the area and unit you chose.
# PHOTOGRAPHY
## LEVEL 1

### Projects & Materials

#### Photography Basics

**Youth Materials:**
- National 4-H Curriculum
  - *Photography Basics* (#01902Y)
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- None

### Requirements

- Explore four Project Areas (Equipment, Lighting, Composition, Skill Building) and in each area complete two (2) Photo Shoot activities of your choice, along with the Talking It Over activity.
- Maintain a photo journal or scrapbook.
- Complete one (1) Learning Experience. Suggestions on page 5.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit project.

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

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- *Photography Basics Manual* (#01902Y)
- Photo journal/scrapbook
- Plus the following:
  - Your best photograph 8” x 10”, printed and mounted on mat board no larger than 12” x 14”.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

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

To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/2019-photography-level-1-photography-basics](https://shop4-h.org/products/2019-photography-level-1-photography-basics)
# Communication and Expressive Arts

## PHOTOGRAPHY

### LEVEL 2

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

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

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

## PHOTOGRAPHY

### LEVEL 3

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</table>
| **Mastering Photography**             | • Explore four Project Areas (Equipment, Lighting, Composition, Skill Building) and in each area complete two (2) Photo Shoot activities of your choice, along with the Talking It Over activity.  
• Maintain a photo journal or scrapbook.  
• Complete one (1) Learning Experience. Suggestions on page 5.  
• Complete one (1) Leadership/Civic Engagement Activity. Suggestions on page 6.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Exhibit project.                                                                 | • 4-H Project Record Book  
• 4-H Involvement Report  
• Mastering Photography Manual (#01904Y)  
• Photo journal/scrapbook Plus the following:  
• Your best photograph 8” x 10”, printed and mounted on mat board no larger than 12” x 14”.

**Youth Materials:**
- National 4-H Curriculum
  
  *Mastering Photography (#01904Y)*
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- None

Complete the following:
- 4-H Involvement Report
- 4-H Project Record Book
- Mastering Photography Manual (#01904Y)

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

**Support Materials:**
Idaho 4-H Photography page: [https://www.uidaho.edu/extension/4h/projects/photography](https://www.uidaho.edu/extension/4h/projects/photography)
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/2019-photography-level-3-mastering-photography](https://shop4-h.org/products/2019-photography-level-3-mastering-photography)
# PUBLIC SPEAKING
## LEVEL 1

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<tr>
<td><strong>Level 1; Grades 3-5</strong></td>
<td>In <em>Picking Up the Pieces</em> member manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of 7 activities from the lessons and upgrades.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td><strong>National 4-H Curriculum</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk)</td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td><strong>Picking Up the Pieces</strong></td>
<td>related to this project.</td>
<td>OR</td>
</tr>
<tr>
<td><strong>4-H Involvement Report</strong></td>
<td>Complete the following:</td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned this year.</td>
</tr>
<tr>
<td><strong>4-H Project Record Book</strong></td>
<td>• 4-H Involvement Report</td>
<td></td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Project Record Book</td>
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<tr>
<td><strong>National 4-H Curriculum</strong></td>
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<tr>
<td><strong>Express Yourself: Communications</strong></td>
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<td><strong>Helper’s Guide</strong></td>
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<tr>
<td><strong>#08159</strong></td>
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<tr>
<td><strong>Communications Toolkit (#4H1560)</strong></td>
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<tr>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your County Extension office for details.</td>
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<td><strong>Support Materials:</strong></td>
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<td>Idaho 4-H Express Yourself page:</td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/express-yourself">https://www.uidaho.edu/extension/4h/projects/express-yourself</a></td>
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<tr>
<td>To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/communication-books.aspx">http://www.4-hmall.org/Category/communication-books.aspx</a></td>
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# Communication and Expressive Arts

## Public Speaking

### Level 2

### Projects & Materials

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<td>Youth Materials:</td>
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<tr>
<td>Putting it Together (#08157)</td>
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<tr>
<td>- 4-H Involvement Report</td>
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<td>- 4-H Project Record Book</td>
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<tr>
<td>Volunteer Materials:</td>
</tr>
<tr>
<td>- National 4-H Curriculum</td>
</tr>
<tr>
<td>Express Yourself:</td>
</tr>
<tr>
<td>Communications Helper’s Guide (#08159)</td>
</tr>
<tr>
<td>- Communications Toolkit (#4H1560)</td>
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</tbody>
</table>

### Requirements

In *Putting it Together* 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.

Complete the following:

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

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- A poster (14”x22”) or display illustrating a skill or skills learned in this project.

**OR**

- A scrapbook, portfolio or journal notebook showing activities and skills learned this year.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

- Idaho 4-H 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

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</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.  

Complete the following:  
• 4-H Involvement Report  
• 4-H Project Record Book | • 4-H Project Record Book  
• 4-H Involvement Report  
• 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. |
| **Level 3** | **Grades 9-12** | **Youth Materials:**  
• National 4-H Curriculum  
*The Perfect Fit* (#08158)  
• 4-H Involvement Report  
• 4-H Project Record Book | **Volunteer Materials:**  
• National 4-H Curriculum  
*Express Yourself: Communications Helpers Guide* (#08159) |
| **Youth Materials:** | **Volunteer Materials:** | **County Requirements:**  
Check with your County Extension office for details. |
| • National 4-H Curriculum  
*The Perfect Fit* (#08158)  
• 4-H Involvement Report  
• 4-H Project Record Book | • National 4-H Curriculum  
*Express Yourself: Communications Helpers Guide* (#08159) | **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) |

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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.

**Projects & Materials**

**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)

**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 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)
## CHILD DEVELOPMENT
### LEVEL 2

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<th>Requirements</th>
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</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  
- 4-H Project Record Book (#91950) |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- 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. |

### 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)
# Family and Consumer Science

## CHILD DEVELOPMENT

### LEVEL 3

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<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of 7 required/optional activities each year.</td>
<td>• 4-H Involvement Report</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>• Member portfolio containing items created/accomplished during this year’s project.</td>
</tr>
<tr>
<td>Growing in Communities, Step 3 (#08077)</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</td>
<td>• Develop a portfolio of notes drawings, picture and other things created.</td>
<td></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></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>Growing All Together Helper’s Guide (#08078)</td>
<td>• 4-H Project Record Book</td>
<td></td>
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<tr>
<td><strong>County Requirements:</strong></td>
<td>Check with your County Extension office for details.</td>
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<tr>
<td><strong>Support Materials:</strong></td>
<td>Support Materials: <a href="https://www.uidaho.edu/extension/4h/projects/child-development">https://www.uidaho.edu/extension/4h/projects/child-development</a></td>
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<tr>
<td>Idaho 4-H Child Development page: <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>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>
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</tr>
<tr>
<td><strong>Optional Supporting Materials:</strong></td>
<td><a href="http://cfmxtest.uwex.edu/ces/4hc/index.html">http://cfmxtest.uwex.edu/ces/4hc/index.html</a></td>
<td></td>
</tr>
<tr>
<td>Worksheets available under the Resources Button at:</td>
<td>Note: Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.</td>
<td></td>
</tr>
</tbody>
</table>
“Sew Wow”, Unit 5:
Skill Level - Advanced

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

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

Requirements:
- 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
- 4-H Project Record Book

Exhibit Requirements:
- 4-H Project Record Book
- 4-H Involvement Report
- 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

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

CLOTHING & TEXTILE
SEWING FOR FUN

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| **Sewing For Fun**   | In the member’s Activity Book:  
- Learn to use a sewing machine and/or a serger.  
- Learn to sew on woven or knit fabric.  
- Complete 25 of the skills listed on the sewing skills checklist each year.  
- Develop these three basic constructions skills:  
  - Straight seams,  
  - Sew square and/or curved corners  
  - Use plain finish on seams  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  

Complete the following:  
- **4-H Involvement Report**  
- **4-H Project Record Book**  
| | • 4-H Project Record Book  
• 4-H Involvement Report  
• Sew For Fun Skills Checklist  
• Display an item from the sewing for fun packet such as:  
  - Needle book  
  - Square pin cushion  
  - Pillow stripes  
  - Patchwork pillow  
  - Pillowback with envelope closure  
  - Tote bag  
  - Laundry bag  
  - Diagonal Patchwork pillow  
  - Railfence pillow  

**Note:** Sewing skills and techniques used should be consistent with a beginning project. |
| **Youth Materials:** | | |
| • *Sewing For Fun* (4H167)  
• *Sewing Skills Checklist Sew For Fun*  
• *4-H Involvement Report* (91910)  
• *4-H Project Record Book*  
• *Sewing For Fun Packet* (4H169)  
• *Sewing For Fun Supplements* |
| **Volunteers Materials:** | | |
| • *Sewing For Fun Volunteer’s Guide* (4H168) |

**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:
# SEWING EXPRESSIONS

## LEVEL 1

### Projects & Materials

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<tr>
<th>Volunteer Materials:</th>
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<tr>
<td>• National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)</td>
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### Requirements

- 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.

Complete the following:

- 4-H Involvement Report
- 4-H Project Record Book
- Under Construction Skills Checklist

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- Under Construction Skills Checklist
- Display one clothing item including at least three new sewing skills learned in each year of taking this project
- 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
- 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.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Sewing Expressions page (and to download Under Construction Skills Checklist):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions

To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx
Family and Consumer Science

SEWING

EXPRESSIONS

LEVEL 2

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<td>Fashion Forward, Level 2, Intermediate</td>
<td>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 Fashion Forward Skills Checklist • Have 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 • 4-H Project Record Book • Fashion Forward Skills Checklist</td>
<td>• 4-H Project Record Book • 4-H Involvement Report • Fashion Forward Skills Checklist • Display a garment or outfit that 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).</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
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<td>• 4-H Involvement Report</td>
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<tr>
<td>• 4-H Project Record Book</td>
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<tr>
<td>• Refine Design Skills Checklist</td>
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<tr>
<td>• Supplemental Skills Checklist Sheet</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)</td>
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<td>• Supplemental Skills Checklist Sheet</td>
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### Requirements

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

<table>
<thead>
<tr>
<th>Complete the following:</th>
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<tbody>
<tr>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>• Refine Design Skills Checklist</td>
</tr>
</tbody>
</table>

### Exhibit Requirements

| • 4-H Project Record Book |
| • 4-H Involvement Report |
| • Refine Design Skills Checklist |
| • Display a garment or outfit including at least three new sewing skills learned in each year of taking this project OR |
| • One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project OR |
| • A display or a poster (14” x 22”) illustrating something learned in this project year. |

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).

### 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)
# STEAM Clothing

## LEVEL 1

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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</table>
| STEAM Clothing 1 Fundamentals | Using the STEAM Clothing 1 Fundamentals manual:  
- Complete at least 7 activities from the project manual and record in the 4-H Project Record Book activity log.  
- Complete at least 10 skills each year from the Fundamentals Skills Checklist  
  - Have project helper date and sign each skill from the skills checklist  
  - Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.  
  - Complete the following:  
    - 4-H Involvement Report  
    - 4-H Project Record Book  
    - Fundamentals Skills Checklist  |  
  - 4-H Project Record Book  
  - 4-H Involvement Report  
  - Fundamentals 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  

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.  

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

## LEVEL 2

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<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 from the project manual and record in the 4-H Project Record Book activity log.  
- 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. |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- 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  
- 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 |

- **Youth Materials:**  
  - STEAM Clothing 2 Simply Sewing (#UN-L 4H2220D)  
  - STEAM Clothing: Maker’s Guide (UN-L 4H2240)  
  - 4-H Involvement Report  
  - 4-H Project Record Book  
  - Simply Sewing Skills Checklist
- **Volunteer Materials:**  
  - STEAM Clothing 2 Simply Sewing  
  - STEAM Clothing Maker’s Guide

**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.

### Support Materials:

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

### County Requirements:

Check with your County Extension Office for details.
# STEAM Clothing
## LEVEL 3

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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| STEAM Clothing 3 A Stitch Further | Using the STEAM Clothing 3 A Stitch Further manual:  
- Complete at least 7 activities from the project manual and record in the 4-H Project Record Book activity log.  
- Complete at least 10 skills each year from the A Stitch Further Skills Checklist  
- Have project helper date and sign each skill from the skills checklist  
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.  
Complete the following:  
- 4-H Project Record Book  
- 4-H Involvement Report  
- A Stitch Further Skills Checklist |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- A Stitch Further 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:  
- Pants or skirt with flat felled seam  
- Dress or skirt with lining  
- Garment sewn with special fabric  
- Tailored jacket  
- Non-clothing options: Pleated or gathered grapery, bedspread, lined drapery or curtain, furniture slipcovers |

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<tr>
<td>Ages 12 and up</td>
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| Youth Materials:  
- STEAM Clothing 3 A Stitch Further (#UN-L 4H2230D)  
- 4-H Involvement Report  
- 4-H Project Record Book  
- A Stitch Further Checklist |  
|  |
| Volunteer Materials:  
- STEAM Clothing 3 A Stitch Further |  

**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):  
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
**Projects & Materials**

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**Youth Materials:**
- STEAM Clothing Beyond the Needle (#UN-L 4H2250D)
- 4-H Involvement Report
- 4-H Project Record Book
- 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 from the project manual and record in the 4-H Project Record Book activity log.
- Complete at least 10 skills each year from the Beyond the Needle Skills Checklist
- Have project helper date and sign each skill from the skills checklist
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

Complete the following:
- 4-H Project Record Book
- 4-H Involvement Report
- Beyond the Needle Skills Checklist

**Exhibit Requirements**

- 4-H Project Record Book
- 4-H Involvement Report
- 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):
https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals
To purchase the STEAM curriculum from University of Nebraska-Lincoln visit:
http://marketplace.unl.edu/ne4h/curriculum/fcs
## Crochet

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| Crochet Youth Materials: | Select the phase appropriate to your skill level and learn the skills listed in the project guide and requirement book for that unit. | - 4-H Project Record Book  
- 4-H Involvement Report  
- Two small or one large article you made using the skills learned in your phase. Include information in record book about yarn or thread, stitch and hook used. |
| • 4-H Crochet Project Guide and Requirements (#32018) | 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 applique.  
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 | |
| 4-H Involvement Report  
4-H Project Record Book | Complete the following:  
- 4-H Involvement Report  
- 4-H Project Record Book | |
| None | 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  
- Other web sites of interest: www.anniesattic.com |
# KNITTING

## Projects & Materials

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

**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.

## Exhibit Requirements

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

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<td>• Project Block (CDs), select one</td>
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<tr>
<td>• Quilt Quest Activities Checklist</td>
<td></td>
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<tr>
<td>• 4-H Involvement Report</td>
<td></td>
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<tr>
<td>• 4-H Project Record Book</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
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<tr>
<td>• Quilt Quest, (CD)</td>
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<tr>
<td>• Project Block (CDs)</td>
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<tr>
<td>o Project Block 1, Creative Corners</td>
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<tr>
<td>o Project Block 2, Terrific Triangles</td>
<td></td>
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<tr>
<td>o Project Block 3, Fantastic Fabrics</td>
<td></td>
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<tr>
<td>o Project Block 4, Perfect Paper Piecing</td>
<td></td>
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</tr>
<tr>
<td>o Project Block 5, Elegant Embellishments</td>
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<tr>
<td>o Project Block 6, Amazing Applique</td>
<td></td>
<td></td>
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<tr>
<td>o Project Block 7, Outstanding Options</td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Project Block 8, Wonderful Windows</td>
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</tr>
<tr>
<td><strong>NOTE:</strong> 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>
<td></td>
<td></td>
</tr>
<tr>
<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>
<td></td>
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</tr>
<tr>
<td>• Complete at least five activities each year from the Quilt Quest Activities Checklist</td>
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</tr>
<tr>
<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>
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<tr>
<td>• Keep an Idea Book each year documenting your activities, drawings, design ideas, fabric samples, etc.</td>
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<tr>
<td>• Give an oral presentation (demonstration, speech or illustrated talk) related to this project.</td>
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</tr>
<tr>
<td>• Recommended but not required – Use the Quilt Planning sheet from Chapter 1 to plan your quilt projects each year. Complete the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Quilt Quest Activities Checklist</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your local County Extension office for details.</td>
<td></td>
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<tr>
<td><strong>Support Materials:</strong></td>
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</tr>
<tr>
<td>To purchase the Quilt Quest curriculum, visit: <a href="https://marketplace.unl.edu/ne4h/4h1310.html">https://marketplace.unl.edu/ne4h/4h1310.html</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Quilting page: <a href="https://www.uidaho.edu/extension/4h/projects/quilting">https://www.uidaho.edu/extension/4h/projects/quilting</a></td>
<td></td>
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</tr>
<tr>
<td>International Quilt Study Center: <a href="http://www.quiltstudy.org">www.quiltstudy.org</a></td>
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</tr>
</tbody>
</table>
## Consumer Education Level 1

