



University of Idaho
Extension

#93000

2020-2021

Idaho 4-H

Project Requirements Handbook



The Project Requirements Handbook outlines project and exhibit requirements, this is not a 4-H policy document. The University of Idaho 4-H Youth Development Policies and Procedures is the official source of policies and procedures, posted at:

<https://www.uidaho.edu/extension/4h/documents-records>

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*REVISED 9/8/20 by Erika Jeffries;
email Erika at ethiel@uidaho.edu if there are questions or to report errors with this publication.*

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information, or status as any protected veteran or military status.

Civic Engagement

KYG

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Exploring Citizenship, My Government Project Manual (#11002)</i> 📖 2019 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Judicial First Year Project Tip Sheet</i> • <i>Judicial Second Year Project Tip Sheet</i> • <i>Legislative First Year Tip Sheet</i> • <i>Legislative Second Year Tip Sheet</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Exploring Citizenship, My Government Project Manual (#11002)</i> 📖 2019 	<p>Note: This project is designed to be a two-year project.</p> <ol style="list-style-type: none"> 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) <i>Example -if Legislative selected that would be 1st year project then Judicial would be 2nd year</i> 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 <p>First Year – Complete the four sections</p> <ul style="list-style-type: none"> ➤ 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) <p>Second Year – Complete the four sections</p> <ul style="list-style-type: none"> ➤ 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) <ol style="list-style-type: none"> 5. Complete ZSuites 4-H Project Record Book 6. Complete ZSuites 4-H Involvement Report 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 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.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H KYG page: 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 State of Idaho website: http://www.idaho.gov Idaho Blue Book: https://sos.idaho.gov/idaho-blue-book/ Idaho State Constitution: https://legislature.idaho.gov/statutesrules/idconst/ Idaho Department of Labor: https://labor.idaho.gov Association of Idaho Cities: http://www.idahocities.org Idaho Association of Counties: http://www.idcounties.org</p>		

Civic Engagement

ADV. CITIZENSHIP, KYG STEERING COMMITTEE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005)</i> 📖 2019 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005)</i> 📖 2019 	<p>For 4-H Know Your Government Steering Committee: Legislator, Judge, Speaker of the House, and Justice</p> <ol style="list-style-type: none"> 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: <ul style="list-style-type: none"> • Bill Study • Parliamentary Procedure • Legislators Activities Speaker of the House: <ul style="list-style-type: none"> • Parliamentary Procedure • Speaker of the House Activities • Course of the Bill Judge: <ul style="list-style-type: none"> • Judicial Branch Study • Judges Activities • Laws Study Justice: <ul style="list-style-type: none"> • Judicial Branch Study • Justice Activities • Interpretation Study 4. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> 	<ul style="list-style-type: none"> • Advanced Citizenship, Idaho 4-H Know Your Government Planning Committee Project Book (#11005) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14"x 22"), or display illustrating something you learned in this project this year.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H KYG page: 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 State of Idaho website: http://www.idaho.gov Idaho Blue Book: https://sos.idaho.gov/idaho-blue-book/ Idaho State Constitution: https://legislature.idaho.gov/statutesrules/idconst/ Idaho Department of Labor: https://labor.idaho.gov Association of Idaho Cities: http://www.idahocities.org Idaho Association of Counties: http://www.idcounties.org</p>		

Civic Engagement

POWER OF THE PRESS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Power of the Press Idaho 4-H Know Your Government Steering Committee Project Manual (#11006)</i> 📖 2017 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Power of the Press Idaho 4-H Know Your Government Steering Committee Project Manual (#11006)</i> 📖 2017 	<p>For 4-H Know Your Government Conference Steering Committee: Reporters, News Editor, and Video Producer</p> <ol style="list-style-type: none"> 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: <p>Reporters:</p> <ul style="list-style-type: none"> • Looking through the Windows • Freedoms & Limitations • Who am I? • News at its Source <p>News Editor and Video Producer:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> 	<p>Binder with the following items:</p> <ul style="list-style-type: none"> • Power of the Press Project Manual (#11006) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14”x 22”), or display illustrating something you learned in this project this year.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H KYG page: 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 State of Idaho website: http://www.idaho.gov Idaho Blue Book: https://sos.idaho.gov/idaho-blue-book/ Idaho State Constitution: https://legislature.idaho.gov/statutesrules/idconst/ Idaho Department of Labor: https://labor.idaho.gov Association of Idaho Cities: http://www.idahocities.org Idaho Association of Counties: http://www.idcounties.org</p>		

Civic Engagement

EXPLORING CITIZENSHIP, WASHINGTON FOCUS (CWF)

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Citizenship Washington Focus Delegate Handbook (updated annually at http://4-h.org/parents/citizenship-washington-focus/#!/resources)</i> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Annual Plan of Meetings and Activities (#91612)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Citizenship Washington Focus Delegate Handbook (updated annually at http://4-h.org/parents/citizenship-washington-focus/#!/resources)</i> 	<p>For Citizenship-Washington Focus Delegates, ages 15 to 19 years.</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Annual Plan of Meetings & Activities (#91612)</i> 	<ul style="list-style-type: none"> • Citizenship Washington Focus Delegate Handbook • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Annual Plan of Meetings and Activities (#91612) • A poster (14”x 22”), or display illustrating something you learned in this project this year.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H CWF page: https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus National 4-H CWF Website: http://4-h.org/parents/citizenship-washington-focus/</p>		

Communication and Expressive Arts

SPURRIN' THE WORDS – COWBOY POETRY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Spurrin' the Words Member's Manual</i> (#MSU 5308) 📖 2011 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Spurrin' the Words Volunteer's Guide</i> (#MSU 5309) 📖 2004 	<p>In the member's Montana State Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Exhibits may include one of the following:</p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> ○ 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
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Cowboy Poetry page: https://www.uidaho.edu/extension/4h/projects/cowboy-poetry To order Spurrin' the Words Volunteer Guide from Montana State University visit: http://store.msuextension.org/Products/4-H-Spurrin-The-Words-Leaders-Guide_5309.aspx 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</p>		

Communication and Expressive Arts

LEATHERCRAFT BEGINNER

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Leathercraft Supplement/Skills Checklist (#23102)</i> 📖 2020 • <i>ABC's of Leatherwork (Tandy 61904-00) (#23103)</i> 📖 1984 • <i>Leathercrafting (Tandy 61891-01) (#23104)</i> 📖 2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <p><i>None</i></p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Optional:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Leathercraft Supplement/Skills Checklist (#23102)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Leathercraft Supplement/Skills Checklist (#23102) <ul style="list-style-type: none"> • 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. <p>Optional Exhibit:</p> <ul style="list-style-type: none"> • 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. <p>Note: Precut kits may be used as long as the expected learning experience for that level can be performed.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Leathercraft page: https://www.uidaho.edu/extension/4h/projects/leathercraft</p>		

Communication and Expressive Arts

LEATHERCRAFT INTERMEDIATE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Leathercraft Supplement/Skills Checklist (#23102)</i> 📖 2020 • <i>ABC's of Leatherwork (Tandy 61904-00) (#23103)</i> 📖 1984 • <i>Leathercrafting (Tandy 61891-01) (#23104)</i> 📖 2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <p><i>None</i></p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Optional:</p> <ul style="list-style-type: none"> • Learn to use rivets, eyelets, snaps, grommets, and clasps. • Learn to apply leather dyes. • Learn assembly skills: lining, skiving, folding, and creasing. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Leathercraft Supplement/Skills Checklist (#23102)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Leathercraft Skills Checklist (#23102) • One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer. <p>Optional Exhibit:</p> <ul style="list-style-type: none"> • 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. <p>Note: Precut kits may be used as long as the expected learning experience for that level can be performed.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Leathercraft page: https://www.uidaho.edu/extension/4h/projects/leathercraft</p>		

Communication and Expressive Arts

LEATHERCRAFT ADVANCED

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Projects & Materials	Requirements	Exhibit Requirements		
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Leathercraft Supplement/ Skills Checklist (#23102)</i> 📖 2020 • <i>ABC's of Leatherwork (Tandy 61904-00) (#23103)</i> 📖 1984 • <i>Leathercrafting (Tandy 61891-01) (#23104)</i> 📖 2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <p><i>None</i></p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Leathercraft Supplement/Skills Checklist (#23102)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Leathercraft Supplement/ Skills Checklist (#23102) • One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer. <p>Optional Exhibit:</p> <ul style="list-style-type: none"> • 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. <p>Note: Precut kits may be used as long as the expected learning experience for that level can be performed.</p>		
<p>County Requirements: Check with your County Extension office for details.</p>				
<p>Support Materials: Idaho 4-H Leathercraft page: https://www.uidaho.edu/extension/4h/projects/leathercraft</p>				
<p>Optional Supporting Materials:</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <p>Available for purchase from a Leathercraft supplier:</p> <ul style="list-style-type: none"> • <i>Figure Carving, by Al Stohlman</i> • <i>How to Carve Leather, by Al Stohlman</i> • <i>Lacing and Stitching for Leathercrafters</i> • <i>How to Buckstitch, by Al Stohlman</i> <p>Possible Instructor's Manuals:</p> <ul style="list-style-type: none"> • <i>Leatherwork Manual</i> • <i>Adventures in Leather Instructor's Manual</i> </td> <td style="vertical-align: top;"> <p>Leathercraft Videos:</p> <ul style="list-style-type: none"> • <i>Basic Leathercraft</i> • <i>Leather Carving and Figure Carving</i> • <i>Leather Stamping for Fun and Profit</i> • <i>Coloring and Finishing</i> </td> </tr> </table>			<p>Available for purchase from a Leathercraft supplier:</p> <ul style="list-style-type: none"> • <i>Figure Carving, by Al Stohlman</i> • <i>How to Carve Leather, by Al Stohlman</i> • <i>Lacing and Stitching for Leathercrafters</i> • <i>How to Buckstitch, by Al Stohlman</i> <p>Possible Instructor's Manuals:</p> <ul style="list-style-type: none"> • <i>Leatherwork Manual</i> • <i>Adventures in Leather Instructor's Manual</i> 	<p>Leathercraft Videos:</p> <ul style="list-style-type: none"> • <i>Basic Leathercraft</i> • <i>Leather Carving and Figure Carving</i> • <i>Leather Stamping for Fun and Profit</i> • <i>Coloring and Finishing</i>
<p>Available for purchase from a Leathercraft supplier:</p> <ul style="list-style-type: none"> • <i>Figure Carving, by Al Stohlman</i> • <i>How to Carve Leather, by Al Stohlman</i> • <i>Lacing and Stitching for Leathercrafters</i> • <i>How to Buckstitch, by Al Stohlman</i> <p>Possible Instructor's Manuals:</p> <ul style="list-style-type: none"> • <i>Leatherwork Manual</i> • <i>Adventures in Leather Instructor's Manual</i> 	<p>Leathercraft Videos:</p> <ul style="list-style-type: none"> • <i>Basic Leathercraft</i> • <i>Leather Carving and Figure Carving</i> • <i>Leather Stamping for Fun and Profit</i> • <i>Coloring and Finishing</i> 			

Communication and Expressive Arts

GET STARTED IN ART

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Get Started in Art, (The Ohio State University 4-H592)</i>  2019 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Sharing Your Artwork, Critiquing Reflecting Learning Sheet (rev 9/3/20)</i> • <i>Large sketchbook, recommended (any brand)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Get Started in Art, (The Ohio State University 4-H592)</i>  2019 • <i>How to Teach Art to Children, Evan-Moor Publishing (EMC 760)</i>  2001 • <i>4-H Art Helper Guide</i> • <i>Sharing Your Artwork, Critiquing Reflecting Learning Sheet (rev 9/3/20)</i> • <i>4-H Art Matrix</i> • <i>Elements & Principles of Design Card (#23112)</i>  2018 	<p>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. <i>How to Teach Art to Children</i> book may also be used to build your skills.</p> <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Get Started in Art Activity Book. • Final art piece created during this project year not to exceed, including mounting board if needed, 24" x 36" or for sculpture 11½" x 17½" x 10½". <p>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.</p> <p>Final art piece ideas are suggested, but optional, in the book, pages 29-37.</p>

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>

To order Ohio 4-H Curriculum visit: <https://extensionpubs.osu.edu/get-started-in-art/>

Elements and Principles of Design Card, University of Idaho 4-H - <https://shop4-h.org/collections/creative-arts-curriculum/products/elements-and-principles-of-design-card>

Communication and Expressive Arts

ART

SKETCHBOOK CROSSROADS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum Sketchbook Crossroads (#08140) 📖 2005 • Recommended Materials: <i>Elements & Principles Design Card (#23112)</i> 📖 2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum Sketchbook Crossroads (#08140) 📖 2005 • <i>Elements & Principles Design Card (#23112)</i> 📖 2018 	<ul style="list-style-type: none"> • 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. <p>In the member's Manual:</p> <ul style="list-style-type: none"> • Complete five activities from one unit (Drawing, Fiber Arts and Sculpting) and record activities in the activity log in the ZSuites 4-H Project Record Book OR Complete five activities from the three units OR Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.) • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Sketchbook Crossroads Manual (#084140) • Two completed original artworks. Attach a 4 x 6-inch index card to <u>each</u> artwork with the following information: <ul style="list-style-type: none"> ○ 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.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Supporting Materials: Idaho 4-H Sketchbook Crossroads page: https://www.uidaho.edu/extension/4h/projects/sketchbook-crossroads To order National 4-H Curriculum visit: https://shop4-h.org/collections/creative-arts-curriculum/products/visual-arts-curriculum-1-sketchbook-crossroads Elements and Principles of Design Card, University of Idaho 4-H - https://shop4-h.org/collections/creative-arts-curriculum/products/elements-and-principles-of-design-card</p>		

Communication and Expressive Arts

ART

PORTFOLIO PATHWAYS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Portfolio Pathways</i> (#23114) 📖 2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • Recommended Materials: <i>Elements & Principles Design Card</i> (#23112) 📖 2018 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Portfolio Pathways</i> (#23114) 📖 2005 • <i>Elements & Principles Design Card</i> (#23112) 📖 2018 	<ul style="list-style-type: none"> • 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. <p>In the member's Manual:</p> <ul style="list-style-type: none"> • Complete five activities from one unit (Painting, Printing and Graphic Design) and record activities in the activity log in the ZSuites 4-H Project Record Book OR Complete five activities from the three units OR Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.) • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 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 <u>each</u> artwork with the following information: <ul style="list-style-type: none"> ○ 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.
<p>-County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Portfolio Pathways page: https://www.uidaho.edu/extension/4h/projects/portfolio-pathways To order National 4-H Curriculum visit: https://shop4-h.org/products/visual-arts-curriculum-2-portfolio-pathways Elements and Principles of Design Card, University of Idaho 4-H - https://shop4-h.org/collections/creative-arts-curriculum/products/elements-and-principles-of-design-card</p>		

Communication and Expressive Arts

LATINO CULTURAL ARTS – ¡QUÉ RICO!

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>!Qué Rico! LaCultura –Latino Cultural Arts: Bilingual Group Activities for Youth K-8 (#08180DD)</i>  2005 	<p>About the Project:</p> <ul style="list-style-type: none"> • ¡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. <p>In the ¡Qué Rico! Helper’s Guide:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • One completed artwork from an activity you completed. <p>AND/OR</p> <ul style="list-style-type: none"> • A poster (14”x 22”) or display illustrating something you learned in this project this year.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Latino Cultural Arts page: https://www.uidaho.edu/extension/4h/projects/latino-cultural-arts To order National 4-H Curriculum visit: https://shop4-h.org/collections/diversity-inclusion-curriculum/products/que-rico-la-cultura-bilingual-curriculum-helpers-guide-digital-download</p>		

Communication and Expressive Arts

HANDWORK FROM OUR HERITAGE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Handwork From Our Heritage</i> (#23120) 📖 2006 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Handwork From Our Heritage Volunteer's Guide</i> (#23122) 📖 2006 <p><i>NOTE: Quilting is now a standalone project under Family and Consumer Sciences see page 36</i></p>	<p>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:</p> <ul style="list-style-type: none"> • Embroidery or Crewel • Specialty Embroidery • Needlepoint • Applique • Rug Making • Macramé • Tole Painting • Ceramics • Beadwork • Wheat Weaving • Origami • Dried Flower Art • Alternatives <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Report on background or history of the handwork art you chose. <p>AND</p> <ul style="list-style-type: none"> • Finished item(s) as listed in the exhibit requirements under the area and unit you chose.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Visit the Idaho 4-H Handwork page: https://www.uidaho.edu/extension/4h/projects/handwork-heritage</p>		

Communication and Expressive Arts

PHOTOGRAPHY

LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Photography Basics (#01902Y)</i> 📖 2019 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Photography Basics Manual (#01902Y)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Photography Basics Manual (#01902Y) • Photo journal/scrapbook <p>Plus the following:</p> <ul style="list-style-type: none"> • Your best photograph 8" x 10", printed and mounted on mat board no larger than 12" x 14".
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Photography page: 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</p>		

Communication and Expressive Arts

PHOTOGRAPHY LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Next Level Photography (#01903Y)</i> 📖 2019 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Next Level Photography Manual (#01903Y)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Next Level Photography Manual (#01903Y) • Photo journal/scrapbook <p>Plus the following:</p> <ul style="list-style-type: none"> • Your best photograph 8" x 10", printed and mounted on mat board no larger than 12" x 14".
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Photography page: 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</p>		

Communication and Expressive Arts

PHOTOGRAPHY LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Mastering Photography (#01904Y)</i>  2019 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Mastering Photography Manual (#01904Y)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Mastering Photography Manual (#01904Y) • Photo journal/scrapbook <p>Plus the following:</p> <ul style="list-style-type: none"> • Your best photograph 8" x 10", printed and mounted on mat board no larger than 12" x 14".
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Photography page: 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</p>		

Communication and Expressive Arts

PUBLIC SPEAKING

NEW 09-20

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Finding Your Voice: Public Speaking Made Easy (The Ohio State University #4-H377)</i> 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Finding Your Voice: Public Speaking Made Easy (The Ohio State University #4-H377)</i> 📖 2014 • <i>Communications Toolkit (Michigan State University #4H1560)</i> 📖 1999 	<p>In the <i>Finding Your Voice: Public Speaking Made Easy</i> member manual:</p> <ul style="list-style-type: none"> • Complete all 7 activities. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Finding Your Voice: Public Speaking Made Easy</i> manual 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Finding Your Voice: Public Speaking Made Easy manual • A poster (14”x22”) or display illustrating a skill or skills learned in this project. <p>OR</p> <ul style="list-style-type: none"> • A scrapbook, portfolio or journal notebook showing activities and skills learned this year.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Public Speaking page: https://www.uidaho.edu/extension/4h/projects/express-yourself To order Public Speaking Curriculum visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/finding-your-voice-public-speaking \ To order Communications Toolkit visit: https://shop.msu.edu/product_p/bulletin-4h1560.htm</p>		

Family and Consumer Science

CHILD DEVELOPMENT LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Growing On My Own, Step 1 (#08075DD)</i> 📖 2004 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Growing All Together Helper's Guide (#08078DD)</i> 📖 2004 	<p>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.</p>	<ul style="list-style-type: none"> • 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.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Cloverbuds page: https://www.uidaho.edu/extension/4h/projects/cloverbuds Idaho 4-H Child Development Page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/child-development</p>		

Family and Consumer Science

CHILD DEVELOPMENT LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Growing with Others, Step 2 (#08076DD)</i> 📖 2004 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Growing All Together Helper's Guide (#08078DD)</i> 📖 2004 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book (#91950)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Child Development Manual Growing With Others • Member portfolio containing items created/accomplished during this year's project. <p><i>Note:</i> Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Child Development page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/child-development</p>		

