The Project Requirements Handbook outlines project and exhibit requirements, this is not a 4-H policy document. The University of Idaho 4-H Youth Development Policies and Procedures is the official source of policies and procedures, posted at: https://www.uidaho.edu/extension/4h/documents-records
# Table of Contents

**Healthy Living**
- **Civic Engagement** .................................................................................................................. 5
  - EXPLORING CITIZENSHIP, MY GOVERNMENT (KYG) .............................................................. 5
  - ADVANCED CITIZENSHIP (KYG STEERING COMMITTEE) ..................................................... 6
  - POWER OF THE PRESS .................................................................................................................. 7
  - CITIZENSHIP WASHINGTON FOCUS (CWF) .......................................................................... 8

**Communication and Expressive Arts** ......................................................................................... 9
- SPURRIN' THE WORDS - COWBOY POETRY ............................................................................... 9
- LEATHERCRAFT ............................................................................................................................... 10
- GET STARTED IN ART ...................................................................................................................... 13
- ART .................................................................................................................................................. 14
- LATINO CULTURAL ARTS .............................................................................................................. 16
- HANDWORK FROM OUR HERITAGE ............................................................................................. 17
- PHOTOGRAPHY .............................................................................................................................. 18
- PUBLIC SPEAKING .......................................................................................................................... 21

**Family and Consumer Science** ................................................................................................ 22
- CHILD DEVELOPMENT ................................................................................................................... 22
- SEW WOW ....................................................................................................................................... 266
- SEWING FOR FUN ............................................................................................................................ 27
- SEWING EXPRESSIONS ................................................................................................................... 28
- STEAM CLOTHING FUNDAMENTALS ............................................................................................ 31
- CROCHET ........................................................................................................................................ 35
- KNITTING ....................................................................................................................................... 36
- QUILTING ......................................................................................................................................... 37
- CONSUMER EDUCATION .............................................................................................................. 38

**Environmental Education** ....................................................................................................... 41
- ECOLOGY ......................................................................................................................................... 41
- FORESTRY ....................................................................................................................................... 42
- GEOLOGY ......................................................................................................................................... 43
- WILDLIFE ........................................................................................................................................ 44
- SPORT FISHING ............................................................................................................................... 45
- CROSS-COUNTRY SKIING ............................................................................................................... 46
- HIKING, CAMPING, BACKPACKING ............................................................................................. 47
- SHOOTING SPORTS .......................................................................................................................... 48

**Healthy Living**
- COOKING SERIES .......................................................................................................................... 54
- DUTCH OVEN .................................................................................................................................... 54
- BAKING .......................................................................................................................................... 58
- CAKE DECORATING .......................................................................................................................... 60
- DAIRY FOOD SCIENCE .................................................................................................................... 65
- EXPLORING FOOD SCIENCE ......................................................................................................... 68
- FOOD PRESERVATION .................................................................................................................... 69
- KEEPING FIT & HEALTHY ................................................................................................................ 73
- CHOOSE HEALTH: FOOD,FUN & FITNESS .................................................................................. 80
- GROUP HEALTH & FITNESS ............................................................................................................ 81
<table>
<thead>
<tr>
<th>Personal Development &amp; Leadership</th>
<th>82</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELEMENTARY FINANCIAL MANAGEMENT</td>
<td>82</td>
</tr>
<tr>
<td>BUILD YOUR FUTURE</td>
<td>83</td>
</tr>
<tr>
<td>FINANCIAL DEVELOPMENT</td>
<td>84</td>
</tr>
<tr>
<td>FINANCIAL CHAMPIONS</td>
<td>85</td>
</tr>
<tr>
<td>ENTREPRENEURSHIP</td>
<td>87</td>
</tr>
<tr>
<td>HIGH SCHOOL FINANCIAL PLANNING</td>
<td>90</td>
</tr>
<tr>
<td>CLOVERBUDS</td>
<td>91</td>
</tr>
<tr>
<td>EXPLORING 4-H</td>
<td>92</td>
</tr>
<tr>
<td>LEADERSHIP</td>
<td>93</td>
</tr>
<tr>
<td>Plants and Animals</td>
<td>94</td>
</tr>
<tr>
<td>LLAMA/ALPACA</td>
<td>94</td>
</tr>
<tr>
<td>BEEF</td>
<td>95</td>
</tr>
<tr>
<td>BIRDS AND POULTRY</td>
<td>98</td>
</tr>
<tr>
<td>CAT</td>
<td>101</td>
</tr>
<tr>
<td>CAVY</td>
<td>102</td>
</tr>
<tr>
<td>DAIRY CATTLE</td>
<td>103</td>
</tr>
<tr>
<td>DOG</td>
<td>104</td>
</tr>
<tr>
<td>GOATS</td>
<td>105</td>
</tr>
<tr>
<td>HORSE</td>
<td>110</td>
</tr>
<tr>
<td>HORSELESS HORSE</td>
<td>111</td>
</tr>
<tr>
<td>NON-ANIMAL PROJECT OPTION</td>
<td>112</td>
</tr>
<tr>
<td>RABBIT</td>
<td>113</td>
</tr>
<tr>
<td>SHEEP</td>
<td>116</td>
</tr>
<tr>
<td>SMALL ANIMAL, POCKET PETS, &amp; OTHER ANIMALS</td>
<td>118</td>
</tr>
<tr>
<td>SWINE</td>
<td>119</td>
</tr>
<tr>
<td>CROPS</td>
<td>121</td>
</tr>
<tr>
<td>GARDENING</td>
<td>125</td>
</tr>
<tr>
<td>JUNIOR MASTER GARDENER</td>
<td>126</td>
</tr>
<tr>
<td>Science &amp; Technology</td>
<td>127</td>
</tr>
<tr>
<td>ENTOMOLOGY</td>
<td>127</td>
</tr>
<tr>
<td>BEEKEEPING</td>
<td>131</td>
</tr>
<tr>
<td>VETERINARY SCIENCE</td>
<td>132</td>
</tr>
<tr>
<td>AEROSPACE</td>
<td>133</td>
</tr>
<tr>
<td>BICYCLE</td>
<td>137</td>
</tr>
<tr>
<td>SCRATCH/COMPUTER SCIENCE</td>
<td>139</td>
</tr>
<tr>
<td>ELECTRICITY</td>
<td>142</td>
</tr>
<tr>
<td>SMALL ENGINES</td>
<td>146</td>
</tr>
<tr>
<td>ROBOTICS</td>
<td>149</td>
</tr>
<tr>
<td>ROBOTICS: TOURNAMENT TRACK</td>
<td>150</td>
</tr>
<tr>
<td>ROBOTICS - EV3</td>
<td>152</td>
</tr>
<tr>
<td>WIND ENERGY</td>
<td>154</td>
</tr>
<tr>
<td>WOODWORKING</td>
<td>155</td>
</tr>
<tr>
<td>SELF-DETERMINED PROJECTS</td>
<td>159</td>
</tr>
</tbody>
</table>
## Civic Engagement

### Table of Contents

#### KYG

### Projects & Materials

- **Youth Materials:**
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Project Record Book
  - Judicial First Year Project Tip Sheet
  - Judicial Second Year Project Tip Sheet
  - Legislative First Year Tip Sheet
  - Legislative Second Year Tip Sheet

- **Volunteer Materials:**

### Requirements

**Note:** This project is designed to be a two-year project.

1. Attend the 4-H Know Your Government (KYG) Conference and complete the KYG project.
2. Select which workshop to attend (either Legislative or Judicial) Example - if Legislative selected that would be 1st year project then Judicial would be 2nd year.
3. Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
   - **First Year** – Complete the four sections
     - Local Government
     - Legislative Branch OR Judicial Branch
     - Executive Branch OR Who Influences Our Government OR News Media
     - First Year Follow-up Plan and Activities (see page 64 in Manual)
   - **Second Year** – Complete the four sections
     - Legislative Branch OR Judicial Branch (the section you did not do last year)
     - Executive Branch AND/OR Who Influences Our Government AND/OR News Media (Complete the two you did not complete last year)
     - Second Year Follow-up Plan and Activities (see page 65 in Manual)
5. Complete ZSuites 4-H Project Record Book
6. Complete ZSuites 4-H Involvement Report

### Exhibit Requirements

- 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.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

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

ADV. CITIZENSHIP, KYG
STEERING COMMITTEE

Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
**Youth Materials:**  
- Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005)  
  2019  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report

**Volunteer Materials:**  
- Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005)  
  2019

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

1. Attend the Steering Committee planning meeting and complete pre-conference assignments
2. Attend the KYG Conference and carry out assigned responsibilities
3. Work through the Advanced Citizenship Project Manual (#11005) and complete the required sections:
   - **Legislator:**  
     - Bill Study  
     - Parliamentary Procedure  
     - Legislators Activities
   - **Speaker of the House:**  
     - Parliamentary Procedure  
     - Speaker of the House Activities  
     - Course of the Bill
   - **Judge:**  
     - Judicial Branch Study  
     - Judges Activities  
     - Laws Study
   - **Justice:**  
     - Judicial Branch Study  
     - Justice Activities  
     - Interpretation Study
4. Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

- 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.

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

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

### Table of Contents

#### POWER OF THE PRESS

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

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

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

## EXPLORING CITIZENSHIP, WASHINGTON FOCUS

(CWF)  
Rev. 09-20

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | For Citizenship-Washington Focus Delegates, ages 15 to 19 years.  
- Attend Citizenship-Washington Focus.  
- Upon returning from Citizenship-Washington Focus trip:  
  - Develop a plan of action to share your experiences and make a contribution in your community. Use Plan of Meetings and Activities (#91612) or develop your own planning form. Initiate your plan and report on your progress.  
  - Give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project.  
- Complete the following:  
  - ZSuites 4-H Project Record Book  
  - ZSuites 4-H Involvement Report  
  - Annual Plan of Meetings and Activities (#91612) | - Citizenship Washington Focus Delegate Handbook  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Annual Plan of Meetings and Activities (#91612) |
| **Volunteer Materials:** | - Citizenship Washington Focus Delegate Handbook (updated annually at http://4-h.org/parents/citizenship-washington-focus/#resources)  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Annual Plan of Meetings and Activities (#91612) | |

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

| 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/ |

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For Citizenship-Washington Focus Delegates, ages 15 to 19 years.

- Attend Citizenship-Washington Focus.
- Upon returning from Citizenship-Washington Focus trip:
  - Develop a plan of action to share your experiences and make a contribution in your community. Use Plan of Meetings and Activities (#91612) or develop your own planning form. Initiate your plan and report on your progress.
  - Give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project.
- Complete the following:
  - ZSuites 4-H Project Record Book
  - ZSuites 4-H Involvement Report
  - Annual Plan of Meetings & Activities (#91612)
## Communication and Expressive Arts

**SPURRIN’ THE WORDS – COWBOY POETRY**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s Montana State Manual: | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report | Exhibits may include **one** of the following:  
• Display for one or more original poems  
• Educational display about some of the classic cowboy poets  
• Educational display about some of the back or Indian cowboys of the past  
• Educational display about Western culture or history  
• Performance of your poems in exhibit buildings at special times  
• Performance of your poems as part of your annual 4-H achievement banquet  
  ○ Entertainment for donors or fair sponsors  
  ○ Perform your own original poetry at local, regional or national “gatherings”  
  ○ Recite someone else’s cowboy verse at a public gathering |
| • *Spurrin’ the Words Member’s Manual* (#MSU 5308) | • 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. |  |
| • *ZSuites 4-H Involvement Report*  
• *ZSuites 4-H Project Record Book* | Complete the following: |  |
| **Volunteer Materials:** | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  |
| • *Spurrin’ the Words Volunteer’s Guide* (#MSU 5309) | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  |
| | |  |

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

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

**Projects & Materials**

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

- **Volunteer Materials:**
  - None

**Requirements**

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

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

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

**Exhibit Requirements**

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

  - One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer.

**Optional Exhibit:**

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

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

---

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

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

## LEATHERCRAFT

### INTERMEDIATE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>ZSuites 4-H Project Record Book</strong>&lt;br&gt;<strong>ZSuites 4-H Involvement Report</strong>&lt;br&gt;<strong>Leathercraft Skills Checklist (#23102)</strong></td>
</tr>
<tr>
<td>- Leathercraft Supplement/Skills Checklist (#23102) 2020</td>
<td>- Complete a rounder or square of tooled practice leather (3” x 4”).&lt;br&gt;- Choose three new skills to demonstrate in your project.&lt;br&gt;- 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.&lt;br&gt;- Learn to carve by using a swivel knife.&lt;br&gt;- Learn lacing skills such as whipstitch, running stitch, handstitch, decorative stitches and splicing.&lt;br&gt;- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td><strong>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.</strong>&lt;br&gt;<strong>Optional Exhibit:</strong>&lt;br&gt;- 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. <strong>Note:</strong> Precut kits may be used as long as the expected learning experience for that level can be performed.</td>
</tr>
<tr>
<td>- ABC’s of Leatherwork (Tandy 61904-00) (23103) 1984</td>
<td><strong>Optional:</strong>&lt;br&gt;- Learn to use rivets, eyelets, snaps, grommets, and clasps.&lt;br&gt;- Learn to apply leather dyes.&lt;br&gt;- Learn assembly skills: lining, skiving, folding, and creasing.</td>
<td></td>
</tr>
<tr>
<td>- Leathercrafting (Tandy 61891-01) (23104) 2005</td>
<td>Complete the following:&lt;br&gt;- ZSuites 4-H Involvement Report&lt;br&gt;- ZSuites 4-H Project Record Book&lt;br&gt;- Leathercraft Supplement/Skills Checklist (#23102)</td>
<td></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report&lt;br&gt; - ZSuites 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong>&lt;br&gt;None</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

LEATHERCRAFT
ADVANCED

Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leathercraft Supplement/ Skills Checklist (#23102)</td>
<td>• Complete a rounder or square of tooled practice leather (3” x 4”).</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Learn two new skills or techniques from the following:</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Add new skills not previously mastered from Units I and II.</td>
<td>• Leathercraft Supplement/ Skills Checklist (#23102)</td>
</tr>
<tr>
<td></td>
<td>• Learn figure carving.</td>
<td>• One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer.</td>
</tr>
<tr>
<td></td>
<td>• Learn inverted leather carving.</td>
<td><strong>Optional Exhibit:</strong></td>
</tr>
<tr>
<td></td>
<td>• Learn to apply dyes using techniques such as block, solid color, background dyeing, or antique stains.</td>
<td>• Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work.</td>
</tr>
<tr>
<td></td>
<td>• Learn to filigree.</td>
<td><strong>Note:</strong> Precut kits may be used as long as the expected learning experience for that level can be performed.</td>
</tr>
<tr>
<td></td>
<td>• Assemble a filigreed article with a suitable colored background.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Learn advanced lacing skills such as backstitch, buckstitching, or Florentine.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Design your own project using advanced techniques.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Leathercraft Supplement/ Skills Checklist (#23102)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

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

**Projects & Materials**

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

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

**Requirements**

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

**Requirements:**

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

Complete the following:

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

**Exhibit Requirements**

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Get Started in Art Activity Book.
- Final art piece created during this project year not to exceed, including mounting board if needed, 24” x 36” or for sculpture 11½” x 17½” x 10⅝”.

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

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

---

**County Requirements:**

Check with your County Extension office for details.

**Supporting Materials:**

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

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

## Communication and Expressive Arts

### ART

#### SKETCHBOOK CROSSROADS

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | • Sketchbook Crossroads is designed for middle through high school age youth and may be used in a variety of youth development and academic settings.  
• Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity.  
In the member’s Manual:  
• Complete five activities from one unit (Drawing, Fiber Arts and Sculpting) and record activities in the activity log in the 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. |
| • National 4-H Curriculum Sketchbook Crossroads (#08140)  
• Recommended Materials: Elements & Principles Design Card (#23112)  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | • 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 each artwork with the following information:  
  - Artist name, unit, activity, and title.  
  - Original artwork title, element of design used, principle of design used, and life skill.  
  - On the back of the card explain how you used these elements and principles in your artwork. |
| **Volunteer Materials:** | • Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | |
| • National 4-H Curriculum Sketchbook Crossroads (#08140)  
• Elements & Principles Design Card (#23112) | |}

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

**Supporting Materials:**
Idaho 4-H Sketchbook Crossroads page: [https://www.uidaho.edu/extension/4h/projects/sketchbook-crossroads](https://www.uidaho.edu/extension/4h/projects/sketchbook-crossroads)  
To order National 4-H Curriculum visit: [https://shop4-h.org/collections/creative-arts-curriculum/products/visual-arts-curriculum-1-sketchbook-crossroads](https://shop4-h.org/collections/creative-arts-curriculum/products/visual-arts-curriculum-1-sketchbook-crossroads)  
# Communication and Expressive Arts

## ART

### PORTFOLIO PATHWAYS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | - 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. | - 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 each artwork with the following information:  
  - Artist name, unit, activity, and title.  
  - Original artwork title, element of design used, principle of design used, and life skill.  
  - On the back of the card explain how you used these elements and principles in your artwork. |
| • National 4-H Curriculum Portfolio Pathways (#23114)  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book  
- Recommended Materials: Elements & Principles Design Card (#23112)  
- Portfolio Pathways Manual (#23114) | - Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity. | |
| • Youth Materials:  
  - National 4-H Curriculum Portfolio Pathways (#23114)  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book  
  - Recommended Materials: Elements & Principles Design Card (#23112)  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book | - In the member’s Manual:  
  - Complete five activities from one unit (Painting, Printing and Graphic Design) and record activities in the activity log in the 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. | |
| • Volunteer Materials:  
  - National 4-H Curriculum Portfolio Pathways (#23114)  
  - Elements & Principles Design Card (#23112) | - Complete the following:  
  - ZSuites 4-H Involvement Report  
  - ZSuites 4-H Project Record Book | |
| • Volunteer Materials:  
  - National 4-H Curriculum Portfolio Pathways (#23114)  
  - Elements & Principles Design Card (#23112) | | |

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

**Support Materials:**
Idaho 4-H Portfolio Pathways page: https://www.uidaho.edu/extension/4h/projects/portfolio-pathways
To order National 4-H Curriculum visit: https://shop4-h.org/products/visual-arts-curriculum-2-portfoliopathways
Projects & Materials | Requirements | Exhibit Requirements
---|---|---
Youth Materials:  
- **ZSuites 4-H Involvement Report**  
- **ZSuites 4-H Project Record Book**  
Volunteer Materials:  
- **National 4-H Curriculum**  
  *¡Qué Rico! La Cultura – Latino Cultural Arts: Bilingual Group Activities for Youth K-8 (#08180DD) [2005]*

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

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

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

- **ZSuites 4-H Project Record Book**  
- **ZSuites 4-H Involvement Report**  
  - One completed artwork from an activity you completed.
  - **A poster (14”x 22”) or display illustrating something you learned in this project this year.**