### Projects & Materials
#### Consumer Savvy, Level 1: The Consumer in Me

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

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

### 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
- 4-H Project Record Book

### Exhibit Requirements
- 4-H Project Record Book
- 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)
## Family and Consumer Science

### CONSUMER EDUCATION

#### LEVEL 2

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Consumer Savvy, Level 2: Consumer wise** | 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. |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- 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 |

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

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

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

---

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

**Support Materials:**  
Idaho 4-H Consumer Savvy page: [https://www.uidaho.edu/extension/4h/projects/consumer-savvy](https://www.uidaho.edu/extension/4h/projects/consumer-savvy)  
To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-h-curriculum-consumer.aspx](http://www.4-hmall.org/Category/4-h-curriculum-consumer.aspx)
# Consumer Education Level 3

## Projects & Materials

### Consumer Savvy, Level 3: Consumer Roadmap

**Youth Materials:**
- National 4-H Curriculum Consumer Roadmap, Level 3 (#08032)
- 4-H Involvement Report
- 4-H Project Record Book

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

### Requirements

In the member’s current Manual:
- Complete at least seven of the required activities and two Savvy Challenges each project year.
- Complete at least 21 activities within three years to complete the Consumer Roadmap 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
- 4-H Project Record Book

### Exhibit Requirements

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

*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)
## Eco-Wonders Ecology 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
- 4-H Project Record Book

### 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)
# Table of Contents

## FORESTRY

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<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
</table>
| **Forestry**         | In the current member Manual:  
| Youth Materials:     | • Complete a minimum of 6 required activities each year (see pg. 4).  
| 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  
| 4-H Project Record Book | • 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  
| | • 4-H Project Record Book | • 4-H Project Record Book  
| | | • 4-H Involvement Report  
| | | • 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. |
| Volunteer Materials: | | |
| National 4-H Curriculum  
| Forestry Helper’s Guide (#08041) | | |
| **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) |
# Environmental Education

## GEOLOGY

### Projects & Materials

#### Geology

- **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
  - 4-H Project Record Book

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

*See page 48 for information to obtain Support Materials.*

### 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
- 4-H Project Record Book
- Any supplemental forms required at the county level.

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- 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 & identify 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.
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.
<table>
<thead>
<tr>
<th><strong>Level 3:</strong></th>
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<tbody>
<tr>
<td>• 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.</td>
</tr>
<tr>
<td>• Lapidary and Jewelry – Show how stones and minerals are turned into polished stones and jewelry. Show and explain the steps involved.</td>
</tr>
<tr>
<td>• Miniatures – Display five miniatures in a display box and explain the benefits of collecting miniatures and how they are prepared.</td>
</tr>
<tr>
<td>• Idaho’s State Parks and Forests – Create a matching game of Idaho’s State Parks or Forests and a brief description.</td>
</tr>
<tr>
<td>• Idaho, U.S. or World Geology – Teach others about one Idaho, U.S. or World Geology topic through a poster.</td>
</tr>
<tr>
<td>• Career Exploration – Prepare a display that explains your interview with someone who needs an understanding of geology to do their job.</td>
</tr>
<tr>
<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 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>
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</table>
| **Wildlife**         | Complete at least 5 activities (found under Table of Contents, Chapter headings in member manuals) each year for your respective Level (1, 2, 3).  
| Youth Materials:     | 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.  
| • Wildlife Science 1, (#PU 4-H-1044) | Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
| • Wildlife Science 2, (#PU 4-H-1046) | Complete the following:  
| • Wildlife Science 3, (#PU 4-H-1048) | • 4-H Involvement Report  
| • 4-H Involvement Report | • 4-H Project Record Book  
| • 4-H Project Record Book | Plus one of the following:  
| Volunteer Materials: | • Something you built or made related to the project.  
| • Wildlife Science 1, Facilitator’s Guide (#PU 4-H-1045) | • A labeled photo story depicting something related to the project.  
| • Wildlife Science 2, Facilitator’s Guide (#PU 4-H-1047) | • A poster (14” x 22”), or display illustrating something you learned in this project this year.  
| • Wildlife Science 3, Facilitator’s Guide (#PU 4-H-1049) | • Other suitable exhibit approved by your County Extension Office.  

**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)
# Sport Fishing

## Projects & Materials

**Youth Materials:**
- National 4-H Curriculum *Take the Bait, Level 1* (#07598)
- National 4-H Curriculum *Reel in the Fun, Level 2* (#07599)
- National 4-H Curriculum *Cast into the Future, Level 3* (#07600)
- *Fishing: A Lifetime Sport, Member Manual* (#44351)
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- National 4-H Curriculum *Sport Fishing Project Helper’s Guide* (#07601)
- Idaho General Fishing Season Regulations.
- 4-H Wildlife Bulletins, #SW 442, SW 439, and SW 451 (pdf’s)

## Requirements

In the member’s current Manual:
- Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) 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
- 4-H Project Record Book

### Exhibit Requirements

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

Plus **one** of the following:
- A display or poster (14”x22”) showing something learned this year.
- A scrapbook of labeled pictures.
- Something you built or made related to the project.
- A labeled photo story depicting something related to the project.
- Other suitable exhibit approved by the County Extension Office.
- Select a different item to exhibit for the second and third year within a given book.

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

## County Requirements:

Check with your County Extension office for details.

## Support Materials:

- Idaho 4-H Sportfishing page: [https://www.uidaho.edu/extension/4h/projects/sportfishing](https://www.uidaho.edu/extension/4h/projects/sportfishing)
- To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-fishing.aspx](http://www.4-hmall.org/Category/4-hcurriculum-fishing.aspx)
- For Fishing Regulations visit: [http://fishandgame.idaho.gov/](http://fishandgame.idaho.gov/)

## Optional Supporting Materials:

- Sport Fishing Skills Checklist (#44371) available at [https://www.uidaho.edu/extension/4h/projects/sportfishing](https://www.uidaho.edu/extension/4h/projects/sportfishing)
# Environmental Education

## CROSS-COUNTRY SKIING

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<tbody>
<tr>
<td>Cross-Country Skiing</td>
<td>• Set goals for your project</td>
<td>• Cross-Country Skiing Adventures Manual (#45120)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete Cross-Country Skiing Adventures Manual (see guidelines for each year)</td>
<td>• 4-H Project Record Book (91950)</td>
</tr>
<tr>
<td>• Cross-Country Skiing Adventures Manual (2004) #45120</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td></td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td></td>
<td>• A poster (14x22) or display illustrating something you learned in the project this year</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• A scrapbook of labeled pictures related to the project</td>
</tr>
<tr>
<td>• Cross-Country Skiing Adventures Manual (2004) #45120</td>
<td>Complete the following:</td>
<td>• A photo story depicting something related to the project</td>
</tr>
<tr>
<td><strong>Note:</strong> Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.</td>
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</tbody>
</table>

### 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-h-curriculum-outdoor-adventures.aspx](http://www.4-hmall.org/Category/4-h-curriculum-outdoor-adventures.aspx)
  - Hiking Trails (#08043)
  - Camping Adventures (#08044)
  - Backpacking Expeditions (#08045)
  - Outdoor Adventures Helper’s Guide(#08046)
- *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

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

#### Projects & Materials

**Archery**

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

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

#### Requirements

- Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.
- Complete at least 5 new items from the 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*
  - *4-H Project Record Book*

#### Exhibit Requirements

- *4-H Project Record Book*
- *4-H Involvement Report*
- *Archery Skills Checklist* (#45310)

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

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

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

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

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

Basic Archery Member Manual (#631) (Ohio State)
[https://extensionpubs.osu.edu/basic-archery/](https://extensionpubs.osu.edu/basic-archery/)

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Environmental Education

SHOOTING SPORTS
PISTOL/HANDGUN

### Projects & Materials

- **Pistol/Handgun**

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

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

### Requirements

- Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.
- Complete at least 5 new items from the Pistol Skills Checklist each year.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete 2 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
- 4-H Project Record Book

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- Pistol Skills Checklist (#45410)

Plus **one** of the following:

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

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

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

### Optional Supporting Materials:

Pistol Member Record Book (#753) (Ohio State) –
https://extensionpubs.osu.edu/pistol-member-record-book/
## Environmental Education

### SHOOTING SPORTS

#### RIFLE

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<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Rifle**            | • 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 Rifle 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. | • 4-H Project Record Book  
• 4-H Involvement Report  
• Rifle Skills Checklist (#45510)  
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:** | Complete the following:  
• 4-H Involvement Report  
• 4-H Project Record Book | |
| • Rifle Skills Checklist (#45510) | | |
| • 4-H Involvement Report | | |
| • 4-H Project Record Book | | |
| • 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 Rile page (and to download the Rifle Skills Checklist and STEM Connections)
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/
# Environmental Education

## SHOOTING SPORTS

### SHOTGUN

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shotgun</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</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete at least 5 new items from the Shotgun Skills Checklist each year.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Shotgun Skills Checklist (#45610)</td>
</tr>
<tr>
<td></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></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>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• Complete at least 5 new items from the Shotgun Skills Checklist each year.</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>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
</tr>
<tr>
<td></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 labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
</tr>
<tr>
<td></td>
<td>• Complete the following:</td>
<td>Note: For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:**
Idaho 4-H Shotgun page (and to download the Shotgun Skills Checklist and STEM Connections):
https://www.uidaho.edu/extension/4h/projects/shotgun

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

### SHOOTING SPORTS

#### MUZZLELOADER

**Table of Contents**

<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  
  - 4-H Project Record Book | - 4-H Project Record Book  
- 4-H Involvement Report  
Plus one of the following:  
- A poster (14”x 22”) or display showing something you learned in this project this year.  
- A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.)  
- Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
- A labeled photo story showing you or someone else engaged in some Shooting Sports activity.  
**Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms. |
| **Youth Materials:**  
- 4-H Involvement Report  
- 4-H Project Record Book  
- 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 |  |
| **Optional Support Materials:**  
Muzzleloader Member Record Book (#755) (Ohio State) –  
https://extensionpubs.osu.edu/muzzleloader-member-record-book/ |  |
### Environmental Education

#### SHOOTING SPORTS

#### HUNTING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hunting</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</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></td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></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></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Provided to volunteers at Shooting Sports Workshops</td>
<td>• 4-H Involvement Report</td>
<td>4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plus one of the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
<td></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>
</tbody>
</table>

**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><strong>In the member’s Manual:</strong></td>
<td>- 4-H Project Record Book</td>
</tr>
<tr>
<td>Skill Level – Beginner</td>
<td><strong>Must complete 2 learning activities or experiments from the manual and document in the record activity log.</strong></td>
<td>- 4-H Involvement Report</td>
</tr>
<tr>
<td>Suggested 2-year project</td>
<td><strong>Prepare 1-2 recipes from each of the recipe sections: Snacks, Side Dishes, Main Dishes, Quick Breads and Desserts.</strong></td>
<td>- Project Manual with completed activities and/or experiments</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Complete the project checklist on page 6 of the manual.</strong></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><strong>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</strong></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>- 4-H Involvement Report</td>
<td><strong>Complete the following:</strong></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</td>
<td></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><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)</td>
<td><strong>4-H Involvement Report</strong></td>
<td></td>
</tr>
<tr>
<td>- National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)</td>
<td><strong>4-H Project Record Book</strong></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 201

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking 201</td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book</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</td>
</tr>
<tr>
<td>Beginner/Intermediate</td>
<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>Suggested 2-year project</td>
<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></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<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></td>
<td>• 4-H Involvement Report</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></td>
<td>• 4-H Project Record Book</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></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></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>Cooking 201 Manual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#01513Y)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Report</td>
<td></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></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></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>Cooking 201 Manual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#01513Y)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></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></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>Cooking Helper’s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guide (#01516F)</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/healthy-cooking.aspx](http://www.4-hmall.org/Category/healthy-cooking.aspx) |
# Healthy Living

## COOKING SERIES
### COOKING 301

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
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<td><strong>Cooking 301</strong></td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Skill Level –</strong></td>
<td>• Must complete 2 learning activities or</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>Intermediate/Advanced</td>
<td>experiments from the manual and</td>
<td>• Project Manual with</td>
</tr>
<tr>
<td><strong>Suggested 3-year project</strong></td>
<td>document in the record activity log.</td>
<td>completed activities and/or</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Prepare 1-2 recipes from each of the</td>
<td>experiments</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>recipe sections: Grains Group, Vegetable</td>
<td>• A non-perishable food item</td>
</tr>
<tr>
<td>Curriculum 4-H</td>
<td>and Fruit Groups, Protein Foods Group,</td>
<td>that you have learned about</td>
</tr>
<tr>
<td><strong>Cooking 301 Manual</strong></td>
<td>Dairy Group and Desserts.</td>
<td>while taking this project.</td>
</tr>
<tr>
<td>(#01514Y)</td>
<td>• Plan and complete a party each year of</td>
<td>Include the recipe, neatly</td>
</tr>
<tr>
<td>• 4-H Involvement</td>
<td>the project.</td>
<td>written (or typed), on a 3”x5”</td>
</tr>
<tr>
<td>Report</td>
<td>• Complete the project checklist on page 7</td>
<td>or 4”x6” recipe</td>
</tr>
<tr>
<td>• 4-H Project Record</td>
<td>of the manual.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>Book</td>
<td>• Give an oral presentation (speech,</td>
<td>• A poster (14”x22”) or a</td>
</tr>
<tr>
<td></td>
<td>demonstration or illustrated talk) related</td>
<td>display illustrating what you</td>
</tr>
<tr>
<td></td>
<td>to this project.</td>
<td>learned in this project this</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>year.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
<td><strong>Note:</strong> Foods such as breads, rolls,</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
<td>pretzels, granola, cookies or cakes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>display well in a fair setting.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>Exhibits using raw eggs or egg</td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
<td>whites, cream cheese, whipped</td>
</tr>
<tr>
<td><strong>Curriculum 4-H</strong></td>
<td></td>
<td>cream, or other ingredients that</td>
</tr>
<tr>
<td><strong>Cooking 301 Manual</strong></td>
<td></td>
<td>require refrigeration should not be</td>
</tr>
<tr>
<td>(#01514Y)</td>
<td></td>
<td>used.</td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Curriculum 4-H</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cooking Helper’s</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Guide (#01516F)</strong></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/healthy-cooking.aspx](http://www.4-hmall.org/Category/healthy-cooking.aspx)
# Healthy Living

## COOKING SERIES

### COOKING 401

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

| | | **Complete the following:** |
| | **• 4-H Involvement Report** | **County Requirements:** |
| | **• 4-H Project Record Book** | **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
### Unit 1

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

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

### Support Materials:
Idaho 4-H Dutch Oven Cooking page (and to download project materials):
https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking

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# Healthy Living

## DUTCH OVEN COOKING

### Unit 2

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dutch Oven Cooking</strong>&lt;br&gt;<strong>Unit 2</strong></td>
<td>In the member’s current manual:&lt;br&gt;• Complete all reflection questions&lt;br&gt;• Complete 3 Beyond Cooking activities&lt;br&gt;• Prepare a minimum of 10 recipes (using recipes not previously used), with at least one item from each of these categories:&lt;br&gt;  o Soup or stew&lt;br&gt;  o Vegetable&lt;br&gt;  o Yeast breads or rolls&lt;br&gt;  o Sweet rolls or specialty breads&lt;br&gt;  o Dessert&lt;br&gt;  o Meat (beef, pork, lamb, game)&lt;br&gt;  o Fowl (turkey, chicken, game hen)&lt;br&gt;• Cook in two or more Dutch ovens at the same time at least one time.&lt;br&gt;• Continue keeping a recipe file or book started in Unit 1 plus additional recipes cooked this year to total a minimum of 34 recipes.&lt;br&gt;• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.&lt;br&gt;• Exhibit project</td>
<td>• 4-H Project Record Book&lt;br&gt;• 4-H Involvement Report&lt;br&gt;• Completed Project Manual (BUL939)&lt;br&gt;• Dutch oven recipe file (or book) continued from Unit 1 with a minimum of 34 recipes. Plus one of the following:&lt;br&gt;• A non-perishable yeast bread, roll, sweet bread or specialty bread cooked in the Dutch oven displayed on a plate, NOT in the Dutch oven. Include the recipe, neatly written (or typed), on a 3”x5” or a 4”x6” recipe card.&lt;br&gt;• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
</tbody>
</table>

**Youth Materials:**<br>- *Dutch Oven Cooking, Unit 2 (BUL939)*<br>- 4-H Involvement Report<br>- 4-H Project Record Book

**Volunteer Materials:**<br>- *Dutch Oven Cooking Helper’s Guide (BUL940)*

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

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

**Support Materials:**<br>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)

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## Baking Level 1

**Projects & Materials**

- **Baking 1**
  - First year baking members.
  - Biscuits, muffins, pancakes and cookies.