Family and Consumer Science

CHILD DEVELOPMENT LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Growing in Communities, Step 3</i> (#08077DD) 📖 2004 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Growing All Together Helper's Guide</i> (#08078DD) 📖 2004 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 required/optional activities each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Develop a portfolio of notes drawings, picture and other things created. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Child Development Manual Growing In Communities • Member portfolio containing items created/accomplished during this year's project. <p><i>Note:</i> Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Child Development page (and download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/child-development</p>		
<p>Optional Supporting Materials: Worksheets available under the Resources Button at: http://cfmxtest.uwex.edu/ces/4hccs/index.html</p>		

Family and Consumer Science

CLOTHING & TEXTILE

SEW WOW

Rev. 09-20

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009) 📖 2009 • ZSuites 4-H Involvement Report • ZSuites 4-H Project Record Book <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009) 📖 2009 	<p>In the Member’s Manual:</p> <ul style="list-style-type: none"> • Choose one focus area for your project. • Complete at least 2 of the Advanced Construction Skills 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. <ul style="list-style-type: none"> ➤ 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 • Complete project summary, garment cost and care record, and self-evaluation. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • ZSuites 4-H Involvement Report • ZSuites 4-H Project Record Book • Sew Wow Manual 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Sew Wow Manual • 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.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Sew Wow page (and to download Sew Wow) visit: https://www.uidaho.edu/extension/4h/projects/sew-wow</p>		

Family and Consumer Science

CLOTHING & TEXTILE SEWING FOR FUN

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Beginner Suggested 2 year project</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Sewing For Fun (Nebraska 4H167)</i> 📖 2008 • <i>Sewing Skills Checklist Sew For Fun</i> • <i>ZSuites 4-H Involvement Report (91910)</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Sewing For Fun Packet (Nebraska 4H169)</i> 📖 2002 • <i>Sewing For Fun Supplements</i> <p>Volunteers Materials:</p> <ul style="list-style-type: none"> • <i>Sewing For Fun Volunteer's Guide (Nebraska 4H168)</i> 📖 1986 	<p>In the member's Activity Book:</p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ➤ 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Sew For Fun Skills Checklist • Display an item from the sewing for fun packet such as: <ul style="list-style-type: none"> ○ Needle book ○ Square pin cushion ○ Pillow stripes ○ Patchwork pillow ○ Pillowback with envelope closure ○ Tote bag ○ Laundry bag ○ Diagonal Patchwork pillow ○ Railfence pillow <p>Note: Sewing skills and techniques used should be consistent with a beginning project.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Clothing-Textile page (and to download <i>Sewing for Fun</i> materials) visit: https://www.uidaho.edu/extension/4h/projects/sewing</p>		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Under Construction, Level 1</i> (SKU08060) 📖 2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Under Construction Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Sewing Expressions Helper's Guide</i> (SKU08063) 📖 2008 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Under Construction Skills Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 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 <p>OR</p> <ul style="list-style-type: none"> • 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 <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year <p>The following are examples of items you could make and exhibit in this project:</p> <p>Clothing:</p> <ul style="list-style-type: none"> • 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 <p>Non-Clothing:</p> <ul style="list-style-type: none"> • 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. <p>Note: Avoid fabrics that require more advanced knowledge or techniques.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Sewing Expressions page (and to download <i>Under Construction Skills Checklist</i>): https://www.uidaho.edu/extension/4h/projects/sewing-expressions To purchase National 4-H Curriculum visit: https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4</p>		

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SEWING EXPRESSIONS LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Fashion Forward, Level 2 (BU-08061)</i> 📖 2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Fashion Forward Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Sewing Expressions Helper's Guide (SKU08063)</i> 📖 2008 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Fashion Forward Skills Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 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 <p>OR</p> <ul style="list-style-type: none"> • One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year <p>The following are examples of items you could make and exhibit in this project:</p> <p>Clothing:</p> <ul style="list-style-type: none"> • 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. <p>Non-clothing:</p> <ul style="list-style-type: none"> • 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).

County Requirements:

Check with your County Extension office for details.

Support Materials:

Idaho 4-H Sewing Expressions page (and to download the *Fashion Forward Skills Checklist*):

<https://www.uidaho.edu/extension/4h/projects/sewing-expressions>

To order National 4-H Curriculum visit: <https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4>

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level: Advanced</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Refine Design, Level 3 (BU-08062)</i> 📖 2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Refine Design Skills Checklist</i> • <i>Supplemental Skills Checklist Sheet</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Sewing Expressions Helper's Guide (SKU08063)</i> 📖 2008 • <i>Supplemental Skills Checklist Sheet</i> 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete at least 7 required and optional activities each project year. • Have your project helper date (month/year) and initial each activity when it is finished. • Complete at least 10-12 skills each year from the Refine Design Skills Checklist. • Have your project helper date and sign each skill from the skills checklist when completed. • Complete at least 4 "Before and After – What do you know?" statements (Page 3 of manual) each project year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Refine Design Skills Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Refine Design Skills Checklist • Display a garment or outfit including at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year. <p>The following are examples of items you could make and exhibit in this project:</p> <p>Clothing:</p> <ul style="list-style-type: none"> • 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. <p>Non-clothing:</p> <ul style="list-style-type: none"> • 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).
<p>County Requirements: Check with your County Extension Office for details.</p>		
<p>Support Materials: Idaho 4-H Sewing Expressions page (and to download the <i>Refine Design Skills Checklist and Supplemental Skills Checklist Sheet</i>): https://www.uidaho.edu/extension/4h/projects/sewing-expressions To order National 4-H Curriculum visit: https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4</p>		

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STEAM CLOTHING

LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level: Ages 8-10</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing 1 Fundamentals</i> (#UN-L 4H2210) 📖 2014 • <i>STEAM Clothing: Maker's Guide</i> (#UN-L 4H2240) 📖 2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Fundamentals Skills Checklist</i> 📖 2015 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing 1 Fundamentals</i> 📖 2014 • <i>STEAM Clothing Maker's Guide</i> (UN-L 4H2240) 📖 2015 	<p>Using the STEAM Clothing 1 Fundamentals manual:</p> <ul style="list-style-type: none"> • Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log. • Complete at least 10 skills each year from the Fundamentals Skills Checklist • Have project helper date and sign each skill from the skills checklist • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Fundamentals Skills Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Fundamentals Skills Checklist • STEAM Clothing 1 Fundamentals Manual (or photocopies of activities completed from the manual) • Display one item that includes at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year <p>The following are examples of items you could make and exhibit for this project:</p> <ul style="list-style-type: none"> • 1st Year – pants, pajama pants, shorts or skirt • 2nd Year – shirt, top, t-shirt • 3rd Year – top and pants or skirt, jumper with shirt/top or dress • Non-clothing options: 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins, nine patch pillow, sports bag, curtain with casing heading, pieced pillow, decorative accessories. <p>Note: Avoid fabrics that require more advanced knowledge or techniques</p>
<p>County Requirements: Check with your County Extension Office for details.</p>		
<p>Support Materials: Idaho 4-H STEAM Clothing Fundamentals page (and to download the <i>Fundamental Skills Checklist</i>): 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</p>		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level: Ages 10-12</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing 2 Simply Sewing</i> (#UN-L 4H2220D)  2014 • <i>STEAM Clothing: Maker's Guide</i> (UN-L 4H2240)  2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Simply Sewing Skills Checklist</i>  2015 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing 2 Simply Sewing</i> (UN-L 4H220D)  2014 • <i>STEAM Clothing Maker's Guide</i> (UN-L 4H2240)  2015 	<p>Using the STEAM Clothing 2 Simply Sewing manual:</p> <ul style="list-style-type: none"> • Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log. • Complete at least 10 skills each year from the 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Simply Sewing Skills Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Simply Sewing Skills Checklist • STEAM Clothing 2 Simply Sewing Manual (or photocopies of activities completed from the manual) • Display one item that includes at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year <p>The following are examples of items you could make and exhibit for this project:</p> <ul style="list-style-type: none"> • 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
<p>County Requirements: Check with your County Extension Office for details.</p>		
<p>Support Materials: Idaho 4-H STEAM Clothing Fundamentals page (and to download the <i>Simply Sewing Skills Checklist</i>): 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</p>		

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LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level: Ages 12 and up</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing 3 A Stitch Further</i> (#UN-L 4H2230D)  2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>A Stitch Further Checklist</i>  2015 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing 3 A Stitch Further</i> (#UN-L 4H2230D)  2014 	<p>Using the STEAM Clothing 3 A Stitch Further manual:</p> <ul style="list-style-type: none"> • Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log. • Complete at least 10 skills each year from the A Stitch Further Skills Checklist • Have project helper date and sign each skill from the skills checklist • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>A Stitch Further Skills Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A Stitch Further Checklist • STEAM Clothing 3 A Stitch Further Manual (or photocopies of activities completed from the manual) • Display one item that includes at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year <p>The following are examples of items you could make and exhibit for this project:</p> <ul style="list-style-type: none"> • 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 drapery, bedspread, lined drapery or curtain, furniture slipcovers
<p>County Requirements: Check with your County Extension Office for details.</p>		
<p>Support Materials: Idaho 4-H STEAM Clothing Fundamentals page (and to download the <i>A Stitch Further Skills Checklist</i>): 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</p>		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level: Ages 12 and up</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing Beyond the Needle (#UN-L 4H2250D)</i> 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Beyond the Needle Skills Checklist</i> 📖 2015 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>STEAM Clothing Beyond the Needle (#UN-L 4H2250D)</i> 📖 2014 	<p>Using the STEAM Clothing Beyond the Needle manual:</p> <ul style="list-style-type: none"> • Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log. • Complete at least 10 skills each year from the Beyond the Needle Skills Checklist • Have project helper date and sign each skill from the skills checklist • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Beyond the Needle Skills Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Beyond the Needle Skills Checklist • STEAM Clothing Beyond the Needle Manual (or photocopies of activities completed from the manual) • Display one item that includes at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year <p>The following are examples of items you could make and exhibit for this project:</p> <ul style="list-style-type: none"> • 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>

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CROCHET

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>4-H Crochet Project Guide and Requirements (#32018)</i>  2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>Select the phase appropriate to your skill level and learn the skills listed in the project guide and requirement book for that unit.</p> <p>Units:</p> <ol style="list-style-type: none"> 1. Let's Crochet – learn how to single crochet, double crochet, slip stitch, chain stitch. 2. More Crochet – learn how to half double crochet, treble crochet, and double treble crochet, make ribbing, and fringe. 3. Still More Crochet – learn how to make filet or mesh crochet, squares and ovals, tubular crochet, buttons and buttonholes, tassels and pompons. 4. Crochet with Color – learn to work with color, to do tapestry or jacquard crochet, make plaids, etc. 5. Advanced Crochet – learn to crochet with multiple stitch patterns, with thread, make and join medallions. 6. Crocheted Insertions and Edgings – Learn how to crochet scallop and picot edge finishes, how to make and attach insertions, edgings, insets and appliqué. 7. Modified Crochet – learn to do Afghan (Tunisian) crochet and variations, broomstick lace and hairpin lace. 8. Individualized Crochet – learn advance crochet techniques and garment selection, construction and fit by selecting one or more of the advanced crochet techniques/projects. <ul style="list-style-type: none"> • Give an oral presentation (demonstration, speech, or illustrated talk) related to this project <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Two small or one large article you made using the skills learned in your phase. Include information in record book about yarn or thread, stitch and hook used. • Phases 1-7: Mount required test swatches on heavy 8 ½" X 11" paper and include with record book, label and include information about yarn or thread, stitch and hook used. <p>Note: Make listed test swatches about 2" x 4" each.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Crochet page (and to download the <i>Crochet Member's Guide</i>) https://www.uidaho.edu/extension/4h/projects/crochet</p>		
<p>Optional Supporting Materials</p> <ul style="list-style-type: none"> • <i>Cool Stuff, Teach Me To Crochet</i>, Leisure Arts, Inc. (Instructions geared to youth) • <i>Reader's Digest, Complete Guide to Needlework</i> (Volunteer Reference) • Web sites with downloadable "how-to" instructions: http://www.crafttown.com/crolesson.htm • Other web sites of interest: www.anniesattic.com 		

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KNITTING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Knitting, Member's Guide and Project Requirements (#32023)</i> 📖 2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>Select the phase appropriate to your skill level and learn the skills listed in the Member's Guide and Project Requirements for that phase.</p> <p>Phases:</p> <ol style="list-style-type: none"> 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. <ul style="list-style-type: none"> • Give an oral presentation (demonstration, speech or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 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. <p>Optional: You might want to include a sample of skills learned that are not included in your exhibit.</p>
<p>County Requirements: Check with your local County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Knitting page (and to download the <i>Knitting Member's Guide</i>): https://www.uidaho.edu/extension/4h/projects/knitting</p>		
<p>Optional Supporting Materials</p> <ul style="list-style-type: none"> • <i>Cool Stuff, Teach Me To Knit</i>, Leisure Arts, Inc. (Instructions geared to youth) • <i>Reader's Digest, Complete Guide to Needlework</i> (Volunteer Reference) • Web sites with downloadable "how-to" instructions: www.crafttown.com/knitlesson.htm, www.knittinguniverse.com • Other web sites of interest: www.anniesattic.com 		

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QUILTING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Quilt Quest, (CD)</i> 📖 2009 • <i>Project Block (CDs), select one</i> • <i>Quilt Quest Activities Checklist</i> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Quilt Quest, (CD)</i> 📖 2009 • <i>Project Block (CDs)</i> <ul style="list-style-type: none"> ○ <i>Project Block 1, Creative Corners</i> ○ <i>Project Block 2, Terrific Triangles</i> ○ <i>Project Block 3, Fantastic Fabrics</i> ○ <i>Project Block 4, Perfect Paper Piecing</i> ○ <i>Project Block 5, Elegant Embellishments</i> ○ <i>Project Block 6, Amazing Applique</i> ○ <i>Project Block 7, Outstanding Options</i> ○ <i>Project Block 8, Wonderful Windows</i> 	<p>NOTE: Quilt Quest is a copyrighted curriculum. You may print one copy of the pages of the Quilt Quest and Project Blocks CDs for your use, but ONLY one copy.</p> <ul style="list-style-type: none"> • To complete the project, you will need the <i>Quilt Quest</i> CD and at least one <i>Project Block</i> CD. It is recommended that youth work closely with a knowledgeable and experienced quilter. • Complete at least five activities each year from the Quilt Quest Activities Checklist • Make one quilt OR two smaller quilted items each year. Use Project Block CD for ideas. Quilts need to have a finished edge or binding. • Keep an <i>Idea Book</i> each year documenting your activities, drawings, design ideas, fabric samples, etc. • Give an oral presentation (demonstration, speech or illustrated talk) related to this project. • Recommended but not required – Use the Quilt Planning sheet from Chapter 1 to plan your quilt projects each year. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Quilt Quest Activities Checklist</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Quilt Quest Activities Checklist • Exhibit one quilt OR two small quilted items you have sewn and quilted. • Include in the exhibit your <i>Idea Book</i> with activities, drawing, sketches, photographs, test blocks, design ideas, planning sheets, fabric samples, etc.
<p>County Requirements: Check with your local County Extension office for details.</p>		
<p>Support Materials: To purchase the Quilt Quest curriculum, visit: https://marketplace.unl.edu/ne4h/4h1310.html Idaho 4-H Quilting page: https://www.uidaho.edu/extension/4h/projects/quilting International Quilt Study Center: www.quiltstudy.org</p>		

Family and Consumer Science

CONSUMER EDUCATION LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>The Consumer in Me, Level 1 (#08030DD)</i> 📖 2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Volunteer/Consumer Group Activity Guide (#08033DD)</i> 📖 2008 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete at least seven of the <i>Consumer in Me</i> and <i>Savvy Challenge</i> activities each project year. • Complete at least 21 activities within three years to complete the <i>Consumer In Me</i> 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14" x 22"), or display illustrating something you learned in this project this year. Example: spending diary, a cost comparison chart, a research report on a topic that you explored.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Consumer Savvy page: https://www.uidaho.edu/extension/4h/projects/consumer-savvy To download National 4-H Curriculum visit: https://shop4-h.org/products/consumer-savvy-curriculum-1-consumer-in-me-digital-download To download Volunteer Guide visit: https://shop4-h.org/products/consumer-savvy-curriculum-helpers-guide-digital-download</p>		

Family and Consumer Science

CONSUMER EDUCATION LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Consumer Wise, Level 2</i> (#08031DD)  2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Consumer Group Activity Guide</i> (#08033DD)  2008 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14" x 22"), or display illustrating something you learned in this project this year. <p><i>Example:</i> personal values shield, a chart that shows comparison shopping information, create an advertisement for a product</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Consumer Savvy page: https://www.uidaho.edu/extension/4h/projects/consumer-savvy To download National 4-H Curriculum visit: https://shop4-h.org/products/consumer-savvy-curriculum-2-consumer-wise-digital-download To download Volunteer Guide visit: https://shop4-h.org/products/consumer-savvy-curriculum-helpers-guide-digital-download</p>		

Family and Consumer Science

CONSUMER EDUCATION LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Consumer Roadmap, Level 3 (#08032DD)</i> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Consumer Group Activity Guide (#08033DD)</i> 📖 2008 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14" x 22"), or display illustrating something you learned in this project this year. <p>Example: a research report on another country's economic system, advertising slogans, a complaint letter</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Consumer Savvy page: https://www.uidaho.edu/extension/4h/projects/consumer-savvy To download National 4-H Curriculum visit: https://shop4-h.org/products/consumer-savvy-curriculum-3-consumer-roadmap-digital-download To download Volunteer Guide visit: https://shop4-h.org/products/consumer-savvy-curriculum-helpers-guide-digital-download</p>		

Environmental Education

ECOLOGY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring Your Environment-Earth's Capacity (#08411)</i> 📖 2008 • <i>Exploring Your Environment-Ecosystems Services (#08410)</i> 📖 2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring your Environment, Facilitator's Guide (#08412)</i> 📖 2008 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Exploring Your Environment Manual</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Display Eco-Wonders Journal • A poster (14" x 22"), or display illustrating something you learned in this project this year. <p><i>Note:</i> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Ecology page: https://www.uidaho.edu/extension/4h/projects/ecology To purchase National 4-H Curriculum visit: https://shop4-h.org/products/exploring-your-environment-curriculum-set-of-3</p>		
<p>Optional Supporting Materials:</p> <ul style="list-style-type: none"> • <i>Ecology Skills Checklist (#42500)</i> https://www.uidaho.edu/extension/4h/projects/ecology 		

Environmental Education

FORESTRY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Follow the Path, Level 1 (#08038)</i>  2008 • <i>Reach for the Canopy, Level 2 (#08039)</i>  2008 • <i>Explore the Deep Woods, Level 3 (#08040)</i>  2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Forestry Helper's Guide (#08041)</i>  2008 	<p>In the current member Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 6 required activities each year (see pg. 4). • Finish at least 20 of the required and optional activities within 3 years to complete that level. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Forestry Member Manual</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14" x 22"), or display illustrating something you learned in this project this year. <p><i>Note:</i> Exhibits should utilize only skills, tools, and/or techniques taught in the current member manual or previous levels.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Forestry page: https://www.uidaho.edu/extension/4h/projects/forestry To purchase National 4-H Curriculum visit: https://shop4-h.org/products/forestry-curriculum-set-of-4</p>		