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

Support Materials:  
Idaho 4-H Latino Cultural Arts page: [https://www.uidaho.edu/extension/4h/projects/latino-cultural-arts](https://www.uidaho.edu/extension/4h/projects/latino-cultural-arts)  
To order National 4-H Curriculum visit: [https://shop4-h.org/collections/diversity-inclusion-curriculum/products/que-rico-la-cultura-bilingual-curriculum-helpers-guide-digital-download](https://shop4-h.org/collections/diversity-inclusion-curriculum/products/que-rico-la-cultura-bilingual-curriculum-helpers-guide-digital-download)
Choose one AREA and set at least three goals that you want to achieve in this project. You are not limited to the AREAS listed here. You may pursue other subjects such as those listed in AREA “N” in the member manual. Project focus areas are the following:

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

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

Complete the following:

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

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

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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Explore four Project Areas (Equipment, Lighting, Composition, Skill Building) and in each area complete two (2) Photo Shoot activities of your choice, along with the Talking It Over activity.</td>
<td>ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• Maintain a photo journal or scrapbook.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Photography Basics</td>
<td>• Complete one (1) Leadership/Civic Engagement Activity. Suggestions on page 6.</td>
<td>Photo journal/scrapbook</td>
</tr>
<tr>
<td>(#01902Y) 2019</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Plus the following:</td>
</tr>
<tr>
<td>• ZSuites 4-H</td>
<td>• Exhibit project.</td>
<td>• Your best photograph 8” x 10”, printed and mounted on mat board no larger than 12” x 14”.</td>
</tr>
<tr>
<td>Involvement Report</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H</td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>Project Record Book</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Photography Basics Manual (#01902Y)</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>None</td>
<td></td>
</tr>
</tbody>
</table>

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

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

## PHOTOGRAPHY
### LEVEL 2

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Youth Materials:             | • Explore four Project Areas (Equipment, Lighting, Composition, Skill Building) and in each area complete two (2) Photo Shoot activities of your choice, along with the Talking It Over activity. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Next Level Photography Manual (#01903Y) |
| • National 4-H Curriculum    | • Maintain a photo journal or scrapbook.                                       | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |
| Next Level Photography       | • Complete one (1) Learning Experience. Suggestions on page 5.                  | • Next Level Photography Manual (#01903Y)  
• 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. |
| (#01903Y)                    | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Exhibit project.               | • Photo journal/scrapbook  
Plus the following: |
| ZSuites 4-H Involvement Report | Complete the following:                                                        | • Your best photograph 8” x 10”, printed and mounted on mat board no larger than 12” x 14”.  
• ZSuites 4-H Project Record Book  
• Next Level Photography Manual (#01903Y) |
| ZSuites 4-H Project Record Book |

## Volunteer Materials:
None

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

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

### Youth Materials:
- **National 4-H Curriculum**
  *Mastering Photography (#01904Y)*
  *2019*

- **ZSuites 4-H Involvement Report**

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

### Volunteer Materials:

None

## Requirements

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

Complete the following:

- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **Mastering Photography Manual (#01904Y)**

## Exhibit Requirements

- **ZSuites 4-H Project Record Book**
- **ZSuites 4-H Involvement Report**
- **Mastering Photography Manual (#01904Y)**
- Photo journal/scrapbook

Plus the following:

- Your best photograph 8" x 10", printed and mounted on mat board no larger than 12" x 14".

## County Requirements:

Check with your County Extension office for details.

## Support Materials:

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

To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/2019-photography-level-3-mastering-photography](https://shop4-h.org/products/2019-photography-level-3-mastering-photography)
## PUBLIC SPEAKING

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Finding Your Voice: Public Speaking Made Easy</td>
<td>In the Finding Your Voice: Public Speaking Made Easy member manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>(The Ohio State University #4-H377)</td>
<td>• Complete all 7 activities.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk)</td>
<td>• Finding Your Voice: Public Speaking Made Easy</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>related to this project.</td>
<td>manual</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A poster (14”x22”) or display</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>illustrating a skill or skills</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>learned in this project.</td>
</tr>
<tr>
<td></td>
<td>• Finding Your Voice: Public Speaking Made Easy manual</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in</td>
<td>• A scrapbook, portfolio or journal notebook</td>
</tr>
<tr>
<td></td>
<td>this project.</td>
<td>showing activities and skills learned this year.</td>
</tr>
</tbody>
</table>

### Volunteer Materials:

| Finding Your Voice: Public Speaking Made Easy         |                                                                              |
| Michigan State University #4H1560                     |                                                                              |
| Communications Toolkit (Michigan State University     |                                                                              |
| #4H1560)                                              |                                                                              |

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Public Speaking page: [https://www.uidaho.edu/extension/4h/projects/express-yourself](https://www.uidaho.edu/extension/4h/projects/express-yourself)

To order Public Speaking Curriculum visit: [https://shop4-h.org/collections/business-citizenship-curriculum/products/finding-your-voice-public-speaking/](https://shop4-h.org/collections/business-citizenship-curriculum/products/finding-your-voice-public-speaking/)

To order Communications Toolkit visit: [https://shop.msu.edu/product_p/bulletin-4h1560.htm](https://shop.msu.edu/product_p/bulletin-4h1560.htm)
### Table of Contents

#### Projects & Materials

- Youth Materials:
  - National 4-H Curriculum
    - Growing On My Own, Step 1 (#08075DD) 2004

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

#### Requirements

There are no specific requirements for completing Cloverbud projects. Volunteers may work through the lessons in this manual as they wish according to the members’ abilities.

#### Exhibit Requirements

- Exhibiting at the Fair is optional and non-competitive.
- Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual.
- The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required.
- A participation ribbon or similar recognition may be given.

#### County Requirements:

Check with your County Extension office for details.

#### Support Materials:

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

Idaho 4-H Child Development Page (and to download curriculum) visit:

[https://www.uidaho.edu/extension/4h/projects/child-development](https://www.uidaho.edu/extension/4h/projects/child-development)
# Family and Consumer Science

## CHILD DEVELOPMENT

### LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Complete a minimum of 7 required/optional activities each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><em>Growing with Others, Step 2 (#08076DD)</em></td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td>• Child Development Manual Growing With Others</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Member portfolio containing items created/accomplished during this year’s project.</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Develop a portfolio of notes, drawings, pictures and other things created.</td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td><em>Growing All Together Helper’s Guide (#08078DD)</em></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td><em>2004</em></td>
<td>• ZSuites 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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

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

## CHILD DEVELOPMENT

### LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• <strong>National 4-H Curriculum</strong></td>
<td>Complete a minimum of 7 required/optional activities each year.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td><em>Growing in Communities, Step 3</em> (#08077DD) 2004</td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Child Development Manual Growing in Communities</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Develop a portfolio of notes drawings, picture and other things created.</td>
<td>• Member portfolio containing items created/accomplished during this year’s project.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• <strong>National 4-H Curriculum</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td><em>Growing All Together Helper’s Guide</em> (#08078DD) 2004</td>
<td>• ZSuites 4-H Involvement Report</td>
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<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
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<tr>
<td><strong>County Requirements:</strong></td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.</td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for details.</td>
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<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Child Development page (and download curriculum) visit:</td>
<td></td>
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</tr>
<tr>
<td><a href="https://www.uidaho.edu/extension/4h/projects/child-development">https://www.uidaho.edu/extension/4h/projects/child-development</a></td>
<td></td>
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</tr>
<tr>
<td><strong>Optional Supporting Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worksheets available under the Resources Button at:</td>
<td></td>
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</tr>
<tr>
<td><a href="http://cfmxtest.uwex.edu/ces/4hccs/index.html">http://cfmxtest.uwex.edu/ces/4hccs/index.html</a></td>
<td></td>
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</tr>
</tbody>
</table>
# Family and Consumer Science

## CHILD DEVELOPMENT

### BABYSITTING GUIDE

**Note:** This curriculum provides instructor guided activities for youth 13 years and older. It takes eight (8) hours to cover all lessons, with an option of six-eight (6-8) hours to complete first aid and CPR from a qualified instructor.

- Complete a minimum of two activities per lesson.
- Complete and include in a portfolio
  - Worksheets One - Five
  - Hand-outs, checklists, surveys, and questionnaires.
- Make a Babysitter’s Magic Bag and include a basic first aid kit (see Lesson 3).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project OR complete a mock interview (Lesson 8).
- Exhibit project.
- Optional: Pass a first aid/CPR course taught by a qualified instructor.

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

https://4-hmilitarypartnerships.org/resources/educator-resources/youth-babysitting

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**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Note:</strong> This curriculum provides instructor guided activities for youth 13 years and older. It takes eight (8) hours to cover all lessons, with an option of six-eight (6-8) hours to complete first aid and CPR from a qualified instructor.</td>
<td></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td></td>
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</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>- Complete a minimum of two activities per lesson.</td>
<td></td>
</tr>
<tr>
<td>- 4-H Army Child &amp; Youth Services “I have what it takes to be YOUR Teen Babysitter” guide (see link to this publication under “Support Materials” below)</td>
<td></td>
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</tr>
</tbody>
</table>
| - Complete and include in a portfolio
  - Worksheets One - Five
  - Hand-outs, checklists, surveys, and questionnaires. |
| - Make a Babysitter’s Magic Bag and include a basic first aid kit (see Lesson 3). |
| - Give an oral presentation (speech, demonstration or illustrated talk) related to this project OR complete a mock interview (Lesson 8). |
| - Exhibit project. |
| - Optional: Pass a first aid/CPR course taught by a qualified instructor. |
| Complete the following:
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book |
| **Exhibit Requirements:** |
| - ZSuites 4-H Involvement Report |
| - ZSuites 4-H Project Record Book |
| - A poster (14”x22”) or display illustrating what you learned in the project this year. Consider including photographs of the Magic Bag. |

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25
### CLOTHING & TEXTILE
#### SEW WOW

#### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the Member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
</tbody>
</table>
| • “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009)  
  ▶ 2009 | • Choose one focus area for your project. | • ZSuites 4-H Involvement Report |
| • ZSuites 4-H Involvement Report | • Complete at least 2 of the Advanced Construction Skills each year. | • Sew Wow Manual |
| • ZSuites 4-H Project Record Book | • Learn about two “in-depth Study Topics” for the selected focus area each year. | 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. |

| Volunteer Materials: | | |
|----------------------| | |
| • “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009)  
  ▶ 2009 | | |

**Projects & Materials**

**Youth Materials:**

- “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009)  
  ▶ 2009
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**

- “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009)  
  ▶ 2009

**In the Member’s Manual:**

- 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.
  - 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.

**Complete the following:**

- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- Sew Wow Manual

**County Requirements:**

Check with your County Extension office for details.

**Support Materials:**

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

**Skill Level – Beginner**

**Suggested 2 year project**

**Youth Materials:**
- *Sewing For Fun (Nebraska 4H167)* 2008
- *Sewing Skills Checklist Sew For Fun*
- *ZSuites 4-H Involvement Report (91910)*
- *ZSuites 4-H Project Record Book*
- *Sewing For Fun Packet (Nebraska 4H169)* 2002
- *Sewing For Fun Supplements*

**Volunteers Materials:**
- *Sewing For Fun Volunteer’s Guide (Nebraska 4H168)* 1986

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

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

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

**Note:** Sewing skills and techniques used should be consistent with a beginning project.

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

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

**SEWING EXPRESSIONS LEVEL 1**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum Under Construction, Level 1 (SKU08060) 2008</td>
<td>• Complete at least 7 required and optional activities each year</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Have your project helper date (month/year) and initial each activity when it is finished.</td>
<td>• Under Construction Skills Checklist</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Complete at least 10-12 skills each year from the Under Construction Skills Checklist</td>
<td>• Display one clothing item including at least three new sewing skills learned in each year of taking this project</td>
</tr>
<tr>
<td>• Under Construction Skills Checklist</td>
<td>• Have your project helper date and sign each skill from the skills checklist when completed.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.</td>
<td>• One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric including at least three new sewing skills learned in each year of taking this project</td>
</tr>
<tr>
<td>• National 4-H Curriculum Sewing Expressions Helper’s Guide (SKU08063) 2008</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A display or a poster (14” x 22”) illustrating something learned in this project year</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>The following are examples of items you could make and exhibit in this project:</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td><strong>Clothing:</strong></td>
</tr>
<tr>
<td></td>
<td>• Under Construction Skills Checklist</td>
<td>• 1st year – pants, pajama pants, shorts, skirt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 2nd year – shirt, top, t-shirt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 3rd year – top and pants or skirt, jumper with shirt/top, dress</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Non-Clothing:</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 1st year – pillow, 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins</td>
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<tr>
<td></td>
<td></td>
<td>• 2nd year – nine patch pillow, sports bag, household items, curtain with casing heading, table cloth with ruffle or decorative hem with napkins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 3rd year – pieced pillow, pieced wall hinging or bag, decorative accessories, household items.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Note:</strong> Avoid fabrics that require more advanced knowledge or techniques.</td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td>Check with your County Extension office for details.</td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td>Idaho 4-H Sewing Expressions page (and to download Under Construction Skills Checklist):</td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/sewing-expressions">https://www.uidaho.edu/extension/4h/projects/sewing-expressions</a></td>
</tr>
<tr>
<td></td>
<td>To purchase National 4-H Curriculum visit: <a href="https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4">https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4</a></td>
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</tr>
</tbody>
</table>
Family and Consumer Science

SEWING EXPRESSIONS
LEVEL 2

Projects & Materials

Youth Materials:
- National 4-H Curriculum Fashion Forward, Level 2 (BU-08061) 2008
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
- Fashion Forward Skills Checklist

Volunteer Materials:
- National 4-H Curriculum Sewing Expressions Helper’s Guide (SKU08063) 2008

Requirements

In the member’s current Manual:
- Complete at least 7 required and optional activities each project year.
- Have your project helper date (month/year) and initial each activity when it is finished.
- Complete at least 10-12 skills each year from the Fashion Forward Skills Checklist
- Have project helper date and sign each skill from the skills checklist when completed.

Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.

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

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

Exhibit Requirements

- 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

OR
- One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project

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

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

Clothing:
- A skirt with darts/waistband, blouse with buttons/buttonholes, lined vest, vest with collar, blouse with collar and cuffs, dress with zipper or other clothing items.

Non-clothing:
- A sewing or locker organizer, decorative pillow, windsock with decorative stitches, backpacks/duffle bags/fanny pack with zipper, box edge pillow, curtains with scalloped or tab-top heading or other non-clothing item(s).

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

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

### SEWING EXPRESSIONS LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Skill Level: Advanced** | In the member’s current Manual:  
- Complete at least 7 required and optional activities each project year.  
- Have your project helper date (month/year) and initial each activity when it is finished.  
- Complete at least 10-12 skills each year from the Refine Design Skills Checklist.  
- Have your project helper date and sign each skill from the skills checklist when completed.  
- Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. |  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Refine Design Skills Checklist  
- Display a garment or outfit including at least three new sewing skills learned in each year of taking this project  
**OR**  
- One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project  
**OR**  
- A display or a poster (14” x 22”) illustrating something learned in this project year.  
Complete the following:  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book  
- Refine Design Skills Checklist  |
| **Youth Materials:**  
- **National 4-H Curriculum Refine Design, Level 3 (BU-08062)  
  2008**  
- **ZSuites 4-H Involvement Report**  
- **ZSuites 4-H Project Record Book**  
- **Refine Design Skills Checklist**  
- **Supplemental Skills Checklist Sheet** |  |
| **Volunteer Materials:**  
- **National 4-H Curriculunm Sewing Expressions Helper’s Guide (SKU08063)  
  2008**  
- **Supplemental Skills Checklist Sheet** |  |
| **County Requirements:**  
Check with your County Extension Office for details. |  |
| **Support Materials:**  
Idaho 4-H Sewing Expressions page (and to download the Refine Design Skills Checklist and Supplemental Skills Checklist Sheet): [https://www.uidaho.edu/extension/4h/projects/sewing-expressions](https://www.uidaho.edu/extension/4h/projects/sewing-expressions)  
To order National 4-H Curriculum visit: [https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4](https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4) |  |
# STEAM CLOTHING
## LEVEL 1

### Projects & Materials

**Skill Level: Ages 8-10**

**Youth Materials:**
- *STEAM Clothing 1 Fundamentals* (#UN-L 4H2210)  2014
- *ZSuites 4-H Involvement Report*
- *ZSuites 4-H Project Record Book*
- *Fundamentals Skills Checklist*  2015

**Volunteer Materials:**
- *STEAM Clothing 1 Fundamentals*  2014

### Requirements

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

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

### Exhibit Requirements

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

The following are examples of items you could make and exhibit for this project:
- 1st Year – pants, pajama pants, shorts or skirt
- 2nd Year – shirt, top, t-shirt
- 3rd Year – top and pants or skirt, jumper with shirt/top or dress
- Non-clothing options: 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins, nine patch pillow, sports bag, curtain with casing heading, pieced pillow, decorative accessories.

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

### County Requirements:

Check with your County Extension Office for details.

### Support Materials:

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

To purchase the STEAM curriculum from University of Nebraska-Lincoln visit:
[http://marketplace.unl.edu/ne4h/curriculum/fcs](http://marketplace.unl.edu/ne4h/curriculum/fcs)
# STEAM CLOTHING

## LEVEL 2

### Projects & Materials

<table>
<thead>
<tr>
<th>Skill Level: Ages 10-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• STEAM Clothing 2 Simply Sewing (#UN-L 4H220D)</td>
</tr>
<tr>
<td>• STEAM Clothing: Maker’s Guide (UN-L 4H2240)</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• Simply Sewing Skills Checklist</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Volunteer Materials:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• STEAM Clothing 2 Simply Sewing (UN-L 4H220D)</td>
</tr>
<tr>
<td>• STEAM Clothing Maker’s Guide (UN-L 4H2240)</td>
</tr>
</tbody>
</table>

### Requirements

Using the STEAM Clothing 2 Simply Sewing manual:
- Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log.
- Complete at least 10 skills each year from the Simply Sewing Skills Checklist
- Have project helper date and sign each skill from the skills checklist
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

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

### Exhibit Requirements

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

The following are examples of items you could make and exhibit for this project:
- A skirt or dress with a zipper
- A skirt or pants with a simple waistband
- A blouse with buttons/buttonholes
- A blouse with cuffs and collar
- Non-clothing options: Decorative pillow, windsock with decorative stitches, backpacks/duffle bag with zipper, box edge pillow, curtains with scallops or tab top heading

### County Requirements:

Check with your County Extension Office for details.

### Support Materials:

Idaho 4-H STEAM Clothing Fundamentals page (and to download the Simply Sewing Skills Checklist):
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
Family and Consumer Sciences

STEAM CLOTHING

LEVEL 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Skill Level: Ages 12 and up</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Using the STEAM Clothing 3 A Stitch Further manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• STEAM Clothing 3 A Stitch Further (#UN-L 4H2230D) 2014</td>
<td>• Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete at least 10 skills each year from the A Stitch Further Skills Checklist</td>
<td>• A Stitch Further Checklist</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Have project helper date and sign each skill from the skills checklist</td>
<td>• STEAM Clothing 3 A Stitch Further Manual (or photocopies of activities completed from the manual)</td>
</tr>
<tr>
<td>• A Stitch Further Checklist 2015</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td>• Display one item that includes at least three new sewing skills learned in each year of taking this project OR</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A display or a poster (14” x 22”) illustrating something learned in this project year</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• A Stitch Further Skills Checklist</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

### Skill Level: Ages 12 and up

#### Youth Materials:
- **STEAM Clothing Beyond the Needle (#UN-L 4H2250D)**
  - 2014
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **Beyond the Needle Skills Checklist**
  - 2015

#### Volunteer Materials:
- **STEAM Clothing Beyond the Needle (#UN-L 4H2250D)**
  - 2014

### Requirements

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

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

### Exhibit Requirements

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

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

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

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

To purchase the STEAM curriculum from University of Nebraska-Lincoln visit:
[http://marketplace.unl.edu/ne4h/curriculum/fcs](http://marketplace.unl.edu/ne4h/curriculum/fcs)
# Family and Consumer Science

## CROCHET

### Projects & Materials

**Youth Materials:**
- 4-H Crochet Project Guide and Requirements (#32018) 2003
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

**Volunteer Materials:**
None

### Requirements

Select the phase appropriate to your skill level and learn the skills listed in the project guide and requirement book for that unit.