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

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

**Requirements**

In the member’s Baking 1 manual:

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

Complete the following:

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

**Exhibit Requirements**

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

**OR**

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

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

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

### Support Materials:
Idaho 4-H Baking page: [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**

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

**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)
# BAKING
## LEVEL 3

### Projects & Materials

**Baking 3**

**Baking Yeast Breads**

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

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

### Requirements

In the member’s Baking 3 manual:

- Review the Teen Health and The Goodness of Bread sections.
- Make at least one loaf of Fast French Bread.
- Make at least one type of 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.

Complete the following:

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

### Exhibit Requirements

- *Baking 3 Manual*
- *4-H Project Record Book*
- *4-H Involvement Report*
- Plus one of the following:
  - Fast French Bread (one loaf)
  - Three basic yeast rolls, any shape
  - Three refrigerator rolls, any shape
  - White wheat yeast bread (one loaf)
  - Dakota bread (one loaf)
  - Three bread sticks
  - Shaped bread, such as bears, lions or owls (one loaf)
  - Microwave bread (one loaf)
  - White wheat bread using bread machine (one loaf)
  - Whole wheat bread using bread machine (one loaf)

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

**OR**

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

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

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

### Support Materials:
Idaho 4-H Baking page: [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

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Baking 4 Cakes, Pies and Pastries** | In the member’s Baking 4 manual: | • Baking 4 Manual  
• 4-H Project Record Book  
• 4-H Involvement Report  
Plus one of the following:  
• Frosted yellow cake  
• Frosted or unfrosted sponge cake  
• Frosted or unfrosted oatmeal cake  
• Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.  
**OR**  
• A poster (14”x22”) or display illustrating what you learned in this project this year.  
**Note:** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used. |

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

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

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

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### 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

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### Projects & Materials

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<th>Baking 4 Pies</th>
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**Youth Materials:**
- **Baking 4 Manual (#ND EC114)**
- **4-H Involvement Report**
- **4-H Project Record Book**

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

### Requirements

- In the member’s Baking 4 manual:
  - Review the Eating Well and Basic Recipe for Pastry sections.
  - Make a one-crust baked pie crust and rate it with the score sheet on page 25.
  - Conduct at least one of the following:
    1. **Pastry-Let’s Experiment:** activity on pages 26-28, record your findings and answer the questions in the manual about the experiment.
    2. **Filling-Let’s Experiment:** activity on pages 31-34, record your findings and answer the questions in the manual about the experiment.
    3. **Thickening Agent-Let’s Experiment:** activity on pages 35-37, record your findings and answer the questions in the manual about the experiment.
    4. **Pie Comparison:** Purchase a frozen ready-to-bake pie and compare to your “scratch” pie using the criteria on page 58.
  - Make at least one type of cream pie with meringue; evaluate your product with the judging sheet provided on page 46.
  - Make at least one type of fruit pie with a double crust; evaluate your product with the judging sheet on page 50.
  - Make at least one type of empanada or turnover; evaluate your product with the judging sheet on page 54.
  - Become involved in at least one Service/Leadership activity.
  - Complete at least one Career Exploration activity on page 19.
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

### Exhibit Requirements

- **Baking 4 Manual**
- **4-H Project Record Book**
- **4-H Involvement Report**
- Plus **one** of the following:
  - One 8 or 9 inch fruit pie
  - Two fruit-filled empanadas or turnovers
  - Poster (14”x22”) or display about one of the experiments or activities you chose to complete (pages 26, 31, 35, or 37)
  - Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.

### 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)
# CAKE DECORATING
## LEVEL 1

### Projects & Materials

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<th>Cake Decorating Level I, Ages 8-11</th>
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</thead>
<tbody>
<tr>
<td><strong>Skill Level</strong> – Beginner (suggested 2-year project)</td>
</tr>
</tbody>
</table>

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

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

### Requirements

- Complete Course 1 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit Project.

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

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- 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.
- A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project.

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

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

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

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

### CAKE DECORATING

#### LEVEL 2

**Projects & Materials**

**Cake Decorating**

- **Level 2, Ages 12-14**

**Skill Level – Intermediate**

(suggested 2-year project)

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

**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*

**Requirements**

- Complete Course 2 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit Project.

**Exhibit Requirements**

- Complete the following:
  - *4-H Project Record Book*
  - *4-H Involvement Report*
  - *Wilton Cake Decorating 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 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

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## Projects & Materials

### Cake Decorating Level 3, Ages 15-18

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

**Youth Materials:**
- Wilton Method of Cake Decorating, Course 3, Fondant & Gum Paste
- Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3
- 4-H Project Record Book
- 4-H Involvement Report

**Volunteer Materials:**
- Wilton Method of Cake Decorating, Course 3, Fondant & Gum Paste
- Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3

### Requirements

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

Complete the following:
- 4-H Project Record Book
- 4-H Involvement Report
- Wilton Cake Decorating Skills Checklist Course 3

### Exhibit Requirements

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

**Level One:**

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

- A display (12” x 16”) or poster (8½” x 16”) about what was learned in this project.

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

## County Requirements:

Check with your County Extension office for more information.

## Support Materials:

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

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

<table>
<thead>
<tr>
<th>Science Fun With Dairy Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• Science Fun With Dairy Foods, Member’s Guide (#OH 490)</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>• Science Fun With Dairy Foods, Member’s Guide (#OH 490)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the Member’s Guide:</td>
</tr>
<tr>
<td>• Complete the Planning Section (Steps 1 through 4).</td>
</tr>
<tr>
<td>• Conduct four of the nine project experiments.</td>
</tr>
<tr>
<td>• After each experiment, answer the Discovery Questions and complete at least one Digging Deeper activity.</td>
</tr>
<tr>
<td>• Take part in at least two Learning Experiences.</td>
</tr>
<tr>
<td>• Become involved in at least two Citizenship/Leadership activities.</td>
</tr>
<tr>
<td>• 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.</td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
</tbody>
</table>

Complete the following:

| • 4-H Involvement Report |
| • 4-H Project Record Book |

<table>
<thead>
<tr>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Science Fun With Dairy Foods, Members Guide (OH 490 - #53201)</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>• 4-H Involvement Report Plus one of the following:</td>
</tr>
<tr>
<td>➢ Poster (14 x 22) or storyboard (14 x 22) describing one of the experiments you completed</td>
</tr>
<tr>
<td>➢ Display a dairy product you made in this project (only with proper refrigeration may dairy products be used as a fair display) OR</td>
</tr>
<tr>
<td>➢ Display and label some of the equipment you used to complete this project</td>
</tr>
<tr>
<td>➢ 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:
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**Healthy Living**

### WHAT’S ON YOUR PLATE?

**EXPLORING FOOD SCIENCE**

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>What’s On Your Plate? Exploring Food Science, The Secrets of Baking</strong>&lt;br&gt;Grades 6-8</td>
<td>About the Project:&lt;br&gt;- What’s on your plate is a mixture of chemistry, biology, and physics exploration while baking. It is the first in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Secrets of Baking is for youth grades 6-9 but maybe adapted for younger and older learners.</td>
<td>• 4-H Project Record Book&lt;br&gt;• 4-H Involvement Report&lt;br&gt;<strong>Exploring Food Science, The Secrets of Baking</strong>&lt;br&gt;Youth Science Journal&lt;br&gt;• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>Youth Materials:&lt;br&gt;- National 4-H Curriculum&lt;br&gt;Exploring Food Science, The Secrets of Baking&lt;br&gt;- 4-H Involvement Report&lt;br&gt;- 4-H Project Record Book</td>
<td>Requirements:&lt;br&gt;- Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.&lt;br&gt;- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:&lt;br&gt;- National 4-H Curriculum&lt;br&gt;<strong>What’s On Your Plate?, Exploring Food Science, The Secrets of Baking</strong>&lt;br&gt;Facilitator Guide</td>
<td>Complete the following:&lt;br&gt;- 4-H Involvement Report&lt;br&gt;- 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:**
Idaho 4-H What’s On Your Plate? page:<br>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/)
# Healthy Living

## WHAT’S ON YOUR PLATE?

### EXPLORING FOOD SCIENCE UNIT 2

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
</table>
| **What’s On Your Plate? Exploring Food Science Unit 2, The Power of Protein Chemistry** | **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  
- 4-H Project Record Book | **- 4-H Project Record Book**  
- 4-H Involvement Report  
- *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. |

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

### Volunteer Materials:  
- National 4-H Curriculum *What’s On Your Plate?, Exploring Food Science, the Power of Protein Chemistry 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 Power of Protein Chemistry:* [http://4-h.org/parents/curriculum/food-science/#protein-chemistry](http://4-h.org/parents/curriculum/food-science/#protein-chemistry)
# 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  
- 4-H Involvement Report  
- *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. |
| Youth Materials:  
- National 4-H Curriculum *Exploring Food Science, The Inner Mysteries of Fruits and Vegetables*  
- 4-H Involvement Report  
- 4-H Project Record Book |  
-  |  |
| 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**

### Projects & Materials

**What’s On Your Plate? Exploring Food Science Unit 4, Be a Food Scientist!**

**Grades 6-8**

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

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

### Requirements

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

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

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

### Exhibit Requirements

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

### 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)

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Healthy Living

FOOD

PRESERVATION

DRYING

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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<tr>
<td><strong>Drying</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Drying Manual (PNW #651)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>• Food Preservation Drying Manual (PNW #651)</td>
<td>• Complete four or more activities each year.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>• A poster (14”x 22”) illustrating something you learned in this project this year.</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

None

Complete the following:

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

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

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

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

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
# Healthy Living

## FOOD PRESERVATION

### FREEZING

**Projects & Materials**

**Youth Materials:**
- Food Preservation Freezing Manual (PNW #650)
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
None

**Requirements**

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

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

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

**Exhibit Requirements**

- Food Preservation Freezing Manual (PNW650)
- 4-H Project Record Book
- 4-H Involvement Report

Plus one of the following:
- A poster (14”x22”) illustrating something you learned in this project this year.
- A photo journal showing how to freeze a food from start to finish.
- A display (12”x12”x12”) and label some of the equipment you used to complete this project.
- An empty freezer container with a correctly completed label.
- 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 Freezing manual visit:

**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

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boiling Water Canning</strong></td>
<td>From the manual:</td>
<td>● Food Preservation Boiling Water Canning Manual (PNW #652)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>● Complete four or more activities each year.</td>
<td>● 4-H Project Record Book</td>
</tr>
<tr>
<td>● Food Preservation Boiling Water Canning Manual (PNW #652)</td>
<td>● Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>● 4-H Involvement Report</td>
</tr>
<tr>
<td>● 4-H Involvement Report</td>
<td>● Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>● 4-H Project Record Book</td>
<td>● Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>● A poster (14”x22”) illustrating something you learned in this project this year.</td>
</tr>
</tbody>
</table>

| Volunteer Materials: | Complete the following: | A photo journal showing how to do a boiling water canning of food from start to finish. |
| None | ● 4-H Involvement Report | ● A tomato product, in a proper storage container with a correctly completed label. |
| | ● 4-H Project Record Book | ● A fruit product, in a proper storage container with a correctly completed label. |

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

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

| Support Materials: | To download the Food Preservation Boiling Water Canning manual visit: |

| Optional Support Materials: | ● Canning Fruits (PNW #199) |
| ● Canning Tomatoes and Tomato Products (PNW #300) | ● Salsa Recipes for Canning (PNW #395) |
| ● Pickling Vegetables (PNW #355) | ● USDA Complete Guide to Home Canning (Ag. Bull. #539) |
| | ● 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**

**PRESSURE CANNING**

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<th>Projects &amp; Materials</th>
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</thead>
<tbody>
<tr>
<td><strong>Pressure Canning</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Pressure Canning Manual (PNW #653)</td>
</tr>
<tr>
<td>Ages 14 - 18</td>
<td>• Complete four or more activities each year.</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• Food Preservation Pressure Canning Manual (PNW #653)</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>Complete the following:</td>
<td>• A photo journal showing how to pressure can a food from start to finish.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• • 4-H Involvement Report</td>
<td>• A vegetable product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td>None</td>
<td>• 4-H Project Record Book</td>
<td>• A meat product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>Optional: Complete a menu plan using food preserved in this project.</td>
<td>• A combination product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A tomato product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Support Materials:</td>
<td>• Recipes and a menu plan using foods you preserved in this project.</td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td>To download the Food Preservation Pressure Canning manual visit:</td>
<td></td>
</tr>
<tr>
<td>Optional Support Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• PNW 172 - Canning Vegetables</td>
<td>[<a href="http://www.uga.edu/nchfp/how/">http://www.uga.edu/nchfp/how/</a> Preservation available at:](<a href="http://www.uga.edu/nchfp/how/">http://www.uga.edu/nchfp/how/</a> Preservation available at:</td>
<td></td>
</tr>
<tr>
<td>• PNW 300 – Canning Tomatoes and Tomato Products Ag.</td>
<td>[<a href="http://www.uga.edu/nchfp/how/">http://www.uga.edu/nchfp/how/</a> freeze.html](<a href="http://www.uga.edu/nchfp/how/">http://www.uga.edu/nchfp/how/</a> freeze.html)</td>
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# Healthy Living

## HEALTH & FITNESS

### KEEPING FIT & HEALTHY LEVEL 1

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
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</tr>
</thead>
</table>
| **First Aid in Action:** Keeping Fit and Healthy Level 1, Grades 3-5 | 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 |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- First Aid kit, assembled by youth.  
- **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 First Aid in Action*, (#08174)  
- 4-H Involvement Report  
- 4-H Project Record Book | Complete the following:  
- 4-H Involvement Report  
- 4-H Project Record Book |  
| **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)
# Staying Healthy
## Keeping Fit and Healthy Level 2, Grades 6-8