Environmental Education

GEOLOGY

NEW. 09-20

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>4-H Geology: Introduction to the Study of the Earth (Univ. Illinois Ext 01706Y)</i> 📖 2017 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>4-H Geology: Introduction to the Study of the Earth (Univ. Illinois Ext 01706Y)</i> 📖 2017 	<p>For the current level within the Member Manual:</p> <ul style="list-style-type: none"> • Complete the number of Required Activities and Closer Look Activities indicated for your specific level annually. • Have your project volunteer date (month and year) and initial each activity when it is complete. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Any supplemental forms required at the county level.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Display the following: <p><u>Pebble Pups 1:</u></p> <ul style="list-style-type: none"> • 8 to 19 rock and mineral specimens, with three minerals in the collection. May include duplicates that show variations. Label collection and note where found. <p><u>Pebble Pups 2:</u></p> <ul style="list-style-type: none"> • 20 to 29 rock and mineral specimens, with seven minerals in the collection. May include duplicates that show variations. Label collection and note where found. <p><u>Rock Hounds 1:</u></p> <ul style="list-style-type: none"> • 30 to 40 rock and mineral specimens, with ten minerals in the collection. Rocks include at least three igneous two metamorphic, and three sedimentary groups. Label collection and note where found. <p><u>Rock Hounds 2:</u></p> <ul style="list-style-type: none"> • No more than 50 specimens, selected to illustrate a specific theme of the exhibitor's choosing. (i.e. industrial minerals and their use, select fossils traced through geological areas, rocks and minerals used in lapidary arts. Be creative. • Other suitable exhibit approved by your County Extension Office.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Geology page at https://www.uidaho.edu/extension/4h/projects/geology To purchase University of Illinois Extension manual visit: https://shop4-h.org/products/4-h-geology-introduction-to-the-study-of-the-earth</p>		

Environmental Education

WILDLIFE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Wildlife Science 1, (#PU 4-H-1044)</i> 📖 2017 • <i>Wildlife Science 2, (#PU 4-H-1046)</i> 📖 2017 • <i>Wildlife Science 3, (#PU 4-H-1048)</i> 📖 2017 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Wildlife Science 1, Facilitator's Guide (#PU 4-H-1045)</i> 📖 2017 • <i>Wildlife Science 2, Facilitator's Guide (#PU 4-H-1047)</i> 📖 2017 • <i>Wildlife Science 3, Facilitator's Guide (#PU 4-H-1049)</i> 📖 2017 	<p>Requirements:</p> <ul style="list-style-type: none"> • Complete at least 5 activities (found under Table of Contents, Chapter headings in member manuals) each year for your respective Level (1, 2, 3). • Record the completed activity name, date and short description of what you learned, in the Project Activity log of your <i>ZSuites 4-H Project Record Book</i>. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • A poster (14" x 22"), or display illustrating something you learned in this project this year. • Other suitable exhibit approved by your County Extension Office.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Wildlife page: 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</p>		

Environmental Education

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SPORT FISHING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Take the Bait, Level 1</i> (#07598) 📖 2001 • National 4-H Curriculum <i>Reel in the Fun, Level 2</i> (#07599) 📖 2001 • National 4-H Curriculum <i>Cast into the Future, Level 3</i> (#07600) 📖 2001 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Sport Fishing Project Helper's Guide</i> (#07601) 📖 2001 • <i>Idaho General Fishing Season Regulations.</i> • <i>4-H Wildlife Bulletins, #SW 442, SW 439, and SW 451 (pdf's)</i> 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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. <p><i>Note:</i> Exhibits must utilize only skills, tools, and techniques taught in that project book or previous levels.</p>
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Sportfishing page: https://www.uidaho.edu/extension/4h/projects/sportfishing To purchase National 4-H Curriculum visit: https://shop4-h.org/products/fishing-curriculum-set-of-4 For Fishing Regulations visit: http://fishandgame.idaho.gov/</p>		
<p>Optional Supporting Materials:</p> <ul style="list-style-type: none"> • <i>Sport Fishing Skills Checklist</i> (#44371) available at https://www.uidaho.edu/extension/4h/projects/sportfishing • “<i>The Curtis Creek Manifesto</i>,” by Sheridan Anderson, an illustrated guide to fly fishing. https://www.uidaho.edu/extension/4h/projects/sportfishing • <i>4-H Sportfishing Manual</i> (Wyoming #64000BB 2008) available at http://www.uwyo.edu/4-h/projects/manuals/sportfishing-manual.pdf 		

Environmental Education

CROSS-COUNTRY SKIING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Cross-Country Skiing Adventures Manual</i> (#45120) 📖 2004 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Cross-Country Skiing Adventures Manual</i> (#45120) 📖 2004 <p>Note: Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.</p>	<ul style="list-style-type: none"> • Set goals for your project • Complete Cross-Country Skiing Adventures Manual (see guidelines for each year) • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>Cross-Country Skiing Adventures Manual</i> (#45120) • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Cross-Country Skiing Adventures Manual (#45120) • ZSuites 4-H Project Record Book (91950) • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A poster (14x22) or display illustrating something you learned in the project this year • A scrapbook of labeled pictures related to the project • A photo story depicting something related to the project
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Cross-Country Skiing page (and to download the <i>Cross-Country Skiing Adventures Manual</i> and additional resources): https://www.uidaho.edu/extension/4h/projects/cross-country-skiing</p>		
<p>Optional Supporting Materials:</p> <ul style="list-style-type: none"> • Outdoor Adventures Youth Activity Guides – National 4-H Curriculum available at https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4 <ul style="list-style-type: none"> • <i>Hiking Trails</i> (#08043) • <i>Camping Adventures</i> (#08044) • <i>Backpacking Expeditions</i> (#08045) • <i>Outdoor Adventures Helper's Guide</i> (#08046) • <i>Field Guide to Wilderness Medicine</i>, Paul Auerback, Howard Donner and Eric Weissee • <i>Wilderness 911: A Step-By-Step Guide for Medical Emergencies and Improvised Care in the Backcountry</i>, Eric A. Weiss • <i>First Aid-The Essential Basics</i> Copyright 2003-2004 MaxLifestyle.net • <i>Taking a New Bearing</i> by Phyllis M. Ford • <i>The Basic Essentials of Map & Compass</i> by Cliff Jacobson 		

Environmental Education

HIKING, CAMPING, BACKPACKING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum Hiking Trails, Level 1 (#08043)  2004 • National 4-H Curriculum Camping Adventures, Level 2 (#08044)  2004 • National 4-H Curriculum Backpacking Expeditions, Level 3 (#08045)  2004 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum Outdoor Adventures Helpers Guide (#08046)  2004 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of (7) seven required/optional activities, plus the required number of Learning Experiences (pg.3) each year. • Finish at least 20 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A scrapbook of labeled outdoor adventure activities. • A display of 5 or more types of outdoor hiking, backpacking & camping equipment. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • A poster (14" x 22") or display illustrating something you learned in this project this year. • Other suitable exhibit approved by your County Extension Office.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Outdoor Adventures page: https://www.uidaho.edu/extension/4h/projects/outdoor-adventures To purchase National 4-H Curriculum visit: https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4</p>		

Environmental Education

SHOOTING SPORTS

ARCHERY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Archery Skills Checklist (#45310)</i> 📖 2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>STEM Connections (Colorado)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Provided to volunteers at Shooting Sports Workshops</i> 	<ul style="list-style-type: none"> • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Complete at least 5 new items from the Archery Skills Checklist each year • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Archery Skills Checklist (#45310) <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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 <u>cannot</u> include live ammunition, broadheads, knives, or functional firearms.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Archery page (and to download the <i>Archery Skills Checklist</i> and <i>STEM Connections</i>) https://www.uidaho.edu/extension/4h/projects/archery National 4-H Shooting Sports STEM activities: https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/</p>		
<p>Optional Supporting Materials: <i>4-H Archery Member Record Book (#751) (Ohio State)</i> https://extensionpubs.osu.edu/archery-member-record-book/ <i>Basic Archery Member Manual (#631) (Ohio State)</i> https://extensionpubs.osu.edu/basic-archery/</p>		

Environmental Education

SHOOTING SPORTS PISTOL/HANDGUN

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Pistol Skills Checklist (#45410)</i>  2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>STEM Connections (Colorado)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Provided to volunteers at Shooting Sports Workshops</i> 	<ul style="list-style-type: none"> • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Complete at least 5 new items from the Pistol Skills Checklist each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Pistol Skills Checklist (#45410) <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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 <u>cannot</u> include live ammunition, broadheads, knives, or functional firearms.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Pistol page (and to download the <i>Pistol Skills Checklist</i> and <i>STEM Connections</i>) https://www.uidaho.edu/extension/4h/projects/pistol National 4-H Shooting Sports STEM activities: https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/</p>		
<p>Optional Supporting Materials: <i>Pistol Member Record Book (#753) (Ohio State)</i> – https://extensionpubs.osu.edu/pistol-member-record-book/</p>		

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SHOOTING SPORTS RIFLE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Rifle Skills Checklist (#45510)</i>  2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>STEM Connections (Colorado)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Provided to volunteers at Shooting Sports Workshops</i> 	<ul style="list-style-type: none"> • 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 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> <ul style="list-style-type: none"> ○ <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Rifle Skills Checklist (#45510) <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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 <u>cannot</u> include live ammunition, broadheads, knives, or functional firearms.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Rifle page (and to download the <i>Rifle Skills Checklist</i> and <i>STEM Connections</i>) https://www.uidaho.edu/extension/4h/projects/rifle National 4-H Shooting Sports STEM activities: https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/</p>		
<p>Optional Supporting Materials: <i>Rifle Member Record book (#750)(Ohio State)</i> – https://extensionpubs.osu.edu/rifle-member-record-book/</p>		

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SHOOTING SPORTS SHOTGUN

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Shotgun Skills Checklist (#45610)</i> 📖 2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>STEM Connections (Colorado)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Provided to volunteers at Shooting Sports Workshops</i> 	<ul style="list-style-type: none"> • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Complete at least 5 new items from the Shotgun Skills Checklist each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Shotgun Skills Checklist (#45610) <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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 <u>cannot</u> include live ammunition, broadheads, knives, or functional firearms.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Shotgun page (and to download the <i>Shotgun Skills Checklist</i> and <i>STEM Connections</i>): https://www.uidaho.edu/extension/4h/projects/shotgun National 4-H Shooting Sports STEM activities: https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/</p>		
<p>Optional Supporting Materials: <i>Shotgun Member Record Book (#752) (Ohio State)</i> – https://extensionpubs.osu.edu/shotgun-member-record-book/</p>		

Environmental Education

SHOOTING SPORTS MUZZLELOADER

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>STEM Connections (Colorado)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Provided to volunteers at Shooting Sports Workshops</i> 	<ul style="list-style-type: none"> • Muzzleloader/Black Powder is restricted to youth ages 11-18, for safety reasons. • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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 <u>cannot</u> include live ammunition, broadheads, knives, or functional firearms.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Muzzleloader page (and to download the <i>STEM Connections</i>): https://www.uidaho.edu/extension/4h/projects/muzzleloader-black-powder National 4-H Shooting Sports STEM activities: https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/</p>		
<p>Optional Support Materials: <i>Muzzleloader Member Record Book (#755) (Ohio State) –</i> https://extensionpubs.osu.edu/muzzleloader-member-record-book/</p>		

Environmental Education

SHOOTING SPORTS HUNTING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>STEM Connections (Colorado)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Provided to volunteers at Shooting Sports Workshops</i> 	<ul style="list-style-type: none"> • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 STEM activities each year (from the STEM Connections workbook or National 4-H Shooting Sports website options – see Support Materials link below). List the activities completed in the Project Information & Activity Log of your record book. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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.
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Hunting page (and to download the <i>STEM Connections</i>): https://www.uidaho.edu/extension/4h/projects/hunting National 4-H Shooting Sports STEM activities: https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/</p>		
<p>Optional Supporting Materials: <i>Hunting/Wildlife Member Record Book (#754) (Ohio State)</i> – https://extensionpubs.osu.edu/hunting-wildlife-member-record-book/</p>		

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COOKING 101

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Beginner Suggested 2-year project</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y) 📖 2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y) 📖 2015 • National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F) 📖 2015 • https://www.choosemyplate.gov/ 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Must complete 2 learning activities or experiments from the manual and document in the record activity log. • Prepare 1-2 recipes from each of the recipe sections: Snacks, Side Dishes, Main Dishes, Quick Breads and Desserts. • Complete the project checklist on page 6 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or a display illustrating what you learned in this project this year. <p><i>Note:</i> 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.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cooking page visit: https://www.uidaho.edu/extension/4h/projects/cooking To order National 4-H Curriculum visit: https://shop4-h.org/products/cooking-curriculum-set-of-5</p>		

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COOKING 201

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Beginner/Intermediate Suggested 2-year project</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 201 Manual (#01513Y)  2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 201 Manual (#01513Y)  2015 • National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F)  2015 • https://www.choosemyplate.gov/ 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Must complete 2 learning activities or experiments from the manual and document in the record activity log. • Prepare 1-2 recipes from each of the recipe sections: Vegetable and Fruit Groups, Grains Group, Protein Foods Group, Dairy Group and Desserts. • Complete the project checklist on page 7 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or a display illustrating what you learned in this project this year. <p><i>Note:</i> 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.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cooking page visit: https://www.uidaho.edu/extension/4h/projects/cooking To order National 4-H Curriculum visit: https://shop4-h.org/products/cooking-curriculum-set-of-5</p>		

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COOKING 301

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Intermediate/Advanced Suggested 3-year project</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y) 📖 2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y) 📖 2015 • National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F) 📖 2015 • https://www.choosemyplate.gov/ 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Must complete 2 learning activities or experiments from the manual and document in the record activity log. • Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Foods Group, Dairy Group and Desserts. • Plan and complete a party each year of the project. • Complete the project checklist on page 7 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or a display illustrating what you learned in this project this year. <p><i>Note:</i> Foods such as breads, rolls, pretzels, granola, cookies or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cooking page visit: https://www.uidaho.edu/extension/4h/projects/cooking To order National 4-H Curriculum visit: https://shop4-h.org/products/cooking-curriculum-set-of-5</p>		

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COOKING 401

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Advanced Suggested 3-year project</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 401 Manual (#01515Y) 📖 2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 401 Manual (#01515Y) 📖 2015 • National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F) 📖 2015 • https://www.choosemyplate.gov/ 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Must complete 2 learning activities or experiments from the manual and document in the record activity log. • Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Group, Dairy Group and Desserts. • Plan and complete a celebration meal each year of project. • Complete the project checklist on page 7 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or a display illustrating what you learned in this project this year. <p><i>Note:</i> 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.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cooking page visit: https://www.uidaho.edu/extension/4h/projects/cooking To order National 4-H Curriculum visit: https://shop4-h.org/products/cooking-curriculum-set-of-5</p>		

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DUTCH OVEN COOKING

UNIT 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Dutch Oven Cooking, Unit 1 (BUL938)</i> 📖 2019 • <i>Recipes for Dutch Oven Cooking (#53150)</i> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Dutch Oven Cooking Helper's Guide (BUL940)</i> 📖 2019 	<p>In the member's current manual:</p> <ul style="list-style-type: none"> • Complete all reflection questions • Complete 3 Beyond Cooking activities • Prepare one item from each of these categories: <ul style="list-style-type: none"> ○ Soup or stew ○ "One-dish" meal ○ Vegetable ○ Quick bread ○ Dessert ○ Breakfast ○ Cooking on the lid • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Create a recipe file or book to include everything you cooked plus additional recipes to total a minimum of 11 recipes. • Exhibit project <p>Optional:</p> <ul style="list-style-type: none"> • Participate in a Dutch oven cook-off is encouraged, but not required <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed Project Manual (BUL 938) • Dutch oven recipe file or book with a minimum of 11 recipes. <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A non-perishable dessert you have learned about by taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or a 4"x6" recipe card. <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating what you learned in this project this year. <p>Note: Foods such as breads or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Dutch Oven Cooking page (and to download project materials): https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking</p>		

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DUTCH OVEN COOKING UNIT 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> <i>Dutch Oven Cooking, Unit 2 (BUL939)</i> 📖 2019 <i>ZSuites 4-H Involvement Report</i> <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> <i>Dutch Oven Cooking Helper's Guide (BUL940)</i> 📖 2019 	<p>In the member's current manual:</p> <ul style="list-style-type: none"> Complete all reflection questions Complete 3 Beyond Cooking activities Prepare a minimum of 10 recipes (using recipes not previously used), with at least one item from each of these categories: <ul style="list-style-type: none"> Soup or stew Vegetable Yeast breads or rolls Sweet rolls or specialty breads Dessert Meat (beef, pork, lamb, game) Fowl (turkey, chicken, game hen) Cook in two or more Dutch ovens at the same time at least one time Continue keeping a recipe file or book started in Unit 1 plus additional recipes cooked this year to total a minimum of 34 recipes. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Exhibit project <p>Complete the following:</p> <ul style="list-style-type: none"> <i>ZSuites 4-H Involvement Report</i> <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> ZSuites 4-H Project Record Book ZSuites 4-H Involvement Report Completed Project Manual (BUL939) Dutch oven recipe file (or book) continued from Unit 1 with a minimum of 34 recipes. <p>Plus one of the following:</p> <ul style="list-style-type: none"> 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. <p>OR</p> <ul style="list-style-type: none"> A poster (14"x22") or display illustrating what you learned in this project this year. <p><i>Note:</i> 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.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Dutch Oven Cooking page (and to download project materials): https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking</p>		

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BAKING LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Baking 1 Manual</i> (#ND EC111)  2020 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Baking 1 Manual</i> (#ND EC111)  2020 	<p>In the member's Baking 1 manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Baking 1 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Plus one of the following: <ul style="list-style-type: none"> ○ 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. <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating what you learned in this project this year. <p><i>Note:</i> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Baking page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/baking</p>		
<p>Optional Supporting Materials: English and Spanish version of <i>Make Half Your Grains Whole</i> tipsheet at: https://www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains</p>		

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BAKING LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Baking 2 Manual (#ND EC112)</i> 📖 2016 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Baking 2 Manual (#ND EC112)</i> 📖 2016 	<p>In the member's Baking 2 Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Baking 2 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Plus one of the following: <ul style="list-style-type: none"> ○ Basic nut bread (one loaf) ○ Banana nut bread (one loaf) ○ Zucchini bread (one loaf) ○ Quick coffeecake (2 3"x3" squares) ○ Fruit-filled coffeecake (2 wedges) ○ Three brown sugar nut cookies ○ Gingerbread (2 3x3" squares) ○ Three jam thumbprint blossom cookies. ○ Three peanut butter blossom cookies ○ Plain brownies (three 3x3" squares) ○ Corn bread (two 3"x3" squares) ○ Butterscotch bars (three 3"x3" squares) • Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card. <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating what you learned in this project this year. <p><i>Note:</i> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Baking page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/baking</p>		

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BAKING LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Baking 3 Manual</i> (#ND EC113)  2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Baking 3 Manual</i> (#ND EC113)  2018 	<p>In the member's Baking 3 manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Baking 3 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Plus one of the following: <ul style="list-style-type: none"> ○ 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. <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating what you learned in this project this year. <p><i>Note:</i> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Baking page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/baking</p>		

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BAKING LEVEL 4

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Baking 4 Manual (#ND EC114)</i> 📖 2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Baking 4 Manual (#ND EC114)</i> 📖 2018 	<p>In the member's Baking 4 manual:</p> <ul style="list-style-type: none"> • Review the Eating Well and Cake Science sections. • Conduct at least one Cake Science experiment (page 10 and 11), record your findings and answer the questions in the manual about the experiment. • Make at least one yellow, sponge or oatmeal cake with frosting. • Make at least one cake using a packaged mix and compare with your "scratch" cake using the criteria on page 18. • Become involved in at least one Service/Leadership activity. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Baking 4 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • Frosted yellow cake • Frosted or unfrosted sponge cake • Frosted or unfrosted oatmeal cake <p>Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card.</p> <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating what you learned in this project this year. <p><i>Note:</i> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Baking page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/baking</p>		

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BAKING LEVEL 4 - PIES

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Baking 4 Manual (#ND EC114)</i> 📖 2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Baking 4 Manual (#ND EC114)</i> 📖 2018 	<p>In the member’s Baking 4 manual:</p> <ul style="list-style-type: none"> • 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: <ol style="list-style-type: none"> 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Baking 4 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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. <p>OR</p> <ul style="list-style-type: none"> • A poster (14”x22”) or display illustrating what you learned in this project this year. <p><i>Note:</i> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Baking page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/baking</p>		