#### Units:

1. **Let’s Crochet** – learn how to single crochet, double crochet, slip stitch, chain stitch.
2. **More Crochet** – learn how to half double crochet, treble crochet, and double treble crochet, make ribbing, and fringe.
3. **Still More Crochet** – learn how to make filet or mesh crochet, squares and ovals, tubular crochet, buttons and buttonholes, tassels and pompoms.
4. **Crochet with Color** – learn to work with color, to do tapestry or jacquard crochet, make plaids, etc.
5. **Advanced Crochet** – learn to crochet with multiple stitch patterns, with thread, make and join medallions.
6. **Crocheted Insertions and Edgings** – Learn how to crochet scallop and picot edge finishes, how to make and attach insertions, edgings, insets and appliqué.
7. **Modified Crochet** – learn to do Afghan (Tunisian) crochet and variations, broomstick lace and hairpin lace.
8. **Individualized Crochet** – learn advance crochet techniques and garment selection, construction and fit by selecting one or more of the advanced crochet techniques/projects.

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

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- Two small or one large article you made using the skills learned in your phase. Include information in record book about yarn or thread, stitch and hook used.

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

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

### Optional Supporting Materials

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

## Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| • Knitting, Member’s Guide and Project Requirements (#32023) 2003 | Select the phase appropriate to your skill level and learn the skills listed in the Member’s Guide and Project Requirements for that phase. Phases: 1. Beginning Level A – learn how to cast on, knit and purl, and bind off. 2. Beginning Level B – learn basic stitch combinations, stockinette, garter, ribbing, increasing and decreasing. 3. Intermediate Level A – learn how to make buttonholes, pick up stitches, and knit on circular needles. 4. Intermediate Level B – learn how to knit pattern stitches. 5. Advanced Level A – learn to knit using multicolor techniques. 6. Advanced Level B – learn advanced knitting techniques by selecting one of seven project focus areas. • Give an oral presentation (demonstration, speech or illustrated talk) related to this project. | • 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.  
**Optional:** You might want to include a sample of skills learned that are not included in your exhibit. |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |
| Volunteer Materials: None | | |

## County Requirements:

Check with your local County Extension office for details.

## Support Materials:

Idaho 4-H Knitting page (and to download the Knitting Member’s Guide):

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

## Optional Supporting Materials

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

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

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

### Requirements

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

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

### Exhibit Requirements

- *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 *Idea Book* with activities, drawings, sketches, photographs, test blocks, design ideas, planning sheets, fabric samples, etc.

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

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

## CONSUMER EDUCATION

### LEVEL 1

**Projects & Materials**

<table>
<thead>
<tr>
<th>Youth Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National 4-H Curriculum</strong></td>
</tr>
<tr>
<td><em>The Consumer in Me, Level 1 (#08030DD)</em></td>
</tr>
<tr>
<td>![2008]</td>
</tr>
<tr>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National 4-H Curriculum</strong></td>
</tr>
<tr>
<td><em>Volunteer/Consumer Group Activity Guide (#08033DD)</em></td>
</tr>
<tr>
<td>![2008]</td>
</tr>
</tbody>
</table>

**Requirements**

In the member’s current Manual:

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

Complete the following:

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

**Exhibit Requirements**

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

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

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

## Family and Consumer Science

### CONSUMER EDUCATION

#### LEVEL 2

**Projects & Materials**

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National 4-H Consumer Wise, Level 2 (#08031DD) 2008</strong></td>
<td>In the member’s current Manual:</td>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
<td>• Complete at least five Consumer Wise activities and three Savvy Challenges each project year.</td>
<td></td>
</tr>
<tr>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
<td>• Complete at least 21 activities within three years to complete the Consumer Wise Achievement Program.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Have your project helper date and initial each activity as you complete it.</td>
<td></td>
</tr>
<tr>
<td><strong>National 4-H Consumer Group Activity Guide (#08033DD) 2008</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
</tbody>
</table>

Complete the following:

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

**County Requirements:**

Check with your County Extension office for details.

**Support Materials:**

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


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

### CONSUMER EDUCATION

#### LEVEL 3

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

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

![2008](image)

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

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

To download National 4-H Curriculum visit: [https://shop4-h.org/products/consumer-savvy-curriculum-3-consumer-roadmap-digital-download](https://shop4-h.org/products/consumer-savvy-curriculum-3-consumer-roadmap-digital-download)

# Environmental Education

## ECOLOGY

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Complete a minimum of 7 achievement activities and 2 Leadership experiences each project year</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><em>Exploring Your Environment-Earth's Capacity (#08411)</em></td>
<td>• Finish all 4 steps of the Planning Guide.</td>
<td>• Display Eco-Wonders Journal</td>
</tr>
<tr>
<td>2008</td>
<td>• Keep an Eco-Wonders journal throughout the project.</td>
<td>• A poster (14” x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• Exploring Your Environment-Ecosystems Services (#08410)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</td>
</tr>
<tr>
<td>2008</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• <a href="#">ZSuites 4-H Involvement Report</a></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• <a href="#">ZSuites 4-H Project Record Book</a></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• <a href="#">Exploring Your Environment Manual</a></td>
<td></td>
</tr>
<tr>
<td><em>Exploring your Environment, Facilitator’s Guide (#08412)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

## Optional Supporting Materials:
• [Ecology Skills Checklist (#42500)](https://www.uidaho.edu/extension/4h/projects/ecology)
## Youth Materials:
- **National 4-H Curriculum**
  - *Follow the Path, Level 1* (#08038) 2008
  - *Reach for the Canopy, Level 2* (#08039) 2008
  - *Explore the Deep Woods, Level 3* (#08040) 2008
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**

## Volunteer Materials:
- **National 4-H Curriculum**
  - *Forestry Helper’s Guide* (#08041) 2008

### Requirements
- In the current member Manual:
  - Complete a minimum of 6 required activities each year (see pg. 4).
  - Finish at least 20 of the required and optional activities within 3 years to complete that level.
  - Have your project helper date (month and year) and initial each activity when it is finished.
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

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

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

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

### Support Materials:
Idaho 4-H Forestry page: [https://www.uidaho.edu/extension/4h/projects/forestry](https://www.uidaho.edu/extension/4h/projects/forestry)
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/forestry-curriculum-set-of-4](https://shop4-h.org/products/forestry-curriculum-set-of-4)
## Environmental Education

### Table of Contents

#### GEOLOGY

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>For the current level within the Member Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• 4-H Geology:</td>
<td>• Complete the number of Required Activities and Closer Look Activities</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Introduction to the Study of the</td>
<td>indicated for your specific level annually.</td>
<td>• Display the following:</td>
</tr>
<tr>
<td>Earth (Univ. Illinois Ext 01706Y)</td>
<td>• Have your project volunteer date (month and year) and initial each activity</td>
<td><strong>Pebble Pups 1:</strong></td>
</tr>
<tr>
<td>□ 2017</td>
<td>when it is complete.</td>
<td>• 8 to 19 rock and mineral specimens, with three minerals</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk)</td>
<td>in the collection. May include duplicates that show</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>related to this project.</td>
<td>variations. Label collection and note where found.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td><strong>Pebble Pups 2:</strong></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• 20 to 29 rock and mineral specimens, with seven minerals</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>in the collection. May include duplicates that show</td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td>variations. Label collection and note where found.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Geology:</td>
<td></td>
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<tr>
<td>Introduction to the Study of the</td>
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<tr>
<td>Earth (Univ. Illinois Ext 01706Y)</td>
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</table>

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

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

## Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <em>Wildlife Science 1</em>, (#PU 4-H-1044) 2017</td>
</tr>
<tr>
<td>4. ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>5. ZSuites 4-H Project Record Book</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
</table>

## Requirements

- 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 *ZSuites 4-H Project Record Book*.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

## Exhibit Requirements

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

Plus one of the following:

- 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.

## County Requirements:

Check with your County Extension office for details.

## Support Materials:

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

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

### SPORT FISHING

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

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

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

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

## CROSS-COUNTRY SKIING

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | • Set goals for your project  
• Complete Cross-Country Skiing Adventures Manual (see guidelines for each year)  
• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project | • Cross-Country Skiing Adventures Manual (#45120)  
• ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report |
|                      | Complete the following:  
• Cross-Country Skiing Adventures Manual (#45120)  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | Plus one of the following:  
• A poster (14x22) or display illustrating something you learned in the project this year  
• A scrapbook of labeled pictures related to the project  
• A photo story depicting something related to the project |
| **Volunteer Materials:** | • Cross-Country Skiing Adventures Manual (#45120) | • Cross-Country Skiing Adventures Manual (#45120) |
|                      | 2004 | 2004 |

**Note:** Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Cross-Country Skiing page (and to download the Cross-Country Skiing Adventures Manual and additional resources): [https://www.uidaho.edu/extension/4h/projects/cross-country-skiing](https://www.uidaho.edu/extension/4h/projects/cross-country-skiing)

### Optional Supporting Materials:

- Hiking Trails (#08043)
- Camping Adventures (#08044)
- Backpacking Expeditions (#08045)
- Outdoor Adventures Helper’s Guide ( #08046)
- Field Guide to Wilderness Medicine, Paul Auerback, Howard Donner and Eric Weiss
- Wilderness 911: A Step-By-Step Guide for Medical Emergencies and Improvised Car in the Backcountry, Eric A. Weiss
- First Aid-The Essential Basics Copyright 2003-2004 MaxLifestyle.net
- Taking a New Bearing by Phyllis M. Ford
- The Basic Essentials of Map & Compass by Cliff Jacobson
# Hiking, Camping, Backpacking

## Table of Contents

### Projects & Materials

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

**Volunteer Materials:**
- **National 4-H Curriculum**
  - Outdoor Adventures Helpers Guide (#08046)  
  - 2004

### Requirements

**In the member’s current Manual:**
- 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.

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

### Exhibit Requirements

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

Plus one of the following:
- 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.

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

### Support Materials:
Idaho 4-H Outdoor Adventures page: [https://www.uidaho.edu/extension/4h/projects/outdoor-adventures](https://www.uidaho.edu/extension/4h/projects/outdoor-adventures)
To purchase National 4-H Curriculum visit: [https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4](https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4)
# Environmental Education

## SHOOTING SPORTS

### ARCHERY

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | * Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.  
  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. |
| **Volunteer Materials:** | * ZSuites 4-H Involvement Report  
  * ZSuites 4-H Project Record Book  
  * STEM Connections (Colorado)  
  * Provided to volunteers at Shooting Sports Workshops | * ZSuites 4-H Project Record Book  
  * ZSuites 4-H Involvement Report  
  * Archery Skills Checklist (#45310)  
  Plus one of the following:  
  * A poster (14”x 22”) or display showing something you learned in this project this year.  
  * A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).  
  * Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
  * A labeled photo story showing you or someone else engaged in some Shooting Sports activity.  
  **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms. |

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

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

**Optional Supporting Materials:**
4-H Archery Member Record Book (#751) (Ohio State)
https://extensionpubs.osu.edu/archery-member-record-book/
Basic Archery Member Manual (#631) (Ohio State)
https://extensionpubs.osu.edu/basic-archery/
### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Pistol Skills Checklist (#45410)</td>
<td>• Provided to volunteers at Shooting Sports Workshops</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td>• STEM Connections (Colorado)</td>
<td></td>
</tr>
</tbody>
</table>

### Requirements

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

Complete the following:

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

### Exhibit Requirements

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

Plus one of the following:

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

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

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

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

### Optional Supporting Materials:

Pistol Member Record Book (#753) (Ohio State) –
# Environmental Education

## SHOOTING SPORTS

### RIFLE

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:**| Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. | ZSuites 4-H Involvement Report  
ZSuites 4-H Project Record Book  
Rifle Skills Checklist (#45510)  
Plus one of the following:  
- A poster (14”x 22”) or display showing something you learned in this project this year.  
- A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).  
- Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
- A labeled photo story showing you or someone else engaged in some Shooting Sports activity.  
**Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms. |
| • Rifle Skills Checklist (#45510)  
☑️ 2018  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• STEM Connections (Colorado) | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Complete at least 5 new items from the Rifle Skills Checklist each year.  
• 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. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Rifle Skills Checklist (#45510) |
| **Volunteer Materials:**| Complete the following:  
• ZSuites 4-H Involvement Report  
  ○ ZSuites 4-H Project Record Book | |
| • Provided to volunteers at Shooting Sports Workshops | | |

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

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

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

## SHOOTING SPORTS

### SHOTGUN

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| • Shotgun Skills Checklist (#45610) 2018 | - 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. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Shotgun Skills Checklist (#45610)  
Plus one of the following:  
• A poster (14”x 22”) or display showing something you learned in this project this year.  
• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.)  
• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.  
**Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms. |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | | |
| **Volunteer Materials:** | | |
| • Provided to volunteers at Shooting Sports Workshops | | |
| **County Requirements:** | | |
| Check with your County Extension office for details. | | |

**Support Materials:**

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

**Optional Supporting Materials:**

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

---

51
# SHOOTING SPORTS
## MUZZLELOADER

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | • 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. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
Plus one of the following:  
• A poster (14”x 22”) or display showing something you learned in this project this year.  
• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).  
• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
• A labeled photo story showing you or someone else engaged in some Shooting Sports activity. **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms. |
| **Volunteer Materials:** | Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | |
## SHOOTING SPORTS
### HUNTING

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

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

### Support Materials:
Idaho 4-H Hunting page (and to download the STEM Connections):
https://www.uidaho.edu/extension/4h/projects/hunting
National 4-H Shooting Sports STEM activities:
https://4-hshootingsports.org/resources/instructor/shooting-sports-stem-lessons/

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

## COOKING 101

### Table of Contents

**Projects & Materials**
- **Skill Level** – Beginner
- **Suggested 2-year project**

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

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

### Requirements

In the member’s Manual:
- Must complete 2 learning activities or experiments from the manual and document in the record activity log.
- Prepare 1-2 recipes from each of the recipe sections: 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.

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

### Exhibit Requirements

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

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

**Note:** Foods such as 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.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

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

## COOKING 201

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Skill Level** – Beginner/Intermediate Suggested 2-year project | **In the member’s Manual:**  
- Must complete 2 learning activities or experiments from the manual and document in the record activity log.  
- Prepare 1-2 recipes from each of the recipe sections: Vegetable and Fruit Groups, Grains Group, Protein Foods Group, Dairy Group and Desserts.  
- Complete the project checklist on page 7 of the manual.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  

**Complete the following:**  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book |  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- Project Manual with completed activities and/or experiments  
- A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe  
**OR**  
- A poster (14”x22”) or a display illustrating what you learned in this project this year. |
| **Youth Materials:**  
- National 4-H Curriculum 4-H Cooking 201 Manual (#01513Y)  
  □ 2015  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book |  
- National 4-H Curriculum 4-H Cooking 201 Manual (#01513Y)  
  □ 2015  
- National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)  
  □ 2015  
- [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/) | **Note:** Foods such as quick breads, muffins, biscuits, scones, cakes or cookies display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used. |
| **Volunteer Materials:**  
- National 4-H Curriculum 4-H Cooking 201 Manual (#01513Y)  
  □ 2015  
- National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)  
  □ 2015  
- [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/) | **County Requirements:**  
Check with your County Extension office for more information. |

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

### COOKING 301

#### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skill Level – Intermediate/Advanced</td>
<td>In the member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>Suggested 3-year project</td>
<td>• Must complete 2 learning activities or experiments from the manual and document in the record activity log.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Foods Group, Dairy Group and Desserts.</td>
<td>• Project Manual with completed activities and/or experiments</td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y)</td>
<td>• Plan and complete a party each year of the project.</td>
<td>• A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe</td>
</tr>
<tr>
<td>2015</td>
<td>• Complete the project checklist on page 7 of the manual.</td>
<td>OR</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>Complete the following:</td>
<td><strong>Note:</strong> Foods such as breads, rolls, pretzels, granola, cookies or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y)</td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td>• Project Manual with completed activities and/or experiments</td>
</tr>
<tr>
<td>• National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)</td>
<td></td>
<td>• A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe</td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td>OR</td>
</tr>
<tr>
<td>• <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></td>
<td></td>
<td>• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

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

## COOKING 401

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Skill Level – Advanced</strong>&lt;br&gt;Suggested 3-year project</td>
<td>In the member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book&lt;br&gt;• ZSuites 4-H Involvement Report&lt;br&gt;• Project Manual with completed activities and/or experiments&lt;br&gt;• A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3”x5” or 4”x6” recipe</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong>&lt;br&gt;• National 4-H&lt;br&gt;Curriculum 4-H&lt;br&gt;Cooking 401 Manual (#01515Y) &lt;br&gt;□ 2015&lt;br&gt;• ZSuites 4-H&lt;br&gt;Involvement Report&lt;br&gt;• ZSuites 4-H Project Record Book</td>
<td>• Must complete 2 learning activities or experiments from the manual and document in the record activity log.&lt;br&gt;• Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Group, Dairy Group and Desserts.&lt;br&gt;• Plan and complete a celebration meal each year of project.&lt;br&gt;• Complete the project checklist on page 7 of the manual.&lt;br&gt;• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>OR&lt;br&gt;• A poster (14”x22”) or a display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong>&lt;br&gt;• National 4-H&lt;br&gt;Curriculum 4-H&lt;br&gt;Cooking 401 Manual (#01515Y) &lt;br&gt;□ 2015&lt;br&gt;• National 4-H&lt;br&gt;Curriculum 4-H&lt;br&gt;Cooking Helper’s Guide (#01516F) &lt;br&gt;□ 2015&lt;br&gt;• <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></td>
<td>Complete the following:&lt;br&gt;• ZSuites 4-H Involvement Report&lt;br&gt;• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