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

### 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)

### Requirements

**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
- 4-H Project Record Book

### Exhibit Requirements
- 4-H Project Record Book #91950
- 4-H Involvement Report
- 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.
# Healthy Living

## HEALTH & FITNESS

### KEEPING FIT & HEALTHY LEVEL 3

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<td><strong>Keeping Fit</strong></td>
<td>In <em>Keeping Fit</em> youth guide:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Keeping Fit and Healthy Level 3, Grades 9-12</strong></td>
<td>• Complete a minimum of 7 activities from the lessons.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a personal fitness plan.</td>
<td>• Personal Fitness Plan</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Keeping Fit and Healthy Keeping Fit, (#08176)</em></td>
<td>• Give an illustrated talk, demonstration or speech on any topic of choice related to health.</td>
<td>Plus <strong>one</strong> of the following:</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Exhibit Project</td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>Complete the following:</td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Involvement Report</td>
<td><strong>Support Materials:</strong></td>
</tr>
<tr>
<td><em>None</em></td>
<td>4-H Project Record Book</td>
<td>To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/health-and-fitness.aspx">www.4-hmall.org/Category/health-and-fitness.aspx</a></td>
</tr>
</tbody>
</table>

### 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

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
</table>
| **Choose Health: Food, Fun and Fitness** | About the Project: 
*Note:* Choose Health is a group curriculum, led by an adult. May be used multiple years. |
| **Youth Materials:** | Requirements: |
| • 4-H Involvement Report | • Complete at least one activity from each of the six sections. |
| • 4-H Project Record Book | • Include one physical activity and one snack activity at each meeting. |
| **Volunteer Materials:** | • Share one newsletter with family members. |
| • Choose Health: Food, Fun and Fitness, [www.4-hmall.org/](http://www.4-hmall.org/) | • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. |
| **OR** download at [http://fnec.cornell.edu/for-partners/curricula/chfff/order-information/](http://fnec.cornell.edu/for-partners/curricula/chfff/order-information/) | **Complete the following:** |
| | • 4-H Involvement Report |
| | • 4-H Project Record Book |

### 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

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<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.</td>
<td><strong>4-H Project Record Book</strong>&lt;br&gt;<strong>4-H Involvement Report</strong>&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:</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 10 activities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 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.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Exhibit Project at fair or a community event.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Youth complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• <strong>4-H Involvement Report</strong>&lt;br&gt;• <strong>4-H Project Record Book</strong></td>
<td><strong>Display poster/exhibit at community event</strong>&lt;br&gt;Create a grocery store or farmer’s market treasure hunt.</td>
</tr>
</tbody>
</table>

### Notes:
- May be used multiple years.

It is recommended that the adult/teen Volunteer be familiar with the following sites:

- **Choose My Plate**<br>www.choosemyplate.gov

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

### Optional Supporting Materials:
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
- 4-H Project Record Book

**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
- 4-H Project Record Book

## 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)
### Projects & Materials

<table>
<thead>
<tr>
<th>Build Your Future Youth Materials:</th>
<th>Requirements: Project may be used for three years if desired.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Set personal goals for the year.</td>
</tr>
<tr>
<td>Build Your Future: Choices.</td>
<td>• Choose at least three Activity Sections, (Skills, Choices,</td>
</tr>
<tr>
<td>Careers Youths Career Journal</td>
<td>Careers; Making Career Connections; Build Your Future</td>
</tr>
<tr>
<td>Grades 8-12 (08561)</td>
<td>Through Portfolios; Education Pay$; Career FUNds; Turn Your</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>4-H Passion Into Profit; Pounding the Pavement; Putting the</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>Pieces Together; or Pathways to Success), from the Build Your</td>
</tr>
<tr>
<td></td>
<td>Future Youth Career Journal and complete at least one</td>
</tr>
<tr>
<td></td>
<td>experience in each Activity.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or</td>
</tr>
<tr>
<td></td>
<td>illustrated talk) on a topic related to this project.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Build Your Future: Youth Career Journal</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td><strong>County Requirements:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>Check with your County Extension office for details.</td>
</tr>
<tr>
<td>Build Your Future: Choices.</td>
<td><strong>Support Materials:</strong></td>
</tr>
<tr>
<td>Careers. Facilitator Guide (08562)</td>
<td>Idaho 4-H Build Your Future page: <a href="https://www.uidaho.edu/extension/4h/projects/build-your-future">https://www.uidaho.edu/extension/4h/projects/build-your-future</a></td>
</tr>
<tr>
<td></td>
<td>To order National 4-H Curriculum visit: <a href="https://shop4-h.org/collections/searchresults?type=product&amp;q=Build+Your+Future">https://shop4-h.org/collections/searchresults?type=product&amp;q=Build+Your+Future</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td>Build Your Future: Youth Career Journal Plus one of the following:</td>
</tr>
<tr>
<td>A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td>A scrapbook, portfolio or journal notebook showing activities and skills learned in the project</td>
</tr>
</tbody>
</table>
## Projects & Materials
### My Financial Future
**Youth Materials:**
- National 4-H Curriculum *My Financial Future; Youth Notebook – Beginner* (#01441Y)
- *Youth Notebook – Advanced* (#1442Y)
- 4-H Involvement Report
- 4-H Project Record Book

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

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

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

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

**Complete the following:**
- 4-H Involvement Report
- 4-H Project Record Book
- *My Financial Future; Youth Notebook*

### Exhibit Requirements
- 4-H Project Record Book
- 4-H Involvement Report
- *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.

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

## Support Materials:
Idaho 4-H Financial Future page: [https://www.uidaho.edu/extension/4h/projects/financial-future](https://www.uidaho.edu/extension/4h/projects/financial-future)
To order National 4-H Curriculum visit: [https://shop4-h.org/collections/searchresults?type=product&q=My+Financial+Future](https://shop4-h.org/collections/searchresults?type=product&q=My+Financial+Future)
# Financial Management

## Level 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Financial Champions,**<br> Money Fundamentals, Level 1 | In member’s current Manual:  
- Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27).  
- Have your project helper date (month and year) and initial each activity when it is finished.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  

**Complete the following:**  
- 4-H Involvement Report  
- 4-H Project Record Book | - 4-H Project Record Book  
- 4-H Involvement Report  
- Money Fundamentals manual  
- Poster (14”x 22”) illustrating something you learned about financial management this year.  

**Youth Materials:**  
- National 4-H Curriculum Money Fundamentals, Level 1 (#07710DD)  
- 4-H Involvement Report  
- 4-H Project Record Book  

**Volunteer Materials:**  
- National 4-H Curriculum Financial Champions Helper’s Guide (#07112DD)  
- 4-H Involvement Report  
- 4-H Project Record Book  

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

---

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

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

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<th>Financial Champions, Money Moves, Level 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
</tr>
<tr>
<td>• National 4-H Curriculum Money Moves, Level 2 (#07711DD)</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
</tr>
<tr>
<td>• National 4-H Curriculum Financial Champions Helper’s Guide (#07712DD)</td>
</tr>
</tbody>
</table>

## Requirements

In member’s current Manual:
- Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27).
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

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

## Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- 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>
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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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<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</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Do at least 7 of the Love It! And More E Challenges activities each year.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• National 4-H Curriculum</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>Love It! Exploring Entrepreneurship, Level 1 (#08035)</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 Involvement Report</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• <strong>Example:</strong> The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product OR</td>
</tr>
<tr>
<td>• 4-H Project Record Book</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>
</tbody>
</table>

| Volunteer Materials: | | |
| • National 4-H Curriculum | | |
| Entrepreneurship Helper’s Guide (#08036) | | |

**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>
</table>
| **Entrepreneurship – Be the E, Level 2** | In the member’s current Manual:  
- Do at least 7 of the Plan It! Practicing Skills Challenges activities each year.  
- Complete at least 21 activities of the Plan it! And More E Challenges within 3 years to complete the Achievement Program.  
- Have your project helper date and initial each activity as you complete it.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- Be the E Manual  
- Choose an activity that you completed to display  
**Example**: A business plan, evaluation of a business web site, a commercial or advertisement for your product  
**OR**  
- Make an educational poster or display that illustrates what you learned in the project. |
| **Youth Materials** | Complete the following:  
- 4-H Involvement Report  
- 4-H Project Record Book |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- Be the E Manual  
- Choose an activity that you completed to display  
**Example**: A business plan, evaluation of a business web site, a commercial or advertisement for your product  
**OR**  
- Make an educational poster or display that illustrates what you learned in the project. |
| • National 4-H Curriculum  
*Plan It! Practicing Skills Level 2 (#08035)*  
• 4-H Involvement Report  
• 4-H Project Record Book | |  
| **Volunteer Materials** | |  
| • National 4-H Curriculum  
*Group Activities Helper’s Guide (#08036)* |  
*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)
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### ENTREPRENEURSHIP

**BE THE E, LEVEL 3**

**Projects & Materials**

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<th>Youth Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entrepreneurship – Be the E, Level 3</td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Do at least 7 of the Do It! And More E Challenges activities each year.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td></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>• 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date and initial each activity as you complete it.</td>
<td>• Be the E, Manual</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>Choose an activity that you completed to display</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
<td>• Example: Marketing strategy, cash flow forecast</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>Note: All three levels are inclusive in one book</td>
<td>• Make an educational poster or display that illustrates what you learned in the project.</td>
</tr>
</tbody>
</table>

**Volunteer Materials**

<table>
<thead>
<tr>
<th>National 4-H Curriculum Group Activities Helper’s Guide (#08036)</th>
<th>Choose an activity that you completed to display</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Involvement Report</td>
<td>• Example: Marketing strategy, cash flow forecast</td>
</tr>
<tr>
<td>4-H Project Record Book</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• Make an educational poster or display that illustrates what you learned in the project.</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)
# Personal Development & Leadership

## FINANCIAL PLANNING

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **High School Financial Planning Program** | - 4-H Youth are encouraged to begin with the first module and work themselves through all six, completing one or two per year. | - 4-H Project Record Book  
- 4-H Involvement Report  
- High School Financial Planning Program Student Modules |
| **Youth Materials:** | - 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. |  
| - High School Financial Planning Program Student Modules [www.hsfpp.org](http://www.hsfpp.org) | - Complete the following:  
  - 4-H Involvement Report  
  - 4-H Project Record Book  
  - High School Financial Planning Program Student Modules. |  
| **Volunteer Materials:** |  
| - High School Financial Planning Program Student Modules [www.hsfpp.org](http://www.hsfpp.org) |  
| **For questions contact:** |  
| Surine Greenway  
University of Idaho  
Extension Educator  
Owyhee County  
(208) 896-4104  
surineg@uidaho.edu |  
| **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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Curriculum Choices</th>
<th>Exhibit Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cloverbuds Ages 5-7</td>
<td>The approved Cloverbud curriculum is developmentally appropriate for this age; activity oriented, non-competitive, focused on life skills taught through a broad spectrum of subject matter and involves cooperative learning.</td>
<td>There are no specific requirements for completing Cloverbuds projects. Exhibiting at the Fair is optional and non-competitive and can include one or more of the following:</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>Curriculum Choices:</td>
<td>- Cloverbud Memory Book (#63013)</td>
</tr>
<tr>
<td>• Cloverbud Memory Book (#63013)</td>
<td>The Big Book of 4-H Cloverbud Activities <a href="https://shop4-h.org/products/the-big-book-of-4-h-cloverbud-activities">https://shop4-h.org/products/the-big-book-of-4-h-cloverbud-activities</a></td>
<td>- Items made, a folder or notebook showing activities completed</td>
</tr>
<tr>
<td>• National 4-H Curriculum listed under Curriculum Choices</td>
<td>Exploring 4-H Cloverbud Activity <a href="http://www.4-hmall.org/Product/cloverbud-activities/exploring-4-h-cloverbud-activity/CB01602B.aspx">http://www.4-hmall.org/Product/cloverbud-activities/exploring-4-h-cloverbud-activity/CB01602B.aspx</a></td>
<td>- A poster (14”X22”) or display illustrating something learned in this project year.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>All About Pets <a href="http://www.4-hmall.org/Product/cloverbud-activities/all-about-pets-cloverbud-activity/CB01603B.aspx">http://www.4-hmall.org/Product/cloverbud-activities/all-about-pets-cloverbud-activity/CB01603B.aspx</a></td>
<td>A participation ribbon or similar recognition may be awarded for exhibits.</td>
</tr>
<tr>
<td>• National 4-H Curriculum listed under Curriculum Choices</td>
<td>All About Insects <a href="http://www.4-hmall.org/Product/cloverbud-activities/all-about-insects-cloverbud-activity/CB01604B.aspx">http://www.4-hmall.org/Product/cloverbud-activities/all-about-insects-cloverbud-activity/CB01604B.aspx</a></td>
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<tr>
<td></td>
<td>Aerospace Adventures 1 – Pre-Flight <a href="http://www.4-hmall.org/Product/aerospace/06842.aspx">http://www.4-hmall.org/Product/aerospace/06842.aspx</a></td>
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<tr>
<td></td>
<td>Exploring the Treasures of 4-H <a href="http://www.4-hmall.org/Product/bus-cit-exploring-4h/08173.aspx">http://www.4-hmall.org/Product/bus-cit-exploring-4h/08173.aspx</a></td>
<td></td>
</tr>
</tbody>
</table>

### 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)
## Personal Development & Leadership

### EXPLORING 4-H

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<tr>
<td><strong>Youth Materials:</strong></td>
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</table>
| • National 4-H Curriculum  
  *Exploring the Treasures of 4-H Member Manual* (#08171) | 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  
  • Complete the 4-H Involvement Report | Binder with the following items:  
  • Completed activities from the Exploring the Treasures of 4-H member manual (#08171)  
  • 4-H Project Record Book  
  • 4-H Involvement Report  
  • A poster (14”x22”) or display illustrating something you learned in this project this year. |
| • 4-H Project Record Book | | |
| • 4-H Involvement Report | | |

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

### 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

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<td>- Leadership Road Trip: Where Are You Going? (OH 4-H375)</td>
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<tr>
<td>- Idaho 4-H Leadership Portfolio (#82316)</td>
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<tr>
<td>- 4-H Involvement Report</td>
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<tr>
<td>- 4-H Project Record Book</td>
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</tbody>
</table>

| Volunteer Materials: |
| - Leadership Road Trip: Where Are You Going? (OH 4-H375) |
| - Idaho 4-H Leadership Portfolio (#82316) |

### Requirements

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

### Exhibit Requirements

Notebook or scrapbook of Leadership activities including the following:
- Idaho 4-H Leadership Portfolio (#82316)
- 4-H Project Record Book
- 4-H Involvement Report
- Leadership Training Record
- Leadership Resume

### 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)
## Projects & Materials

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

### Volunteer Materials:
- Volunteer Manual for 4-H Llama Activities (WSU Bulletin - EM4891)

## Requirements

### Project Requirements:
- Provide proper housing, food and primary care for your Llama/Alpaca for at least 90 days.
- 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.

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

## Exhibit Requirements

- 4-H Animal Project Record Book
- 4-H Involvement Report
- Permanent Individual Animal Record (#72101)
- A poster (14”x22”) or display illustrating something you learned in this project this year. **AND/OR**
- Exhibit one of your project animals in a Llama/Alpaca Fitting and Showing class.