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CAKE DECORATING LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Beginner (suggested 2-year project)</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Wilton Method of Cake Decorating Course 1, Building Buttercream Skills</i> 📖 2014 • <i>Wilton Cake Decorating Skills Checklist Course 1</i> 📖 2016 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Wilton Method of Cake Decorating Course 1, Building Buttercream Skills</i> 📖 2014 • <i>Wilson Cake Decorating Skills Checklist Course 1</i> 📖 2016 	<ul style="list-style-type: none"> • Complete Course 1 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Put together a collection of photos and captions documenting the 10 skills you have learned this year. • Exhibit Project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Wilton Cake Decorating Skills Checklist Course 1</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed Wilton Cake Decorating Skills Checklist Course 1 • Creative display of photos and captions documenting the 10 skills that you have learned this year. (Example – a binder with pictures showing the skills you learned and a description of the picture). <p><u>Level One</u></p> <ul style="list-style-type: none"> • 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. <p>OR</p> <ul style="list-style-type: none"> • A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project. <p>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.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>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 1 Student Guide visit amazon.com, Walmart, Michael’s, or JoAnne Fabrics</p>		

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CAKE DECORATING LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Intermediate (suggested 2-year project)</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751))</i> 📖 2014 • <i>Wilton Cake Decorating/Food Garnishing Skills Checklist, Course 2</i> 📖 2016 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751))</i> 📖 2014 • <i>Wilton Cake Decorating/Food Garnishing Skills Checklist, Course 2</i> 📖 2016 	<ul style="list-style-type: none"> • Complete Course 2 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Put together a collection of photos and captions documenting the 10 skills you have learned this year. • Exhibit Project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Wilton Cake Decorating Skills Checklist Course 2</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • Completed Wilton Cake Decorating Skills Checklist Course 2 • ZSuites 4-H Involvement Report • Creative display of photos and captions documenting the 10 skills that you have learned this year. (Example – a binder with pictures showing the skills you learned and a description of the picture). <p>Level One:</p> <ul style="list-style-type: none"> • Decorated 2-layer 10” round or 2-layer oval decorated cake using (4) skills learned in this year’s project. <p>OR</p> <ul style="list-style-type: none"> • A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project. <p>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..</p>

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 2 Student Guide visit amazon.com, Walmart, Michael’s, or JoAnne Fabrics

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CAKE DECORATING LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Advanced (suggested 2-year project)</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Wilton Method of Cake Decorating. Course 3, Fondant & Gum Paste</i>  2014 • <i>Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3</i>  2016 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Wilton Method of Cake Decorating. Course 3, Fondant & Gum Paste</i>  2014 • <i>Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3</i>  2016 	<ul style="list-style-type: none"> • Complete a Course 3 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Put together a collection of photos and captions documenting the 10 skills you have learned this year. • Exhibit Project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Wilton Cake Decorating Skills Checklist Course 3</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • Completed Wilton Cake Decorating Skills Checklist Course 3 • ZSuites 4-H Involvement Report • Creative display of photos and captions documenting the 10 skills that you have learned this year. (Example – a binder with pictures showing the skills you learned and a description of the picture). <p>Level One:</p> <ul style="list-style-type: none"> • One, two-tiered cake covered and decorate with fondant and gum paste. Use at least 6 skills learned this year. <p>OR</p> <ul style="list-style-type: none"> • A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project. <p>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.</p>

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

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DAIRY FOOD SCIENCE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Science Fun With Dairy Foods, Member's Guide (#OH 490)</i> 📖 2016 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Science Fun With Dairy Foods, Member's Guide (#OH 490)</i> 📖 2016 	<p>In the Member's Guide:</p> <ul style="list-style-type: none"> • Complete the Planning Section (Steps 1 through 4). • Conduct four of the nine project experiments. • After each experiment, answer the Discovery Questions and complete at least one Digging Deeper activity. • Take part in at least two Learning Experiences. • Become involved in at least two Citizenship/Leadership activities. • Maintain a journal on each of your project experiments. Record your observations and draw conclusions from your findings. Use the Journal of Experiments section on pages 37 through 42 or record your findings on separate sheets. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Science Fun With Dairy Foods, Members Guide (OH 490 - #53201) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> ➤ Poster (14 x 22) or story board (14 x 22) describing one of the experiments you completed OR ➤ Display a dairy product you made in this project (only with proper refrigeration may dairy products be used as a fair display) OR ➤ Display and label some of the equipment you used to complete this project <ul style="list-style-type: none"> • Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Science Fun With Dairy Foods page: https://www.uidaho.edu/extension/4h/projects/science-fun-dairy-foods To order Ohio curriculum visit: https://extensionpubs.osu.edu/science-fun-with-dairy-foods-the-case-of-the-missing-milk/</p>		

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EXPLORING FOOD SCIENCE UNIT 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring Food Science, The Secrets of Baking (01411Y)</i> 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>What's On Your Plate?, Exploring Food Science, The Secrets of Baking Facilitator Guide (01415F)</i> 📖 2014 	<p>About the Project:</p> <ul style="list-style-type: none"> • 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. <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • <i>Exploring Food Science, The Secrets of Baking</i> Youth Science Journal • A poster (14"x22") or display illustrating what you learned in this project this year.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H What's On Your Plate? page: https://www.uidaho.edu/extension/4h/projects/plate To order National 4-H Curriculum visit: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1 To order National 4-H Curriculum Volunteer Guide: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1-facilitators-guide</p>		
<p>Optional Support Materials: <i>Exploring Food Science, The Secrets of Baking:</i> http://4-h.org/parents/curriculum/food-science/</p>		

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EXPLORING FOOD SCIENCE UNIT 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring Food Science, the Power of Protein Chemistry</i> (#01412Y) 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>What's On Your Plate?, Exploring Food Science, the Power of Protein Chemistry Facilitator Guide</i> (#01416F) 📖 2014 	<p>About the Project:</p> <ul style="list-style-type: none"> • 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. <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • <i>Exploring Food Science, The Power of Protein Chemistry</i> 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: <https://www.uidaho.edu/extension/4h/projects/plate>

To order National 4-H Curriculum visit: <https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2>

To order National 4-H Curriculum Volunteer Guide: <https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-2-facilitators-guide>

Optional Support Materials:

Exploring Food Science, The Power of Protein Chemistry: <http://4-h.org/parents/curriculum/food-science/#!protein-chemistry>

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EXPLORING FOOD SCIENCE UNIT 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring Food Science, The Inner Mysteries of Fruits and Vegetables</i> (#01413Y) 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>What's On Your Plate?, Exploring Food Science, The Inner Mysteries of Fruits and Vegetables Facilitator Guide</i> (#01417F) 📖 2014 	<p>About the Project:</p> <ul style="list-style-type: none"> • 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. <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • <i>Exploring Food Science, The Power of Protein Chemistry Youth Science Journal</i> • A poster (14"x22") or display illustrating what you learned in this project this year.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H What's On Your Plate? page: https://www.uidaho.edu/extension/4h/projects/plate To order National 4-H Curriculum visit: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3 To order National 4-H Curriculum Volunteer Guide: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3-facilitators-guide</p>		
<p>Optional Support Materials: <i>Exploring Food Science, The Inner Mysteries of Fruits and Vegetables</i>: http://4-h.org/parents/curriculum/food-science/#!/fruits-vegetables</p>		

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EXPLORING FOOD SCIENCE UNIT 4

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring Food Science, Be a Food Scientist! (#01414Y)</i> 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>What's On Your Plate? Exploring Food Science, Be a Food Scientist! Facilitator Guide (#01418F)</i> 📖 2014 	<p>About the Project:</p> <ul style="list-style-type: none"> • 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. <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • <i>Exploring Food Science, Be a Food Scientist!</i> Youth Science Journal • A poster (14"x22") or display illustrating what you learned in this project this year.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H What's On Your Plate? page: https://www.uidaho.edu/extension/4h/projects/plate To order National 4-H Curriculum visit: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4 To order National 4-H Curriculum Volunteer Guide: https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-4-facilitators-guide</p>		
<p>Optional Support Materials: <i>Exploring Food Science, Be a Food Scientist!</i>: http://4-h.org/parents/curriculum/food-science/#!/food-scientist</p>		

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FOOD PRESERVATION DRYING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Food Preservation Drying Manual (PNW #651)</i> 📖 2013 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>From the manual:</p> <ul style="list-style-type: none"> • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p><i>Optional: Complete a menu plan using food preserved in this project.</i></p>	<ul style="list-style-type: none"> • Food Preservation Drying Manual (PNW #651) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A poster (14”x 22”) illustrating something you learned in this project this year. • A photo journal showing how to dry a food from start to finish. • A display (12”x12”x12”) and label some of the equipment you used to complete this project. • Two dried fruits, in a proper storage container with a correctly completed label. • Two dried vegetables, in a proper storage container with a correctly completed label. • Two dried herbs, in a proper storage container with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To download the Food Preservation Drying manual visit: www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/drying</p>		
<p>Optional Support Materials:</p> <ul style="list-style-type: none"> • <i>Drying Fruits and Vegetables (PNW #397)</i> https://catalog.extension.oregonstate.edu/pnw397 • <i>How to Dry Foods</i> by Deanna DeLong available for purchase through book stores such as Amazon or Barnes and Noble • <i>So Easy to Preserve (University of Georgia Extension)</i> https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html • <i>National Center for Home Food Preservation</i> available at: http://nchfp.uga.edu/ 		

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FOOD PRESERVATION FREEZING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Food Preservation Freezing Manual (PNW #650)</i> 📖 2013 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>From the manual:</p> <ul style="list-style-type: none"> • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p><i>Optional: Complete a menu plan using food preserved in this project.</i></p>	<ul style="list-style-type: none"> • Food Preservation Freezing Manual (PNW650) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To download the Food Preservation Freezing manual visit: http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/freezing</p>		
<p>Optional Support Materials:</p> <ul style="list-style-type: none"> • <i>Freezing Fruits and Vegetables. (PNW #214)</i> https://catalog.extension.oregonstate.edu/pnw214 • <i>Freezing Convenience Foods (PNW #296)</i> https://catalog.extension.oregonstate.edu/pnw296 • <i>Extension Bulletin #1195 – Freezing Meat, Fish and Poultry at Home</i> • <i>So Easy to Preserve (University of Georgia Extension)</i> https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html • <i>National Center for Home Food Preservation available at:</i> http://nchfp.uga.edu/ 		

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FOOD PRESERVATION BOILING WATER CANNING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Food Preservation Boiling Water Canning Manual (PNW #652)</i> 📖 2013 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <p><i>None</i></p>	<p>From the manual:</p> <ul style="list-style-type: none"> • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p><i>Optional: Complete a menu plan using food preserved in this project.</i></p>	<ul style="list-style-type: none"> • Food Preservation Boiling Water Canning Manual (PNW #652) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A poster (14"x22") illustrating something you learned in this project this year. • A photo journal showing how to do a boiling water canning of food from start to finish. • A tomato product, in a proper storage container with a correctly completed label. • A fruit product, in a proper storage container with a correctly completed label. • A jam or jelly, in a proper storage container with a correctly completed label. • An acidified pickled product, in a proper storage container with a correctly completed label. • A display (12"x12"x12") and label some of the equipment you used to complete this project. • Recipes and a menu plan using foods you preserved in this project.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To download the Food Preservation Boiling Water Canning manual visit: http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/boilingwatercanning</p>		
<p>Optional Support Materials:</p> <ul style="list-style-type: none"> • <i>Canning Fruits (PNW #199)</i> https://s3.wp.wsu.edu/uploads/sites/2055/2017/03/PNW0199-Canning-Fruits.pdf • <i>Guardado de frutas en conserva (PNW 199S)</i> https://catalog.extension.oregonstate.edu/pnw199s • <i>Canning Tomatoes and Tomato Products (PNW #300)</i> https://ir.library.oregonstate.edu/downloads/8623hz01z • <i>Elaboración de conservas de tomates y productos de tomates (PNW 300S)</i> https://catalog.extension.oregonstate.edu/pnw300s • <i>Pickling Vegetables (PNW #355)</i> https://catalog.extension.oregonstate.edu/pnw355 • <i>Salsa Recipes for Canning (PNW #395)</i> https://catalog.extension.oregonstate.edu/pnw395 • <i>Recetas de Salsa para Guardar en Conserva (PNW 395S)</i> https://catalog.extension.oregonstate.edu/pnw395s • <i>USDA Complete Guide to Home Canning (Ag. Bull. #539)</i> https://nchfp.uga.edu/publications/usda/INTRO_HomeCanrev0715.pdf • <i>So Easy to Preserve (University of Georgia Extension)</i> https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html • <i>National Center for Home Food Preservation available at:</i> http://nchfp.uga.edu/ 		

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FOOD PRESERVATION PRESSURE CANNING

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

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

Support Materials:

To download the Food Preservation Pressure Canning manual visit:

<http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/pressurecanning>

Optional Support Materials:

- *Canning Vegetables (PNW #172)* <https://catalog.extension.oregonstate.edu/pnw172>
- *Guardado de vegetales en conserva (PNW #172s)* <https://catalog.extension.oregonstate.edu/pnw172s>
- *Canning Tomatoes and Tomato Products Ag. (PNW #300)* <https://ir.library.oregonstate.edu/downloads/8623hz01z>
- *Elaboración de conservas de tomates y productos de tomates (PNW #300S)*
<https://catalog.extension.oregonstate.edu/pnw300s>
- *USDA Complete Guide to Home Canning (Ag. Bull.#539)*
https://nchfp.uga.edu/publications/usda/INTRO_HomeCanrev0715.pdf
- *So Easy to Preserve (University of Georgia Extension)* <https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html>
- *National Center for Home Food Preservation available at:* <http://nchfp.uga.edu/>

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KEEPING FIT & HEALTHY LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Keeping Fit and Healthy First Aid in Action</i>, (#08174)  2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>In <i>First Aid in Action</i> youth guide:</p> <ul style="list-style-type: none"> • 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 <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book #91950 • ZSuites 4-H Involvement Report • First Aid kit, assembled by youth. <p>Plus <u>one</u> of the following:</p> <ul style="list-style-type: none"> • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Keeping Fit and Healthy page: https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy To order National 4-H Curriculum visit: https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action</p>		

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KEEPING FIT & HEALTHY LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Keeping Fit and Healthy Staying Healthy</i>, (#08175)  2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>In <i>Staying Healthy</i> youth guide:</p> <ul style="list-style-type: none"> ➤ Complete a minimum of 7 activities from the lessons. ➤ Complete a self-assessment of personal talents. <ul style="list-style-type: none"> • Give an illustrated talk, demonstration or speech on any topic of choice related to health. • Exhibit Project <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book #91950 • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Keeping Fit and Healthy page: https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy To order National 4-H Curriculum visit: https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-staying-healthy</p>		

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KEEPING FIT & HEALTHY LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Keeping Fit and Healthy Keeping Fit, (#08176)</i>  2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>In <i>Keeping Fit</i> youth guide:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 activities from the lessons. • Complete a personal fitness plan. • Give an illustrated talk, demonstration or speech on any topic of choice related to health. • Exhibit Project <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Personal Fitness Plan <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Keeping Fit and Healthy page: https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy To order National 4-H Curriculum visit: https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-keeping-fit</p>		

Healthy Living

CHOOSE HEALTH: FOOD, FUN & FITNESS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Choose Health: Food, Fun and Fitness (#01601F)</i>  2011-15 https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum OR download at http://fnec.cornell.edu/partners/curricula/chfff/order-information/ 	<p>Choose Health: Food, Fun and Fitness is a group curriculum, led by an adult volunteer. It may be used multiple years.</p> <p>Requirements:</p> <ul style="list-style-type: none"> • Complete at least one activity from each of the six sections. • Include one physical activity and one snack activity at each meeting. • Share one newsletter with family members. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14”x22”) or labeled display (12”x 12”x12”) illustrating something you learned during this project year. <p>Examples for poster/display:</p> <ul style="list-style-type: none"> • Choose My Plate poster with healthy food choices for each section. • Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate. • Reading package labels. • Recipe book of healthy snack items from a gas-&-go store. • Eating–out using healthy strategies.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Choose My Plate: www.choosemyplate.gov To purchase curriculum from National 4-H Council visit: https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum</p>		

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GROUP HEALTH & FITNESS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Materials: <i>Up for the Challenge: Lifetime Fitness, Health Decisions (Maryland)</i></p> <p>http://extension.umd.edu/4-h/4-h-program-areas/challenge</p> <p>Note: May be used multiple years.</p> <p>It is recommended that the adult/teen Volunteer be familiar with the following sites:</p> <p><i>Choose My Plate</i> www.choosemyplate.gov</p>	<p>Up for the Challenge, Lifetime Fitness, Healthy Decisions addresses wellness for elementary, middle and high school aged youth. It works best in group settings.</p> <p>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.</p> <ul style="list-style-type: none"> • Complete a minimum of 10 activities. • 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. • Exhibit Project at fair or a community event. <p>Youth complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p><i>Display poster/exhibit at community event</i></p>	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Create a poster (14" x 22") or exhibit display. Poster should differ each year, if project is used multiple years.</p> <p>Photos, artwork and items may be used on the poster.</p> <p>Examples of poster/exhibit display topics:</p> <ul style="list-style-type: none"> • Choose My Plate poster with healthy food choices for each section. • Physical activity that work key muscle groups (cycling with quadriceps) • Reading package labels • Recipe book of healthy snacks • Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate • 5-10 healthy snacks items from a gas-&-go store <p>Create a grocery store or farmer's market treasure hunt.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Optional Supporting Materials: Choose My Plate: www.choosemyplate.gov</p>		

Personal Development & Leadership

ELEMENTARY FINANCIAL MANAGEMENT

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Reading Makes Cents (#08389DD)</i>  2011 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Reading Makes Cents (#08389DD)</i>  2011 <p><i>Note: May be used multiple years.</i></p>	<p>About the Project:</p> <ul style="list-style-type: none"> • <i>Reading Makes Cents</i> 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: <ol style="list-style-type: none"> 1. The History of Money 2. Managing Money 3. Earning Money 4. Spending Money 5. Saving and Investing Money 6. Sharing and Giving Money 7. Borrowing and Lending 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. <i>Word Searches</i> build vocabulary but are not considered an "activity." • It is recommended but not required that the first activity be the <i>Reading Makes Cents</i> Journal. <p>Project Requirements:</p> <ul style="list-style-type: none"> • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Display the Exhibit <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • <i>Reading Make Cents</i> Journal showing the activities completed and books read.

County Requirements:

Check with your County Extension office for more information.