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

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

## DUTCH OVEN COOKING

### UNIT 1

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>- <em>Dutch Oven Cooking, Unit 1 (BUL938)</em></td>
<td>In the member’s current manual:</td>
<td>- ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>- <em>Recipes for Dutch Oven Cooking (#53150)</em></td>
<td>- Complete all reflection questions</td>
<td>- ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>- <em>ZSuites 4-H Involvement Report</em></td>
<td>- Complete 3 Beyond Cooking activities</td>
<td>- Completed Project Manual (BUL 938)</td>
</tr>
<tr>
<td>- <em>ZSuites 4-H Project Record Book</em></td>
<td>- Prepare one item from each of these categories:</td>
<td>- Dutch oven recipe file or book with a minimum of 11 recipes.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- 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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
<th>Complete the following:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- <em>Dutch Oven Cooking Helper’s Guide (BUL940)</em></td>
<td>- ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ZSuites 4-H Project Record Book</td>
<td></td>
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</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Dutch Oven Cooking page (and to download project materials):
[https://www.uidaho.edu.extension/4h/projects/dutch-oven-cooking](https://www.uidaho.edu.extension/4h/projects/dutch-oven-cooking)
# Healthy Living
## DUTCH OVEN COOKING
### UNIT 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• <em>Dutch Oven Cooking, Unit 2</em> (BUL939) 2019</td>
<td>• Complete all reflection questions</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete 3 Beyond Cooking activities</td>
<td>• Completed Project Manual (BUL939)</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Prepare a minimum of 10 recipes (using recipes not previously used), with at least one item from each of these categories:</td>
<td>• Dutch oven recipe file (or book) continued from Unit 1 with a minimum of 34 recipes.</td>
</tr>
<tr>
<td></td>
<td>• Soup or stew</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td></td>
<td>• Vegetable</td>
<td>• A non-perishable yeast bread, roll, sweet bread or specialty bread cooked in the Dutch oven displayed on a plate, NOT in the Dutch oven. Include the recipe, neatly written (or typed), on a 3”x5” or a 4”x6” recipe card.</td>
</tr>
<tr>
<td></td>
<td>• Yeast breads or rolls</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• Sweet rolls or specialty breads</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• Dessert</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>• Meat (beef, pork, lamb, game)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Fowl (turkey, chicken, game hen)</td>
<td></td>
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<tr>
<td></td>
<td>• Cook in two or more Dutch ovens at the same time at least one time</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Continue keeping a recipe file or book started in Unit 1 plus additional recipes cooked this year to total a minimum of 34 recipes.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Exhibit project</td>
<td></td>
</tr>
<tr>
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<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>County Requirements:</th>
<th>Check with your County Extension office for more information.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Support Materials:</strong></td>
<td>Idaho 4-H Dutch Oven Cooking page (and to download project materials):</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking">https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking</a></td>
</tr>
</tbody>
</table>

Rev. 09-20

59
# Healthy Living

## BAKING

### LEVEL 1

### Rev. 09-20

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s Baking 1 manual: | • Baking 1 Manual  
| • Baking 1 Manual |  • Review the Eating Well and Getting Ready (ND EC111) |  • ZSuites 4-H |  
| (#ND EC111)  |  • Make baking powder biscuits; evaluate your |  Project Record Book  
| 2020       |  product with the judging sheet provided on  |  • ZSuites 4-H | |
|            |  page 15. |  Involvement Report  
|            |  • Make at least one type of muffin; evaluate |  • Plus one of the following:  
|            |  your product with the judging sheet provided |  o Three biscuits  
|            |  on page 19. |  o Three plain muffins  
|            |  • Make at least one type of cookie; evaluate |  o Three chocolate chip |  
|            |  your product with the judging sheet |  cookies  
|            |  provided on page 28. |  o Three sugar cookies- |  
|            |  • Become involved in at least one |  round, plain, un-iced  
|            |  Service/Leadership activity. |  o Three oatmeal cookies  
|            |  • Give an oral presentation (speech, |  o Three peanut butter |  
|            |  demonstration, or illustrated talk) related to |  cookies  
|            |  this project. |  • Include the recipe, neatly written  |
|            | Complete the following: |  or typed, on a 3”x5” or a 4”x6”  
|            | • ZSuites 4-H Involvement Report  
|            |  • ZSuites 4-H Project Record Book |  recipe card.  
|            | |  OR  
|            | |  • A poster (14”x22”) or display  
|            | |  illustrating what you learned in  
|            | |  this project this year.  
|            | |  **Note:** Exhibits using raw eggs or  
|            | |  egg whites, cream cheese, whipped  
|            | |  cream, or other ingredients that  
|            | |  require refrigeration should not be  
|            | |  used.  
| **Volunteer Materials:** | | |
| • Baking 1 Manual | | |
| (#ND EC111) | | |
| 2020 | | |

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

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

### Optional Supporting Materials:
English and Spanish version of *Make Half Your Grains Whole* tipsheet at:
[https://www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains](https://www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains)
## BAKING
### LEVEL 2

#### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s Baking 2 Manual:</td>
<td>• Baking 2 Manual</td>
</tr>
<tr>
<td>• Baking 2 Manual (#ND EC112) 2016</td>
<td>• Review the Eating Well and Getting Ready to Bake, Let’s Talk About Ingredients, Let’s Look at Equipment and More Baking Terms sections with your Volunteer.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Make at least one quick loaf bread; evaluate your product with the judging sheet provided on page 22.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Make at least one coffee cake; evaluate your product with the judging sheet provided on page 26.</td>
<td>• Plus one of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Make at least one type of cookie or bar; evaluate your product with the judging sheet provided on page 35.</td>
<td>o Basic nut bread (one loaf)</td>
</tr>
<tr>
<td>• Baking 2 Manual (#ND EC112) 2016</td>
<td>• Make gingerbread</td>
<td>o Banana nut bread (one loaf)</td>
</tr>
<tr>
<td></td>
<td>• Make corn bread.</td>
<td>o Zucchini bread (one loaf)</td>
</tr>
<tr>
<td></td>
<td>• Become involved in at least one Service/Leadership activity.</td>
<td>o Quick coffeecake (2 3”x3” squares)</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td>o Fruit-filled coffeecake (2 wedges)</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>o Three brown sugar nut cookies</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>o Gingerbread (2 3x3” squares)</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>o Three jam thumbprint blossom cookies.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Three peanut butter blossom cookies</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Plain brownies (three 3x3” squares)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Corn bread (two 3”x3” squares)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Butterscotch bars (three 3”x3” squares)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Note:</strong> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</td>
</tr>
</tbody>
</table>

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

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

## BAKING

### LEVEL 3

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s Baking 3 manual:</td>
<td><strong>Baking 3 Manual</strong></td>
</tr>
<tr>
<td>• Baking 3 Manual</td>
<td>• Review the Teen Health and The Goodness of Bread sections.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>(#ND EC113)</td>
<td>• Make at least one loaf of Fast French Bread.</td>
<td>ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Make at least one type of bread rolls.</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Make at least one type of yeast bread; evaluate your product with the judging sheet provided on page 27.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Make at least one type of microwave bread.</td>
<td><strong>Plus one</strong> of the following:</td>
</tr>
<tr>
<td></td>
<td>• If equipment is available, make at least one type of bread with a bread machine.</td>
<td>o Fast French Bread (one loaf)</td>
</tr>
<tr>
<td></td>
<td>• Become involved in at least one Service/Leadership activity.</td>
<td>o Three basic yeast rolls, any shape</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td>o Three refrigerator rolls, any shape</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>o White wheat yeast bread (one loaf)</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>o Dakota bread (one loaf)</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>o Three bread sticks</td>
</tr>
<tr>
<td></td>
<td>• Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.</td>
<td>o Shaped bread, such as bears, lions or owls (one loaf)</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>o Microwave bread (one loaf)</td>
</tr>
<tr>
<td></td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
<td>o White wheat bread using bread machine (one loaf)</td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</td>
<td>o Whole wheat bread using bread machine (one loaf)</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | In the member’s Baking 4 manual: | • Baking 4 Manual  
• ZSuites 4-H Project Record Book  
Plus **one** of the following: |
| • Baking 4 Manual  
(#ND EC114)  
Comparator 2018 | • 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. | • Frosted yellow cake  
• Frosted or unfrosted sponge cake  
• Frosted or unfrosted oatmeal cake  
• Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.  
OR  
• A poster (14”x22”) or display illustrating what you learned in this project this year.  

**Note:** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used. |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | Complete the following:  
|  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | |

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
<th></th>
<th></th>
</tr>
</thead>
</table>
| • Baking 4 Manual  
(#ND EC114)  
Comparator 2018 |  |  |

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

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

## BAKING

### LEVEL 4 - PIES

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### Projects & Materials

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

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

### Requirements

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

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

### Exhibit Requirements

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

Plus **one** of the following:
- 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.

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

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

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### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Idaho 4-H Baking page (and to download curriculum) visit: [https://www.uidaho.edu/extension/4h/projects/baking](https://www.uidaho.edu/extension/4h/projects/baking)
# CAKE DECORATING
## LEVEL 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Skill Level – Beginner (suggested 2-year project)** | • 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. | • 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). |

| Youth Materials: | Complete the following: |  |
|------------------|--------------------------|  |
| • Wilton Method of Cake Decorating Course 1, Building Buttercream Skills [2014] | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Wilton Cake Decorating Skills Checklist Course 1 |  |
| • Wilton Cake Decorating Skills Checklist Course 1 [2016] |  |  |
| • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report |  |  |
| • ZSuites 4-H Involvement Report |  |  |

| Volunteer Materials: |  |  |
|----------------------|  |  |
| • Wilton Method of Cake Decorating Course 1, Building Buttercream Skills [2014] |  |  |
| • Wilton Cake Decorating Skills Checklist Course 1 [2016] |  |  |
|  |  |  |

| 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 1 Student Guide visit amazon.com, Walmart, Michael’s, or JoAnne Fabrics |  |
# Healthy Living

## CAKE DECORATING

### LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Skill Level – Intermediate (suggested 2-year project) | • Complete Course 2 Skills Checklist with at least 10 skills marked as completed and documented in the project activity log of the record book.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Put together a collection of photos and captions documenting the 10 skills you have learned this year.  
• Exhibit Project.  
Complete the following:  
• ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• Wilton Cake Decorating Skills Checklist Course 2 | • ZSuites 4-H Project Record Book  
• Completed Wilton Cake Decorating Skills Checklist Course 2  
• ZSuites 4-H Involvement Report  
• Creative display of photos and captions documenting the 10 skills that you have learned this year.  
(Example – a binder with pictures showing the skills you learned and a description of the picture).  
Level One:  
• Decorated 2-layer 10” round or 2-layer oval decorated cake using (4) skills learned in this year’s project.  
OR  
• A display (12” x 16”) or poster (8½” x 16”) about what was learned in this project. |  

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

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

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

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

**Youth Materials:**
- Wilton Method of Cake Decorating. Course 3, Fondant & Gum Paste 2014
- Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3 2016
- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report

**Volunteer Materials:**
- Wilton Method of Cake Decorating, Course 3, Fondant & Gum Paste 2014
- Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3 2016

### Requirements

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

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

### Exhibit Requirements

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

**Level One:**

- One, two-tiered cake covered and decorate with fondant and gum paste. Use at least 6 skills learned this year.
  
  **OR**
  
  - A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project.

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

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

## DAIRY FOOD SCIENCE

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the Member’s Guide:</td>
<td>• Science Fun With Dairy Foods, Members Guide (OH 490 - #53201)</td>
</tr>
<tr>
<td>• Science Fun With Dairy Foods, Member’s Guide (#OH 490)</td>
<td>• Complete the Planning Section (Steps 1 through 4).</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Conduct four of the nine project experiments.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• After each experiment, answer the Discovery Questions and complete at least one Digging Deeper activity.</td>
<td><strong>Plus one</strong> of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Take part in at least two Learning Experiences.</td>
<td>➢ Poster (14 x 22) or story board (14 x 22) describing one of the experiments you completed</td>
</tr>
<tr>
<td>• Science Fun With Dairy Foods, Member’s Guide (#OH 490)</td>
<td>• Become involved in at least two Citizenship/Leadership activities.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Maintain a journal on each of your project experiments. Record your observations and draw conclusions from your findings. Use the Journal of Experiments section on pages 37 through 42 or record your findings on separate sheets.</td>
<td>➢ Display a dairy product you made in this project (only with proper refrigeration may dairy products be used as a fair display) <strong>OR</strong></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>➢ Display and label some of the equipment you used to complete this project</td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:


# Healthy Living

## EXPLORING FOOD SCIENCE UNIT 1

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>About the Project:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum  <strong>Exploring Food Science, The Secrets of Baking</strong> (01411Y)</td>
<td>• What’s on your plate is a mixture of chemistry, biology, and physics exploration while baking. It is the first in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Secrets of Baking is for youth grades 6-9 but maybe adapted for younger and older learners.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>Requirements:</td>
<td>• Exploring Food Science,  <strong>The Secrets of Baking</strong> Youth Science Journal</td>
</tr>
<tr>
<td></td>
<td>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
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<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum  <strong>What’s On Your Plate?</strong>, Exploring Food Science, The Secrets of Baking  <strong>Facilitator Guide</strong> (01415F)</td>
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<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td>Check with your County Extension office for more information.</td>
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</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td>*<strong>Exploring Food Science, The Secrets of Baking:</strong> <a href="">http://4-h.org/parents/curriculum/food-science/</a></td>
</tr>
<tr>
<td></td>
<td>Idaho 4-H What’s On Your Plate? page: <a href="https://www.uidaho.edu/extension/4h/projects/plate">https://www.uidaho.edu/extension/4h/projects/plate</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>To order National 4-H Curriculum visit: <a href="https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1">https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>To order National 4-H Curriculum Volunteer Guide: <a href="https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1-facilitators-guide">https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-1-facilitators-guide</a></td>
<td></td>
</tr>
<tr>
<td><strong>Optional Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Exploring Food Science, The Secrets of Baking:</em> <a href="">http://4-h.org/parents/curriculum/food-science/</a></td>
<td></td>
</tr>
</tbody>
</table>
### About the Project:
- What’s on your plate is the food science and food technology behind every bite. The Power of Protein Chemistry explores the basic building blocks of protein in the kitchen laboratory, looking at cooking and using eggs and making fresh cheese. It is the second book in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Power of Protein Chemistry is for youth grades 6-9 but maybe adapted for younger and older learners.

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

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

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

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

### Optional Support Materials:
- Exploring Food Science, The Power of Protein Chemistry: [http://4-h.org/parents/curriculum/food-science/#!protein-chemistry](http://4-h.org/parents/curriculum/food-science/#!protein-chemistry)
# Healthy Living

## EXPLORING FOOD SCIENCE UNIT 3

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>About the Project:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• What’s on your plate delves into the causes and solutions to fruits and vegetable browning; and looks at preparing, preserving and cooking fruits and vegetables using science techniques. The Inner Mysteries of Fruits and Vegetables is the third book in the Food Science series and includes the Youth Science Journal to record your food science experiments. It is for youth grades 6-9 but maybe adapted for younger and older learners.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Exploring Food Science, The Inner Mysteries of Fruits and Vegetables (#01413Y)</td>
<td>Requirements:</td>
<td>• Exploring Food Science, The Power of Protein Chemistry Youth Science Journal</td>
</tr>
<tr>
<td>2014</td>
<td>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>What’s On Your Plate?, Exploring Food Science, The Inner Mysteries of Fruits and Vegetables Facilitator Guide (#01417F)</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
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</tbody>
</table>

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

## Support Materials:
Idaho 4-H What’s On Your Plate? page: [https://www.uidaho.edu/extension/4h/projects/plate](https://www.uidaho.edu/extension/4h/projects/plate)
To order National 4-H Curriculum visit: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3)
To order National 4-H Curriculum Volunteer Guide: [https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3-facilitators-guide](https://shop4-h.org/products/whats-on-your-plate-curriculum-unit-3-facilitators-guide)

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

### EXPLORING FOOD

#### SCIENCE UNIT 4

**Table of Contents**

- Projects & Materials
- Requirements
- Exhibit Requirements

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>About the Project:</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum Exploring Food Science, Be a Food Scientist! (#01414Y) 2014</td>
<td>• 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.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>Requirements:</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum What’s On Your Plate? Exploring Food Science, Be a Food Scientist! Facilitator Guide (#01418F) 2014</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

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

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

**Optional Support Materials:**
Exploring Food Science, Be a Food Scientist!: [http://4-h.org/parents/curriculum/food-science/#1food-scientist](http://4-h.org/parents/curriculum/food-science/#1food-scientist)
# Healthy Living

## FOOD

### PRESERVATION

### DRYING

Table of Contents

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

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

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

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

## FOOD PRESERVATION

### FREEZING

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

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

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

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

### FOOD PRESERVATION BOILING WATER CANNING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Boiling Water Canning Manual (PNW #652)</td>
</tr>
<tr>
<td>• Food Preservation Boiling Water Canning Manual (PNW #652) □ 2013</td>
<td>• Complete four or more activities each year.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Become involved in at least one Citizenship/Leadership activity.</td>
<td>• A poster (14”x22”) illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>None</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A photo journal showing how to do a boiling water canning of food from start to finish.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A tomato product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• A fruit product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• An acidified pickled product, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>Optional: Complete a menu plan using food preserved in this project.</td>
<td>• A display (12”x12”x12”) and label some of the equipment you used to complete this project.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Recipes and a menu plan using foods you preserved in this project.</td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Optional Support Materials:**

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

### FOOD PRESERVATION

#### PRESSURE CANNING

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

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

**Support Materials:**
To download the Food Preservation Pressure Canning manual visit: [http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/pressurecanning](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](https://catalog.extension.oregonstate.edu/pnw172)
- Guardado de vegetales en conserva (PNW #172s) [https://catalog.extension.oregonstate.edu/pnw172s](https://catalog.extension.oregonstate.edu/pnw172s)
- Canning Tomatoes and Tomato Products Ag. (PNW #300) [https://ir.library.oregonstate.edu/downloads/8623h01z](https://ir.library.oregonstate.edu/downloads/8623h01z)
- Elaboración de conservas de tomates y productos de tomates (PNW #300S) [https://catalog.extension.oregonstate.edu/pnw300s](https://catalog.extension.oregonstate.edu/pnw300s)
- So Easy to Preserve (University of Georgia Extension) [https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html](https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html)
- National Center for Home Food Preservation available at: [http://nchfp.uga.edu/](http://nchfp.uga.edu/)
# Healthy Living

## KEEPING FIT & HEALTHY LEVEL 1

### Table of Contents

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

To order National 4-H Curriculum visit: [https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action](https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action)
# Healthy Living

## KEEPING FIT & HEALTHY LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In <em>Staying Healthy</em> youth guide:</td>
<td>• ZSuites 4-H Project Record Book #91950</td>
</tr>
<tr>
<td>• National 4-H Curriculum Keeping Fit and Healthy Staying Healthy, (#08175) 2005</td>
<td>➢ Complete a minimum of 7 activities from the lessons.</td>
<td>• ZSuites 4-H Involvement Report Plus one of the following:</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>➢ Complete a self-assessment of personal talents.</td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Give an illustrated talk, demonstration or speech on any topic of choice related to health.</td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Exhibit Project</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>Complete the following:</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• ZSuites 4-H Project Record Book #91950</td>
</tr>
</tbody>
</table>

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

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

**KEEPING FIT & HEALTHY LEVEL 3**

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

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

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

CHOOSE HEALTH:
FOOD, FUN & FITNESS

Projects & Materials

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

Volunteer Materials:
• Choose Health: Food, Fun and Fitness (#01601F)
  2011-15
  https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum OR download at
  http://fnec.cornell.edu/for-partners/curricula/chfff/order-information/

Requirements
Choose Health: Food, Fun and Fitness is a group curriculum, led by an adult volunteer. It may be used multiple years.