## 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)


## 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)
- Rocky Mountain Llama Association 4-H Manual – [www.rmla.com](http://www.rmla.com)
# Plants and Animals

## LLAMA/ALPACA

### NON-ANIMAL

#### Projects & Materials

**Llama/Alpaca - Non-animal**

**Youth Materials:**
- 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
- 4-H Project Record Book

**Volunteer Materials:**
- Volunteer Manual for 4-H Llama Activities (WSU Bulletin - EM4891)

**Project Requirements:**
- 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.

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

#### Exhibit Requirements

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


#### 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

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<td><strong>Youth Materials:</strong></td>
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</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td></td>
<td>4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book</td>
<td></td>
<td>4-H Involvement Report</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>4-H Involvement Report</td>
<td>Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>• Beef Resource Handbook OH (#117R)</td>
<td></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></td>
<td>Exhibit one of your project animals in a Beef Fitting and Showing class.</td>
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<tr>
<td>• 4-H Animal Lesson Plan Tracker</td>
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</tr>
</tbody>
</table>

**Project Requirements:**

- Choose one or more steers or heifers for your Market Beef project.
- Individually identify each animal with an ear tag and/or tattoo.
- Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 130 days.
- 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.
- Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:

- 4-H Involvement Report
- 4-H Animal Project Record Book
- Any supplemental forms required at the county level.

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

### 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:

- Market Beef Growth Chart (#72110)
- Youth Beef Quality Assurance (#72203)
- Market Beef – Beginning Planning & Record Sheet (#72298)
- Idaho 4-Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)
- Beef Showmanship DVD (#72999)

### 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)
# Breeding Beef

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

## Volunteer Materials:
- Beef Resource Handbook OH (#117R)
- 4-H Animal Science Lessons
- 4-H Animal Lesson Plan Tracker

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

## 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:
- Permanent Individual Animal Record (#72101)
- Youth Beef Quality Assurance (#72203)
- Idaho 4-H Livestock Cost & Return Estimates - Market Steer Project (#72295)
- Beef Showmanship DVD (#72999)

## Exhibit Requirements:
- 4-H Animal Project Record Book
- 4-H Involvement Report
- Permanent Individual Animal Records (#72101)
- Supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit and/or have project animal(s) evaluated at a county Extension approved show, exhibition, or field day.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Beef Fitting and Showing class.
## Plants and Animals

### BEEF

#### STOCKER/FEEDER

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<td><strong>Stocker-Feeder</strong></td>
<td>Project Requirements:</td>
<td>- 4-H Animal Project Record Book</td>
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<tr>
<td></td>
<td>• Choose one or more beef animals for your Stocker-Feeder project.</td>
<td>- 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Individually identify each animal with an ear tag and/or tattoo.</td>
<td>- Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td></td>
<td>• Provide 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></td>
<td>• Provide a Brand Inspection or Recorded Iron Brand as positive proof of onership for each animal for at least 90 days.</td>
<td>- Display performance data on exhibit or stall card. Should have beginning weight, ending weight, total gain, cost/lb, and ADG.</td>
</tr>
<tr>
<td></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>
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<tr>
<td></td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
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<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<td></td>
<td>Complete the following:</td>
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<td></td>
<td>• 4-H Involvement Report</td>
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<td>• 4-H Animal Project Record Book</td>
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<td></td>
<td>• Any supplemental forms required at the county level. Note: Each member is strongly encouraged to participate in a livestock/dairy judging contest.</td>
<td></td>
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</tbody>
</table>

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

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

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

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

#### Optional Supporting Materials:
- 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:
- 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

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<td>• Complete 5 Animal Science activities.</td>
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<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
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<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<tr>
<td></td>
<td>Complete the following:</td>
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<td></td>
<td>• 4-H Involvement Report</td>
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</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
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</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
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<tr>
<td></td>
<td><strong>Note:</strong> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
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</tr>
</tbody>
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#### 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)

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# BIRDS AND POULTRY
## MARKET BROILERS/FRYERS

### Projects & Materials

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<td>4-H Animal Project Record Book</td>
<td>4-H Animal Project Record Book</td>
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### Requirements

**Project Requirements:**

- Must own and provide primary care, proper housing, and feed for your animal(s) for no less than eight (8) weeks.
- Minimum requirement is five (5) broilers.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- 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.
- Give an oral presentation (speech, demonstration, or Illustrated talk) related to this project.

Complete the following:

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

### Exhibit Requirements

- 4-H Animal Project Record Book
- 4-H Involvement Report
- Exhibit three (3) birds as uniform as possible.

**OR**

- A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.

**Note:** Meat birds will not be shown in showmanship. The 4-H’er can participate in showmanship by standing by his/her caged bird and answering questions by the judge.

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

### Support Materials:

To purchase Nebraska curriculum, visit:

https://marketplace.unl.edu/ne4h/curriculum/animalscience/market-broilers.html

Idaho 4-H Market Broiler Page: https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers

### Optional Supporting Materials:

- 4-H Poultry Showmanship Questions available at:
  http://www.cals.uidaho.edu/edComm/detail.aspx?IDnum=1800&category1=4-H%20Youth%20Development&category2=NULL
- Feeding Meat-type Chickens available at:
- 4-H Market Broilers (#72301) listed under optional materials at: https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers

### National 4-H Curriculum:

- 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

### PULLET/LAYING HENS

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<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
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<tr>
<td>• 4-H Involvement Report</td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.</td>
<td>• 4-H Animal Project Record Book</td>
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<tr>
<td>• 4-H Animal Project Record Book</td>
<td>• Minimum requirement is five (5) pullets/hens. Chicks should be obtained early in the year so that they will be in production in the fall.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• Egg Production Record (#72310)</td>
<td>• Note: If pullets are to be continued as a laying project, at least 10 pullets are suggested (but not required) to start.</td>
<td>• Egg Production Record (#72310)</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
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<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production. OR</td>
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<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. <strong>Optional:</strong> You may choose to participate in a Poultry Fitting &amp; Showing (pre-registration required).</td>
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<td></td>
<td>Complete the following:</td>
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<tr>
<td></td>
<td>• 4-H Involvement Report</td>
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<td></td>
<td>• 4-H Animal Project Record Book</td>
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<tr>
<td></td>
<td>• Egg Production Record (#72310)</td>
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<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) – one for your flock</td>
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</tbody>
</table>

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

Idaho 4-H Pullets page (and to download the Individual Animal Record and Egg Production Record):

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

Optional Supporting Materials available at:

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

- Selecting & Grooming 4-H Exhibition Poultry (#72306)
- Poultry Judging (#72307)
- Egg Production Record (#72310) – Pullets/Laying Hens Only
- Poultry Project Manual (#WY 12004C)
- 4-H Poultry Production: Raising Pullets (#OH MA2003)

**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
FAMILY FLOCK

Projects & Materials | Requirements | Exhibit Requirements
---|---|---
Family Flock: Domestic Poultry, Gamebirds, Pigeons or Waterfowl | Project Requirements:  
• Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.  
• Complete a minimum of 5 activities from supporting materials for Birds & Poultry.  
• On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.  
• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.  
Complete the following:  
• 4-H Involvement Report  
• 4-H Animal Project Record Book  
• Permanent Individual Animal Record (#72101) – one for your flock | • 4-H Animal Project Record Book  
• 4-H Involvement Report  
• Permanent Individual Animal Record (#72101)  
• Exhibit 1 or a pair of birds.  
OR  
• A display or poster (14”x22”) 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).

Youth Materials:  
• 4-H Involvement Report  
• 4-H Animal Project Record Book  
• 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 available at:  
[https://www.uidaho.edu/extension/4h/projects/family-flock](https://www.uidaho.edu/extension/4h/projects/family-flock)  
- Selecting & Grooming 4-H Exhibition Poultry (#72306) and Poultry Judging (#72307)  
- Poultry Project Manual (#WY 12004C)  
- Duck or Goose Project (#OH MA2102)  
- Pigeon/Dove Project (#OR 4-H 154)  
- Raising Turkeys (#OH MA2101)

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)
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## BIRDS AND POULTRY

### NON-ANIMAL

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<th>Projects &amp; Materials</th>
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</table>
| **Poultry**<br>Non-Animal | In the 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.  
- 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. |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- A poster (14” x 22”) or a display illustrating what you learned in this project this year. |
| **Youth Materials:** | Complete the following:  
- 4-H Involvement Report  
- 4-H Project Record Book |  
| - National 4-H Curriculum *Scratching the Surface, Level 1* (#06363) |  
| - National 4-H Curriculum *Testing Your Wings, Level 2* (#06364) |  
| - National 4-H Curriculum *Flocking Together, Level 3* (#06365) |  
| - 4-H Involvement Report |  
| - 4-H Project Record Book |  
| **Volunteer Materials:** |  
| - National 4-H Curriculum *Poultry Helper’s Guide* (#06366) |  
| **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) |
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## CAT

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<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book</td>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days.</td>
<td>• 4-H Involvement Report</td>
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<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Permanent Individual Animal Record (#72101)</td>
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<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• A poster (14” x 22”) or a display illustrating what you learned in this project this year. <strong>AND/OR</strong></td>
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<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Exhibit your project animal in a Cat Fitting and Showing class.</td>
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<td>Complete the following:</td>
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<td></td>
<td>• 4-H Involvement Report</td>
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<td>• 4-H Animal Project Record Book</td>
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<td>• Permanent Individual Animal Record (#72101)</td>
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<td><strong>County Requirements:</strong></td>
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<td>Check with your County Extension office for more information.</td>
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<td><strong>Support Materials:</strong></td>
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<td>Idaho 4-H Cat page: <a href="https://www.uidaho.edu/extension/4h/projects/cat">https://www.uidaho.edu/extension/4h/projects/cat</a></td>
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<tr>
<td></td>
<td>To order WSU Cat Curriculum: <a href="https://pubs.wsu.edu/ListItems.aspx?CategoryID=284">https://pubs.wsu.edu/ListItems.aspx?CategoryID=284</a></td>
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<td><strong>National 4-H Curriculum</strong></td>
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<td><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>• Climbing Up!, Book 2 (#08149)</td>
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<td>• Purr-fect Pals!, Book 1 (#08148)</td>
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<td>• Cat Helper’s Guide (#08151)</td>
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## CAT

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<td>• 4-H Project Record Book</td>
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<tr>
<td><strong>Non-Animal</strong></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• 4-H Involvement Report</td>
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<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
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<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<td>Complete the following:</td>
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<tr>
<td><em>Purr-fect Pals!</em></td>
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<td><em>Book 1 (#08148)</em></td>
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<td><strong>National 4-H Curriculum</strong></td>
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<td>*Climbing Up!,</td>
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<td>*Leaping Forward,</td>
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<td><em>Book 3 (#08150)</em></td>
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<td><strong>4-H Involvement Report</strong></td>
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<tr>
<td><strong>4-H Project Record Book</strong></td>
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<td><strong>Volunteer Materials:</strong></td>
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<tr>
<td><strong>National 4-H Curriculum</strong></td>
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<td>(#08151)</td>
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### 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-cat.aspx](http://www.4-hmall.org/Category/4-hcurriculum-cat.aspx)

Idaho 4-H Cat page: [https://www.uidaho.edu/extension/4h/projects/cat](https://www.uidaho.edu/extension/4h/projects/cat)
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<tr>
<td>• 4-H Cavy Advancement Program, Step One Checklist (#72781)</td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Two Checklist (#72782)</td>
<td>• Provide proper housing, food and primary care for your Cavies for at least 90 days.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Three Checklist (#72783)</td>
<td>• Members must work in the Cavy Advancement Program Step 1, 2, 3, 4 or 5.</td>
<td>• Permanent Individual Animal Record (#72101)</td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Four Checklist (#72784)</td>
<td>• Members can take up to 2 years to complete a specific Step Check List.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year. AND/OR</td>
</tr>
<tr>
<td>• 4-H Cavy Advancement Program, Cavy Step Five Checklist (#72785)</td>
<td>• Members will complete Skills Options and Personal Development Options each year.</td>
<td>• Exhibit your project animal in a Cavy Fitting and Showing class.</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<tr>
<td>• 4-H Animal Project Record Book</td>
<td>Complete the following:</td>
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<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td>• 4-H Involvement Report</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Animal Project Record Book</td>
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<tr>
<td>• PNW 4-H Cavy Project Volunteers Guide (#72780)</td>
<td>• Permanent Individual Animal Record (#72101)</td>
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<tr>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your County Extension office for more information.</td>
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<tr>
<td><strong>Support Materials:</strong></td>
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<tr>
<td>Idaho 4-H Cavy page: <a href="https://www.uidaho.edu/extension/4h/projects/cavy">https://www.uidaho.edu/extension/4h/projects/cavy</a></td>
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<tr>
<td>To order PNW 4-H Cavy Project Volunteer Guide: <a href="https://catalog.extension.oregonstate.edu/4-h1622l">https://catalog.extension.oregonstate.edu/4-h1622l</a></td>
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<tr>
<td><strong>Optional Supporting Materials:</strong></td>
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<tr>
<td>• 4H Cavy Project Health Supplement (WI) – <a href="https://fvi.uwex.edu/widpublications/4-h-cavy-project-health-supplement/">https://fvi.uwex.edu/widpublications/4-h-cavy-project-health-supplement/</a></td>
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<tr>
<td>• American Rabbit Breeders Association (ARBA) Standard of Perfection, and</td>
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<tr>
<td>• American Rabbit Breeders Association (ARBA) Official Guide Book, “Raising Better Rabbits &amp; Cavies”. American Rabbit Breeders <a href="mailto:ARBAPOST@aol.com">ARBAPOST@aol.com</a> or <a href="http://www.arba.net/">http://www.arba.net/</a></td>
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<tr>
<td>• “Your Guinea Pig” by Wanda L. Curran (1995), Storey publishing,</td>
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<tr>
<td>• American Cary Breeders Association (ACBA) Guide Book <a href="http://www.acbaonline.com">http://www.acbaonline.com</a></td>
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## Projects & Materials

### Cavy Non-Animal

#### Youth Materials:
- **4-H Cavy Advancement Program, Step One Checklist (#72781)**
- **4-H Cavy Advancement Program, Cavy Step Two Checklist (#72782)**
- **4-H Cavy Advancement Program, Cavy Step Three Checklist (#72783)**
- **4-H Cavy Advancement Program, Cavy Step Four Checklist (#72784)**
- **4-H Cavy Advancement Program, Cavy Step Five Checklist (#72785)**
- **4-H Involvement Report**
- **4-H Project Record Book**

#### Volunteer Materials:
- **PNW 4-H Cavy Project Volunteers Guide (#72780)**

### Requirements

**Project Requirements:**
- Members must work in the Cavy Advancement Program Step 1, 2, 3, 4 or 5.
- Members can take up to 2 years to complete a specific Step 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.