Support Materials:

Idaho 4-H Elementary Financial Management page: <https://www.uidaho.edu/extension/4h/projects/elementary-financial-management>

To order National 4-H Curriculum visit: <https://shop4-h.org/collections/business-citizenship-curriculum/products/financial-literacy-curriculum-reading-makes-cents-digital-download>

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BUILD YOUR FUTURE

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Build Your Future: Choices.Connections.Careers. Youth Career Journal Grades 8-12 (08561)</i> 📖 2013 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Build Your Future: Choices.Connections.Careers. Facilitator Guide (08562)</i> 📖 2013 	<p>Requirements: Project may be used for three years if desired.</p> <ul style="list-style-type: none"> • Set personal goals for the year. • Choose at least three Activity Sections, (Skills, Choices, Careers; Making Career Connections; Build Your Future Through Portfolios; Education Pay\$; Career FUNds; Turn Your 4-H Passion Into Profit; Pounding the Pavement; Putting the Pieces Together; or Pathways to Success), from the Build Your Future Youth Career Journal and complete at least one experience in each Activity. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Build Your Future: Youth Career Journal</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Build Your Future: Youth Career Journal <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Build Your Future page: https://www.uidaho.edu/extension/4h/projects/build-your-future To order National 4-H Curriculum visit: https://shop4-h.org/products/build-your-future-curriculum-youth-notebook To order Volunteer Guide visit: https://shop4-h.org/products/build-your-future-curriculum-facilitators-guide</p>		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>My Financial Future; Youth Notebook – Beginner (#01441Y)</i> 📖 2014 <i>Youth Notebook – Advanced (#01442Y)</i> 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>My Financial Future; Facilitator Guide (#01443F)</i> 📖 2014 	<p>Requirements: Project may be used for multiple years if desired. Beginning Notebook should be completed before starting the Advanced Notebook.</p> <p>Beginning Notebook:</p> <ul style="list-style-type: none"> • 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 <p>Advanced Notebook:</p> <ul style="list-style-type: none"> • 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 <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>My Financial Future; Youth Notebook</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • My Financial Future; Youth Notebook <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Financial Future page: https://www.uidaho.edu/extension/4h/projects/financial-future To order National 4-H Curriculum visit: Beginner Guide: https://shop4-h.org/products/my-financial-future-curriculum-beginner-notebook Advanced Guide: https://shop4-h.org/products/my-financial-future-curriculum-advanced-notebook Volunteer Guide: https://shop4-h.org/products/my-financial-future-curriculum-facilitators-guide</p>		

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FINANCIAL CHAMPIONS LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Money Fundamentals, Level 1 (#202024)</i> 📖 2020 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Financial Champions Volunteer Guide (#202026)</i> 📖 2020 	<p>In member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Note: Designed to be finished in a single year.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Money Fundamentals manual • Poster (14"x 22") illustrating something you learned about financial management this year.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Financial Champions page: https://www.uidaho.edu/extension/4h/projects/financial-champions To order National 4-H Curriculum visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/financial-champions-book-1-money-fundamentals To order Volunteer Guide visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/financial-champions-helpers-guide-personal-finance</p>		

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FINANCIAL CHAMPIONS LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Money Moves, Level 2</i> (#202025)  2020 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Financial Champions Volunteer Guide</i> (#202026)  2020 	<p>In member's current Manual:</p> <ul style="list-style-type: none"> ➤ 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. <ul style="list-style-type: none"> • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Note: Designed to be finished in a single year.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Money Moves Manual • Poster (14"x 22") illustrating something you learned about financial management this year.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Financial Champions page: https://www.uidaho.edu/extension/4h/projects/financial-champions To order National 4-H Curriculum visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/financial-champions-book-2-money-moves To order Volunteer Guide visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/financial-champions-helpers-guide-personal-finance</p>		

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ENTREPRENEURSHIP BE THE E, LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Be The E Entrepreneurship</i> (#DDBU08035) 📖 2004 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Entrepreneurship Volunteer Guide</i> (#BU08036) 📖 2004 <p><i>Note:</i> All three levels are inclusive in one book</p>	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Do at least 7 of the Love It! And More E Challenges activities each year. • Complete at least 21 activities of the Love 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Be the E, Manual <p>Choose an activity that you completed to display</p> <ul style="list-style-type: none"> • Example: The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product <p>OR</p> <ul style="list-style-type: none"> • Make an educational poster (14" x 22") or display that illustrates what you learned in the project.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Entrepreneurship page: https://www.uidaho.edu/extension/4h/projects/entrepreneurship and to download youth materials. To order National 4-H Curriculum Volunteer Guide visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/entrepreneurship-curriculum-helpers-guide</p>		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Be The E Entrepreneurship</i> (#DDBU08035) 📖 2004 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Entrepreneurship Volunteer Guide</i> (#BU08036) 📖 2004 <p><i>Note:</i> All three levels are inclusive in one book</p>	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Entrepreneurship page: https://www.uidaho.edu/extension/4h/projects/entrepreneurship and to download youth materials. To order National 4-H Curriculum Volunteer Guide visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/entrepreneurship-curriculum-helpers-guide</p>		

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ENTREPRENEURSHIP BE THE E, LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Be The E Entrepreneurship</i> (#DDBU08035) 📖 2004 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Entrepreneurship Volunteer Guide</i> (#BU08036) 📖 2004 <p><i>Note:</i> All three levels are inclusive in one book</p>	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Do at least 7 of the Do It! And More E Challenges activities each year. • Complete at least 21 activities of the Do It! And More E Challenges within 3 years to complete the Achievement Program. • Have your project helper date and initial each activity as you complete it. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Be the E, Manual <p>Choose an activity that you completed to display</p> <ul style="list-style-type: none"> • Example: Marketing strategy, cash flow forecast <p>OR</p> <ul style="list-style-type: none"> • Make an educational poster or display that illustrates what you learned in the project.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Entrepreneurship page: https://www.uidaho.edu/extension/4h/projects/entrepreneurship and to download youth materials. To order National 4-H Curriculum Volunteer Guide visit: https://shop4-h.org/collections/business-citizenship-curriculum/products/entrepreneurship-curriculum-helpers-guide</p>		

Personal Development & Leadership

HIGH SCHOOL FINANCIAL PLANNING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>High School Financial Planning Program Student Modules</i> www.hsfpp.org 📖 2020 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>High School Financial Planning Program Student Modules</i> www.hsfpp.org 📖 2020 <p><i>For questions contact: Surine Greenway University of Idaho Extension Educator Owyhee County (208) 896-4104 surineg@uidaho.edu</i></p>	<p>4-H Youth are encouraged to begin with the first module and work themselves through all six, completing one or two per year.</p> <p>For High School aged youth.</p> <ul style="list-style-type: none"> • 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. <p>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</p> <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>High School Financial Planning Program Student Modules.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • High School Financial Planning Program Student Modules.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H High School Financial Planning page: https://www.uidaho.edu/extension/4h/projects/high-school-financial-planning To order High School Planning Program Student Modules visit: www.hsfpp.org</p>		

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CLOVERBUDS

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Projects & Materials	Curriculum Choices	Exhibit Options
<p>Cloverbuds Ages 5-7</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Cloverbud Memory Book (#63013)</i> • <i>National 4-H Curriculum listed under Curriculum Choices</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>National 4-H Curriculum listed under Curriculum Choices</i> 	<p>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.</p> <p><u>Curriculum Choices:</u> The Big Book of 4-H Cloverbud Activities https://shop4-h.org/products/the-big-book-of-4-h-cloverbud-activities Exploring 4-H Cloverbud Activity Bundle https://shop4-h.org/products/exploring-4-h-cloverbud-activity-bundle All About Pets Bundle https://shop4-h.org/products/all-about-pets-cloverbud-activity-bundle All About Insects Bundle https://shop4-h.org/products/all-about-insects-cloverbud-activity-bundle Aerospace Adventures 1 – Pre-Flight https://shop4-h.org/products/aerospace-adventures-curriculum-1-pre-flight Exploring the Treasures of 4-H https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum-helpers-guide</p>	<p>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:</p> <ul style="list-style-type: none"> • Cloverbud Memory Book (#63013) • Items made, a folder or notebook showing activities completed • A poster (14”X22”) or display illustrating something learned in this project year. <p>A participation ribbon or similar recognition may be awarded for exhibits.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cloverbuds Page (Cloverbud Memory Book is here): 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</p>		

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EXPLORING 4-H

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring the Treasures of 4-H Member Manual</i> (#BU-08171) 📖 2005 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Exploring the Treasures of 4-H Volunteer Guide</i> (#BU-08172) 📖 2005 	<p>In the Member's manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • Complete the ZSuites 4-H Project Record Book • Complete the ZSuites 4-H Involvement Report 	<p>Binder with the following items:</p> <ul style="list-style-type: none"> • Completed activities from the Exploring the Treasures of 4-H member manual (#08171) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14"x22") or display illustrating something you learned in this project this year.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Exploring Treasures of 4-H page: https://www.uidaho.edu/extension/4-h/projects/exploring-4-h To purchase National 4-H Curriculum: https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum-set-of-2</p>		

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LEADERSHIP

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • OH Publication: <i>Leadership Road Trip: Where Are You Going? (OH 4-H375)</i> 📖 2019 • <i>Idaho 4-H Leadership Portfolio (#82316)</i> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Leadership Road Trip: Where Are You Going? (OH 4-H375)</i> 📖 2019 • <i>Idaho 4-H Leadership Portfolio (#82316)</i> 	<p>Each year, in the member's Leadership Road Trip: Where Are You Going? Manual (OH 4-H375):</p> <ul style="list-style-type: none"> • 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 ZSuites 4-H Project Record Book • Complete the ZSuites 4-H Involvement Report 	<p>Notebook or scrapbook of Leadership activities including the following;</p> <ul style="list-style-type: none"> • Leadership Road Trip: Where Are You Going? Manual (OH 4-H375) • Idaho 4-H Leadership Portfolio (#82316) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Leadership Training Record • Leadership Resume
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Leadership page: https://www.uidaho.edu/extension/4h/projects/step-up-to-leadership To purchase Ohio curriculum Leadership Road Trip: Where Are You Going? https://extensionpubs.osu.edu/leadership-road-trip-where-are-you-going/</p>		
<p>Optional Supporting Materials:</p> <ul style="list-style-type: none"> • 4-H Teen Leadership, Michigan State University Extension http://msue.anr.msu.edu/uploads/234/41592/teen_leader/Teen_Leader_Resource.pdf • Putting the Pieces Together, Texas A&M Agrilife Extension http://www.agrilifebookstore.org/Putting-the-Pieces-Together-p/e4-h-11-1.htm • YELL Louder than Ever Before, University of Wisconsin Extension https://buffalo.uwex.edu/files/2010/08/YELL-Leadership-Curriculum1.pdf • Learning to Lead, Montana State University https://store.msuextension.org/products/4-h-learning-to-lead_5330.aspx 		

Plants and Animals

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>4-H Llama/Alpaca Activities Check List, Level 1 (#72193)</i> 📖 2005 • <i>4-H Llama/Alpaca Activities Check List, Level 2 (#72194)</i> 📖 2005 • <i>4-H Llama/Alpaca Activities Check List, Level 3 (#72195)</i> 📖 2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101) for each project animal</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Llama and Alpaca Resource Handbook (OH #4-H 132R)</i> 📖2008 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101) for each project animal</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Record (#72101) <p>• A poster (14"x22") or display illustrating something you learned in this project this year.</p> <p>AND/OR</p> <ul style="list-style-type: none"> • Exhibit one of your project animals in a Llama/Alpaca Fitting and Showing class.
<p>County Requirements Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Llama/Alpaca page and to download the Llama/Alpaca Activities checklists visit: https://www.uidaho.edu/extension/4h/projects/llama-alpaca To download the Volunteer Manual visit: https://pubs.wsu.edu/ItemDetail.aspx?ProductID=14175&SeriesCode=&CategoryID=&Keyword=EM4891</p>		
<p>Optional Supporting Materials:</p> <ul style="list-style-type: none"> • <i>Rocky Mountain Llama Association 4-H Manual</i> – www.rmla.com 		

Plants and Animals

BEEF MARKET

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Beef Resource Handbook OH (#117R)</i>  <i>2011</i> • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Any supplemental forms required at the county level.</i> <p>Note: Each member is strongly encouraged to participate in a livestock/dairy judging contest.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Any supplemental forms required at the county level, submitted to county Extension office by date specified. • 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 Beef Fitting and Showing class.
<p>County Requirements Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio Materials: https://extensionpubs.osu.edu/beef-resource-handbook/ University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects Idaho 4-H Beef page: https://www.uidaho.edu/extension/4h/projects/beef</p>		
<p>Optional Supporting Materials: All items listed below are available to download at https://www.uidaho.edu/extension/4h/projects/beef</p> <ul style="list-style-type: none"> • <i>Market Beef Growth Chart (#72110)</i> • <i>Youth Beef Quality Assurance (#72203)</i> • <i>Market Beef Planning Sheet (#72298)</i> • <i>Beef, Sheep and Swine Selection and Evaluation (#72010)</i> • <i>Idaho 4- Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)</i> • <i>Beef Showmanship DVD (#72999)</i> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> 		

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BREEDING

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Beef Resource Handbook OH (#117R) 2011</i> • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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 <u>at least 90 days</u>. • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal • <i>Any supplemental forms required at the county level.</i> <p>Note: Each member is strongly encouraged to participate in a livestock/dairy judging contest.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Records (#72101) • Supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio Materials: https://extensionpubs.osu.edu/beef-resource-handbook/ University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects Idaho 4-H Beef page: https://www.uidaho.edu/extension/4h/projects/beef</p>		
<p>Optional Supporting Materials: All items listed below are available to download at https://www.uidaho.edu/extension/4h/projects/beef</p> <ul style="list-style-type: none"> • <i>Market Beef Growth Chart (#72110)</i> • <i>Youth Beef Quality Assurance (#72203)</i> • <i>Market Beef Planning Sheet (#72298)</i> • <i>Beef, Sheep and Swine Selection and Evaluation (#72010)</i> • <i>Idaho 4- Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)</i> • <i>Beef Showmanship DVD (#72999)</i> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> 		

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BEEF

STOCKER/FEEDER

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Beef Resource Handbook OH (#117R)</i> 📖 2011 • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Choose one or more beef animals for your Stocker-Feeder project. • Individually identify each animal with an ear tag and/or tattoo. • Provide primary care during wintering and/or summer grazing period for at least 90 days. • Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days. • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • Any supplemental forms required at the county level. <p><i>Note:</i> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit fitted or unfitted animal(s) at home tour, show, sale, or other County Extension approved event. • Display performance data on exhibit or stall card. Should have beginning weight, ending weight, total gain, cost/lb, and ADG.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio Materials: https://extensionpubs.osu.edu/beef-resource-handbook/ University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects Idaho 4-H Beef page: https://www.uidaho.edu/extension/4h/projects/beef</p>		
<p>Optional Supporting Materials: All items listed below are available to download at https://www.uidaho.edu/extension/4h/projects/beef</p> <ul style="list-style-type: none"> • <i>Market Beef Growth Chart (#72110)</i> • <i>Youth Beef Quality Assurance (#72203)</i> • <i>Market Beef Planning Sheet (#72298)</i> • <i>Beef, Sheep and Swine Selection and Evaluation (#72010)</i> • <i>Idaho 4- Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)</i> • <i>Beef Showmanship DVD (#72999)</i> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> 		

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BIRDS AND POULTRY MARKET BROILERS/FRYERS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>4-H Market Broilers (#UNL 4H308)</i> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>4-H Market Broilers (#UNL 4H308)</i> 📖 1989 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Exhibit three (3) birds as uniform as possible. <p>OR</p> <ul style="list-style-type: none"> • A display or poster (14"x22") that shows something new you learned this year related to a completed project activity. <p><i>Note:</i> 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.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>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</p>		
<p>Optional Supporting Materials: All items listed below are available for download at: https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers</p> <ul style="list-style-type: none"> • <i>Feeding Meat-type Chickens (PNW #658)</i> • <i>4-H Poultry Showmanship Questions</i> • <i>Exhibiting 4-H Poultry (Nebraska EC282)</i> • <i>Poultry Options and Egg Production Record (#72310)</i> • <i>Poultry Judging (Nebraska 72307)</i> • <i>Ohio 4-H Poultry Resources</i> 		

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BIRDS AND POULTRY PULLETS/LAYING HENS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Egg Production Record (#72310)</i> • <i>Permanent Individual Animal Record (#72101)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>The 4-H Poultry Project: An Introduction (WY#12004C)</i> 📖 2003 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days. • Minimum requirement is five (5) pullets/hens. Chicks should be obtained early in the year so that they will be in production in the fall. • Note: If pullets are to be continued as a laying project, at least 10 pullets are suggested (but not required) to start. • Complete 5 Animal Science activities. • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Egg Production Record (#72310)</i> • <i>Permanent Individual Animal Record (#72101)</i> – one for your flock 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Egg Production Record (#72310) • Permanent Individual Animal Records (#72101) • Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production. <p>OR</p> <ul style="list-style-type: none"> • A display or poster (14"x22") that shows something new you learned this year related to a completed project activity. <p>Optional: You may choose to participate in a Poultry Fitting & Showing (pre-registration required).</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>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</p>		
<p>Optional Supporting Materials: Available to access and/or download at https://www.uidaho.edu/extension/4h/projects/pullets</p> <ul style="list-style-type: none"> • <i>Poultry Options and Egg Production Record (#72310)</i> • <i>Exhibiting 4-H Poultry (Nebraska EC282)</i> • <i>Poultry Judging (Nebraska #72307)</i> • <i>4-H Poultry Showmanship Questions</i> • <i>Raising Pullets (OH #4-H 151)</i> • <i>Ohio 4-H Poultry Resources</i> 		

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BIRDS AND POULTRY FAMILY FLOCK

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>The 4-H Poultry Project: An Introduction (WY#12004C)</i> 📖 2003 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> – one for your flock 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 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. <p><i>Optional:</i> You may choose to participate in a Poultry Fitting & Showing (pre-registration required).</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Family Flock page: https://www.uidaho.edu/extension/4h/projects/family-flock</p>		
<p>Optional Supporting Materials: Available to access or download at https://www.uidaho.edu/extension/4h/projects/family-flock</p> <ul style="list-style-type: none"> • <i>Poultry Options and Egg Production Record (#72310)</i> • <i>Exhibiting 4-H Poultry (Nebraska EC282)</i> • <i>4-H Poultry Showmanship Questions</i> • <i>Poultry Judging (Nebraska 72307)</i> • <i>Duck or Goose Project (OH MA2102)</i> • <i>4-H Pigeon and Dove Project (OSU 4H154)</i> • <i>Raising Turkeys (OH MA2101)</i> • <i>Ohio 4-H Poultry Resources</i> 		

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CAT

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> • <i>4-H Cat Project, Unit 1 (WSU EM4809E)</i> 📖 2015 • <i>4-H Cat Project, Unit 2 (WSU EM4900E)</i> 📖 2013 • <i>Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)</i> 📖 2013 • <i>Cat Fitting and Showmanship (WSU EM4810E)</i> 📖 2015 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>4-H Cat Project, Unit 1 (WSU EM4809E), 2015</i> • <i>4-H Cat Project, Unit 2 (WSU EM4900E), 2013</i> • <i>Cat Anatomy & Physiology, Unit 3 (WSU EM4289E), 2013</i> • <i>Cat Fitting and Showmanship (WSU EM4810E), 2015</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days. • Complete 5 Animal Science activities. • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Record (#72101) <ul style="list-style-type: none"> • A poster (14" x 22") or a display illustrating what you learned in this project this year. <p>AND/OR</p> <ul style="list-style-type: none"> • Exhibit your project animal in a Cat Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cat page: https://www.uidaho.edu/extension/4h/projects/cat To order WSU Cat Curriculum: https://pubs.wsu.edu/ListItems.aspx?CategoryID=284</p>		
<p>Optional Supporting Materials: Available to download at: https://www.uidaho.edu/extension/4h/projects/cat</p> <ul style="list-style-type: none"> • <i>Cat Showmanship Questions and Tips (OH)</i> 		

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CAVY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>4-H Cavy Project Volunteers Guide (PNW 573)</i> 📖 2004 • <i>Cavy Resource Handbook (OH 4-H 215R)</i> 📖 2017 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Provide proper housing, food and primary care for your Cavies for at least 90 days. • Complete 5 Animal Science Activities • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Record (#72101) • A poster (14"x22") or display illustrating something you learned in this project this year. <p>AND/OR</p> <ul style="list-style-type: none"> • Exhibit your project animal in a Cavy Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cavy page: https://www.uidaho.edu/extension/4h/projects/cavy To order 4-H Cavy Project Volunteer Guide (PNW 573): https://catalog.extension.oregonstate.edu/4-h16221</p>		
<p>Optional Supporting Materials: All items listed below are posted (or available for download) at https://www.uidaho.edu/extension/4h/projects/cavy</p> <ul style="list-style-type: none"> • <i>4-H Cavy Project Health Supplement (WI)</i> • <i>American Rabbit Breeders Association (ARBA) Standard of Perfection</i> • <i>American Rabbit Breeders Association (ARBA) Official Guide Book, "Raising Better Rabbits & Cavies"</i> • <i>"Your Guinea Pig" by Wanda L. Curran (1995), Storey publishing</i> • <i>American Cavy Breeders Association (ACBA) Guide Book</i> • <i>Cavy Genetics by Harry Claus</i> 		