Requirements:
• Complete at least one activity from each of the six sections.
• Include one physical activity and one snack activity at each meeting.
• Share one newsletter with family members.
• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

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

Exhibit Requirements

• 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.

Examples for poster/display:
• 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.

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

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

## GROUP HEALTH & FITNESS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Materials:**       | Up for the Challenge, Lifetime Fitness, Healthy Decisions addresses wellness for elementary, middle and high school aged youth. It works best in group settings. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
Create a poster (14” x 22”) or exhibit display. Poster should differ each year, if project is used multiple years. Photos, artwork and items may be used on the poster.  
Examples of poster/exhibit display topics:  
• 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  
Create a grocery store or farmer’s market treasure hunt. |
| **Up for the Challenge:** | 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. | **Note:** May be used multiple years. |
| **Choose My Plate** | • 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. | |
| **www.choosemyplate.gov** | Youth complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | |
| **Display poster/exhibit at community event** | **County Requirements:**  
Check with your County Extension office for more information. | |
| **Optional Supporting Materials:** | **Choose My Plate:** | **www.choosemyplate.gov** |

---

81
# Personal Development & Leadership

## ELEMENTARY

### FINANCIAL MANAGEMENT

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

**Volunteer Materials:**

• National 4-H Curriculum Reading Makes Cents (#08389DD) 2011

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

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**


# BUILD YOUR FUTURE

## Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Requirements: Project may be used for three years if desired.</td>
<td>ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• Set personal goals for the year.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Curriculum</td>
<td>• Choose at least three Activity Sections, (Skills, Choices, Careers; Making Career Connections; Build Your Future Through Portfolios; Education Pay$; Career FUNds; Turn Your 4-H Passion Into Profit; Pounding the Pavement; Putting the Pieces Together; or Pathways to Success), from the Build Your Future Youth Career Journal and complete at least one experience in each Activity.</td>
<td>Build Your Future: Youth Career Journal</td>
</tr>
<tr>
<td>Build Your Future:</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>Choices. Connections.</td>
<td>Complete the following:</td>
<td>• A poster (14”x22”) or display illustrating a skill or skills learned in this project.</td>
</tr>
<tr>
<td>Careers. Youth Career Journal Grades 8-12</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project</td>
</tr>
<tr>
<td>(08561) 2013</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td>ZSuites 4-H Involvement Report</td>
<td>• Build Your Future: Youth Career Journal</td>
<td></td>
</tr>
<tr>
<td>ZSuites 4-H Project Record Book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H</td>
<td></td>
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<tr>
<td>Curriculum</td>
<td></td>
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</tr>
<tr>
<td>Build Your Future:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choices. Connections.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Careers. Facilitator Guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(08562) 2013</td>
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<td></td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Check with your County Extension office for details.</td>
<td></td>
</tr>
<tr>
<td>Support Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Build Your Future page: <a href="https://www.uidaho.edu/extension/4h/projects/build-your-future">https://www.uidaho.edu/extension/4h/projects/build-your-future</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To order National 4-H Curriculum visit: <a href="https://shop4-h.org/products/build-your-future-curriculum-youth-notebook">https://shop4-h.org/products/build-your-future-curriculum-youth-notebook</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To order Volunteer Guide visit: <a href="https://shop4-h.org/products/build-your-future-curriculum-facilitators-guide">https://shop4-h.org/products/build-your-future-curriculum-facilitators-guide</a></td>
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<td></td>
</tr>
</tbody>
</table>

83
## FINANCIAL DEVELOPMENT

### Projects & Materials

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

**Volunteer Materials:**

### Requirements

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

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

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

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

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

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- My Financial Future; Youth Notebook
  - Plus one of the following:
    - A Poster (14”x 22”) illustrating something you learned about financial management this year.
    - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project

### Support Materials:
- Idaho 4-H Financial Future page: [https://www.uidaho.edu/extension/4h/projects/financial-future](https://www.uidaho.edu/extension/4h/projects/financial-future)
- To order National 4-H Curriculum visit: [https://shop4-h.org/products/my-financial-future-curriculum-beginner-notebook](https://shop4-h.org/products/my-financial-future-curriculum-beginner-notebook)
<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>In member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>Financial Champions:</td>
<td>• Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27).</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Money Fundamentals, Level 1 (#202024)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Money Fundamentals manual</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Poster (14”x 22”) illustrating something you learned about financial management this year.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Designed to be finished in a single year.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Financial Champions Volunteer Guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#202026)</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
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</tr>
<tr>
<td>Check with your County Extension office for more information.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho 4-H Financial Champions page:</td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/financial-champions">https://www.uidaho.edu/extension/4h/projects/financial-champions</a></td>
<td></td>
</tr>
</tbody>
</table>
# Personal Development & Leadership

## FINANCIAL CHAMPIONS

### LEVEL 2

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

Complete the following:

• ZSuites 4-H Involvement Report

• ZSuites 4-H Project Record Book

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

| Volunteer Materials: | | |
|----------------------|----------------------|
| • National 4-H Curriculum Financial Champions Volunteer Guide (#202026) | | |
| ZSuites 4-H Involvement Report | | |
| ZSuites 4-H Project Record Book | | |

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

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


## Personal Development & Leadership

### ENTREPRENEURSHIP

#### BE THE E, LEVEL 1

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum <em>Be The E Entrepreneurship</em> (#DDBU08035)</td>
<td>• Do at least 7 of the Love It! And More E Challenges activities each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Complete at least 21 activities of the Love It! And More E Challenges within 3 years to complete the Achievement Program.</td>
<td>• Be the E, Manual</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date and initial each activity as you complete it.</td>
<td>Choose an activity that you completed to display</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Example: The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• OR</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>Make an educational poster (14” x 22”) or display that illustrates what you learned in the project.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

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

---

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

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

## ENTREPRENEURSHIP

### BE THE E, LEVEL 2

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials**  | In the member’s current Manual: | • 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. |
| **Volunteer Materials** |  |  |
| • National 4-H Curriculum Be The E Entrepreneurship (#DDBU08035)  
2004  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  |  |
| **Note:** All three levels are inclusive in one book |  |  |
|  | Complete the following: |  |
|  | • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |  |

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

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

### Be the E, Level 3

<table>
<thead>
<tr>
<th>Youth Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| *National 4-H Curriculum Be The E Entrepreneurship (#DDBU08035) 2004* | In the member’s current Manual: | *ZSuites 4-H Project Record Book*  
*ZSuites 4-H Involvement Report*  
*ZSuites 4-H Project Record Book* |
| *ZSuites 4-H Involvement Report* | - 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. | Choose an activity that you completed to display |
| *ZSuites 4-H Project Record Book* | Complete the following: | *Example: Marketing strategy, cash flow forecast*  
OR  
*Make an educational poster or display that illustrates what you learned in the project.* |
| *Note: All three levels are inclusive in one book* | *ZSuites 4-H Involvement Report*  
*ZSuites 4-H Project Record Book* | |

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

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

## HIGH SCHOOL FINANCIAL PLANNING

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | 4-H Youth are encouraged to begin with the first module and work themselves through all six, completing one or two per year. | • ZSuites 4-H Project Record Book  
• ZSuites 4-H Involvement Report  
• High School Financial Planning Program Student Modules |
| • High School Financial Planning Program Student Modules  
www.hsfp.org  
2020 | For High School aged youth.  
• Learn basic personal finance concepts and show how these concepts apply to everyday life.  
• Fully complete at least one of the six student modules.  
• Learn about the financial planning process. Apply the process through activities provided.  
• Learn effective use of all financial resources.  
Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book | Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• High School Financial Planning Program Student Modules. | |

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

### Support Materials:
Idaho 4-H High School Financial Planning page: [https://www.uidaho.edu/extension/4h/projects/high-school-financial-planning](https://www.uidaho.edu/extension/4h/projects/high-school-financial-planning)

To order High School Planning Program Student Modules visit: [www.hsfp.org](http://www.hsfp.org)
# CLOVERBUDS

## Projects & Materials

<table>
<thead>
<tr>
<th>Cloverbuds Ages 5-7</th>
<th>Curriculum Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>The approved Cloverbud curriculum is developmentally appropriate for this age; activity oriented, non-competitive, focused on life skills taught through a broad spectrum of subject matter and involves cooperative learning.</td>
</tr>
<tr>
<td>• Cloverbud Memory Book (#63013)</td>
<td>Curriculum Choices:</td>
</tr>
<tr>
<td>• National 4-H Curriculum listed under Curriculum Choices</td>
<td>The Big Book of 4-H Cloverbud Activities <a href="https://shop4-h.org/products/the-big-book-of-4-h-cloverbud-activities">https://shop4-h.org/products/the-big-book-of-4-h-cloverbud-activities</a></td>
</tr>
<tr>
<td></td>
<td>Exploring 4-H Cloverbud Activity Bundle <a href="https://shop4-h.org/products/exploring-4-h-cloverbud-activity-bundle">https://shop4-h.org/products/exploring-4-h-cloverbud-activity-bundle</a></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>All About Pets Bundle <a href="https://shop4-h.org/products/all-about-pets-cloverbud-activity-bundle">https://shop4-h.org/products/all-about-pets-cloverbud-activity-bundle</a></td>
</tr>
<tr>
<td>• National 4-H Curriculum listed under Curriculum Choices</td>
<td>All About Insects Bundle <a href="https://shop4-h.org/products/all-about-insects-cloverbud-activity-bundle">https://shop4-h.org/products/all-about-insects-cloverbud-activity-bundle</a></td>
</tr>
<tr>
<td></td>
<td>Aerospace Adventures 1 – Pre-Flight <a href="https://shop4-h.org/products/aerospace-adventures-curriculum-1-pre-flight">https://shop4-h.org/products/aerospace-adventures-curriculum-1-pre-flight</a></td>
</tr>
<tr>
<td></td>
<td>Exploring the Treasures of 4-H <a href="https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum">https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum</a> helpers-guide</td>
</tr>
</tbody>
</table>

## Exhibit Options

There are no specific requirements for completing Cloverbuds projects. Exhibiting at the Fair is optional and non-competitive and can include one or more of the following:

- Cloverbud Memory Book (#63013)
- Items made, a folder or notebook showing activities completed
- A poster (14”X22”) or display illustrating something learned in this project year.

A participation ribbon or similar recognition may be awarded for exhibits.

## County Requirements:

Check with your County Extension office for more information.

## Support Materials:

- Idaho 4-H Cloverbuds Page (Cloverbud Memory Book is here): https://www.uidaho.edu/extension/4h/projects/cloverbuds
- 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
## Personal Development & Leadership

### EXPLORING 4-H

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the Member’s manual:</td>
<td>Binder with the following items:</td>
</tr>
<tr>
<td>- National 4-H Curriculum Exploiting the Treasures of 4-H Member Manual (#BU-08171)</td>
<td>• Complete a minimum of six activities from the Exploring the Treasures of 4-H member manual (#08171).</td>
<td>• Completed activities from the Exploring the Treasures of 4-H member manual (#08171)</td>
</tr>
<tr>
<td>- ZSuites 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>Complete the following:</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>- National 4-H Curriculum Exploiting the Treasures of 4-H Volunteer Guide (#BU-08172)</td>
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<td></td>
<td>Complete the following:</td>
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<tr>
<td></td>
<td>• Complete the ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete the ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:**
Idaho 4-H Exploring Treasures of 4-H page: https://www.uidaho.edu/extension/4-h/projects/exploring-4-h
To purchase National 4-H Curriculum: https://shop4-h.org/products/exploring-treasures-of-4-h-curriculum-set-of-2
### Youth Materials:
- **OH Publication:** Leadership Road Trip: Where Are You Going? (OH 4-H375) 2019
- Idaho 4-H Leadership Portfolio (#82316)
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

### Volunteer Materials:
- Leadership Road Trip: Where Are You Going? (OH 4-H375) 2019
- Idaho 4-H Leadership Portfolio (#82316)

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

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

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

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

## LLAMA/ALPACA

**Projects & Materials**

- **Youth Materials:**
  - 4-H Llama/Alpaca Activities Check List, Level 1 (#72193) 2005
  - 4-H Llama/Alpaca Activities Check List, Level 2 (#72194) 2005
  - 4-H Llama/Alpaca Activities Check List, Level 3 (#72195) 2005
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Animal Project Record Book

- **Volunteer Materials:**
  - Llama and Alpaca Resource Handbook (OH #4-H 132R) 2008

**Requirements**

- **Project Requirements:**
  - Provide proper housing, food and primary care for your Llama/Alpaca for at least 90 days.
  - Members must work in the Llama/Alpaca Activities Checklist Level: 1 (Beginner), 2 (Intermediate), or 3 (Advanced).
  - Members can take up to 3 years to complete a Level Check List.
  - Members will complete Skills Options and Personal Development Options each year.
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

**Exhibit Requirements**

- ZSuites 4-H Animal Project Record Book
- ZSuites 4-H Involvement Report
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- A poster (14”x22”) or display illustrating something you learned in this project this year.
  - AND/OR
- Exhibit one of your project animals in a Llama/Alpaca Fitting and Showing class.

**County Requirements**

Check with your County Extension office for more information.

**Support Materials:**

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


**Optional Supporting Materials:**

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

## BEEF

### MARKET

**Table of Contents**

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

**County Requirements**

Check with your County Extension office for more information.

**Support Materials:**

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

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

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

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

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

## BEEF

### BREEDING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • ZSuites 4-H Animal Project Record Book  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• 4-H Animal Science Skills Checklist |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• 4-H Animal Science Skills Checklist | • Choose one or more heifers, cows, or bulls for your Breeding Beef project. Bulls must be less than one (1) year of age by fair date to be exhibited at a 4-H show.  
• Individually identify each animal with an ear tag and/or tattoo.  
• Provide one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal at least 90 days.  
• If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.  
• Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.  
• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• Any supplemental forms required at the county level.  
**Note:** Each member is strongly encouraged to participate in a livestock/dairy judging contest. | • 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. |
| **Volunteer Materials:** | | |
| • Beef Resource Handbook  
OH (#117R)  
2011  
• 4-H Animal Science Lessons  
• 4-H Animal Lesson Plan Tracker | | |
| | County Requirements:  
Check with your County Extension office for more information. | |
| **Support Materials:** To order Ohio Materials: [https://extensionpubs.osu.edu/beef-resource-handbook/](https://extensionpubs.osu.edu/beef-resource-handbook/)  
University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)  
Idaho 4-H Beef page: [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef) | Optional Supporting Materials: All items listed below are available to download at [https://www.uidaho.edu/extension/4h/projects/beef](https://www.uidaho.edu/extension/4h/projects/beef)  
• Market Beef Growth Chart (#72110)  
• Youth Beef Quality Assurance (#72203)  
• Market Beef Planning Sheet (#72298)  
• Beef, Sheep and Swine Selection and Evaluation (#72010)  
• Idaho 4- Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)  
• Beef Showmanship DVD (#72999)  
• Market Animal Health Supplement  
• Market Animal Weight Guidelines | |
## Plants and Animals

### BEEF

#### STOCKER/FEEDER

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • 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. |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• 4-H Animal Science Skills Checklist  
• 4-H Animal Science Lessons  
• 4-H Animal Lesson Plan Tracker | • 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.  
Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• Any supplemental forms required at the county level.  
**Note:** Each member is strongly encouraged to participate in a livestock/dairy judging contest. | |
| **Volunteer Materials:** | | |
| • Beef Resource Handbook OH (#117R)  
• 2011  
• 4-H Animal Science Lessons  
• 4-H Animal Lesson Plan Tracker | | |
| **County Requirements:** | Check with your County Extension office for more information. | |
| **Support Materials:** | | |
| To order Ohio Materials: https://extensionpubs.osu.edu/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 | | |
| **Optional Supporting Materials:** | All items listed below are available to download at https://www.uidaho.edu/extension/4h/projects/beef | |
| • Market Beef Growth Chart (#72110)  
• Youth Beef Quality Assurance (#72203)  
• Market Beef Planning Sheet (#72998)  
• Beef, Sheep and Swine Selection and Evaluation (#72010)  
• Idaho 4-H Livestock Cost & Return Estimates - Market Beef Steer Project (#72925)  
• Beef Showmanship DVD (#72999)  
• Market Animal Health Supplement  
• Market Animal Weight Guidelines | | |
## Plants and Animals

### BIRDS AND POULTRY

#### MARKET BROILERS/FRYERS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• 4-H Market Broilers (#UNL 4H308)</td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for no less than eight (8) weeks.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Minimum requirement is five (5) broilers.</td>
<td>• Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Exhibit three (3) birds as uniform as possible.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>• 4-H Market Broilers (#UNL 4H308)</td>
<td>• Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.</td>
<td>A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.</td>
</tr>
<tr>
<td>□ 1989</td>
<td>• Give an oral presentation (speech, demonstration, or Illustrated talk) related to this project.</td>
<td><strong>Note:</strong> Meat birds will not be shown in showmanship. The 4-H’er can participate in showmanship by standing by his/her caged bird and answering questions by the judge.</td>
</tr>
<tr>
<td>Complete the following:</td>
<td>• ZSuites 4-H Involvement Report</td>
<td><strong>County Requirements:</strong></td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>Check with your County Extension office for more information.</td>
</tr>
<tr>
<td>• Any supplemental forms required at the county level.</td>
<td>• ZSuites 4-H Involvement Report</td>
<td><strong>Support Materials:</strong></td>
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<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td>To purchase Nebraska curriculum, visit:</td>
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<td></td>
<td>Idaho 4-H Market Broiler Page: <a href="https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers">https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers</a></td>
</tr>
</tbody>
</table>

### Optional Supporting Materials:

All items listed below are available for download at: [https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers](https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers)

- Feeding Meat-type Chickens (PNW #658)
- 4-H Poultry Showmanship Questions
- Exhibiting 4-H Poultry (Nebraska EC282)
- Poultry Options and Egg Production Record (#72310)
- Poultry Judging (Nebraska 72307)
- Ohio 4-H Poultry Resources
# Plants and Animals

## BIRDS AND POULTRY
### PULLETS/LAYING HENS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Minimum requirement is five (5) pullets/hens. Chicks should be obtained early in the year so that they will be in production in the fall.</td>
<td>• Egg Production Record (#72310)</td>
</tr>
<tr>
<td>• Egg Production Record (#72310)</td>
<td><strong>Note:</strong> If pullets are to be continued as a laying project, at least 10 pullets are suggested (but not required) to start.</td>
<td>• Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production.</td>
</tr>
<tr>
<td>• The 4-H Poultry Project: An Introduction (WY#12004C)</td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>▶️ 2003</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td>• A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td><strong>Optional:</strong> You may choose to participate in a Poultry Fitting &amp; Showing (pre-registration required).</td>
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<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
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<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
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<tr>
<td></td>
<td>• Egg Production Record (#72310)</td>
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<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
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<tr>
<td></td>
<td><strong>County Requirements:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Check with your County Extension office for more information.</td>
<td></td>
</tr>
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<td></td>
<td><strong>Support Materials:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Idaho 4-H Pullets page (and to download the Individual Animal Record and Egg Production Record):</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/pullets">https://www.uidaho.edu/extension/4h/projects/pullets</a></td>
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<tr>
<td></td>
<td><strong>Optional Supporting Materials:</strong> Available to access and/or download at</td>
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<tr>
<td></td>
<td><a href="https://www.uidaho.edu/extension/4h/projects/pullets">https://www.uidaho.edu/extension/4h/projects/pullets</a></td>
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</tr>
<tr>
<td></td>
<td>• Poultry Options and Egg Production Record (#72310)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Exhibiting 4-H Poultry (Nebraska EC282)</td>
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<td></td>
<td>• Poultry Judging (Nebraska #72307)</td>
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<td></td>
<td>• 4-H Poultry Showmanship Questions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Raising Pullets (OH #4-H 151)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ohio 4-H Poultry Resources</td>
<td></td>
</tr>
</tbody>
</table>
# Plants and Animals