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

### Exhibit Requirements

- **4-H Project Record Book**
- **4-H Involvement Report**
- 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 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 ARBAPOST@aol.com or [http://www.arba.net/](http://www.arba.net/)
- **“Your Guinea Pig” by Wanda L. Curran (1995), Storey publishing,**
- **American Cary Breeders Association (ACBA) Guide Book http://www.acbaonline.com**
Plants and Animals

DAIRY CATTLE

Projects & Materials

**Youth Materials:**
- Dairy Resource Handbook OH (#127R)
- 4-H Involvement Report
- 4-H Animal Project Record Book
- Permanent Individual Animal Record (#72101)

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

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

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

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

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

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

**Support Materials:**
To order Ohio Materials: https://extensionpubs.osu.edu/dairy-resource-handbook/
Idaho 4-H Dairy Cattle page: 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
- 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)
- 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
# Plants and Animals

## DAIRY CATTLE

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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</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.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
• 4-H Project Record Book  
• 4-H Involvement Report  
• A poster (14”x22”) or display illustrating something you learned in this project this year. |
| **Youth Materials:** | Complete the following:  
• 4-H Involvement Report  
• 4-H Project Record Book  
• Any supplemental forms required at the county level. |  
• 4-H Involvement Report  
• 4-H Project Record Book  
• A poster (14”x22”) or display illustrating something you learned in this project this year. |
| • 4-H Involvement Report  
• 4-H Project Record Book | **Note:** Each member is strongly encouraged to participate in a livestock/dairy judging contest. |
| **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

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**Plants and Animals**

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<tr>
<td><strong>Dog</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Provide primary care for and train 1 or more dogs, which belong to the member or a family pet for at least 90 days. The dog may be registered or an unregistered, crossbred male or female.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• Exhibit dog you trained in appropriate obedience class according to experience and development as follows:</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Dog in Training:</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>Complete the following:</td>
<td>o Unit 1 – Subnovice</td>
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<td>• 4-H Involvement Report</td>
<td>o Unit 2 – Novice</td>
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<td>• 4-H Animal Project Record Book</td>
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<td>• Permanent Individual Animal Record (#72101)</td>
<td>o Unit 4 – Open Class</td>
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<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report</td>
<td>o Unit 5 – Open Challenge</td>
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<td>• Dog Resource Handbook OH (#201R)</td>
<td>o Unit 6 – Utility</td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>• Exhibit one of your project animals in a Dog Fitting and Showing class.</td>
</tr>
</tbody>
</table>

### 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)*

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## Plants and Animals

### DOG

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<td><strong>Dog</strong></td>
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<tr>
<td><strong>Non-Animal</strong></td>
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</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td>In member’s current Project Manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>Curriculum</td>
<td>• Complete 5 Animal Science activities.</td>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td>Wiggles ‘n’ Wags, Level 1 (#08166)</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>Curriculum</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>Canine Connection, Level 2 (#08167)</td>
<td>Complete the following:</td>
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</tr>
<tr>
<td>• National 4-H</td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>Curriculum</td>
<td>• 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td>Leading the Pack, Level 3 (#08168)</td>
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<tr>
<td>• 4-H Involvement Report</td>
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<td></td>
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<tr>
<td>• 4-H Project Record Book</td>
<td></td>
<td></td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
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<tr>
<td>Curriculum</td>
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<tr>
<td>Dog Helper’s Guide</td>
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<tr>
<td>(#08169)</td>
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<td></td>
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<tr>
<td><strong>County Requirements:</strong></td>
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<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/4-hcurriculum-dog.aspx">www.4-hmall.org/Category/4-hcurriculum-dog.aspx</a></td>
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<tr>
<td>Idaho 4-H Dog page: <a href="https://www.uidaho.edu/extension/4h/projects/dog">https://www.uidaho.edu/extension/4h/projects/dog</a></td>
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<td></td>
</tr>
<tr>
<td><strong>Optional Supporting Materials:</strong></td>
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</table>
# Plants and Animals

## GOATS

### MEAT

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<th>Projects &amp; Materials</th>
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</thead>
<tbody>
<tr>
<td><strong>Meat Goat</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 4-H Involvement Report</td>
<td>Choose one or more goats for your Market Goat project.</td>
<td>- 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>- 4-H Animal Project Record Book</td>
<td>Comply with current USDA Scrapie requirements</td>
<td>- 4-H Involvement Report</td>
</tr>
<tr>
<td>- 4-H Animal Science Skills Checklist</td>
<td>Individually identify each animal with an ear tag and/or tattoo.</td>
<td>Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>- Provide one or more forms of positive ownership for a minimum of 70 days.</td>
<td>- Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>- Goat Resource Handbook OH (#135R)</td>
<td>Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.</td>
<td>- Exhibit project animal at community, county, or other county Extension approved livestock show.</td>
</tr>
<tr>
<td>- 4-H Animal Science Lessons</td>
<td>Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.</td>
<td>- 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>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></td>
<td>Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
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</tr>
<tr>
<td></td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 4-H Animal Project Record Book</td>
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</tr>
<tr>
<td></td>
<td>- Any supplemental forms required at the county level.</td>
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</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

#### BREEDING MEAT

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

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

**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.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

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<td><strong>Dairy Goat</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
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<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>Choose one or more goats for your Dairy Goat project.</td>
<td>4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book</td>
<td>Comply with current USDA Scrapie requirements</td>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>Individually identify each animal with an ear tag and/or tattoo.</td>
<td>Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>• Goat Resource Handbook OH (#135R)</td>
<td>Provide one or more forms of positive ownership for a minimum of 90 days.</td>
<td>Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>Complete 5 Animal Science activities.</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>Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>Complete the following:</td>
<td>Exhibit project animal at community, county, or other county Extension approved livestock show.</td>
</tr>
<tr>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• 4-H Involvement Report</td>
<td>Exhibit one of your project animals in a Goat Fitting and Showing class.</td>
</tr>
<tr>
<td>Complete the following:</td>
<td>• 4-H Animal Project Record Book</td>
<td></td>
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<tr>
<td>• 4-H Involvement Report</td>
<td>• Permanent Individual Animal Record (#72101) for each project animal.</td>
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<tr>
<td>• 4-H Animal Project Record Book</td>
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<tr>
<td>• Permanent Individual Animal Records (#72101)</td>
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<tr>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your County Extension office for more information.</td>
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**Support Materials:**

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

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

**Optional Supporting Materials:**

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)

## Plants and Animals

### GOATS

#### PACK

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<td><strong>Youth Materials:</strong></td>
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<td>• 4-H Involvement Report</td>
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</tr>
<tr>
<td>• 4-H Animal Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
<td></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><strong>Project Requirements:</strong></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.</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>
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<tr>
<td>Complete the following:</td>
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<td></td>
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<td>• 4-H Involvement Report</td>
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<td>• 4-H Animal Project Record Book</td>
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<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
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**County Requirements:**
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**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)

**For Volunteers:**
• Showing the Way, Book 3 (#08354)
• Pack Goat Skills Checklist (#72580)

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

GOATS
PET/PYGMY

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<td><strong>Pet/Pygmy Goat</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
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<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days.</td>
<td>4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book</td>
<td>Comply with current USDA Scrapie requirements.</td>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td>Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td></td>
<td>Complete 5 Animal Science activities.</td>
<td>A poster (14” x 22”) or display illustrating something you learned in the project this year.</td>
</tr>
<tr>
<td></td>
<td>Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>AND/OR</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><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Goat Resource Handbook OH (#135R)</td>
<td>• 4-H Involvement Report</td>
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<td>• 4-H Animal Project Record Book</td>
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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)
## Plants and Animals

### GOATS

#### NON-ANIMAL

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</thead>
<tbody>
<tr>
<td><strong>Goat Non-Animal</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete 5 Animal Science activities.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>4-H Involvement Report</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• A poster (14” x 22”) or display illustrating something you learned in the project this year.</td>
</tr>
<tr>
<td>4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Complete the following:</td>
</tr>
<tr>
<td>Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>Goat Resource Handbook OH (#135R)</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 Goat, Non-animal page: [https://www.uidaho.edu/extension/4h/projects/goat](https://www.uidaho.edu/extension/4h/projects/goat)

### 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)
## Plants and Animals

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</thead>
<tbody>
<tr>
<td><strong>Horse</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• PNW #587: The 4-H Horse Project (#72676)</td>
<td>Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) at least 90 days before exhibiting.</td>
<td>4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• 4-H Involvement Report</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>4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book</td>
<td>Keep record of expenses, health care, plus participation in shows and related horse activities/events.</td>
<td>Permanent 4-H Horse Identification and Health Record (#72650)</td>
</tr>
<tr>
<td>• Permanent 4-H Horse Identification and Health Record (#72650)</td>
<td>Learn and practice safety precautions necessary to prevent injury to you and your horse.</td>
<td>Any supplemental forms required at the county level submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• Basic Horse Safety Manual (#72673)</td>
<td>Complete 5 Horse-related educational lessons/activities.</td>
<td>Exhibit your horse in a show, fair, or other Extension 4-H/Youth program approved event.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td>• PNW #587: The 4-H Horse Project (#72676)</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following:</td>
<td></td>
</tr>
<tr>
<td>PNW#587 [link]</td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>[link]</td>
<td>• 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td>[link]</td>
<td>• Permanent 4-H Horse Identification and Health Record (#72650) for each project animal.</td>
<td></td>
</tr>
<tr>
<td>[link]</td>
<td>• Any supplemental forms required at county level.</td>
<td></td>
</tr>
</tbody>
</table>

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

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

### Optional Supporting Materials:
- 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) [link]
- PNW #229: 4-H Driving Manual (#72682) [link]
- 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)
## HORSE
### NON-ANIMAL

### Projects & Materials

<table>
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<tr>
<th>Youth Materials: National 4-H Curriculum</th>
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<tbody>
<tr>
<td>Giddy Up &amp; Go, Level 1 (#08053)</td>
</tr>
<tr>
<td>Head, Heart &amp; Hooves, Level 2 (#08054)</td>
</tr>
<tr>
<td>Stable Relationships, Level 3 (#08055)</td>
</tr>
<tr>
<td>Riding the Range, Level 4 (#08056)</td>
</tr>
<tr>
<td>Jumping to New Heights, Level 5 (#08057)</td>
</tr>
<tr>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td>4-H Project Record Book</td>
</tr>
<tr>
<td>Basic Horse Safety Manual (#72673)</td>
</tr>
</tbody>
</table>

| Volunteers Materials:                        |
| Horse Helper’s Guide (#08058)               |

### Requirements

- Complete 5 Horse-related educational lessons/activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

### Exhibit Requirements

- 4-H Involvement Report
- 4-H Project Record Book
- Any supplemental forms required at the county level submitted to county Extension office by date specified.
- 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 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)
- Horse Safety Guidelines (order from American Youth Horse Council at [http://www.ayhc.com](http://www.ayhc.com))

### To order Ohio Materials:

- Horseless Horse (OH) [https://extensionpubs.osu.edu/horseless-horse/](https://extensionpubs.osu.edu/horseless-horse/)
- Horse Nutrition (OH) [https://extensionpubs.osu.edu/horse-nutrition/](https://extensionpubs.osu.edu/horse-nutrition/)
- Horse training: How to talk to your Horse (OH) [https://extensionpubs.osu.edu/horse-training-how-to-talk-to-your-horse/](https://extensionpubs.osu.edu/horse-training-how-to-talk-to-your-horse/)
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## RABBIT MARKET

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<tr>
<td><strong>Market Rabbit</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</td>
<td>Provide proper housing, food and primary care for your rabbits for no less than eight weeks.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book</td>
<td>Learn how to fit and show a rabbit.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete 5 Animal Science activities.</td>
<td></td>
</tr>
<tr>
<td>• Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R)</td>
<td>Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

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

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

**Optional Supporting Materials:**
- *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)
# Plants and Animals

## RABBIT BREEDING

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

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

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

### Optional Supporting Materials:
- 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)
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## RABBIT

### PET

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#### Projects & Materials

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<tr>
<th>Pet Rabbit</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Youth Materials: | - 4-H Involvement Report  
- 4-H Animal Project Record Book  
- Permanent Individual Animal Record (#72101) for each project animal | | |
| | Project Requirements:  
- Provide proper housing, food and primary care for your rabbits 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.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | - 4-H Animal Project Record Book  
- 4-H Involvement Report  
- Permanent Individual Animal Record (#72101)  
- A poster (14”x22”) or display illustrating something you learned in this project this year. AND/OR  
- Exhibit one of your project animals in a Rabbit Fitting and Showing class. |
| | Complete the following:  
- 4-H Involvement Report  
- 4-H Animal Project Record Book  
- Permanent Individual Animal Record (#72101) for each project animal | |

#### County Requirements:

Check with your County Extension office for more information.

#### Support Materials:

To order 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* [arbapost@aol.com](mailto:arbapost@aol.com) or [www.arba.net](http://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)
# Plants and Animals

## RABBIT

### NON-ANIMAL

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<thead>
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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Rabbit Non-Animal    | 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.  
- 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  
- 4-H Project Record Book |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- 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 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/)  
## Plants and Animals

### SHEEP MARKET

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</thead>
<tbody>
<tr>
<td>Market Lamb</td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Choose at least one wether or ewe for your Market Lamb project.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Comply with current USDA Scrapie requirements.</td>
<td>• Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td></td>
<td>• Provide one or more forms of positive ownership (70 days) for each project animal.</td>
<td>• Exhibit project animal(s) at a community, county or other livestock show.</td>
</tr>
<tr>
<td></td>
<td>• Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td></td>
<td>• Individually identify each animal with an ear tag, tattoo or ear notch.</td>
<td>• Exhibit one of your project animals in a Sheep Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>• Provide appropriate documentation including, a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.</td>
<td></td>
</tr>
<tr>
<td></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></td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Each member is strongly encouraged to participate in a livestock judging contest.</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)
- Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)

#### 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 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

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

**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 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

### NON-ANIMAL

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

<table>
<thead>
<tr>
<th>Pocket Pets and Other Pets</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
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<tr>
<td>- National 4-H Curriculum</td>
<td></td>
<td></td>
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<tr>
<td>Pet Pals, Level 1</td>
<td></td>
<td></td>
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<tr>
<td>(06359)</td>
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<td></td>
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<tr>
<td>- National 4-H Curriculum</td>
<td></td>
<td></td>
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<tr>
<td>Scurrying Ahead, Level 2</td>
<td></td>
<td></td>
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<tr>
<td>(06360)</td>
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<tr>
<td>- National 4-H Curriculum</td>
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<tr>
<td>Scaling the Heights,</td>
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<tr>
<td>Level 3 (#06361)</td>
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<tr>
<td>- 4-H Involvement Report</td>
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<td></td>
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<tr>
<td>- 4-H Animal Project</td>
<td></td>
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<tr>
<td>Record Book</td>
<td></td>
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<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- National 4-H Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pet Helper’s Guide</td>
<td></td>
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<tr>
<td>(#06362)</td>
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<table>
<thead>
<tr>
<th>Requirements</th>
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<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td>Project Requirements:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Members should provide</td>
<td></td>
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<tr>
<td>proper housing, food,</td>
<td></td>
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<tr>
<td>and primary care for</td>
<td></td>
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<tr>
<td>their pet for at least</td>
<td></td>
<td></td>
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<tr>
<td>60 days.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In member’s current Project Manual:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Complete 5 Animal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Science activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Record each activity</td>
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<td></td>
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<tr>
<td>completed in the 4-H</td>
<td></td>
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<tr>
<td>Animal Record Book,</td>
<td></td>
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<tr>
<td>Project Information and</td>
<td></td>
<td></td>
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<tr>
<td>Activity Log.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Have your project</td>
<td></td>
<td></td>
</tr>
<tr>
<td>helper date (month and</td>
<td></td>
<td></td>
</tr>
<tr>
<td>year) and initial each</td>
<td></td>
<td></td>
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<tr>
<td>activity when it is</td>
<td></td>
<td></td>
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<tr>
<td>finished.</td>
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<tr>
<td>- Give an oral</td>
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<tr>
<td>presentation (speech,</td>
<td></td>
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</tr>
<tr>
<td>demonstration or</td>
<td></td>
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<tr>
<td>illustrated talk)</td>
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<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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 4-H Animal Project</td>
<td></td>
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<tr>
<td>Record Book</td>
<td></td>
<td></td>
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<tr>
<td>- Permanent Individual</td>
<td></td>
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<tr>
<td>Animal Records (#72101)</td>
<td></td>
<td></td>
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<tr>
<td>- A poster (14”x22”) or</td>
<td></td>
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<tr>
<td>display illustrating</td>
<td></td>
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<tr>
<td>something you learned</td>
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<tr>
<td>in this project this</td>
<td></td>
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<tr>
<td>year.</td>
<td></td>
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<tr>
<td>AND/OR</td>
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<tr>
<td>- Exhibit their project</td>
<td></td>
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<tr>
<td>animal in a corresponding</td>
<td></td>
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<tr>
<td>species Fitting and</td>
<td></td>
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<tr>
<td>Showing class.</td>
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</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-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 of Contents