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DAIRY CATTLE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Dairy Resource Handbook (OH #127R)</i>  2016 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Dairy Resource Handbook (OH #127R)</i>  2016 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal. <ul style="list-style-type: none"> • <i>Any supplemental forms required at the county level.</i> <p><i>Note:</i> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Records (#72101) • Supplemental forms required at the county level, submitted to county extension office by date specified. • Exhibit project animal at community, county, or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Dairy Cattle Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>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</p>		
<p>Optional Supporting Materials: All items listed below are available to access at https://www.uidaho.edu/extension/4h/projects/dairy-cattle</p> <ul style="list-style-type: none"> • <i>Dairy Heifer Growth Chart (#72120)</i> • <i>Monitoring Dairy Heifer Growth</i>, Penn State, 1988 (see Calves & Heifer Mgt.) • <i>4-H Dairy Cattle Project (Michigan State University)</i> 		

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DOG

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Dog Resource Handbook (OH #201R)</i> 📖 2018 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Dog Resource Handbook OH (#201R)</i> 📖 2018 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Provide primary care for and train 1 or more dogs, which belong to the member or a family pet for at least 90 days. The dog may be registered or an unregistered, crossbred male or female. • Complete 5 Animal Science activities. • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log . • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Records (#72101) • Exhibit dog you trained in appropriate obedience class according to experience and development as follows: Dog in Training: <ul style="list-style-type: none"> ○ Unit 1 – Subnovice ○ Unit 2 – Novice ○ Unit 3 – Graduate Novice ○ Unit 4 – Open Class ○ Unit 5 – Open Challenge ○ Unit 6 – Utility <p>OR</p> <ul style="list-style-type: none"> • Exhibit one of your project animals in a Dog Fitting and Showing class. <p><i>Note:</i> Some counties may require both.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To Order Ohio Materials: – https://extensionpubs.osu.edu/dog-resource-handbook/ Idaho 4-H Dog page: https://www.uidaho.edu/extension/4h/projects/dog</p>		
<p>Optional Supporting Materials: All items listed below are available to access or download at https://www.uidaho.edu/extension/4h/projects/dog</p> <ul style="list-style-type: none"> • <i>4-H Dog Showmanship Guide (IN 4-H 716W)</i> • <i>Dog Project Resources</i> 		

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GOATS MEAT

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Goat Resource Handbook OH (#135R)</i>  2016 • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Choose one or more goats for your Market Goat project. • Comply with current USDA Scrapie requirements • Individually identify each animal with an ear tag and/or tattoo. • Provide one or more forms of positive ownership for a minimum of 70 days. • Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days. • Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms. • Complete 5 Animal Science lessons/activities, gain at least 5 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Any supplemental forms required at the county level.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To Order Ohio Materials: https://extensionpubs.osu.edu/goat-resource-handbook/ Idaho 4-H Meat Goat page: 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</p>		
<p>Optional Supporting Materials: All items listed below are available to access/download at: https://www.uidaho.edu/extension/4h/projects/meat-goat</p> <ul style="list-style-type: none"> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> • <i>Meat Goat Planning Sheet</i> • <i>Market Goat Growth Chart</i> • <i>Idaho 4-H Livestock Cost and Returns Estimate – Market Goat Project (#72596)</i> • <i>4-H Meat Goat Fact Sheets; NY 4-H</i> • <i>Texas Goat Resources</i> • <i>Meat Goat Showmanship (Oklahoma State)</i> 		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Goat Resource Handbook OH (#135R)</i>  2016 • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101) for each project animal.</i> • <i>Any supplemental forms required at the county level.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Records (#72101) • Supplemental forms required at the county level, submitted to county Extension office by date specified. • Display performance data on exhibit or stall card. • Exhibit project animal at community, county, or other county Extension approved livestock show. • Exhibit one of your project animals in a Goat Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To Order Ohio Materials: https://extensionpubs.osu.edu/goat-resource-handbook/ Idaho 4-H Meat Goat page: 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</p>		
<p>Optional Supporting Materials: All items listed below are available to access at https://www.uidaho.edu/extension/4h/projects/meat-goat (scroll down for Breeding Meat Goat resources)</p> <ul style="list-style-type: none"> • <i>Texas Goat Resources</i> • <i>NYS Meat Goat and Breeding Meat Goat Resources</i> • <i>Meat Goat Showmanship (Oklahoma State)</i> 		

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GOATS DAIRY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Goat Resource Handbook OH (#135R)</i> 📖 2016 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Choose one or more goats for your Dairy Goat project. • Comply with current USDA Scrapie requirements • Individually identify each animal with an ear tag and/or tattoo. • Provide one or more forms of positive ownership for a minimum of 90 days. • If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date. • Complete 5 Animal Science activities. • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal. 	<ul style="list-style-type: none"> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Permanent Individual Animal Records (#72101)</i> • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio materials visit: https://extensionpubs.osu.edu/goat-resource-handbook/ Idaho 4-H Dairy goat page: https://www.uidaho.edu/extension/4h/projects/dairy-goat</p>		
<p>Optional Supporting Materials: All items listed below are available to download at: https://www.uidaho.edu/extension/4h/projects/dairy-goat</p> <ul style="list-style-type: none"> • <i>Dairy Goat Showmanship (UCANR 197372)</i> • <i>Dairy Goat Production Record (UAF LPM-00049)</i> 		

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GOATS PACK

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101) for each project animal</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Goat Resource Handbook OH (#135R)</i> 📖 2016 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Own and care for at least 1 pack goat of any breed or mixed breed for at least 90 days. • Comply with current USDA Scrapie requirements. • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101) for each project animal</i> 	<ul style="list-style-type: none"> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Permanent Individual Animal Records (#72101)</i> • Exhibit project animal at community, county or other livestock show. • Exhibit one of your project animals in a goat fitting and showing class. • Display requested data on exhibit or stall card. • Participate in a class that demonstrates skills learned in the project. <p>OR</p> <ul style="list-style-type: none"> • A poster (14" x 22") or display illustrating something you learned in the project this year.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio materials visit: https://extensionpubs.osu.edu/goat-resource-handbook/ Idaho 4-H Pack Goat page: https://www.uidaho.edu/extension/4h/projects/pack-goat</p>		
<p>Optional Supporting Materials: All items listed below are available to access or download at: https://www.uidaho.edu/extension/4h/projects/pack-goat</p> <ul style="list-style-type: none"> • <i>Pack Goat Skills Checklist (#72580 2003)</i> • <i>4-H Pack Goat Project Handbook</i> • <i>NYS Working Goat Resources</i> • <i>Northwest Pack Goats & Supplies</i> 		

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GOATS PET/PYGMY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Goat Resource Handbook OH (#135R)</i>  2016 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days. • Comply with current USDA Scrapie requirements. • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal 	<ul style="list-style-type: none"> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Permanent Individual Animal Records (#72101)</i> • A poster (14" x 22") or display illustrating something you learned in the project this year. <p>AND/OR</p> <ul style="list-style-type: none"> • Exhibit one of your project animals in a Goat Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio materials visit: https://extensionpubs.osu.edu/goat-resource-handbook/ Idaho 4-H Pet/Pygmy Goat page: https://www.uidaho.edu/extension/4h/projects/pet-pygmy-goat</p>		
<p>Optional Supporting Materials: All items listed below are available to access or download at https://www.uidaho.edu/extension/4h/projects/pet-pygmy-goat</p> <ul style="list-style-type: none"> • <i>Goat Showmanship Manual (NDSU GBG091)</i> • <i>Individual Pygmy Goat Information (#72595)</i> • <i>National Pygmy Goat Website</i> • <i>Pygmy Goat Youth Project Guide (order from National Pygmy Goat website)</i> • <i>Youth Project Guide Advisors Manual (order from National Pygmy Goat website)</i> 		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>The 4-H Horse Project</i> (#PNW 587) 📖 2013 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent 4-H Horse Identification and Health Record</i> (#72650) • <i>Basic Horse Safety Manual</i> (#72673) 📖 1989 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>The 4-H Horse Project</i> (#PNW 587) 📖 2013 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) at least 90 days before exhibiting. • If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date. • Keep record of expenses, health care, plus participation in shows and related horse activities/events. • Learn and practice safety precautions necessary to prevent injury to you and your horse. • Complete 5 Horse-related educational lessons/activities. • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent 4-H Horse Identification and Health Record</i> (#72650) <u>for each project animal.</u> • <i>Any supplemental forms required at county level.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent 4-H Horse Identification and Health Record (#72650) • Any supplemental forms required at the county level submitted to county Extension office by date specified. • Exhibit your horse in a show, fair, or other Extension 4-H/Youth program approved event.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Horse page: https://www.uidaho.edu/extension/4h/projects/horse</p>		
<p>Optional Supporting Materials: All listed below accessible at https://www.uidaho.edu/extension/4h/projects/horse</p> <ul style="list-style-type: none"> • <i>Horses and Horsemanship</i> (#CO-200) • <i>Horse Science</i> (#CO-201) • <i>4-H Horse Judging Manual</i> (#PNW 575) • <i>Hunt Seat & Jumper Manual</i> (#PNW 488) • <i>PNW #574: 4-H Horse Contest Guide</i> (#72675) • <i>PNW #229: 4-H Driving Manual</i> (#72682) • <i>Horse Safety Guidelines</i> (Order from American Youth Horse Council) <p>Checklists: All listed below are available for download at https://www.uidaho.edu/extension/4h/projects/horse</p> <ul style="list-style-type: none"> • <i>Working Ranch Horse Optional Focus Area Skills Checklist</i> (#72652) • <i>Hunter/Jumper Optional Focus Area Skills Checklist</i> (#72653) • <i>Driving Optional Focus Area Skills Checklist</i> (#72654) • <i>Trail Optional Focus Area Skills Checklist</i> (#72655) • <i>Dressage Optional Focus Area Skills Checklist</i> (#72656) • <i>General Equitation Optional Focus Area Skills Checklist</i> (#72657) 		

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HORSELESS HORSE

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Horseless Horse (OH #4-H 173)</i> 📖 2016 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Basic Horse Safety Manual (#72673)</i> 📖 1989 <p>Volunteers Materials:</p> <ul style="list-style-type: none"> • <i>Horseless Horse (OH #4-H 173)</i> 📖 2016 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Complete 4 Interest Areas per year. • Record each activity completed in the ZSuites 4-H Project Record Book, Project Information and Activity Log. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Any supplemental forms required at the county level.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Horse page: https://www.uidaho.edu/extension/4h/projects/horse</p>		
<p>Optional Supporting Materials: All items listed below are accessible or available to download at https://www.uidaho.edu/extension/4h/projects/horse</p> <ul style="list-style-type: none"> • <i>Horses and Horsemanship (#CO-200)</i> • <i>Horse Science (#CO-201)</i> • <i>4-H Horse Judging Manual (#PNW575)</i> • <i>Horse Safety Guidelines (order from American Youth Horse Council)</i> 		

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NON-ANIMAL PROJECT OPTION

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>University of Idaho 4-H Animal Science Lessons</i> • <i>University of Idaho 4-H Animal Lesson Plan Tracker</i> • SEE SECTION BELOW FOR SPECIFIC CURRICULUA TO USE • <i>All Idaho 4-H animal project materials are posted at https://www.uidaho.edu/extension/4h/projects</i> 	<ul style="list-style-type: none"> • Obtain approval to do this project from your county 4-H professional. • The purpose of this project is to provide members an opportunity to experience the following projects without animal ownership: Llama/Alpaca Beef, Birds, Cat, Cavy, Dairy Cattle, Dog, Goat, Rabbit, Sheep, Small Animals/Pocket Pets, and Swine • Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the University of Idaho Extension 4-H Animal Science Skills Checklist. • Record each activity completed in the ZSuites 4-H Project Record Book. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Any supplemental forms required at the county level</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14”x 22”) or display illustrating something you learned in this project this year.
<p>Volunteer Materials/ Curriculum:</p> <p><i>Llama/Alpaca – Llama/Alpaca Resource Handbook (OH#132R)</i></p> <p><i>Beef – Beef Resource Handbook (OH #117R)</i></p> <p><i>Birds – The 4-H Poultry Project: An Introduction (WY#12004C)</i></p> <p><i>Cat – WSU 4-H Cat Project Unit 1, 2 and 3</i></p> <p><i>Cavy – 4-H Cavy Project (PNW573)</i></p> <p><i>Dairy Cattle – Dairy Resource Handbook (OH#127R)</i></p> <p><i>Dog – Dog Resource Handbook (OH#201R)</i></p>	<p><i>Goat – Goat Resource Handbook (OH#135R)</i></p> <p><i>Rabbit - Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects (OH#228R)</i></p> <p><i>Sheep – Sheep Resource Handbook for Market and Breeding Projects (OH#194R)</i></p> <p><i>Small Animals/Pocket Pets – Pocket Pets Resource Handbook (OH#220R)</i></p> <p><i>Swine – Swine Resource Handbook for Market and Breeding Projects (OH#134R)</i></p>	
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Projects page: https://www.uidaho.edu/extension/4h/projects University of Idaho Extension 4-H Animal Science Lessons: https://www.uidaho.edu/extension/4h/projects</p>		

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RABBIT MARKET

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R)</i> 📖 2004 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Provide proper housing, food and primary care for your rabbits for no less than eight weeks. • Learn how to fit and show a rabbit. • Complete 5 Animal Science activities. • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Pen of 3 fryers • Exhibit one of your project animals in a Rabbit Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order from Ohio: 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</p>		
<p>Optional Supporting Materials: All materials listed below are accessible or downloadable at https://www.uidaho.edu/extension/4h/projects/rabbits</p> <ul style="list-style-type: none"> • <i>4-H Rabbit Fitting and Showing Member Guide (MSU)</i> • <i>4-H Rabbit Show Preparation and Showmanship Fact Sheet (OH)</i> • <i>The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc. available from Barnes and Noble or Amazon</i> • <i>American Rabbit Breeders Association (ARBA) Standard of Perfection</i> • <i>American Rabbit Breeders Association (ARBA) Official Guide Book, "Raising Better Rabbits & Cavies"</i> 		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R)</i>  2004 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Own 1 or more does for at least 90 days and have access to the appropriate number of bucks (purebred commercial breeds are recommended but crossbreeds may be used). • Raise at least 1 litter per doe, and keep or market the young. • Provide proper housing, feed and primary care for your rabbits. • Keep breeding pedigree, performance and production records on your rabbits. • Learn how to fit and show a rabbit. • Complete 5 Animal Science activities. • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal 	<ul style="list-style-type: none"> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Permanent Individual Animal Records (#72101)</i> • One project rabbit (select from a junior doe, senior doe, junior buck or senior buck). • Exhibit one of your project animals in a Rabbit Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order from Ohio: 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</p>		
<p>Optional Supporting Materials: All materials listed below are accessible or downloadable at https://www.uidaho.edu/extension/4h/projects/rabbits</p> <ul style="list-style-type: none"> • <i>4-H Rabbit Fitting and Showing Member Guide (MSU)</i> • <i>4-H Rabbit Show Preparation and Showmanship Fact Sheet (OH)</i> • <i>The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc. available from Barnes and Noble or Amazon</i> • <i>American Rabbit Breeders Association (ARBA) Standard of Perfection</i> • <i>American Rabbit Breeders Association (ARBA) Official Guide Book, "Raising Better Rabbits & Cavies"</i> 		

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RABBIT PET

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R)</i> 📖 2004 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal 	<ul style="list-style-type: none"> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Permanent Individual Animal Record (#72101)</i> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. <p>AND/OR</p> <ul style="list-style-type: none"> • Exhibit one of your project animals in a Rabbit Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order from Ohio: 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</p>		
<p>Optional Supporting Materials: All materials listed below are accessible or downloadable at https://www.uidaho.edu/extension/4h/projects/rabbits</p> <ul style="list-style-type: none"> • <i>4-H Rabbit Fitting and Showing Member Guide (MSU)</i> • <i>4-H Rabbit Show Preparation and Showmanship Fact Sheet (OH)</i> • <i>The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc. available from Barnes and Noble or Amazon</i> • <i>American Rabbit Breeders Association (ARBA) Standard of Perfection</i> • <i>American Rabbit Breeders Association (ARBA) Official Guide Book, "Raising Better Rabbits & Cavies"</i> 		

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SHEEP MARKET

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Sheep Resource Handbook for Market and Breeding Projects OH (#194R)</i> 📖 2011 • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Choose at least one wether or ewe for your Market Lamb project. • Comply with current USDA Scrapie requirements. • Provide one or more forms of positive ownership (70 days) for each project animal. • Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days. • Individually identify each animal with an ear tag, tattoo or ear notch. • Provide appropriate documentation 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. • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Any supplemental forms required at the county level.</i> <p>Note: Each member is strongly encouraged to participate in a livestock judging contest.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Any supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit project animal(s) at a community, county or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Sheep Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio State Materials: 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 University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects</p>		
<p>Optional Supporting Materials: All items listed below are available at https://www.uidaho.edu/extension/4h/projects/sheep</p> <ul style="list-style-type: none"> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> • <i>Market Sheep Planning Sheet</i> • <i>Market Lamb Growth Chart (#72130)</i> • <i>Beef, Sheep and Swine Selection and Evaluation</i> • <i>Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)</i> • <i>Sheep Showmanship Video (#72898)</i> 		

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SHEEP BREEDING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Sheep Resource Handbook for Market and Breeding Projects OH (#194R)</i> • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Choose and provide primary care for one or more ewes for your Breeding Sheep project. • Comply with current USDA Scrapie requirements. • Provide one or more forms of positive ownership (90 days) for each project animal. • Individually identify each animal with an ear tag, tattoo or ear notch. • If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date. • Complete 5 Animal Science lessons/activities, gain at least 5 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal • <i>Any supplemental forms required at the county level.</i> <p>Note: Each member is strongly encouraged to participate in a livestock judging contest.</p>	<ul style="list-style-type: none"> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>Permanent Individual Animal Records (#72101)</i> • Any supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit project animal(s) at a community, county or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Sheep Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order Ohio State Materials: 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 University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects</p>		
<p>Optional Supporting Materials: All items listed below are available at https://www.uidaho.edu/extension/4h/projects/sheep</p> <ul style="list-style-type: none"> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> • <i>Market Sheep Planning Sheet</i> • <i>Market Lamb Growth Chart (#72130)</i> • <i>Beef, Sheep and Swine Selection and Evaluation</i> • <i>Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)</i> • <i>Sheep Showmanship Video (#72898)</i> 		

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SMALL ANIMAL, POCKET PETS, & OTHER ANIMALS

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Pocket Pets Resource Handbook (OH #220R)</i> 📖 2017 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Members should provide proper housing, food, and primary care for their pet for at least 60 days. <p>In member's current Project Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Records (#72101) • A poster (14"x22") or display illustrating something you learned in this project this year. <p>AND/OR</p> <ul style="list-style-type: none"> • Exhibit their project animal in a corresponding species Fitting and Showing class.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Pocket Pets page: https://www.uidaho.edu/extension/4h/projects/pocket-pet To order Ohio curriculum visit: https://extensionpubs.osu.edu/pocket-pets-resource-handbook/</p>		

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SWINE MARKET

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Swine Resource Handbook for Market and Breeding OH (#134R)</i> 📖 2001 • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>4-H Animal Project Record</i> • <i>Any supplemental forms required at the county level.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Any supplemental forms required at the count 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>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</p>		
<p>Optional Supporting Materials: All items listed below are accessible or downloadable at https://www.uidaho.edu/extension/4h/projects/swine</p> <ul style="list-style-type: none"> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> • <i>Market Swine Growth Chart (#72140)</i> • <i>Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)</i> • <i>Exploring Swine Health and Husbandry</i> • <i>Swine Showmanship Video</i> 		