## BIRDS AND POULTRY

### FAMILY FLOCK

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td></td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Complete a minimum of 5 activities from supporting materials for Birds &amp; Poultry.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td>• Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• The 4-H Poultry Project: An Introduction</td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td>• Exhibit 1 or a pair of birds.</td>
</tr>
<tr>
<td>(WY#12004C) 2003</td>
<td>Complete the following:</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td><strong>Optional:</strong> You may choose to participate in a Poultry Fitting &amp; Showing (pre-registration required).</td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
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</tr>
</tbody>
</table>

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

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

### Optional Supporting Materials:
Available to access or download at [https://www.uidaho.edu/extension/4h/projects/family-flock](https://www.uidaho.edu/extension/4h/projects/family-flock)
- Poultry Options and Egg Production Record (#72310)
- Exhibiting 4-H Poultry (Nebraska EC282)
- 4-H Poultry Showmanship Questions
- Poultry Judging (Nebraska 72307)
- Duck or Goose Project (OH MA2102)
- 4-H Pigeon and Dove Project (OSU 4H154)
- Raising Turkeys (OH MA2101)
- Ohio 4-H Poultry Resources
## Plants and Animals

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • ZSuites 4-H Animal Project Record Book  
• ZSuites 4-H Involvement Report  
• Complete 5 Animal Science activities.  
• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following: | • ZSuites 4-H 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.  
• A poster (14” x 22”) or a display illustrating what you learned in this project this year.  
**AND/OR**  
• Exhibit your project animal in a Cat Fitting and Showing class. |
| • ZSuites 4-H Involvement Report  
• ZSuites 4-H Animal Project Record Book  
• Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)  
• Cat Fitting and Showmanship (WSU EM4810E)  
• Cat Fitting and Showmanship (WSU EM4810E)  
• Cat Fitting and Showmanship (WSU EM4810E)  
• Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)  
• Cat Fitting and Showmanship (WSU EM4810E)  
• 4-H Cat Project, Unit 1 (WSU EM4809E)  
• 4-H Cat Project, Unit 1 (WSU EM4809E)  
• 4-H Cat Project, Unit 2 (WSU EM4900E)  
• 4-H Cat Project, Unit 2 (WSU EM4900E)  
• Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)  
• Cat Fitting and Showmanship (WSU EM4810E)  |
|  | • 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.  
Complete the following: |  |
| **Volunteer Materials:** |  |  |
| • 4-H Cat Project, Unit 1 (WSU EM4809E), 2015  
• 4-H Cat Project, Unit 2 (WSU EM4900E), 2013  
• Cat Anatomy & Physiology, Unit 3 (WSU EM4289E), 2013  
• Cat Fitting and Showmanship (WSU EM4810E), 2015  
• 4-H Cat Project, Unit 1 (WSU EM4809E)  
• 4-H Cat Project, Unit 2 (WSU EM4900E)  
• Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)  
• Cat Fitting and Showmanship (WSU EM4810E)  
• 4-H Cat Project, Unit 1 (WSU EM4809E)  
• 4-H Cat Project, Unit 2 (WSU EM4900E)  
• Cat Anatomy & Physiology, Unit 3 (WSU EM4289E)  
• Cat Fitting and Showmanship (WSU EM4810E) |  |
| **County Requirements:** | Check with your County Extension office for more information. |  |

### Support Materials:

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

### Optional Supporting Materials:

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

## CAVY

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Materials:</td>
<td>Project Requirements:</td>
<td>- ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Provide proper housing, food and primary care for your Cavies for at least 90 days.</td>
<td>- ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Complete 5 Animal Science Activities</td>
<td>- Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Complete the following:</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year. <strong>AND/OR</strong></td>
</tr>
<tr>
<td>• 4-H Cavy Project Volunteers Guide (PNW 573)</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Exhibit your project animal in a Cavy Fitting and Showing class.</td>
</tr>
<tr>
<td>2004</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td>• Cavy Resource Handbook (OH 4-H 215R)</td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

102
## Plants and Animals

### DAIRY CATTLE

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td><strong>Dairy Resource Handbook (OH #127R) □ 2016</strong></td>
<td>• Care for 1 or more dairy cattle at least 90 days.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
<td>• <strong>If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</strong></td>
<td>• Supplemental forms required at the county level, submitted to county extension office by date specified.</td>
</tr>
<tr>
<td><strong>ZSuites 4-H Animal Project Record Book</strong></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Exhibit project animal at community, county, or other livestock show.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td><strong>Dairy Resource Handbook (OH #127R) □ 2016</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Exhibit one of your project animals in a Dairy Cattle Fitting and Showing class.</td>
</tr>
</tbody>
</table>

**Complete the following:**

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

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

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

### Optional Supporting Materials:

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

- **Dairy Heifer Growth Chart (#72120)**
- **Monitoring Dairy Heifer Growth**, Penn State, 1988 (see Calves & Heifer Mgt.)
- **4-H Dairy Cattle Project (Michigan State University)**
# Plants and Animals

## DOG

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Dog Resource Handbook (OH #201R)</td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• Provide primary care for and train 1 or more dogs, which belong to the member or a family pet for at least 90 days. The dog may be registered or an unregistered, crossbred male or female.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
<td>• Supplemental forms required at the county level, submitted to county extension office by date specified.</td>
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<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
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<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Exhibit dog you trained in appropriate obedience class according to experience and development as follows:</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>Dog in Training:</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Unit 1 – Subnovice</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Unit 2 – Novice</td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td>• Unit 3 – Graduate Novice</td>
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<tr>
<td></td>
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<td>• Unit 4 – Open Class</td>
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<td>• Unit 5 – Open Challenge</td>
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<td>• Unit 6 – Utility</td>
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<td></td>
<td></td>
<td><strong>OR</strong></td>
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<tr>
<td></td>
<td></td>
<td>• Exhibit one of your project animals in a Dog Fitting and Showing class.</td>
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<tr>
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<td></td>
<td></td>
<td><strong>Note:</strong> Some counties may require both.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Dog Resource Handbook OH (#201R)</td>
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<tr>
<td></td>
<td><strong>County Requirements:</strong></td>
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<td></td>
<td>Check with your County Extension office for more information.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Support Materials:</strong></td>
<td></td>
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<tr>
<td></td>
<td>Idaho 4-H Dog page: <a href="https://www.uidaho.edu/extension/4h/projects/dog">https://www.uidaho.edu/extension/4h/projects/dog</a></td>
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</tr>
<tr>
<td></td>
<td><strong>Optional Supporting Materials:</strong></td>
<td></td>
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<tr>
<td></td>
<td>All items listed below are available to access or download at <a href="https://www.uidaho.edu/extension/4h/projects/dog">https://www.uidaho.edu/extension/4h/projects/dog</a></td>
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<tr>
<td></td>
<td>• 4-H Dog Showmanship Guide (IN 4-H 716W)</td>
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<td></td>
<td>• Dog Project Resources</td>
<td></td>
</tr>
</tbody>
</table>

104
# Plants and Animals

## GOATS

### MEAT

**Table of Contents**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Choose one or more goats for your Market Goat project.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Comply with current USDA Scrapie requirements</td>
<td>Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td>• Individually identify each animal with an ear tag and/or tattoo.</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
</tbody>
</table>

| Volunteer Materials: | | • Exhibit project animal at community, county, or other county Extension approved livestock show. |
| • Goat Resource Handbook OH (#135R) □ 2016 | • Provide one or more forms of positive ownership for a minimum of 70 days. | • Exhibit one of your project animals in a Goat Fitting and Showing class. |
| • 4-H Animal Science Lessons | • Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days. | |
| • 4-H Animal Lesson Plan Tracker | • 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. | |
| | Complete the following: | |
| | • ZSuites 4-H Involvement Report | |
| | • ZSuites 4-H Animal Project Record Book | |
| | • Any supplemental forms required at the county level. | |

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

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

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

- Market Animal Health Supplement
- Market Animal Weight Guidelines
- Meat Goat Planning Sheet
- Market Goat Growth Chart
- Idaho 4-H Livestock Cost and Returns Estimate – Market Goat Project (#72596)
- 4-H Meat Goat Fact Sheets; NY 4-H
- Texas Goat Resources
- Meat Goat Showmanship (Oklahoma State)
### Plants and Animals

**GOATS**

**BREEDING MEAT**

#### Table of Contents

**Projects & Materials**
- Youth Materials:
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Animal Project Record Book
  - 4-H Animal Science Skills Checklist
- Volunteer Materials:
  - Goat Resource Handbook OH (R135R)
  - 4-H Animal Science Lessons
  - 4-H Animal Lesson Plan Tracker

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

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

**Exhibit Requirements**
- 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.

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

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

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

GOATS
DAIRY

Table of Contents

Projects & Materials

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

Volunteer Materials:

Requirements

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

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

Exhibit Requirements

- 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.

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

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

Optional Supporting Materials:
All items listed below are available to download at: https://www.uidaho.edu/extension/4h/projects/dairy-goat

- Dairy Goat Showmanship (UCANR 197372)
- Dairy Goat Production Record (UAF LPM-00049)
# Plants and Animals

## GOATS PACK

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Goat Resource Handbook OH (#135R) 2016</td>
</tr>
</tbody>
</table>

### Requirements

- **Project Requirements:**
  - 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.

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

### Exhibit Requirements

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

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

### Optional Supporting Materials:

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

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

### GOATS

**PET/PYGMY**

**Projects & Materials**

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

<table>
<thead>
<tr>
<th>Goat Resource Handbook OH (#135R)</th>
<th>Project Requirements:</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>• Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Comply with current USDA Scrapie requirements.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete 5 Animal Science activities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
</tbody>
</table>

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

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

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

**Optional Supporting Materials:**

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

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

## Youth Materials:
- **The 4-H Horse Project** (#PNW 587) 2013
- ZSuites 4-H Involvement Report
- ZSuites 4-H Animal Project Record Book
- Basic Horse Safety Manual (#72673) 1989

## Volunteer Materials:
- **The 4-H Horse Project** (#PNW 587) 2013

## Project Requirements:
- Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) at least 90 days before exhibiting.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
- Keep record of expenses, health care, plus participation in shows and related horse activities/events.
- Learn and practice safety precautions necessary to prevent injury to you and your horse.
- Complete 5 Horse-related educational lessons/activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete the following:
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Animal Project Record Book
  - Any supplemental forms required at county level.

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

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

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

## Checklists:
- Working Ranch Horse Optional Focus Area Skills Checklist (#72652)
- Hunter/Jumper Optional Focus Area Skills Checklist (#72653)
- Driving Optional Focus Area Skills Checklist (#72654)
- Trail Optional Focus Area Skills Checklist (#72655)
- Dressage Optional Focus Area Skills Checklist (#72656)
- General Equitation Optional Focus Area Skills Checklist (#72657)
# HORSELESS HORSE

## Projects & Materials

### Youth Materials:
- **Horseless Horse**
  - (OH #4-H 173) 2016
- **ZSuites 4-H Involvement Report**
- **ZSuites 4-H Project Record Book**
- **Basic Horse Safety Manual** (#72673) 1989

### Volunteers Materials:
- **Horseless Horse** (OH #4-H 173) 2016

## Requirements

### Project Requirements:
- 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.

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

## Exhibit Requirements

- 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.

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

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

## Optional Supporting Materials:
All items listed below are accessible or available to download at [https://www.uidaho.edu/extension/4h/projects/horse](https://www.uidaho.edu/extension/4h/projects/horse)
- **Horses and Horsemanship** (#CO-200)
- **Horse Science** (#CO-201)
- **4-H Horse Judging Manual** (#PNW575)
- **Horse Safety Guidelines** (order from American Youth Horse Council)
# Plants and Animals

## NON-ANIMAL PROJECT OPTION

**NEW 09-20**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Obtain approval to do this project from your county 4-H professional.</strong></td>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td>ZSuites Involvement Report</td>
<td>The purpose of this project is to provide members an opportunity to experience the following projects without animal ownership: Llama/Alpaca Beef, Birds, Cat, Cavy, Dairy Cattle, Dog, Goat, Rabbit, Sheep, Small Animals/Pocket Pets, and Swine</td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>ZSuites 4-H Project Record Book</td>
<td>Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the University of Idaho Extension 4-H Animal Science Skills Checklist.</td>
<td>A poster (14”x 22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Record each activity completed in the ZSuites 4-H Project Record Book.</td>
<td><strong>ZSuites 4-H Project Record Book</strong></td>
</tr>
<tr>
<td>University of Idaho 4-H Animal Science Lessons</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td>University of Idaho 4-H Animal Lesson Plan Tracker</td>
<td>Complete the following:</td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
<tr>
<td><strong>SEE SECTION BELOW FOR SPECIFIC CURRICULUM TO USE</strong></td>
<td>ZSuites Involvement Report</td>
<td>Any supplemental forms required at the county level</td>
</tr>
<tr>
<td>All Idaho 4-H animal project materials are posted at <a href="https://www.uidaho.edu/extension/4h/projects">https://www.uidaho.edu/extension/4h/projects</a></td>
<td>ZSuites 4-H Project Record Book</td>
<td><strong>ZSuites 4-H Involvement Report</strong></td>
</tr>
</tbody>
</table>

### Volunteer Materials/ Curriculum:

- **Llama/Alpaca** – Llama/Alpaca Resource Handbook (OH#132R)
- **Beef** – Beef Resource Handbook (OH #117R)
- **Birds** – The 4-H Poultry Project: An Introduction (WY#12004C)
- **Cat** – WSU 4-H Cat Project Unit 1, 2 and 3
- **Cavy** – 4-H Cavy Project (PNW573)
- **Dairy Cattle** – Dairy Resource Handbook (OH#127R)
- **Dog** – Dog Resource Handbook (OH#201R)
- **Goat** – Goat Resource Handbook (OH#135R)
- **Rabbit** – Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects (OH#228R)
- **Sheep** – Sheep Resource Handbook for Market and Breeding Projects (OH#194R)
- **Small Animals/Pocket Pets** – Pocket Pets Resource Handbook (OH#220R)
- **Swine** – Swine Resource Handbook for Market and Breeding Projects (OH#134R)

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

## RABBIT MARKET

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | - 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. | - ZSuites 4-H Animal Project Record Book  
- ZSuites 4-H Involvement Report |
| - ZSuites 4-H Involvement Report  
- ZSuites 4-H Animal Project Record Book | Complete the following:  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Animal Project Record Book | - Pen of 3 fryers  
- Exhibit one of your project animals in a Rabbit Fitting and Showing class. |
| **Volunteer Materials:** | | |
| - Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R)  

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

### Support Materials:
To order from Ohio: [https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/](https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/)

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

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

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

## Projects & Materials

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

## County Requirements:

Check with your County Extension office for more information.

## Support Materials:

To order from Ohio: [https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/](https://extensionpubs.osu.edu/rabbit-resource-handbook-for-breeding-market-and-pet-rabbit-projects/)

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

## Optional Supporting Materials:

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

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

## RABBIT PET

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

### Volunteer Materials:

### Projects & Materials

<table>
<thead>
<tr>
<th>Project Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide proper housing, food and primary care for your rabbits for at least 90 days.</td>
<td>ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>Complete 5 Animal Science activities.</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td>Any supplemental forms required at the county level submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>Complete the following:</td>
<td><strong>AND/OR</strong></td>
</tr>
<tr>
<td>- ZSuites 4-H Involvement Report</td>
<td>Exhibit one of your project animals in a Rabbit Fitting and Showing class.</td>
</tr>
<tr>
<td>- ZSuites 4-H Animal Project Record Book</td>
<td></td>
</tr>
<tr>
<td>- Any supplemental forms required at the county level.</td>
<td></td>
</tr>
</tbody>
</table>

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

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

### Optional Supporting Materials:
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- **4-H Rabbit Fitting and Showing Member Guide (MSU)**
- **4-H Rabbit Show Preparation and Showmanship Fact Sheet (OH)**
- The Rabbit Handbook by Karen Gendron (2000) Barron’s Ed Series, Inc. available from Barnes and Noble or Amazon
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# Plants and Animals

## SHEEP MARKET

### Table of Contents

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

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

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

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

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

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

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

## Sheep Breeding

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Animal Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Choose and provide primary care for one or more ewes for your Breeding Sheep project.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Animal Project Record Book</td>
<td>• Comply with current USDA Scrapie requirements.</td>
<td>• Any supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• 4-H Animal Science Skills Checklist</td>
<td>• Provide one or more forms of positive ownership (90 days) for each project animal.</td>
<td>• Exhibit project animal(s) at a community, county or other livestock show.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Individually identify each animal with an ear tag, tattoo or ear notch.</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td>• Sheep Resource Handbook for Market and Breeding Projects OH (#194R)</td>
<td><strong>If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</strong></td>
<td>• Exhibit one of your project animals in a Sheep Fitting and Showing class.</td>
</tr>
<tr>
<td>• 4-H Animal Science Lessons</td>
<td>• Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Lesson Plan Tracker</td>
<td>• Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
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<td><strong>Note:</strong> Each member is strongly encouraged to participate in a livestock judging contest.</td>
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</table>

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


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

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

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

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

### SMALL ANIMAL, POCKET PETS, & OTHER ANIMALS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • ZSuites 4-H Animal Project Record Book  
                          • ZSuites 4-H Involvement Report  
                          • Any supplemental forms required at the county level.  
|                       | • Members should provide proper housing, food, and primary care for their pet for at least 60 days.  
                          • In member’s current Project Manual:  
                            • Complete 5 Animal Science activities.  
                            • Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.  
                            • Have your project helper date (month and year) and initial each activity when it is finished.  
                            • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
|                       | Complete the following: | • A poster (14”x22”) or display illustrating something you learned in this project this year. AND/OR  
                          • Exhibit their project animal in a corresponding species Fitting and Showing class.  
| **Volunteer Materials:** | | • Check with your County Extension office for more information.  
|                       | | **Support Materials:**  
|                       | | Idaho 4-H Pocket Pets page: [https://www.uidaho.edu/extension/4h/projects/pocket-pet](https://www.uidaho.edu/extension/4h/projects/pocket-pet)  
|                       | | To order Ohio curriculum visit: [https://extensionpubs.osu.edu/pocket-pets-resource-handbook/](https://extensionpubs.osu.edu/pocket-pets-resource-handbook/)  

*Table of Contents*
## Projects & Materials

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

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

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

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

### Support Materials:
To order Ohio State Materials: [https://extensionpubs.osu.edu/swine-resource-handbook-for-market-and-breeding-projects/](https://extensionpubs.osu.edu/swine-resource-handbook-for-market-and-breeding-projects/)
Idaho Swine 4-H page: [https://www.uidaho.edu/extension/4h/projects/swine](https://www.uidaho.edu/extension/4h/projects/swine)
University of Idaho Extension 4-H Animal Science Lessons [https://www.uidaho.edu/extension/4h/projects](https://www.uidaho.edu/extension/4h/projects)

### Optional Supporting Materials:
All items listed below are accessible or downloadable at [https://www.uidaho.edu/extension/4h/projects/swine](https://www.uidaho.edu/extension/4h/projects/swine)
- Market Animal Health Supplement
- Market Animal Weight Guidelines
- Market Swine Growth Chart (#72140)
- Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)
- Exploring Swine Health and Husbandry
- Swine Showmanship Video

### Exhibit Requirements:
- 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.
# Plants and Animals

## SWINE

### BREEDING

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • ZSuites 4-H Animal Project Record Book  
• ZSuites 4-H Involvement Report  
• Any supplemental forms required at the county level, submitted to county Extension office by date specified. |
| • ZSuites 4-H Involvement Report | • Choose one or more gilt/sows for your Breeding Swine project. | • 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. |
| • ZSuites 4-H Animal Project Record Book  | • Individually identify each animal with an ear tag, tattoo or ear notch. | • ZSuites 4-H Involvement Report  
• Any supplemental forms required at the county level, submitted to county Extension office by date specified. |
| • 4-H Animal Science Skills Checklist | • Provide one or more forms of positive ownership for at least 90 days for each project animal. | • ZSuites 4-H Involvement Report  
• Any supplemental forms required at the county level, submitted to county Extension office by date specified. |
| **Volunteer Materials:** | • 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. | • ZSuites 4-H Involvement Report  
• Any supplemental forms required at the county level, submitted to county Extension office by date specified. |
| • Swine Resource Handbook for Market and Breeding OH (#134R)дан 2001 | • 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. | • ZSuites 4-H Involvement Report  
• Any supplemental forms required at the county level, submitted to county Extension office by date specified. |
| • 4-H Animal Science Lessons | • Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log. | • ZSuites 4-H Involvement Report  
• Any supplemental forms required at the county level, submitted to county Extension office by date specified. |
| • 4-H Animal Lesson Plan Tracker | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | • ZSuites 4-H Involvement Report  
• Any supplemental forms required at the county level, submitted to county Extension office by date specified. |

**County Requirements:**

Check with your County Extension office for more information.