- **Projects & Materials**
- **Requirements**
- **Exhibit Requirements**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Pocket Pets and Other Animals Non-Animal | 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.  
- 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  
- 4-H Project Record Book |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- A poster (14”x22”) or display illustrating something you learned in this project this year. |
| 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  
- 4-H Project Record Book |  
| 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) |  

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# Plants and Animals

## SWINE MARKET

### Table of Contents

### Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
**Market Swine** |  |  |
**Youth Materials:** |  |  |
- 4-H Involvement Report
- 4-H Animal Project Record Book
- 4-H Animal Science Skills Checklist

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

Complete the following:
- 4-H Involvement Report
- 4-H Animal Project Record
- 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/>

Idaho Swine 4-H page: <https://www.uidaho.edu/extension/4h/projects/swine>

University of Idaho Extension 4-H Animal Science Lessons <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>

**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)
### Breeding Swine

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

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

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

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

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### 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)
# SWINE
## NON-ANIMAL

<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.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  - Complete the following:  
    - 4-H Involvement Report  
    - 4-H Project Record Book  
    - 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  
  - 4-H Involvement Report  
  - A poster (14”x22”) or display illustrating something you learned in this project this year. |

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

### 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></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Small Grains Production Guide (#73115)</td>
<td>Project Requirements:</td>
<td>• 4-H Small Grains Production Guide (#73115)</td>
</tr>
<tr>
<td>• 4-H Small Grains Record Book (#73116)</td>
<td>• Own your project with a bona-fide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your landlord, Volunteer, and, if applicable, the contracting company field man.</td>
<td>• 4-H Small Grains Record Book (#73116)</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Plant a minimum of five acres of small grains</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></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>• 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>
</tr>
<tr>
<td>• 4-H Small Grains Production Guide (#73115)</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>
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<td></td>
<td><strong>AND</strong></td>
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<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>
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<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<td></td>
<td>Complete the following:</td>
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<tr>
<td></td>
<td>• 4-H Involvement Report</td>
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<tr>
<td></td>
<td>• 4-H Small Grains Production Guide (#73115)</td>
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<tr>
<td></td>
<td>• 4-H Small Grains Record Book (#73116)</td>
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<tr>
<td></td>
<td><strong>County Requirements:</strong></td>
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<tr>
<td></td>
<td>Check with your County Extension office for more information.</td>
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<tr>
<td></td>
<td><strong>Support Materials:</strong></td>
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<tr>
<td></td>
<td>Idaho 4-H Small Grains page (and project materials available for download):</td>
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<tr>
<td></td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/small-grains">https://www.uidaho.edu/extension/4h/projects/small-grains</a></td>
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# Plants and Animals

## CROPS

### FIELD BEANS

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<tbody>
<tr>
<td><strong>Field Beans</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
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<td></td>
</tr>
<tr>
<td>• 4-H Bean Production Guide (#73117)</td>
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</tr>
<tr>
<td>• 4-H Bean Grower Workbook (#73118)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Bean Production Guide (#73117)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Project Requirements:**

- 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.
- Complete a soil test on your bean field area.
- 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.
- Have an up-to-date record book available for review during the field tour.
- 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.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**

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

**Exhibit Requirements:**

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

- 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.

### 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](https://www.uidaho.edu/extension/4h/projects/field-beans)
## Plants and Animals
### CROPS
#### SUGARBEETS

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<tbody>
<tr>
<td><strong>Sugarbeets</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>• Snake River Sugar Company Youth Grower Record Book</strong></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><strong>• 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>• Snake River Sugar Company Youth Grower Record Book</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><strong>• Exhibit a sample of sugar beets (3) at the county fair according to instructions (Preparing Sugar beets for Exhibit) section of the record book.</strong></td>
</tr>
<tr>
<td>• Presentation Fair Requirements Sheet</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>• 4-H Involvement Report</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><strong>None</strong></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. Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Snake River Sugar Company Youth Grower Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• One research project and presentation at the Sugar Beet Presentation Fair</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)
## Projects & Materials

<table>
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<tr>
<th>Potatoes</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Potato Grower Workbook (#73119)</td>
<td></td>
<td>• 4-H Potato Grower Workbook (#73119)</td>
</tr>
<tr>
<td>• 4-H Potato Project and Record Book (#73119a)</td>
<td></td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td></td>
<td>• Pesticide Report</td>
</tr>
</tbody>
</table>

| Volunteer Materials: | | |
| *None* | | |

**Project Requirements:**
- 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.
- Supply a legal description of land where you grow potatoes.
- Complete a pesticide report.
- 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.
- Deliver approximately 1,000 hundred (cwt) of potatoes to purchaser.
- Watch your samples being graded by the USDA. The fieldman will set up the grading at a time when you are able to attend.
- Close, summarize, and turn in projects to the County Extension Office on or before December 30 of the current calendar year.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- 4-H Involvement Report
- 4-H Potato Grower Workbook (#73119)

**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

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<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GARDENING</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Gardening</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 Involvement Report</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Have your project helper date (month and year) each activity when it is finished.</td>
<td>• Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits (#73360)</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• Complete the questions at the back of the member manual for their respective year in the project.</td>
<td></td>
</tr>
<tr>
<td>Curriculum</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td><em>See Them Sprout,</em></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>Level A (#07162)</td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• 4-H Project Record Book</td>
<td></td>
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<tr>
<td>Curriculum</td>
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<tr>
<td><em>Let’s Get Growing,</em></td>
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<tr>
<td>Level B (#07163)</td>
<td></td>
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<tr>
<td>• National 4-H</td>
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<tr>
<td>Curriculum</td>
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<tr>
<td><em>Take Your Pick,</em></td>
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<tr>
<td>Level C (#07164)</td>
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<tr>
<td>• National 4-H</td>
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<tr>
<td>Curriculum</td>
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<tr>
<td><em>Growing Profits,</em></td>
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<tr>
<td>Level D (#07165)</td>
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<tr>
<td>• Suggested 4-H</td>
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<tr>
<td>Garden Exhibits</td>
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<tr>
<td>(#07067)</td>
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<tr>
<td>• 4-H Involvement</td>
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<tr>
<td>Report</td>
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<tr>
<td>• 4-H Project Record</td>
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<tr>
<td>Book</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
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<tr>
<td>• National 4-H</td>
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<tr>
<td>Curriculum</td>
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<tr>
<td>*Gardening Helper’s</td>
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<tr>
<td>Guide* (#07166)</td>
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<tr>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your County Extension office for more information.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To order National 4-H Curriculum visit:</td>
<td></td>
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</tr>
<tr>
<td><a href="http://www.4-hmall.org/Category/4-hcurriculum-gardening.aspx">http://www.4-hmall.org/Category/4-hcurriculum-gardening.aspx</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Gardening page:</td>
<td></td>
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</tr>
<tr>
<td><a href="https://www.uidaho.edu/extension/4h/projects/gardening">https://www.uidaho.edu/extension/4h/projects/gardening</a></td>
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# Plants and Animals

## JUNIOR MASTER GARDENER

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<tr>
<td>Horticulture Gardening</td>
<td>Project Requirements:</td>
<td>4-H Project Record Book</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete a minimum of 7 different JMG activities each year.</td>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Have your project helper date (month and year) and initial a copy of each activity completed for your notebook.</td>
<td>Copies of the activities you have completed that are initialed by your helper (in notebook or folder).</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Exhibit one of the following:</td>
</tr>
<tr>
<td><strong>Optional:</strong> Junior Master Gardener Handbook, Level 1(#B-6082)</td>
<td>Complete the following:</td>
<td>• A scrapbook of labeled plants, herbs or aspects of plant ecology.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report</td>
<td>• A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants.</td>
</tr>
<tr>
<td>• Junior Master Gardener Teacher/Volunteer Guide, Level 1(#B-6083)</td>
<td>• 4-H Project Record Book</td>
<td>• Something you built or made related to the project.</td>
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<td></td>
<td></td>
<td>• A labeled photo story depicting something related to the project.</td>
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<tr>
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<td></td>
<td>• A poster (14” x 22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
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<td>• Other suitable exhibit approved by your County Extension Office.</td>
</tr>
</tbody>
</table>

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

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

### Projects & Materials

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<th>Youth Materials:</th>
<th>Requirements:</th>
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<tbody>
<tr>
<td>• Teaming with Insects Level 1 (#08440)</td>
<td>Using the “Teaming with Insects” Level 1 curriculum booklet:</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Complete a minimum of 5 activities per year.</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>• Complete all 16 activities within 3 years to pass Level 1.</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Complete the following:</td>
</tr>
<tr>
<td>• Teaming with Insects Facilitators Guide (#08443)</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>Classification materials:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td>• Field Guide to Insects of North Americas (Eaton/Kaufman)</td>
<td></td>
</tr>
<tr>
<td>• Field Guide to Insects and Spiders (Evans)</td>
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</tr>
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### Exhibit Requirements

| |  
| | • 4-H Project Record Book |
| | • 4-H Involvement Report |
| | • **1st Year:** Collection of at least 15 adult insects (consists of at least 3 orders, including the Order Lepidoptera). |
| | • **2nd Year:** Collection of at least 20 adult insects, including 15 different insects you haven’t exhibited before (including at least 4 orders) |
| | • **3rd Year:** Collection of at least 25 adult insects, including 15 different insects you haven’t exhibited before (including at least 5 orders). |
| | **Use at least 2 different methods of collecting.** |
| OR | • A report of things you have learned or researched (such as a two month long diary of observing an insect species—behavior, communication, movement, habitat, etc.). |
| OR | • A poster (14”x 22”) or display of some activity in Level 1 (such as insect collecting and mounting equipment, a paper mache’ insect model you made, etc.). |
| Collection: | **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

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<tbody>
<tr>
<td><strong>Teaming with Insects, Level 2</strong>&lt;br&gt;Grades 6-8</td>
<td>Pre-requisites: Complete Entomology Level 1 (or approval of 4-H Professional)&lt;br&gt;Using the “Teaming with Insects” Level 2 curriculum booklet:&lt;br&gt;• Complete a minimum of 5 activities per year.&lt;br&gt;• Complete all 16 activities within 3 years to pass Level 2.&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&lt;br&gt;• 4-H Project Record Book</td>
<td>• 4-H Project Record Book&lt;br&gt;• 4-H Involvement Report&lt;br&gt;• <strong>1st Year:</strong> 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.&lt;br&gt;• <strong>2nd Year:</strong> 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.&lt;br&gt;• <strong>3rd Year:</strong> 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&lt;br&gt;A report of things you have learned or researched (such as results of observations of insect traps, habitats, life cycle, entomology careers, etc.). OR&lt;br&gt;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.).&lt;br&gt;<strong>Collection:</strong> Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.</td>
</tr>
</tbody>
</table>

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

### 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)

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

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

### Support Materials:
- Idaho 4-H Entomology page: [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)
- To order National 4-H Curriculum visit: [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)
**Science & Technology**

**ENTOMOLOGY LEVEL 3**

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<tr>
<td>Teaming with Insects, Level 3 Grades 9-12</td>
<td>Pre-requisites: Complete Entomology Level 2 (or approval of 4-H Professional)</td>
<td>4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Using the “Teaming with Insects” Level 3 curriculum booklet:</td>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td></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></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></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></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>OR</td>
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<tr>
<td></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></td>
<td>• 4-H Involvement Report</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</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>
</tbody>
</table>

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

**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)
Special Directions:

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

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

### Projects & Materials

**Beekeeping**

**Youth Materials:**
- 4-H Involvement Report
- 4-H Project Record Book
- 4-H Beekeeping Level 1, Understanding the Honey Bee (#PU 4-H-571)
- 4-H Beekeeping Level 2, Understanding the Honey Bee (#PU 4-H-586)
- 4-H Beekeeping Level 3, Understanding the Honey Bee (#PU 4-H-593)

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

### Requirements

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

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

### Exhibit Requirements

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

### Optional Supporting Materials:

- Bee Hive a Purdue University web site [http://www.entm.purdue.edu/entomology/research/bee](http://www.entm.purdue.edu/entomology/research/bee)
### Science & Technology

#### VETERINARY SCIENCE

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<td><strong>Veterinary Science</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>4-H Project Record Book</strong></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete a minimum of 7 activities from supporting materials for Veterinary Science.</td>
<td>• 4-H Involvement Report</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>• Veterinary Science Manual</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14” x 22”) or display related to the project and unit.</td>
</tr>
<tr>
<td></td>
<td><strong>Complete the following:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Veterinary Science Manual</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Veterinary Science Volunteer’s Guide (#82904)</td>
<td></td>
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<tr>
<td>County Requirements:</td>
<td>Check with your County Extension office for more information.</td>
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</tbody>
</table>

**Support Materials:**

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

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

**Optional Supporting Materials:**

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

- From Airedales to Zebras-Level 1 (#08048)
- All Systems Go-Level 2 (#08049)
- On the Cutting Edge-Level 3 (#08050)
- Helpers Guide (#08051)
## Projects & Materials

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</table>
| • National 4-H Curriculum  
  *Pre-Flight K-2, Project Activity Guide (#06842)* | 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. |
| Volunteer Materials: | | • Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual. |
| • National 4-H Curriculum  
  *Aerospace Adventures Helper’s Guide (#06846)*  
  *Aerospace Adventures CD (#07605)* | | • The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required. |

## 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

### Project & Materials Requirements

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

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

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

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

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

**Exhibit Requirements:**
- 4-H Project Record Book
- 4-H Involvement Report
- 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)
## AEROSPACE
### GRADES 6-8

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<tr>
<td><strong>Reaching New Heights,</strong> Grades 6-8</td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of 7 required/optional activities, plus 3 Learning</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• National 4-H Council</td>
<td>Experiences (pg.4) each year.</td>
<td>• An item you made in this project. Suggested items:</td>
</tr>
<tr>
<td>Reaching New Heights, Stage 3, Project</td>
<td>• Finish at least 20 of the required and optional activities within 3 years</td>
<td>Rocket made from a kit (Skill Level 2 or 3, include plans).</td>
</tr>
<tr>
<td>Activity Guide (#06849)</td>
<td>to pass each book.</td>
<td>Fighter kite that can roll, pitch, and yaw (include plans).</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Have your project helper date (month and year) and initial each activity</td>
<td>Model airplane from a kit (include plans).</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>when it is finished.</td>
<td>Any model rocket or airplane (intermediate skill level) not built from a kit (include plans).</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk)</td>
<td>OR</td>
</tr>
<tr>
<td>• National 4-H Council</td>
<td>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>Aerospace Adventures Helper’s Guide (#06846)</td>
<td>Complete the following:</td>
<td>OR</td>
</tr>
<tr>
<td>• Aerospace Adventures CD</td>
<td>• 4-H Involvement Report</td>
<td>• Report of things you learned or researched.</td>
</tr>
<tr>
<td>(#07605)</td>
<td>• 4-H Project Record Book</td>
<td></td>
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<td></td>
<td></td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</td>
</tr>
</tbody>
</table>

### 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 9-12**

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<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td><strong>Pilot In Command, Grades 9-12</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year.</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• National 4-H Curriculum Pilot In Command, Stage 4, Aerospace Activity Guide (#06845)</td>
<td>• Finish at least 20 of the required and optional activities within 3 years to pass each book.</td>
<td>• An item made in this project. Suggested items:</td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Rocket made from a kit (Skill Level 3 or 4, include plans).</td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Box kite (include plans)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>• Any model rocket or airplane (Advanced skill level) not built from a kit (include plans).</td>
</tr>
<tr>
<td>• National 4-H Curriculum Aerospace Adventures Helper’s Guide (#06846)</td>
<td>• 4-H Involvement Report</td>
<td>• Remote control airplane made from a kit (include plans).</td>
</tr>
<tr>
<td>• Aerospace Adventures CD (#07605)</td>
<td>• 4-H Project Record Book</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Report of things you learned or researched.</td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels. <em>See Special Directions at end of Aerospace requirements.</em></td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