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Animal Project Record Book</i> • <i>Permanent Individual Animal Record (#72101)</i> • <i>4-H Animal Science Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Swine Resource Handbook for Market and Breeding OH (#134R)</i> 📖 2001 • <i>4-H Animal Science Lessons</i> • <i>4-H Animal Lesson Plan Tracker</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>4-H Animal Project Record</i> • <i>Permanent Individual Animal Record (#72101)</i> for each project animal • <i>Any supplemental forms required at the county level.</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Animal Project Record Book • ZSuites 4-H Involvement Report • Permanent Individual Animal Records (#72101) • Any supplemental forms required at the count 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>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</p>		
<p>Optional Supporting Materials: All items listed below are accessible or downloadable at https://www.uidaho.edu/extension/4h/projects/swine</p> <ul style="list-style-type: none"> • <i>Market Animal Health Supplement</i> • <i>Market Animal Weight Guidelines</i> • <i>Market Swine Growth Chart (#72140)</i> • <i>Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)</i> • <i>Exploring Swine Health and Husbandry</i> • <i>Swine Showmanship Video</i> 		

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CROPS

SMALL GRAINS

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>4-H Small Grains Production Guide (#73115)</i> • <i>4-H Small Grains Record Book (#73116)</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>4-H Small Grains Production Guide (#73115)</i>  2002 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. • Plant a minimum of five acres of small grains • 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. • 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. <p style="text-align: center;">AND</p> <ul style="list-style-type: none"> • 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. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>4-H Small Grains Production Guide (#73115)</i> • <i>4-H Small Grains Record Book (#73116)</i> 	<ul style="list-style-type: none"> • 4-H Small Grains Production Guide (#73115) • 4-H Small Grains Record Book (#73116) • ZSuites 4-H Involvement Report • 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Small Grains page (and project materials available for download): https://www.uidaho.edu/extension/4h/projects/small-grains</p>		

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CROPS FIELD BEANS

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<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>4-H Bean Production Guide (#73117)</i> • <i>4-H Bean Grower Workbook (#73118)</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>4-H Bean Production Guide (#73117)</i> 📖 2004 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>4-H Bean Grower Workbook (#73118)</i> 	<ul style="list-style-type: none"> • 4-H Bean Grower Workbook (#73118) • ZSuites 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Field Beans page (and project materials available for download): https://www.uidaho.edu/extension/4h/projects/field-beans</p>		

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CROPS SUGARBEETS

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Snake River Sugar Company Youth Grower Record Book</i>  2019 • <i>Presentation Fair Requirements Sheet</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <p><i>None</i></p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. • 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. • Complete a research project and display research at the Presentation Fair (see Presentation Fair Requirements for more detailed instructions). • Participate in the annual Presentation Fair with completed display board, oral presentation and interview. • 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. • Close, summarize, and turn in projects to the County Extension Office on or before the second Monday in January. • Participate in a club-based service project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>Snake River Sugar Company Youth Grower Record Book</i> • <i>ZSuites 4-H Involvement Report</i> • <i>One research project and presentation at the Sugar Beet Presentation Fair</i> 	<ul style="list-style-type: none"> • Snake River Sugar Company Youth Grower Record Book • ZSuites 4-H Involvement Report • Exhibit a sample of sugar beets (3) at the county fair according to instructions (Preparing Sugar beets for Exhibit) section of the record book.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Sugarbeets page (and project materials available for download): https://www.uidaho.edu/extension/4h/projects/sugarbeets Snake River Sugar Company https://www.scroop.com</p>		

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CROPS POTATOES

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>4-H Potato Grower Workbook (#73119)</i> 📖2004 • <i>4-H Potato Project and Record Book (#73119a)</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <p><i>None</i></p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>4-H Potato Grower Workbook (#73119)</i> 	<ul style="list-style-type: none"> • 4-H Potato Grower Workbook (#73119) • ZSuites 4-H Involvement Report • Pesticide Report • Exhibit a sample of potatoes at the county fair according to local fair regulations or at a public exhibit other than the county fair (talk to your Volunteer and/or Extension Educator for approval).
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Potatoes page (and project materials available for download): https://www.uidaho.edu/extension/4h/projects/potatoes</p>		

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GARDENING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>See Them Sprout, Level A (#4-H-1037)</i>  2016 • National 4-H Curriculum <i>Let's Get Growing, Level B (#4-H-1038)</i>  2016 • National 4-H Curriculum <i>Take Your Pick, Level C (#4-H-1039)</i>  2016 • National 4-H Curriculum <i>Growing Profits, Level D (#4-H-1040)</i>  2016 • <i>Suggested 4-H Garden Exhibits (#4-H-970-W)</i>  2016 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Gardening Helper's Guide (#4-H-1041-W)</i>  2016 • <i>Suggested 4-H Garden Exhibits (#4-H-970-W)</i>  2016 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete the 6 designated activities for the respective year you are in the given book (first year = 1A-6A, second year = 1B-6B, etc.). • Have your project helper date (month and year) each activity when it is finished. • Complete the questions at the back of the member manual for their respective year in the project. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits (#4-H-970-W)
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order National 4-H Curriculum visit: Unit A: https://shop4-h.org/products/gardening-curriculum-a-see-them-sprout Unit B: https://shop4-h.org/products/gardening-curriculum-b-lets-get-growing Unit C: https://shop4-h.org/products/gardening-curriculum-c-take-your-pick Unit D: https://shop4-h.org/products/gardening-curriculum-d-growing-profits Helper Guide: https://shop4-h.org/products/2016-gardening-curriculum-helpers-guide Idaho 4-H Gardening page: https://www.uidaho.edu/extension/4h/projects/gardening</p>		

Plants and Animals

JUNIOR MASTER GARDENER

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • Optional: <i>Junior Master Gardener Handbook, Level 1 (#B-6082), 2001</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Junior Master Gardener Teacher/Volunteer Guide, Level 1 (#B-6083)</i> 📖 2001 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 different JMG activities each year. • Have your project helper date (month and year) and initial a copy of each activity completed for your notebook. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Copies of the activities you have completed that are initialed by your helper (in notebook or folder). <p>Exhibit one of the following:</p> <ul style="list-style-type: none"> • A scrapbook of labeled plants, herbs or aspects of plant ecology. • A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • A poster (14" x 22") or display illustrating something you learned in this project this year. • Other suitable exhibit approved by your County Extension Office.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order the Level 1 Handbook (also available in Spanish) or the Teacher/Volunteer guide visit http://www.agrilifebookstore.org/category-s/1838.htm Idaho 4-H Junior Master Gardener page: https://www.uidaho.edu/extension/4h/projects/junior-master-gardener</p>		
<p>Optional Supporting Materials:</p> <ul style="list-style-type: none"> • Kiefer, J., and M. Kemple (1998) <i>Digging Deeper Integrating Youth Gardens Into Schools & Communities</i>, American Community Gardening Association, Philadelphia, PA. • Meche, M, Seagraves, R., Whittlesey, L. (2004) <i>Wildlife Gardener</i>, Junior Master Gardener, Golden Ray Series™, Texas Agricultural Extension Service, Texas A & M University, College Station, TX, http://jmgkids.us/ • <i>Operation Thistle: Seeds of Despair Plant Growth & Development</i>, Level 2 (2002) Texas Agricultural Extension Service, Agricultural Communications, 107 Reed McDonald Building, College Station, Texas 77843-2112 , ISBN 0-9672990-9-8 http://jmgkids.us/curriculum/operation-thistle/ • Whittlesey, L., Seagraves, R., (2005) <i>Literature in the Garden</i>, Junior Master Gardener, Golden Ray Series™, Texas Agricultural Extension Service, Texas A & M University, College Station, TX. http://jmgkids.us/lit/ • Whittlesey, L., Seagraves, R., Welsh, D and G. Hall (2001) <i>Health and Nutrition from the Garden</i>, Junior Master Gardener, Golden Ray Series™, Texas Agricultural Extension Service, Texas A & M University, College Station, TX, https://jmgkids.us/curriculum/health-nutrition-from-the-garden/ • Krasny, M. (2005) <i>Garden Mosaics Program Manual</i>, Cornell University, Ithaca, NY, https://civicecology.org/outreach/garden-mosaics/ 		

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ENTOMOLOGY

LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Teaming with Insects Level 1</i> (#08440) 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Teaming with Insects Facilitators Guide</i> (#08443) 📖 2014 <p>Classification materials: (available on website)</p> <ul style="list-style-type: none"> • Field Guide to Insects of North Americas (Eaton/Kaufman) • Field Guide to Insects and Spiders (Evans) 	<p>Using the “Teaming with Insects” Level 1 curriculum booklet:</p> <ul style="list-style-type: none"> • Complete a minimum of 5 activities per year. • Complete all 16 activities within 3 years to pass Level 1. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Note: See “Special Directions” at the end of the Entomology Section for more information about this project.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • 1st Year: Collection of at least 15 adult insects (consists of at least 3 orders, including the Order Lepidoptera). • 2nd Year: Collection of at least 20 adult insects, including 15 different insects you haven’t exhibited before (including at least 4 orders) • 3rd Year: Collection of at least 25 adult insects, including 15 different insects you haven’t exhibited before (including at least 5 orders). <p>Use at least 2 different methods of collecting.</p> <p>OR</p> <ul style="list-style-type: none"> • 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.). <p>OR</p> <ul style="list-style-type: none"> • 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.) <p>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.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order National 4-H Curriculum visit: https://shop4-h.org/products/entomology-curriculum-1-teaming-with-insects Facilitator Guide: https://shop4-h.org/products/entomology-curriculum-facilitators-guide Idaho 4-H Entomology page: https://www.uidaho.edu/extension/4h/projects/entomology</p>		
<p>Optional Supporting Materials: All items accessible at https://www.uidaho.edu/extension/4h/projects/entomology</p> <ul style="list-style-type: none"> • <i>Field Guide to Insects of North Americas</i> (Eaton/Kaufman) • <i>Field Guide to Insects and Spiders</i> (Evans) • <i>Preparing Insect Specimens for Exhibit</i> (#82358) • <i>Bug Guide</i> (Iowa State University) • <i>How To Make an Awesome Insect Collection</i> (Purdue) 		

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ENTOMOLOGY

LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Teaming with Insects Level 2 (#08441)</i> 📖 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Teaming with Insects Facilitators Guide (#08443)</i> 📖 2014 <p>Classification materials: (available on website)</p> <ul style="list-style-type: none"> • Field Guide to Insects of North Americas (Eaton/Kaufman) • Field Guide to Insects and Spiders (Evans) 	<p>Pre-requisites: Complete Entomology Level 1 (or approval of 4-H Professional)</p> <p>Using the “Teaming with Insects” Level 2 curriculum booklet:</p> <ul style="list-style-type: none"> • Complete a minimum of 5 activities per year. • Complete all 16 activities within 3 years to pass Level 2. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Note: See “Special Directions” at the end of the Entomology Section for more information about this project.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • 1st Year: Collection of at least 15 insects, including 10 different insects you haven’t exhibited before. Five insects should be mounted with card-point for display. At least 7 should be identified to family, including at least 3 orders. Use of ethyl alcohol to preserve. • 2nd Year: Collection of 20 adult insects and 5 nymphs (not necessarily the same as the adults collected), including 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 5 orders). Use soft body preserving techniques. • 3rd Year: Collection of at least 25 insects, including 15 different insects you haven’t exhibited before (at least 15 identified to family; including at least 10 orders). Include 1 incomplete metamorphosis (egg-nymph-adult) Use “Rearing Cage” Collection Method. <p>OR</p> <p>A report of things you have learned or researched (such as results of observations of insect traps, habitats, life cycle, entomology careers, etc.).</p> <p>OR</p> <p>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.).</p> <p>Collection: Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Entomology page: https://www.uidaho.edu/extension/4h/projects/entomology To order National 4-H Curriculum visit: https://shop4-h.org/products/entomology-curriculum-2-teaming-with-insects Facilitator Guide: https://shop4-h.org/products/entomology-curriculum-facilitators-guide</p>		
<p>Optional Supporting Materials: All items accessible at https://www.uidaho.edu/extension/4h/projects/entomology</p> <ul style="list-style-type: none"> • <i>Field Guide to Insects of North Americas (Eaton/Kaufman)</i> • <i>Field Guide to Insects and Spiders (Evans)</i> • <i>Preparing Insect Specimens for Exhibit (#82358)</i> • <i>Bug Guide (Iowa State University)</i> • <i>How To Make an Awesome Insect Collection (Purdue)</i> 		

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ENTOMOLOGY LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Teaming with Insects, Level 3</i> (#08442) 2014 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Teaming with Insects Facilitators Guide</i> (#08443) 2014 <p>Classification materials: (available on website)</p> <ul style="list-style-type: none"> • Field Guide to Insects of North Americas (Eaton/Kaufman) • Field Guide to Insects and Spiders (Evans) 	<p>Pre-requisites: Complete Entomology Level 2 (or approval of 4-H Professional)</p> <ul style="list-style-type: none"> • Using the “Teaming with Insects” Level 3 curriculum booklet: • Complete a minimum of 5 activities per year. • Complete all 15 activities within 3 years to pass Level 3. • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Note: *See “Special Directions” at the end of the Entomology Section for more information about this project.</p>	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • 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.* • 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.* • 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.* <p>OR</p> <ul style="list-style-type: none"> • 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.). <p>OR</p> <ul style="list-style-type: none"> • 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.). <p>Collection: Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Entomology page: https://www.uidaho.edu/extension/4h/projects/entomology To order National 4-H Curriculum visit: https://shop4-h.org/products/entomology-curriculum-3-teaming-with-insects Facilitator Guide: https://shop4-h.org/products/entomology-curriculum-facilitators-guide</p>		
<p>Optional Supporting Materials: All items accessible at https://www.uidaho.edu/extension/4h/projects/entomology</p> <ul style="list-style-type: none"> • <i>Field Guide to Insects of North Americas (Eaton/Kaufman)</i> • <i>Field Guide to Insects and Spiders (Evans)</i> • <i>Preparing Insect Specimens for Exhibit (#82358)</i> • <i>Bug Guide (Iowa State University)</i> • <i>How To Make an Awesome Insect Collection (Purdue)</i> 		

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ENTOMOLOGY SPECIAL DIRECTIONS

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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.

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BEEKEEPING

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>4-H Beekeeping Level 1, Understanding the Honey Bee (#PU 4-H-571)</i> 📖2006 • <i>4-H Beekeeping Level 2, Working With Honey Bees (#PU 4-H-586-W)</i> 📖2014 • <i>4-H Beekeeping Level 3, Advanced Beekeeping Methods (#PU 4-H-593-W)</i> 📖2015 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Indiana 4-H Beekeeping Helper's Guide (#PU 4-H-576-W)</i> 📖2008 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Complete each section of the Beekeeping manual for your respective Level (1, 2, 3) • Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Beekeeping Manual for your respective Level (1, 2, 3)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14" x 22") or display related to the project and unit. <p>OR</p> <ul style="list-style-type: none"> • One jar of Honey
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Beekeeping page: https://www.uidaho.edu/extension/4h/projects/beekeeping</p>		
<p>Optional Supporting Materials: All items listed below are accessible at https://www.uidaho.edu/extension/4h/projects/beekeeping</p> <ul style="list-style-type: none"> • <i>Foundation for the Preservation of Honey Bees</i> • <i>The Bee Hive – Honey Bee Extension (Purdue)</i> • <i>Beekeeping Project (OH)</i> 		

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VETERINARY SCIENCE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Nebraska Curriculum: The Normal Animal-Unit 1 (#4H131)</i>  2008 • <i>Animal Diseases-Unit 2 (#4H48)</i>  2008 • <i>Animal Health & It's Relationship to Our World-Unit 3 (#4H133)</i>  2002 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Veterinary Science Volunteer's Guide (#4H192)</i>  2002 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 activities from supporting materials for Veterinary Science. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Veterinary Science Manual</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Veterinary Science Manual (#4H131/4H48/4H133) • A poster (14" x 22") or display related to the project and unit.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To purchase Nebraska curriculum, visit: http://marketplace.unl.edu/ne4h/curriculum/animalscience?p=2 Idaho 4-H Veterinary Science page: https://www.uidaho.edu/extension/4h/projects/veterinary-science</p>		
<p>Optional Supporting Materials: National 4-H Curriculum https://shop4-h.org/products/veterinary-science-curriculum-set-of-4</p> <ul style="list-style-type: none"> • <i>From Airedales to Zebras-Level 1 (#08048)</i> • <i>All Systems Go-Level 2 (#08049)</i> • <i>On the Cutting Edge-Level 3 (#08050)</i> • <i>Helpers Guide (#08051)</i> 		

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AEROSPACE LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> National 4-H Curriculum <i>Pre-Flight (#BU-06842)</i>  2003 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> National 4-H Curriculum <i>Aerospace Adventures Helper's Guide</i> (#BU-06846)  2003 	<p>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.</p>	<ul style="list-style-type: none"> 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.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order National 4-H Curriculum: https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-1-pre-flight Volunteer Guide: https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-helpers-guide Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures</p>		

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AEROSPACE LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Lift-Off, Stage 2, Aerospace Activity Guide (#BU-06843)</i> 📖 2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Aerospace Adventures Helper's Guide (#BU-06846)</i> 📖 2003 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • An item you made in this project. Suggested items: • Rocket made from a kit (Skill Level 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). <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. <p>OR</p> <ul style="list-style-type: none"> • Report of things you learned or researched. <p><i>Note:</i> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</p> <p><i>* See Special Directions at end of Aerospace requirements.</i></p>

County Requirements:

Check with your County Extension Office for more information.