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

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

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

**Optional Supporting Materials:**

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

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

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120
Plants and Animals

CROPS
SMALL GRAINS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>4-H Small Grains Production Guide (#73115)</td>
</tr>
<tr>
<td>• 4-H Small Grains Production Guide (#73115)</td>
<td>• Own your project with a bona-fide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your landlord, Volunteer, and, if applicable, the contracting company field man.</td>
<td>4-H Small Grains Record Book (#73116)</td>
</tr>
<tr>
<td>• 4-H Small Grains Record Book (#73116)</td>
<td>• Plant a minimum of five acres of small grains</td>
<td>ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Attend the annual field tour of small grain projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.</td>
<td>If your grain is harvested, exhibit a one-quart sample. If you grain is not harvested, display a sample of plants with grain heads attached.</td>
</tr>
</tbody>
</table>

| **Volunteer Materials:** | | |
| • 4-H Small Grains Production Guide (#73115) | Have an up-to-date record book available for review during the field tour. | 4-H Small Grains Production Guide (#73115) |
|  2002 | 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. | 4-H Small Grains Record Book (#73116) |
| | **AND** | ZSuites 4-H Involvement Report |
| | • 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. | 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. |
| | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | |

Complete the following:

• ZSuites 4-H Involvement Report
• 4-H Small Grains Production Guide (#73115)
• 4-H Small Grains Record Book (#73116)

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

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

## CROPS

### FIELD BEANS

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

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

**Support Materials:**
Idaho 4-H Field Beans page (and project materials available for download):
[https://www.uidaho.edu/extension/4h/projects/field-beans](https://www.uidaho.edu/extension/4h/projects/field-beans)
# Plants and Animals

## CROPS

### SUGARBEETS

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td></td>
</tr>
<tr>
<td>• Snake River Sugar Company Youth Grower Record Book 2019</td>
<td>• Grow a minimum of 2 acres of crop as measured by the club volunteer or crop consultant. Individual contracts with the sugar company are required.</td>
<td>• Snake River Sugar Company Youth Grower Record Book</td>
</tr>
<tr>
<td>• Presentation Fair Requirements Sheet</td>
<td>• Own your project with a bonafide agreement with your grower and/or landlord covering machinery, labor, seed, share, etc. This must be signed by your grower and/or landlord, your club volunteer, and a sugar company crop consultant.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete a research project and display research at the Presentation Fair (see Presentation Fair Requirements for more detailed instructions).</td>
<td>• Exhibit a sample of sugar beets (3) at the county fair according to instructions (Preparing Sugar beets for Exhibit) section of the record book.</td>
</tr>
</tbody>
</table>

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<tr>
<th>Volunteer Materials:</th>
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<tbody>
<tr>
<td>None</td>
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<table>
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<tr>
<th>County Requirements:</th>
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<tbody>
<tr>
<td>Check with your County Extension office for more information.</td>
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</table>

**Support Materials:**

Idaho 4-H Sugarbeets page (and project materials available for download):  
[https://www.uidaho.edu/extension/4h/projects/sugarbeets](https://www.uidaho.edu/extension/4h/projects/sugarbeets)

Snake River Sugar Company [https://www.scroop.com](https://www.scroop.com)
# Plants and Animals

## CROPS

### POTATOES

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

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

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

#### GARDENING

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

| Volunteer Materials: | | |
| - Suggested 4-H Garden Exhibits (#4-H-970-W) 2016 | | |

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

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

## JUNIOR MASTER GARDENER

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Project Requirements:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Complete a minimum of 7 different JMG activities each year.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Have your project helper date (month and year) and initial a copy of each activity completed for your notebook.</td>
<td>• Copies of the activities you have completed that are initialed by your helper (in notebook or folder).</td>
</tr>
<tr>
<td>• <strong>Optional:</strong> Junior Master Gardener Handbook, Level 1 (#B-6082), 2001</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>Exhibit <strong>one</strong> of the following:</td>
</tr>
</tbody>
</table>

### Volunteer Materials:

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

**County Requirements:**

Check with your County Extension office for more information.

### Support Materials:

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

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

### Optional Supporting Materials:

# Science & Technology

## ENTOMOLOGY

### LEVEL 1

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| • *Teaming with Insects Level 1* (#08440) 2014 | Using the “Teaming with Insects” Level 1 curriculum booklet:  
• Complete a minimum of 5 activities per year.  
• Complete all 16 activities within 3 years to pass Level 1.  
• Have your project helper date (month and year) and initial each activity when it is finished.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | • *ZSuites 4-H Project Record Book*  
• *ZSuites 4-H Involvement Report*  
• **1**st **Year:** Collection of at least 15 adult insects (consists of at least 3 orders, including the Order Lepidoptera).  
• **2**nd **Year:** Collection of at least 20 adult insects, including 15 different insects you haven’t exhibited before (including at least 4 orders)  
• **3**rd **Year:** Collection of at least 25 adult insects, including 15 different insects you haven’t exhibited before (including at least 5 orders).  
Use at least 2 different methods of collecting.  
**OR**  
• A report of things you have learned or researched (such as a two month long diary of observing an insect species-behavior, communication, movement, habitat, etc.).  
**OR**  
• A poster (14”x 22”) or display of some activity in Level 1 (such as insect collecting and mounting equipment, a paper mache’ insect model you made, etc.).  
**Collection:** Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. **Note:** All insects must be mounted, labeled and identified to order, and should be organized by order. |
| | Complete the following:  
• *ZSuites 4-H Involvement Report*  
• *ZSuites 4-H Project Record Book* | |
| Classification materials: (available on website) | | |
| • Field Guide to Insects of North Americas (Eaton/Kaufman) | | |
| • Field Guide to Insects and Spiders (Evans) | | |

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

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

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

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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Pre-requisites: Complete Entomology Level 1 (or approval of 4-H Professional) | • 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.  
|  
| **Volunteer Materials:** | Using the “Teaming with Insects” Level 2 curriculum booklet:  
• Complete a minimum of 5 activities per year.  
• Complete all 16 activities within 3 years to pass Level 2.  
• Have your project helper date (month and year) and initial each activity when it is finished.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
|  
|  
| Classification materials: (available on website) | Complete the following:  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
|  
| • Teaming with Insects Level 2 (#08441)  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book  
• Field Guide to Insects of North Americas (Eaton/Kaufman)  
• Field Guide to Insects and Spiders (Evans)  
|  
| **Note:** See “Special Directions” at the end of the Entomology Section for more information about this project.  
|  
| County Requirements: Check with your County Extension office for more information.  
| Support Materials: Idaho 4-H Entomology page: [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)  
To order National 4-H Curriculum visit: [https://shop4-h.org/products/entomology-curriculum-2-teaming-with-insects](https://shop4-h.org/products/entomology-curriculum-2-teaming-with-insects)  
Facilitator Guide: [https://shop4-h.org/products/entomology-curriculum-facilitators-guide](https://shop4-h.org/products/entomology-curriculum-facilitators-guide)  
Optional Supporting Materials: All items accessible at [https://www.uidaho.edu/extension/4h/projects/entomology](https://www.uidaho.edu/extension/4h/projects/entomology)  
• Field Guide to Insects of North Americas (Eaton/Kaufman)  
• Field Guide to Insects and Spiders (Evans)  
• Preparing Insect Specimens for Exhibit (#82358)  
• Bug Guide (Iowa State University)  
• How To Make an Awesome Insect Collection (Purdue)  

**128**
# Science & Technology
## ENTOMOLOGY LEVEL 3

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>Pre-requisites: Complete Entomology Level 2 (or approval of 4-H Professional)</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum Teaming with Insects, Level 3 (#08442)</td>
<td>• Using the “Teaming with Insects” Level 3 curriculum booklet:</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 5 activities per year.</td>
<td>• 1st Year: Collection of at least 20 insects, including 1 incomplete and 1 complete metamorphosis and including 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 10 orders) or a specific collection.*</td>
</tr>
<tr>
<td></td>
<td>• Complete all 15 activities within 3 years to pass Level 3.</td>
<td>• 2nd Year: Collection of 25 insects, including, using ethyl acetate to kil and preserve 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 10 orders) or specific collections.*</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• 3rd Year: Collection of 40 insects, including 1 incomplete and complete metamorphosis, and learning how to use UV light for nighttime collection, and including 15 different insects you haven’t exhibited before (at least 20 identified to family; including at least 8 orders) or a specific collection.*</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• A report of things you have learned or researched (such as results of observations of the life cycle and behavior of the monarch butterfly, a story you wrote about an insect, etc.).</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>OR</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• A poster (14”x 22”) or display relating to some activity in Level 3 (life cycle display, spider’s web, plastic mount, framed butterflies, etc.).</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td><strong>Note:</strong> <em>See “Special Directions” at the end of the Entomology Section for more information about this project.</em></td>
<td><strong>Collection:</strong> Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.</td>
</tr>
<tr>
<td>• National 4-H Curriculum Teaming with Insects Facilitators Guide (#08443)</td>
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<tr>
<td></td>
<td>2014</td>
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<td></td>
<td><strong>Classification materials:</strong> (available on website)</td>
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<tr>
<td></td>
<td>• Field Guide to Insects of North Americas (Eaton/Kaufman)</td>
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<tr>
<td></td>
<td>• Field Guide to Insects and Spiders (Evans)</td>
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<tr>
<td></td>
<td><strong>County Requirements:</strong></td>
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<td></td>
<td>Check with your County Extension office for more information.</td>
<td></td>
</tr>
<tr>
<td><strong>Support Materials:</strong></td>
<td>Idaho 4-H Entomology page: <a href="https://www.uidaho.edu/extension/4h/projects/entomology">https://www.uidaho.edu/extension/4h/projects/entomology</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>To order National 4-H Curriculum visit: <a href="https://shop4-h.org/products/entomology-curriculum-3-teaming-with-insects">https://shop4-h.org/products/entomology-curriculum-3-teaming-with-insects</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Facilitator Guide: <a href="https://shop4-h.org/products/entomology-curriculum-facilitators-guide">https://shop4-h.org/products/entomology-curriculum-facilitators-guide</a></td>
<td></td>
</tr>
<tr>
<td><strong>Optional Supporting Materials:</strong></td>
<td>All items accessible at <a href="https://www.uidaho.edu/extension/4h/projects/entomology">https://www.uidaho.edu/extension/4h/projects/entomology</a></td>
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<td>• Preparing Insect Specimens for Exhibit (#82358)</td>
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<tr>
<td></td>
<td>• Bug Guide (Iowa State University)</td>
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</tr>
<tr>
<td></td>
<td>• How To Make an Awesome Insect Collection (Purdue)</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • ZSuites 4-H Project Record Book  
| • ZSuites 4-H Involvement Report | • Complete each section of the Beekeeping manual for your respective Level (1, 2, 3)  
| • ZSuites 4-H Project Record Book | • Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book  
| • 4-H Beekeeping Level 1, Understanding the Honey Bee (#PU 4-H-571) | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
| 2006 | Complete the following:  
| • 4-H Beekeeping Level 2, Working With Honey Bees (#PU 4-H-586-W) | • ZSuites 4-H Involvement Report  
| 2014 | • ZSuites 4-H Project Record Book  
| • 4-H Beekeeping Level 3, Advanced Beekeeping Methods (#PU 4-H-593-W) | • Beekeeping Manual for your respective Level (1, 2, 3)  
| 2015 | • A poster (14” x 22”) or display related to the project and unit.  
| | **OR** | • One jar of Honey  
| | |  
| **Volunteer Materials:** | |  
| • Indiana 4-H Beekeeping Helper’s Guide (#PU 4-H-576-W) | |  
| 2008 | |  
| **County Requirements:** | |  
| Check with your County Extension office for more information. | |  
| **Support Materials:** | |  
| Idaho 4-H Beekeeping page: [https://www.uidaho.edu/extension/4h/projects/beekeeping](https://www.uidaho.edu/extension/4h/projects/beekeeping) | |  
| **Optional Supporting Materials:** | |  
| All items listed below are accessible at [https://www.uidaho.edu/extension/4h/projects/beekeeping](https://www.uidaho.edu/extension/4h/projects/beekeeping) | |  
| • Foundation for the Preservation of Honey Bees | |  
| • The Bee Hive – Honey Bee Extension (Purdue) | |  
| • Beekeeping Project (OH) | |  

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131
# VETERINARY SCIENCE

## Projects & Materials

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

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

## Requirements

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

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

## Exhibit Requirements

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

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

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

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

## Optional Supporting Materials:

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

## AEROSPACE

### LEVEL 1

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

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

**Supporting Materials:**
To order National 4-H Curriculum: [https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-1-pre-flight](https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-1-pre-flight)
Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)
# AEROSPACE
## LEVEL 2

### Table of Contents

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

- **Volunteer Materials:**

### Requirements

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

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

### Exhibit Requirements

- ZSuites 4-H Project Record Book
- ZSuites 4-H Involvement Report
- An item you made in this project. Suggested items:
  - Rocket made from a kit (Skill Level 1 or 2, include plans).
  - Handmade Kite (include plans).
  - Model airplane from a kit (include plans).
  - Any model rocket or airplane (beginning skill level) not built from a kit (include plans).
  - A poster (14”x22”) or display illustrating something you learned in this project this year.
  - Report of things you learned or researched.

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

* See Special Directions at end of Aerospace requirements.

### County Requirements:

Check with your County Extension Office for more information.

### Supporting Materials:


Idaho 4-H Aerospace page: [https://www.uidaho.edu/extension/4h/projects/aerospace-adventures](https://www.uidaho.edu/extension/4h/projects/aerospace-adventures)
# AEROSPACE LEVEL 3

## Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Council</td>
<td>• Complete a minimum of 7</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Reaching New Heights,</td>
<td>required/optional activities, plus 3</td>
<td>• An item you made in this</td>
</tr>
<tr>
<td>Stage 3, Project Activity</td>
<td>Learning Experiences (pg.4) each year.</td>
<td>project. Suggested items:</td>
</tr>
<tr>
<td>Guide (#BU-06849)</td>
<td>• Finish at least 20 of the required and</td>
<td>Rocket made from a kit</td>
</tr>
<tr>
<td>☑ 2003</td>
<td>optional activities within 3 years to pass</td>
<td>(Skill Level 2 or 3, include</td>
</tr>
<tr>
<td></td>
<td>each book.</td>
<td>plans). Fighter kite that can</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement</td>
<td>• Have your project helper date (month and</td>
<td>roll, pitch, and yaw (include</td>
</tr>
<tr>
<td>Report</td>
<td>year) and initial each activity when it is</td>
<td>plans).</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record</td>
<td>• Give an oral presentation (speech,</td>
<td></td>
</tr>
<tr>
<td>Book</td>
<td>demonstration or illustrated talk) related</td>
<td></td>
</tr>
<tr>
<td></td>
<td>to this project.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>➢ Model airplane from a kit</td>
</tr>
<tr>
<td>• National 4-H Council</td>
<td>• ZSuites 4-H Involvement Report</td>
<td>(include plans).</td>
</tr>
<tr>
<td>Aerospace Adventures</td>
<td>• ZSuites 4-H Project Record Book</td>
<td>➢ Any model rocket or</td>
</tr>
<tr>
<td>Helper’s Guide</td>
<td></td>
<td>airplane (intermediate skill</td>
</tr>
<tr>
<td>(#BU-06846)</td>
<td></td>
<td>level) not built from a kit</td>
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<tr>
<td>☑ 2003</td>
<td></td>
<td>(include plans).</td>
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<tr>
<td></td>
<td>OR</td>
<td>➢ A poster (14”x22”) or</td>
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<td></td>
<td>OR</td>
<td>display illustrating something you learned in</td>
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<td></td>
<td>OR</td>
<td>this project this year.</td>
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<td></td>
<td>Note: Exhibits should utilize only skills, tools, and techniques</td>
<td>OR</td>
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<tr>
<td></td>
<td>taught in that project book or previous levels.</td>
<td>➢ Report of things you learned</td>
</tr>
<tr>
<td></td>
<td>* See Special Directions at end</td>
<td>or researched.</td>
</tr>
<tr>
<td></td>
<td>of Aerospace requirements.</td>
<td></td>
</tr>
</tbody>
</table>

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

## Supporting Materials:
To order National 4-H Curriculum: [https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-3-reaching-new-heights](https://shop4-h.org/collections/science-technology-engineering-math-curriculum/products/aerospace-adventures-curriculum-3-reaching-new-heights)