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<tr>
<th>Projects &amp; Materials</th>
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<tbody>
<tr>
<td><strong>Bicycling for Fun Grades 3-5</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of 7 (5 regular activities and 2 pedaling harder).</td>
<td>• 4-H Involvement Report</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Finish all 4 steps of the Planning Guide.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in bicycle this year.</td>
</tr>
<tr>
<td><em>Bicycling for Fun 3-5(#08334)</em></td>
<td>• Complete this book within 2 years.</td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td><em>Bicycles Group, Helper’s Guide (#08336)</em></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Bicycle - Don’t Get Stuck: Fix It DVD (#08399)</td>
<td>• 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book</td>
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</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-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**

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<tr>
<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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</table>
| **Wheels in Motion** | 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.  |
| **Grades 6-8** |  
Complete the following:  
- 4-H Involvement Report  
- 4-H Project Record Book  |
| **Youth Materials:** |  
- National 4-H Curriculum  
  *Wheels In Motion, (#08335)*  
- 4-H Involvement Report  
- 4-H Project Record Book  |
| **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)
# DISCOVERING COMPUTER SCI & PROGRAMMING, LEVEL 1

## Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
Discovering Computer Science & Programming through Scratch **Youth Materials:**
• 4-H Involvement Report
• 4-H Project Record Book **Volunteer Materials:**
• National 4-H Curriculum, *Discovering Computer Science & Programming through Scratch-Level One Fundamentals Facilitators Guide* (#01607F) 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
• 4-H Project Record Book
• *Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide* (#01606Y)

**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:**
## Projects & Materials

**Discovering Computer Science & Programming through Scratch**

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<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| • National 4-H Curriculum, Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y) | 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. | • 4-H Project Record Book  
• 4-H Involvement Report  
• Completed Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)  
• A poster (14”x22”) or display illustrating something you learned in the project this year. OR  
• Demonstration of software |
| • 4-H Involvement Report  
• 4-H Project Record Book | Complete the following:  
  - 4-H Involvement Report  
  - 4-H Project Record Book  
| Volunteer Materials: | | |
| • Included in Level 2 youth guide National 4-H Curriculum, Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y) | |

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

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

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

### Optional Support Materials:
## DISCOVERING COMPUTER SCI & PROGRAMMING, LEVEL 3

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| Discovering Computer Science & Programming through Scratch | 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. | • 4-H Project Record Book  
• 4-H Involvement Report  
• Completed Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)  
• A poster (14”x22”) or display illustrating something you learned in the project this year. OR  
• Demonstration of software  
• . |

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

#### Volunteer Materials:
- Included in Level 3 youth guide National 4-H Curriculum, Discovering Computer Science & Programming through Scratch-Level One Fundamentals Youth Guide (#01802Y)

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

### Supporting Materials:
To order materials from National 4-H Council visit:  
[https://shop4-h.org/products/computer-science-3](https://shop4-h.org/products/computer-science-3)
Idaho 4-H Computer page: [https://sitecore.uidaho.edu/extension/4h/projects/computing](https://sitecore.uidaho.edu/extension/4h/projects/computing)

### Optional Support Materials:
### Projects & Materials

**Magic of Electricity, Grades 6-8**

**Youth Materials:**
- National 4-H Curriculum "Magic of Electricity, Level 1 (#06848)
- 4-H Involvement Report
- 4-H Project Record Book

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

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
- 4-H Project Record Book

**Exhibit Requirements**
- 4-H Project Record Book
- 4-H Involvement Report
- Member Guide (this is a 3 year project make a delineation of what items are completed each year)

**AND**
Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:
- A poster (14”x22”) or display illustrating something you learned in this project this year.
- A scrapbook of pictures of a Leadership activity or circuits made or being tested.
- One of the following items (each year it should be a different item):
  - Homemade Flashlight
  - Simple Switch
  - Circuit with two batteries and one light bulb
  - Compass
  - Electromagnet
  - Galvanometer
  - Electric Motor

**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

Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power
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<td>Investigating Electricity</td>
<td>In the member’s current 4HCCS Manual:</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>- Complete at least 3 required activities and 4 optional activities each year.</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>
</tr>
<tr>
<td>- 4-H Involvement Report</td>
<td>- Participation in at least two Leadership experiences a year.</td>
</tr>
<tr>
<td>- 4-H Project Record Book</td>
<td>- Have your electric helper date and initial the activities as you complete them.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
<tr>
<td>- National 4-H Curriculum Electric, Group Guide (#06852)</td>
<td>Complete the following:</td>
</tr>
<tr>
<td></td>
<td>- 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>- 4-H Project Record Book</td>
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<tr>
<th>Exhibit Requirements</th>
<th>4-H Project Record Book</th>
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<tr>
<td></td>
<td>4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>Member Guide (this is a 3 year project make a delineation of what items are completed each year)</td>
</tr>
</tbody>
</table>

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

Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power
Science & Technology

ELECTRICITY

LEVEL 3

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Projects & Materials

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<td><strong>Youth Materials:</strong></td>
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<tr>
<td>• National 4-H Curriculum Wired for Power, Level 3 (#06850)</td>
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<tr>
<td>• 4-H Involvement Report</td>
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<tr>
<td>• 4-H Project Record Book</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum Electric, Group Guide (#06852)</td>
</tr>
</tbody>
</table>

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
- 4-H Project Record Book

Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- Completed Member Guide

**AND**

Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:

- A poster (14”x22”) or display illustrating something you learned in this project this year.
- A scrapbook of pictures of a Leadership activity or circuits made or being tested.
- One of the following items (each year it should be a different item):
  - Electrical tool and supply kit
  - Display of symbols on wires and cables and their meaning
  - Display of light bulbs and the jobs they do best
  - Poster on how to read an appliance nametag
  - Chart showing the electrical usage of appliances
  - Poster on how to replace a switch

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

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](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)
# ELECTRICITY
## LEVEL 4

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

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

## Supporting Materials
To order materials from National 4-H Council visit [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

## ENGINES, TRACTORS, FIELD EQUIPMENT

### LEVEL 1

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<tr>
<td><strong>Crank It Up,</strong> Grades 3-5</td>
<td><strong>In the member’s current Manual:</strong>&lt;br&gt;- Complete a minimum of 7 required/optional activities each year.&lt;br&gt;- Finish at least 21 of the required and optional activities within 3 years to pass each book.&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;<strong>Complete the following:</strong>&lt;br&gt;- 4-H Involvement Report&lt;br&gt;- 4-H Project Record Book</td>
<td><strong>4-H Project Record Book #91950&lt;br&gt;4-H Involvement Report&lt;br&gt;Completed Member Guide</strong>&lt;br&gt;Exhibit one of the following:&lt;br&gt;- A poster (14”x22”) or display illustrating something you learned in this project this year.&lt;br&gt;- A scrapbook of pictures of an activity you conducted&lt;br&gt;- One of the following items (each year it should be a different item):&lt;br&gt;- History of Engines&lt;br&gt;- Classifying Small Engines&lt;br&gt;- Uses of Small Engines&lt;br&gt;- Matching machines to the job&lt;br&gt;- Engine operation&lt;br&gt;- Small Engine Parts&lt;br&gt;- Buying Small Engine Parts&lt;br&gt;- Electrical System Operation&lt;br&gt;- Needs for Lubrication&lt;br&gt;- Needs for Cooling System <strong>Note:</strong> Exhibits must utilize only skills, tools, and techniques taught in this project book.</td>
</tr>
</tbody>
</table>

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

### Support Materials:
To order 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) (Tecumseh)
### Projects & Materials

**Warm It Up, Grades 6-8**

**Youth Materials:**
- National 4-H Curriculum *Warm It Up, Level 2* (#08187)
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- National 4-H Curriculum *Small Engines Helper’s Guide* (#83754)

### 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
- 4-H Project Record Book

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- 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-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)
# Science & Technology
## ENGINES, TRACTORS, FIELD EQUIPMENT
### LEVEL 3

**Table of Contents**

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</table>
| **Tune It Up, Grades 9-12** | 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. | • 4-H Project Record Book  
• 4-H Involvement Report  
• Completed member guide  
• A poster (14”x22”) or display illustrating something you learned in this project this year. |

**Youth Materials:**
- **National 4-H Curriculum**  
  *Tune It Up, Level 3 (#08188)*
- **4-H Involvement Report**
- **4-H Project Record Book**

**Volunteer Materials:**
- **National 4-H Curriculum**  
  *Small Engines Helper’s Guide (#83754)*

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

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

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Projects & Materials | Requirements | Exhibit Requirements
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**Exploring Spaces, Going Places**
Youth Materials:
- National 4-H Curriculum Exploring Spaces, Going Places CD, (#08358)
- 4-H Involvement Report
- 4-H Project Record Book
Volunteer Materials:
- National 4-H Curriculum Exploring Spaces, Going Places CD, (#08358)

Have your project helper date (month and year) and initial each activity when it is finished.

- **1st Year**: Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.
- **2nd Year**: Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.
- **3rd Year**: Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.

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

Complete the following:

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

- 4-H Project Record Book
- 4-H Involvement Report
- Member Manual:
  - **1st Year**: Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.
  - **2nd Year**: Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.
  - **3rd Year**: Complete a minimum of 4 Level 1 Activities and 3 Helper’s Guide Beginner Activities.

**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)
### Junk Drawer Robotics

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

#### 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)**

#### Project Requirements:
- In your Youth Robotics Notebook, complete all the modules for each respective year (Year 1 = Level 1, Modules 1-3; Year 2 = Level 2, Modules 1-4; and Year 3 = Level 3 Modules 1-5)
- Give an oral presentation for each curriculum level demonstrating the designs. Presentations should include discussion of each of the Engineering Design Process stages.

#### Complete the following:
- **4-H Involvement Report**
- **4-H Project Record 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/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)
## ROBOTICS:
### FLL
#### Tournament Track

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</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 | |
| **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)
# ROBOTICS:
## FIRST Tournament Track

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<tr>
<td><strong>Youth Materials:</strong></td>
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</tr>
<tr>
<td>• Tetrix or Matrix kit of parts</td>
<td>Project Requirements:</td>
<td>• With your team, complete robot build and associated programming</td>
</tr>
<tr>
<td>• Assembled playing field (constructed by team)</td>
<td></td>
<td>• Participate in the Idaho FTC State Championship Tournament.</td>
</tr>
<tr>
<td>• FTC Kit of Parts</td>
<td>• Attend majority of club/project meetings.</td>
<td></td>
</tr>
<tr>
<td>• FTC Game Manuals</td>
<td>• Community Outreach (see FTC Coaches’ Manual).</td>
<td></td>
</tr>
<tr>
<td>• FTC Online Team Resources</td>
<td>• Complete your Engineering Notebook (see FTC Coaches’ Manual).</td>
<td></td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
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<tr>
<td>• Participate in volunteer coach/mentor training by University of Idaho Extension Robotics</td>
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<tr>
<td>• Register team with FIRST</td>
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<tr>
<td>• FTC Coaches’ Manual</td>
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<td>• FTC Mentor’s Guide</td>
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<tr>
<td>Register for State Championship tournament with University of Idaho Extension Robotics</td>
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<tr>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your County Extension office for more information.</td>
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<tr>
<td><strong>Supporting Materials:</strong></td>
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<tr>
<td>Learn about FTC and start a team: <a href="http://www.firstinspires.org/robotics/ftc">http://www.firstinspires.org/robotics/ftc</a></td>
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<tr>
<td>University of Idaho Extension Robotics: <a href="https://www.uidaho.edu/extension/4h/programs/robotics">https://www.uidaho.edu/extension/4h/programs/robotics</a></td>
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<td>Idaho 4-H FTC Robotics page: <a href="https://www.uidaho.edu/extension/4h/projects/robotics-ftc">https://www.uidaho.edu/extension/4h/projects/robotics-ftc</a></td>
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## ROBOTICS 1 with EV3

### Projects & Materials

**Youth Materials:**
- National 4-H Curriculum, *Robotics1 with EV3* (#4H507)
- 4-H Involvement Report
- 4-H Project Record Book (#91950)

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

### Requirements

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

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

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

### Exhibit Requirements

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

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

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

### 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

### Projects & Materials

**Youth Materials:**
- *Robotics 2: EV3N More* curriculum guide. (through Media Distribution's eStore: [https://extensionpubs.osu.edu/robotics-2-ev3n-more/](https://extensionpubs.osu.edu/robotics-2-ev3n-more/))
- 4-H Involvement Report
- 4-H Project Record Book (#91950)

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

### Requirements

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

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

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

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- Completed Robotics 2: EV3N More curriculum guide.
- One or more youth-designed and built functional robots

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

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

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

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| Wind Energy          | Project Requirements: | • 4-H Project Record Book  
|                      |   • Complete all five chapters including all challenges, explorations, and investigations.  
| Youth Materials:     |   • 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)  
|                      |   • Engineering Notebook (See Facilitator’s Guide for directions)  
|                      |   • 4-H Involvement Report  
|                      |   • 4-H Project Record Book  
| Volunteer Materials: |   • 4-H Project Record Book  
|                      |                      |                      |
|                      |                      |                      |
| 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  
| Optional Supporting Materials: | Power of the Wind Online Component: http://4-h.org/parents(curriculum/wind-energy/  

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# Science & Technology

## WOOD SCIENCE

### LEVEL 1

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

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| **Making the Cut, Grades 4-6** | In the member’s current Manual:  
- Complete a minimum of 7 required/optional *Measuring Up* Achievement Program activities and 2 Leadership experiences each year.  
- Complete all four steps of the *Measuring Up* Planning Guide—Project goals, Leadership experiences, project highlights and project review.  
- Complete at least 21 of the required and optional activities within three years to complete this achievement program.  
- Have your woodworking helper date and initial the activities as you complete them.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
- 4-H Project Record Book  
- 4-H Involvement Report  
- One (1) item from the list below; select a different item to exhibit for the second and third year.  
  - A display of wood types (p. 14).  
  - A tool box (p. 29).  
  - A bird house (p. 31).  
  - A sawhorse (p. 32).  
  - A wood whistle (p. 33).  
  - A foot stool (p. 34).  
  - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 11). |
| **Youth Materials:**  
- National 4-H Curriculum *Making the Cut, Level 2*, (#06876)  
- 4-H Involvement Report  
- 4-H Project Record Book |  
| **Volunteer Materials:**  
- National 4-H Curriculum *Woodworking Wonders Helper’s Guide* (#06879) |  
| **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 |  

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

### Nailing It Together, Grades 6-8

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

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

### 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
- 4-H Project Record Book

### Exhibit Requirements

- 4-H Project Record Book
- 4-H Involvement Report
- 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](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)
# Science & Technology

## WOOD SCIENCE

### LEVEL 4

**Projects & Materials**

**Finishing Up, Grades 9-12**

**Youth Materials:**
- National 4-H Curriculum *Finishing Up, Level 4* (#06878)
- 4-H Involvement Report
- 4-H Project Record Book

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

**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
- 4-H Project Record Book

**Exhibit Requirements**

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

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

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

### Self-Determined Ages 12-18

**Youth Materials:**

**Volunteer Materials:**

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

Complete the following:
- *4-H Involvement Report*

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

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

**Support Materials:**
Idaho 4-H Self-Determined Projects page: [https://www.uidaho.edu/extension/4h/projects/self-determined](https://www.uidaho.edu/extension/4h/projects/self-determined)
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October 2019