Supporting Materials:

To order National 4-H Curriculum: <https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-2-lift-off>

Volunteer Guide: <https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-helpers-guide>

Idaho 4-H Aerospace page: <https://www.uidaho.edu/extension/4h/projects/aerospace-adventures>

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AEROSPACE LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Council <i>Reaching New Heights, Stage 3, Project Activity Guide (#BU-06849)</i> 📖 2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Council <i>Aerospace Adventures Helper's Guide (#BU-06846)</i> 📖 2003 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • An item you made in this project. Suggested items: Rocket made from a kit (Skill Level 2 or 3, include plans). Fighter kite that can roll, pitch, and yaw (include plans). <ul style="list-style-type: none"> ➤ Model airplane from a kit (include plans). ➤ Any model rocket or airplane (intermediate skill level) not built from a kit (include plans). <p>OR</p> <ul style="list-style-type: none"> ➤ A poster (14"x22") or display illustrating something you learned in this project this year. <p>OR</p> <ul style="list-style-type: none"> ➤ Report of things you learned or researched. <p><i>Note:</i> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</p> <p><i>* See Special Directions at end of Aerospace requirements.</i></p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order National 4-H Curriculum: https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-3-reaching-new-heights Volunteer Guide: https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-helpers-guide Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures</p>		

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AEROSPACE LEVEL 4

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Pilot In Command, Stage 4, Aerospace Activity Guide (#BU-06845)</i> 📖 2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Aerospace Adventures Helper's Guide (#BU-06846)</i> 📖 2003 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • An item made in this project. Suggested items: • Rocket made from a kit (Skill Level 3 or 4, include plans). • Box kite (include plans) • Any model rocket or airplane (Advanced skill level) not built from a kit (include plans). • Remote control airplane made from a kit (include plans). <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. <p>OR</p> <ul style="list-style-type: none"> • Report of things you learned or researched. <p>Note: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels. * <i>See Special Directions at end of Aerospace requirements.</i></p>
<p>County Requirements: Check with you County Extension office for more information.</p>		
<p>Supporting Materials: To order National 4-H Curriculum: https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-4-pilot-in-command Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures Volunteer Guide: https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-helpers-guide</p>		
<p>*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.</p>		

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BICYCLE LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Bicycling for Fun</i> (#BU-08334) 📖 2006 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Bicycle Group, Helper's Guide</i> (#BU-08336) 📖 2006 • <i>Bicycle – Don't Get Stuck: Fix It! DVD</i> (DV-08399) 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 (5 regular activities and 2 pedaling harder). • Finish all 4 steps of the Planning Guide. • Complete this book within 2 years. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14"x22") or display illustrating something you learned in bicycle this year. <p><i>Note:</i> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials To order materials from National 4-H Council visit: https://shop4-h.org/products/bicycle-curriculum-1-bicycling-for-fun Volunteer Guide: https://shop4-h.org/products/bicycle-curriculum-helpers-guide DVD: https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd Idaho 4-H Bicycle page: https://www.uidaho.edu/extension/4h/projects/bicycle</p>		

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BICYCLE LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Wheels In Motion,</i> (#BU-08335) 📖 2006 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Bicycle Group, Helper's Guide</i> (#BU-08336) 📖 2006 • <i>Bicycle - Don't Get Stuck: Fix It DVD</i> (#DV-08399) 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • A poster (14"x22") or display illustrating something you learned in bicycle this year. <p><i>Note:</i> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials To order materials from National 4-H Council visit: https://shop4-h.org/products/bicycle-curriculum-2-wheels-in-motion Volunteer Guide: https://shop4-h.org/products/bicycle-curriculum-helpers-guide DVD: https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd Idaho 4-H Bicycle page: https://www.uidaho.edu/extension/4h/projects/bicycle</p>		

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SCRATCH LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> National 4-H Curriculum, <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)</i>  2016 <i>ZSuites 4-H Involvement Report</i> <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> National 4-H Curriculum, <i>Discovering Computer Science & Programming through Scratch-Level One Fundamentals Facilitators Guide (#01607F)</i>  2016 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> 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. <p>Complete the following:</p> <ul style="list-style-type: none"> <i>ZSuites 4-H Involvement Report</i> <i>ZSuites 4-H Project Record Book</i> <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)</i> 	<ul style="list-style-type: none"> ZSuites 4-H Project Record Book ZSuites 4-H Involvement Report Completed <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)</i> A poster (14"x22") or display illustrating something you learned in the project this year. <p>OR</p> <ul style="list-style-type: none"> Demonstration of software
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order materials from National 4-H Council visit: 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</p>		
<p>Optional Support Materials: <i>Google CS First curriculum (free) available at: https://csfirst.withgoogle.com/c/cs-first/en/curriculum.html</i></p>		

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum, <i>Discovering Computer Science & Programming through Scratch-Level Two: Fundamentals Youth Guide (#01801Y)</i>  2017 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • Included in Level 2 youth guide <p>National 4-H Curriculum, <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</i>  2017</p>	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</i> • A poster (14"x22") or display illustrating something you learned in the project this year. <p>OR</p> <ul style="list-style-type: none"> • Demonstration of software
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order materials from National 4-H Council visit: https://shop4-h.org/products/computer-science-2 Idaho 4-H Computer page: https://sitecore.uidaho.edu/extension/4h/projects/computing</p>		
<p>Optional Support Materials: Google CS First curriculum (free) available at: https://csfirst.withgoogle.com/c/cs-first/en/curriculum.html</p>		

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SCRATCH LEVEL 3

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum, <i>Discovering Computer Science & Programming through Scratch-Level Three: Fundamentals Youth Guide (#01802Y)</i>  2017 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • Included in Level 3 youth guide National 4-H Curriculum, <i>Discovering Computer Science & Programming through Scratch-Level One Fundamentals Youth Guide (#01802Y)</i>  2017 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed <i>Discovering Computer Science & Programming through Scratch-Level One: Fundamentals Youth Guide (#01802Y)</i> • A poster (14"x22") or display illustrating something you learned in the project this year. <p>OR</p> <ul style="list-style-type: none"> • Demonstration of software
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order materials from National 4-H Council visit: https://shop4-h.org/products/computer-science-3 Idaho 4-H Computer page: https://sitecore.uidaho.edu/extension/4h/projects/computing</p>		
<p>Optional Support Materials: Google CS First curriculum (free) available at: https://csfirst.withgoogle.com/c/cs-first/en/curriculum.html</p>		

Science & Technology

ELECTRICITY LEVEL 1

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Magic of Electricity, Level 1 (#BU-06848)</i> 📖 2002 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Electricity Excitement, Helper's Guide (#BU-06852)</i> 📖 2002 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Member Guide (this is a 3 year project make a delineation of what items are completed each year) <p>AND Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:</p> <ul style="list-style-type: none"> • 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): <ul style="list-style-type: none"> ○ Homemade Flashlight ○ Simple Switch ○ Circuit with two batteries and one light bulb ○ Compass ○ Electromagnet ○ Galvanometer ○ Electric Motor <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials To order materials from National 4-H Council visit: https://shop4-h.org/products/electric-excitement-curriculum-1-magic-of-electricity Volunteer Guide: https://shop4-h.org/products/electric-excitement-helpers-guide Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power</p>		

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ELECTRICITY

LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Investigating Electricity, Level 2</i> (#BU-06849) 📖 2002 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Electric, Group Guide</i> (#BU-06852) 📖 2002 	<p>In the member's current 4HCCS Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Member Guide (this is a 3 year project make a delineation of what items are completed each year) <p>AND Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:</p> <ul style="list-style-type: none"> • 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 <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials To order materials from National 4-H Council visit https://shop4-h.org/products/electric-excitement-curriculum-2-investigating-electricity Volunteer Guide: https://shop4-h.org/products/electric-excitement-helpers-guide Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power</p>		

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ELECTRICITY LEVEL 3

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Wired for Power, Level 3 (#BU-06850)</i> 📖 2002 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Electric, Group Guide (#BU-06852)</i> 📖 2002 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed Member Guide <p>AND Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:</p> <ul style="list-style-type: none"> • 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): <ul style="list-style-type: none"> ○ 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 <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.</p>
<p>County Requirements: Contact your County Extension office for more information.</p>		
<p>Supporting Materials To order materials from National 4-H Council visit https://shop4-h.org/products/electric-excitement-curriculum-3-wired-for-power Volunteer Guide: https://shop4-h.org/products/electric-excitement-helpers-guide Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power</p>		

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ELECTRICITY

LEVEL 4

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Entering Electronics, Level 4 (#BU-06851)</i> 📖 2002 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Electric, Helper's Guide (#BU-06852)</i> 📖 2002 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed member guide <p>Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:</p> <ul style="list-style-type: none"> • 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): <ul style="list-style-type: none"> ○ 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 <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials To order materials from National 4-H Council visit https://shop4-h.org/products/electric-excitement-curriculum-4-entering-electronics Volunteer Guide: https://shop4-h.org/products/electric-excitement-helpers-guide Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power</p>		

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SMALL ENGINES LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Crank It Up, Level 1</i> (#BU-08186) 📖 2005 • ZSuites 4-H Involvement Report • ZSuites 4-H Project Record Book <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Small Engines Helper's Guide</i> (#BU-08189) 📖 2005 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • ZSuites 4-H Involvement Report • ZSuites 4-H Project Record Book 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book #91950 • ZSuites 4-H Involvement Report • Completed Member Guide <p>Exhibit one of the following:</p> <ul style="list-style-type: none"> • 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): <ul style="list-style-type: none"> ○History of Engines ○Classifying Small Engines ○Uses of Small Engines ○Matching machines to the job ○Engine operation ○Small Engine Parts ○Buying Small Engine Parts ○Electrical System Operation ○Needs for Lubrication ○Needs for Cooling System <p><i>Note:</i> Exhibits must utilize only skills, tools, and techniques taught in this project book.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order National 4-H Curriculum visit: https://shop4-h.org/products/small-engines-curriculum-1-crank-it-up Volunteer Guide: https://shop4-h.org/products/small-engines-curriculum-helpers-guide Idaho 4-H Small Engines page: https://www.uidaho.edu/extension/4h/projects/small-engines</p>		
<p>Optional Supporting Materials: www.briggsandstratton.com (Briggs and Stratton) www.ariens.com/en-us (Ariens) www.deere.com (John Deere) www.kohlerengines.com (Kohler) http://www.tecumseh.com Tune (Tecumseh)</p>		

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SMALL ENGINES LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Warm It Up, Level 2</i> (#BU-08187)  2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Small Engines Helper's Guide</i> (#BU-08189)  2005 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed Member Guide <p>Exhibit one of the following:</p> <ul style="list-style-type: none"> • 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): <ul style="list-style-type: none"> ○ 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 <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order National 4-H Curriculum visit: https://shop4-h.org/products/small-engines-curriculum-2-warm-it-up Volunteer Guide: https://shop4-h.org/products/small-engines-curriculum-helpers-guide Idaho 4-H Small Engines page: https://www.uidaho.edu/extension/4h/projects/small-engines</p>		
<p>Optional Supporting Materials: www.briggsandstratton.com (Briggs and Stratton) www.ariens.com/en-us (Ariens) www.deere.com (John Deere) www.kohlerengines.com (Kohler) http://www.tecumseh.com Tune (Tecumseh)</p>		

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SMALL ENGINES LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Tune It Up, Level 3</i> (#BU-08188) 📖 2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Small Engines Helper's Guide</i> (#BU-08189) 📖 2005 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed member guide • A poster (14"x22") or display illustrating something you learned in this project this year. <p>OR</p> <ul style="list-style-type: none"> • A scrapbook of pictures of an activity you conducted • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ Small engine cutaway ○ Small engine tools and their uses ○ Troubleshooting a small engine ○ Engine valve failures ○ Lawnmower blades service ○ Rebuild a small engine ○ Rebuild small engine equipment ○ Build equipment powered by small engines, such as log splitter, go-cart, etc. ○ Small engine design trends ○ Oil refining process <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order National 4-H Curriculum visit: https://shop4-h.org/products/small-engines-curriculum-3-tune-it-up Volunteer Guide: https://shop4-h.org/products/small-engines-curriculum-helpers-guide Idaho 4-H Small Engines page: https://www.uidaho.edu/extension/4h/projects/small-engines</p>		
<p>Optional Supporting Materials: www.briggsandstratton.com (Briggs and Stratton) www.ariens.com/en-us (Ariens) www.deere.com (John Deere) www.kohlerengines.com (Kohler) http://www.tecumseh.com Tune (Tecumseh)</p>		

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ROBOTICS JUNK DRAWER

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Junk Drawer Robotics: Youth Robotics Notebook (#08435)</i> 📖 2011 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Junk Drawer Robotics, Level 1: Give Robots a Hand (#08431)</i> 📖 2011 • <i>Junk Drawer Robotics, Level 2: Robots on the Move (#08432)</i> 📖 2011 • <i>Junk Drawer Robotics, Level 3: Mechatronics (#08433)</i> 📖 2011 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • In your Youth Robotics Notebook, complete the 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Complete Robotics Notebook (#83178) • ZSuites 4-H Project Record Book • One or more youth-designed junk drawer robots.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order materials from National 4-H Council visit: Youth Notebook: https://shop4-h.org/products/junk-drawer-robotics-curriculum-youth-notebook Level 1: https://shop4-h.org/products/junk-drawer-robotics-curriculum-1-give-robotics-a-hand Level 2: https://shop4-h.org/products/junk-drawer-robotics-2-robots-on-the-move Level 3: https://shop4-h.org/products/junk-drawer-robotics-curriculum-3-mechatronics Online materials from National 4-H Council: http://4-h.org/parents/curriculum/robotics/ University of Idaho Extension 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</p>		

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ROBOTICS: FIRST® LEGO® League (FLL)

Tournament Track

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>LEGO® MINDSTORMS® NXT or EV3 set and associated programming software</i> • <i>Field Setup Kit</i> • <i>FLL Challenge</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Participate in volunteer coach/mentor training by University of Idaho Extension Robotics</i> • <i>Register team with FIRST</i> • <i>FLL Coaches' Handbook Register for qualifying tournament with University of Idaho Extension Robotics</i> 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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)
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: Register your FLL team and purchase materials: http://www.firstinspires.org/robotics/fll Learn more about FIRST and FLL: http://www.firstinspires.org University of Idaho Extension Robotics: https://www.uidaho.edu/extension/4h/programs/robotics Idaho 4-H FLL Robotics page: https://www.uidaho.edu/extension/4h/projects/robotics-fll</p>		

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ROBOTICS: FIRST® Tech Challenge (FTC®)

Tournament Track

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Tetrix or Matrix kit of parts</i> • <i>Assembled playing field (constructed by team)</i> • <i>FTC Kit of Parts</i> • <i>FTC Game Manuals</i> • <i>FTC Online Team Resources</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Participate in volunteer coach/mentor training by University of Idaho Extension Robotics</i> • <i>Register team with FIRST</i> • <i>FTC Coaches' Manual</i> • <i>FTC Mentor's Guide</i> <p><i>Register for State Championship tournament with University of Idaho Extension Robotics</i></p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Attend majority of club/project meetings. • Community Outreach (see FTC Coaches' Manual). • Complete your Engineering Notebook (see FTC Coaches' Manual). 	<ul style="list-style-type: none"> • With your team, complete robot build and associated programming • Participate in the Idaho FTC State Championship Tournament.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: Learn about FTC and start a team: http://www.firstinspires.org/robotics/ftc University of Idaho Extension Robotics: https://www.uidaho.edu/extension/4h/programs/robotics Idaho 4-H FTC Robotics page: https://www.uidaho.edu/extension/4h/projects/robotics-ftc</p>		

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ROBOTICS 1 with EV3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Robotics 1: with EV3 (#4H507)</i> 📖 2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Facilitator materials are included within the curriculum</i> 	<p>About the Project:</p> <ul style="list-style-type: none"> • 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. <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed Robotics1 with EV3 Manual (#4H507) • One or more youth-designed and built functional robots
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H EV3 Robotics project page: https://www.uidaho.edu/extension/4h/projects/robotics-ev3 EV3 manual: https://shop4-h.org/products/lego-robotics-curriculum-with-ev3</p>		
<p>Optional Supporting Materials: FIRST LEGO League (FLL) at: https://www.firstinspires.org/ Idaho 4-H Robotics: https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics Free EV3 Online Tutorial: http://www.stemcentric.com/ev3-tutorial/ Free EV3 Projects: http://www.nxtprograms.com/index3.html</p>		

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ROBOTICS 2: EV3N MORE

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Robotics 2: EV3N More curriculum guide. (4H508)</i> 📖 2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Facilitator materials are included within the curriculum</i> 	<p>About the Project:</p> <ul style="list-style-type: none"> • 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. <p>Requirements:</p> <ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Completed Robotics 2: EV3N More curriculum guide. • One or more youth-designed and built functional robots
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H EV3 Robotics project page: https://www.uidaho.edu/extension/4h/projects/robotics-ev3 EV3N More manual: https://shop4-h.org/products/robotics-2-ev3n-more</p>		
<p>Optional Support Materials: FIRST LEGO League (FLL) at: https://www.firstinspires.org/ Idaho 4-H Robotics: https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics Free EV3 Online Tutorial: http://www.stemcentric.com/ev3-tutorial/ Free EV3 Projects: http://www.nxtprograms.com/index3.html</p>		

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WIND ENERGY

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>The Power of the Wind, Youth Guide (#08383)</i> 📖 2008 • <i>Engineering Notebook (See Facilitator’s Guide for directions)</i> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>The Power of the Wind, Facilitator Guide (#08384)</i> 📖 2008 	<p>Project Requirements:</p> <ul style="list-style-type: none"> • Complete all five chapters including all challenges, explorations, and investigations. • Give an oral presentation of at least one of the activities. Presentation about one of the Challenge Activities should address most of the steps of the engineering process. Presentations about the Investigation or Exploration Activities should describe what was done, why, and what was learned. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>Engineering Notebook (See Facilitator’s Guide for directions)</i> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Engineering Notebook • Challenge Activity Projects
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order National 4-H Curriculum visit: https://shop4-h.org/products/power-of-the-wind-curriculum-youth-guide Volunteer Guide: https://shop4-h.org/products/power-of-the-wind-curriculum-facilitators-guide Idaho 4-H Wind Energy page: https://www.uidaho.edu/extension/4h/projects/wind-energy</p>		
<p>Optional Supporting Materials: Power of the Wind Online Component: http://4-h.org/parents/curriculum/wind-energy/</p>		

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WOODWORKING

LEVEL 1

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Measuring Up, Level 1</i> (#BU-06875) 📖 2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Woodworking Helper's Guide</i> (#BU-06879) 📖 2003 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 required/optional <i>Measuring Up</i> Achievement Program activities and two (2) Leadership experiences each year. • Complete all four steps of the <i>Measuring Up</i> 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • One (1) item from the list below; select a different item to exhibit for the second and third year. <ul style="list-style-type: none"> ○ A rabbit puzzle (p. 27). ○ A wood airplane (p. 28). ○ A wood box (p. 30). ○ A letter holder (p. 32). ○ A picture frame (p. 34). ○ Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 10). <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order National 4-H Woodworking curriculum visit: https://shop4-h.org/products/woodworking-wonders-curriculum-1-measuring-up Volunteer Guide: https://shop4-h.org/products/woodworking-wonders-curriculum-helpers-guide Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking</p>		

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WOODWORKING LEVEL 2

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Making the Cut, Level 2, (#BU-06876)</i> 📖 2002 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Woodworking Wonders Helper's Guide (#BU-06879)</i> 📖 2003 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 required/optional <i>Measuring Up</i> Achievement Program activities and 2 Leadership experiences each year. • Complete all four steps of the <i>Measuring Up</i> 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • One (1) item from the list below; select a different item to exhibit for the second and third year. <ul style="list-style-type: none"> ○ 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). <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order National 4-H Woodworking curriculum visit: https://shop4-h.org/products/woodworking-wonders-curriculum-2-making-the-cut Volunteer Guide: https://shop4-h.org/products/woodworking-wonders-curriculum-helpers-guide Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking</p>		

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WOODWORKING LEVEL 3

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Nailing It Together, Level 3</i> (#BU-06877) 📖 2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Woodworking Helper's Guide</i> (#BU-06879) 📖 2003 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 required/optional <i>Measuring Up</i> Achievement Program activities and 2 Leadership experiences each year. • Complete all four steps of the <i>Measuring Up</i> 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • One (1) item from the list below; select a different item to exhibit for the second and third year. <ul style="list-style-type: none"> ○ 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). <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order National 4-H Woodworking curriculum visit: https://shop4-h.org/products/woodworking-curriculum-3-nailing-it-together Volunteer Guide: https://shop4-h.org/products/woodworking-wonders-curriculum-helpers-guide Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking</p>		

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WOODWORKING LEVEL 4

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Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Finishing Up</i>, Level 4 (#BU-06878) 📖 2003 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Woodworking Helper's Guide</i> (#BU-06879) 📖 2003 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 required/optional <i>Measuring Up</i> Achievement Program activities and 2 Leadership experiences each year. • Complete all four steps of the <i>Measuring Up</i> 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. <ul style="list-style-type: none"> ➤ Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • One (1) item from the list below; select a different item to exhibit for the second and third year. <ul style="list-style-type: none"> ○ 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). <p>Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Supporting Materials: To order National 4-H Woodworking curriculum visit: https://shop4-h.org/products/woodworking-wonders-curriculum-4-finishing-up Volunteer Guide: https://shop4-h.org/products/woodworking-wonders-curriculum-helpers-guide Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking</p>		

SELF-DETERMINED PROJECTS

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>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.</p>		
<p>Ages 12-18</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>You Decide! Decision Making Guide for Self-Determined Projects</i> (#91001) 2020 <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Helping Them Decide! Mentor's Guide for Self-Determined Projects</i> (#91002) 2020 	<ul style="list-style-type: none"> • 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. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>You Decide! Decision Making Guide for Self-Determined Projects</i> (#91001) rev. 2020 • <i>ZSuites 4-H Involvement Report</i> 	<ul style="list-style-type: none"> • You Decide! Decision Making Guide for Self-Determined Projects (#91001) rev. 2020 • ZSuites 4-H Involvement Report • Project report using one of the suggested methods and includes: <ul style="list-style-type: none"> ○ Your project idea ○ Goals you set ○ Methods used to meet goals ○ What you learned ○ Conclusion/Observation ○ Self-evaluation of project
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Self-Determined Projects page: https://www.uidaho.edu/extension/4h/projects/self-determined Idaho 4-H Policies & Procedures: http://www.uidaho.edu/~media/UIDaho-Responsive/Files/Extension/4-H/4-H-Policies-and-Procedures.ashx</p>		

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