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

AEROSPACE
LEVEL 4

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H</td>
<td>• Complete a minimum of 7 required/optimal activities, plus 3 Learning</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>Curriculum Pilot In</td>
<td>Experiences (pg.4) each year.</td>
<td>• An item made in this project.</td>
</tr>
<tr>
<td>Command, Stage 4,</td>
<td>• Finish at least 20 of the required and optional activities within 3 years</td>
<td>Suggested items:</td>
</tr>
<tr>
<td>Aerospace Activity</td>
<td>to pass each book.</td>
<td>• Rocket made from a kit (Skill Level 3 or 4, include plans).</td>
</tr>
<tr>
<td>Guide (#BU-06845)</td>
<td>• Have your project helper date (month and year) and initial each activity</td>
<td>• Box kite (include plans)</td>
</tr>
<tr>
<td>2003</td>
<td>when it is finished.</td>
<td>• Any model rocket or airplane (Advanced skill level) not built from a kit (include plans).</td>
</tr>
<tr>
<td>• ZSuites 4-H</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk)</td>
<td>• Remote control airplane made from a kit (include plans).</td>
</tr>
<tr>
<td>Involvement Report</td>
<td>related to this project.</td>
<td>OR</td>
</tr>
<tr>
<td>• ZSuites 4-H Project</td>
<td></td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>Record Book</td>
<td>Complete the following:</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Report of things you learned or researched.</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that</td>
</tr>
<tr>
<td></td>
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<td>project book or previous levels.</td>
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<td>* See Special Directions at end of Aerospace requirements.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
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<tr>
<td>• National 4-H</td>
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<tr>
<td>Curriculum Aerospace</td>
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<tr>
<td>Adventures Helper’s</td>
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<tr>
<td>Guide (#BU-06846)</td>
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<tr>
<td>2003</td>
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</tbody>
</table>

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-4-pilot-in-command
Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures

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

#### BICYCLE

**LEVEL 1**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Complete a minimum of 7 (5 regular activities and 2 pedaling harder).</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td><em>Bicycling for Fun</em> (#BU-08334)</td>
<td>• Finish all 4 steps of the Planning Guide.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in bicycle this year.</td>
</tr>
<tr>
<td>☀ 2006</td>
<td>• Complete this book within 2 years.</td>
<td><strong>Note:</strong> Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td><em>Bicycle Group, Helper’s Guide</em> (#BU-08336)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>☀ 2006</td>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
</tr>
<tr>
<td>• Bicycle – Don’t Get Stuck: Fix It! DVD (DV-08399)</td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Supporting Materials**
To order materials from National 4-H Council visit: [https://shop4-h.org/products/bicycle-curriculum-1-bicycling-for-fun](https://shop4-h.org/products/bicycle-curriculum-1-bicycling-for-fun)
Volunteer Guide: [https://shop4-h.org/products/bicycle-curriculum-helpers-guide](https://shop4-h.org/products/bicycle-curriculum-helpers-guide)
DVD: [https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd](https://shop4-h.org/products/bicycle-curriculum-dont-get-stuck-fix-it-dvd)
Idaho 4-H Bicycle page: [https://www.uidaho.edu/extension/4h/projects/bicycle](https://www.uidaho.edu/extension/4h/projects/bicycle)
# Science & Technology

## BICYCLE

### LEVEL 2

### Table of Contents

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

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

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

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

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

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

### SCRATCH LEVEL 1

#### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum, Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)</td>
<td>• Complete all activities in the youth guide.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• Completed Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in the project this year.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Demonstration of software</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01606Y)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• National 4-H Curriculum, Discovering Computer Science &amp; Programming through Scratch-Level One Fundamentals Facilitators Guide (#01607F)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### County Requirements:

Check with your County Extension office for more information.

#### Supporting Materials:

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

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

#### Optional Support Materials:

### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>• National 4-H Curriculum, Discovering Computer Science &amp; Programming through Scratch-Level Two: Fundamentals Youth Guide (#01801Y)  2017</td>
<td>• 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.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td></td>
<td>• Completed Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
<td>• A poster (14”x22”) or display illustrating something you learned in the project this year. OR</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>• Demonstration of software</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book  • ZSuites 4-H Involvement Report  • Completed Discovering Computer Science &amp; Programming through Scratch-Level One: Fundamentals Youth Guide (#01801Y)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• A poster (14”x22”) or display illustrating something you learned in the project this year. OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Demonstration of software</td>
<td></td>
</tr>
</tbody>
</table>

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

### Supporting Materials:
To order materials from National 4-H Council visit: [https://shop4-h.org/products/computer-science-2](https://shop4-h.org/products/computer-science-2)
Idaho 4-H Computer page: [https://sitecore.uidaho.edu/extension/4h/projects/computing](https://sitecore.uidaho.edu/extension/4h/projects/computing)

### Optional Support Materials:
# Science & Technology

## SCRATCH

### LEVEL 3

**Table of Contents**

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

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141
Science & Technology

ELECTRICITY

LEVEL 1

Table of Contents

Projects & Materials | Requirements | Exhibit Requirements
---|---|---
Youth Materials: | In the member’s current Manual:
- National 4-H Curriculum
  *Magic of Electricity, Level 1 (#BU-06848) ☒ 2002*
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book
| • Complete at least 3 required activities and 4 optional activities each year.
• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
• Participation in at least two Leadership experiences a year.
• Have your electric helper date and initial the activities as you complete them.
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
| • ZSuites 4-H Project Record Book
• ZSuites 4-H Involvement Report
• Member Guide (this is a 3 year project make a delineation of what items are completed each year)

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

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

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

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

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

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

## ELECTRICITY

### LEVEL 2

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

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

### Supporting Materials
To order materials from National 4-H Council visit [https://shop4-h.org/products/electric-excitement-curriculum-2-investigating-electricity](https://shop4-h.org/products/electric-excitement-curriculum-2-investigating-electricity)

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

Idaho 4-H Electric Power page: [https://www.uidaho.edu/extension/4h/projects/electric-power](https://www.uidaho.edu/extension/4h/projects/electric-power)
Youth Materials:
- National 4-H Curriculum
  Wired for Power, Level 3 (#BU-06850) 2002
- ZSuites 4-H Involvement Report
- ZSuites 4-H Project Record Book

Volunteer Materials:
- National 4-H Curriculum
  Electric, Group Guide (#BU-06852) 2002

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

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

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

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

## ELECTRICITY

### LEVEL 4

**Table of Contents**

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

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

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

### Supporting Materials
To order materials from National 4-H Council visit [https://shop4-h.org/products/electric-excitement-curriculum-4-entering-electronics](https://shop4-h.org/products/electric-excitement-curriculum-4-entering-electronics)
Volunteer Guide: [https://shop4-h.org/products/electric-excitement-helpers-guide](https://shop4-h.org/products/electric-excitement-helpers-guide)
Idaho 4-H Electric Power page: [https://www.uidaho.edu/extension/4h/projects/electric-power](https://www.uidaho.edu/extension/4h/projects/electric-power)
# SMALL ENGINES
## LEVEL 1

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

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

### Support Materials:
To order National 4-H Curriculum visit: [https://shop4-h.org/products/small-engines-curriculum-1-crank-it-up](https://shop4-h.org/products/small-engines-curriculum-1-crank-it-up)
Volunteer Guide: [https://shop4-h.org/products/small-engines-curriculum-helpers-guide](https://shop4-h.org/products/small-engines-curriculum-helpers-guide)
113B Idaho 4-H Small Engines page: [https://www.uidaho.edu/extension/4h/projects/small-engines](https://www.uidaho.edu/extension/4h/projects/small-engines)

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

## SMALL ENGINES

### LEVEL 2

### Table of Contents

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum Warm It Up, Level 2 (#BU-08187) 2005</td>
<td>In the member’s current Manual:</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Completed Member Guide</td>
</tr>
</tbody>
</table>

### Volunteer Materials:

<table>
<thead>
<tr>
<th>National 4-H Curriculum Small Engines Helper’s Guide (#BU-08189) 2005</th>
</tr>
</thead>
</table>

### Complete the following:

<table>
<thead>
<tr>
<th>• ZSuites 4-H Involvement Report</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

To order National 4-H Curriculum visit: [https://shop4-h.org/products/small-engines-curriculum-2-warm-it-up](https://shop4-h.org/products/small-engines-curriculum-2-warm-it-up)

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

113BIdaho 4-H Small Engines page: [https://www.uidaho.edu/extension/4h/projects/small-engines](https://www.uidaho.edu/extension/4h/projects/small-engines)

### Optional Supporting Materials:

- [www briggsandstratton com](http://www.briggsandstratton.com) (Briggs and Stratton)
- [www ariens com/en-us](http://www.ariens.com/en-us) (Ariens)
- [www deere com](http://www.deere.com) (John Deere)
- [www kohlerengines com](http://www.kohlerengines.com) (Kohler)
- [http://www tecumseh com](http://www.tecumseh.com) (Tecumseh)
<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Youth Materials:     | In the member’s current Manual: | • ZSuites 4-H Project Record Book  
| National 4-H         | • Complete a minimum of 7 required/optional activities each year.  
| Curriculum Tune It Up, Level 3 (#BU-08188)  
| ZSuites 4-H          | • Finish at least 21 of the required and optional activities within 3 years to pass each book.  
| Involvement Report   | • Have your project helper date (month and year) and initial each activity when it is finished.  
| ZSuites 4-H Project  | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
| Record Book          | Complete the following:  
|                     | • ZSuites 4-H Involvement Report  
|                     | • ZSuites 4-H Project Record Book  
| Volunteer Materials: |                          | OR  
| National 4-H         |                          | • A scrapbook of pictures of an activity you conducted  
| Curriculum Small     |                          | • One of the following items (each year it should be a different item):  
| Engines Helper’s     | o Small engine cutaway  
| Guide (#BU-08189)    | o Small engine tools and their uses  
|                     | o Troubleshooting a small engine  
|                     | o Engine valve failures  
|                     | o Lawnmower blades service  
|                     | o Rebuild a small engine  
|                     | o Rebuild small engine equipment  
|                     | o Build equipment powered by small engines, such as log splitter, go-cart, etc.  
|                     | o Small engine design trends  
|                     | o Oil refining process  
|                     | Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels.  
| County Requirements: Check with your County Extension office for more information. |                          |  
| Support Materials:   |                          |  
| To order National 4-H Curriculum visit: https://shop4-h.org/products/small-engines-curriculum-3-tune-it-up  
| 113BIdaho 4-H Small  |                          | 113BIdaho 4-H Small Engines page: https://www.uidaho.edu/extension/4h/projects/small-engines  
| Engine page:         |                          |  
| 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) |                          |  

148
### Science & Technology

**ROBOTICS**

**JUNK DRAWER**

#### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>Project Requirements:</strong></td>
<td>• Complete Robotics Notebook (#83178)</td>
</tr>
</tbody>
</table>
| • Junk Drawer Robotics: Youth Robotics Notebook (#08435)  

  2011  
  
  • ZSuites 4-H Involvement Report  
  • ZSuites 4-H Project Record Book | • 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. | • ZSuites 4-H Project Record Book  
  • One or more youth-designed junk drawer robots. |
| **Volunteer Materials:** | **Complete the following:** | |
| • Junk Drawer Robotics, Level 1: Give Robots a Hand (#08431)  

  2011  
  
  • Junk Drawer Robotics, Level 2: Robots on the Move (#08432)  

  2011  
  
  • Junk Drawer Robotics, Level 3: Mechatronics (#08433)  

  2011 | • ZSuites 4-H Involvement Report  
  • ZSuites 4-H Project Record Book | |

#### County Requirements:

Check with your County Extension office for more information.

#### Supporting Materials:

To order materials from National 4-H Council visit:

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

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

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

Idaho 4-H Junk Drawer Robotics page:  [https://www.uidaho.edu/extension/4h/projects/robotics-junk-drawer](https://www.uidaho.edu/extension/4h/projects/robotics-junk-drawer)
# ROBOTICS: FIRST® LEGO® League (FLL) Tournament Track

## Table of Contents

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

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

## Supporting Materials:
Register your FLL team and purchase materials: [http://www.firstinspires.org/robotics/fll](http://www.firstinspires.org/robotics/fll)

Learn more about FIRST and FLL: [http://www.firstinspires.org](http://www.firstinspires.org)

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

## ROBOTICS:

*FIRST®* Tech Challenge  
(FTC®)  

## Tournament Track

### Table of Contents

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

### County Requirements:

Check with your County Extension office for more information.

### Supporting Materials:

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

## Table of Contents

### Projects & Materials

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

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

### Requirements

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

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

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

### Exhibit Requirements

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

- Idaho 4-H EV3 Robotics project page: [https://www.uidaho.edu/extension/4h/projects/robotics-ev3](https://www.uidaho.edu/extension/4h/projects/robotics-ev3)
- EV3 manual: [https://shop4-h.org/products/lego-robotics-curriculum-with-ev3](https://shop4-h.org/products/lego-robotics-curriculum-with-ev3)

### Optional Supporting Materials:

- **FIRST LEGO League (FLL) at:** [https://www.firstinspires.org/](https://www.firstinspires.org/)
- Idaho 4-H Robotics: [https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics](https://www.uidaho.edu/extension/4h/programs/robotics/4-h-robotics)
Science & Technology

ROBOTICS 2: EV3N MORE

Table of Contents

Projects & Materials | Requirements | Exhibit Requirements
---|---|---
Youth Materials:  
- National 4-H Curriculum  
  *Robotics 2: EV3N More curriculum guide.*  
  *(4H508) 2015*  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book  
Volunteer Materials:  
- Facilitator materials are included within the curriculum  

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Youth Materials:** | Project Requirements: | • ZSuites 4-H Project Record Book  
- National 4-H Curriculum  
  *The Power of the Wind, Youth Guide (#08383)  
  2008*  
- Engineering Notebook  
  *(See Facilitator’s Guide for directions)*  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book  
| 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. | • ZSuites 4-H Involvement Report  
• Engineering Notebook  
• Challenge Activity Projects |
| **Volunteer Materials:** | Complete the following: | |  
- The Power of the Wind, Facilitator Guide  
  (#08384)  
  2008 | • Engineering Notebook (See Facilitator’s Guide for directions)  
• ZSuites 4-H Involvement Report  
• ZSuites 4-H Project Record Book |
| **County Requirements:** | |  
Check with your County Extension office for more information. |
| **Support Materials:** | |  
To order National 4-H Curriculum visit: [https://shop4-h.org/products/power-of-the-wind-curriculum-youth-guide](https://shop4-h.org/products/power-of-the-wind-curriculum-youth-guide)  
Volunteer Guide: [https://shop4-h.org/products/power-of-the-wind-curriculum-facilitators-guide](https://shop4-h.org/products/power-of-the-wind-curriculum-facilitators-guide)  
Idaho 4-H Wind Energy page: [https://www.uidaho.edu/extension/4h/projects/wind-energy](https://www.uidaho.edu/extension/4h/projects/wind-energy) |
| **Optional Supporting Materials:** | |  
Power of the Wind Online Component: [http://4-h.org/parents/curriculum/wind-energy/](http://4-h.org/parents/curriculum/wind-energy/) |
### WOODWORKING

#### LEVEL 1

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

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

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

### WOODWORKING

**LEVEL 2**

**Projects & Materials**

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Complete a minimum of 7 required/optional <em>Measuring Up</em> Achievement Program activities and 2 Leadership experiences each year.</td>
<td></td>
</tr>
<tr>
<td><em>Making the Cut, Level 2, (#BU-06876)</em></td>
<td>• Complete all four steps of the <em>Measuring Up</em> Planning Guide—Project goals, Leadership experiences, project highlights and project review.</td>
<td>• ZSuites 4-H Project Record Book</td>
</tr>
<tr>
<td>2002</td>
<td>• Complete at least 21 of the required and optional activities within three years to complete this achievement program.</td>
<td>• ZSuites 4-H Involvement Report</td>
</tr>
<tr>
<td>• ZSuites 4-H Involvement Report</td>
<td>• Have your woodworking helper date and initial the activities as you complete them.</td>
<td>• One (1) item from the list below; select a different item to exhibit for the second and third year.</td>
</tr>
<tr>
<td>• ZSuites 4-H Project Record Book</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>o A tool box (p. 29).</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Involvement Report</td>
<td>o A bird house (p. 31).</td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td>o A sawhorse (p. 32).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o A wood whistle (p. 33).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o A foot stool (p. 34).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 11).</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

| National 4-H Curriculum                  | Note: Exhibits must utilize only skills, tools, and techniques taught in this project book. |
| Woodworking Wonders Helper’s Guide (#BU-06879) |                                                                                                           |
| 2003                                    |                                                                                                           |

**County Requirements:**

Check with your County Extension office for more information.

**Supporting Materials:**

To order National 4-H Woodworking curriculum visit: [https://shop4-h.org/products/woodworking-wonders-curriculum-2-making-the-cut](https://shop4-h.org/products/woodworking-wonders-curriculum-2-making-the-cut)

Volunteer Guide: [https://shop4-h.org/products/woodworking-wonders-curriculumHelpers-guide](https://shop4-h.org/products/woodworking-wonders-curriculumHelpers-guide)

Idaho 4-H Woodworking page: [https://www.uidaho.edu/extension/4h/projects/woodworking](https://www.uidaho.edu/extension/4h/projects/woodworking)
# Science & Technology

## WOODWORKING

### LEVEL 3

**Table of Contents**

### Projects & Materials

- **Youth Materials:**
  - National 4-H Curriculum *Nailing It Together, Level 3* (#BU-06877) 2003
  - ZSuites 4-H Involvement Report
  - ZSuites 4-H Project Record Book

- **Volunteer Materials:**

### Requirements

In the member’s Manual:

- Complete a minimum of 7 required/optional *Measuring Up* Achievement Program activities and 2 Leadership experiences each year.
- Complete all four steps of the *Measuring Up* Planning Guide—Project goals, Leadership experiences, project highlights and project review.
- Complete at least 21 of the required and optional activities within three years to complete this achievement program.
- Have your woodworking helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:

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

### Exhibit Requirements

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

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

### County Requirements:

Check with your County Extension office for more information.

### Supporting Materials:

To order National 4-H Woodworking curriculum visit:

https://shop4-h.org/products/woodworking-curriculum-3-nailing-it-together


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

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157
# Science & Technology

## WOODWORKING

### LEVEL 4

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>In the member’s Manual:</td>
<td><strong>ZSuites 4-H Project</strong></td>
</tr>
<tr>
<td>• National 4-H Curriculum</td>
<td>• Complete a minimum of 7</td>
<td></td>
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<tr>
<td><em>Finishing Up, Level 4</em></td>
<td>required/optional <em>Measuring Up</em></td>
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<tr>
<td>(#BU-06878)</td>
<td>Achievement Program activities and</td>
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<td>☀ 2003</td>
<td>2 Leadership experiences each year.</td>
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<tr>
<td>• ZSuites 4-H Involvement</td>
<td>• Complete all four steps of the</td>
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<tr>
<td>• ZSuites 4-H Project</td>
<td>Project goals, Leadership</td>
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<tr>
<td>Record Book</td>
<td>experiences, project highlights and</td>
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<td></td>
<td>project review.</td>
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<tr>
<td>• National 4-H</td>
<td>• Complete at least 21 of the required</td>
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<td>Curriculum</td>
<td>and optional activities within three</td>
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<tr>
<td><em>Woodworking Helper’s</em></td>
<td>years to complete this achievement</td>
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<tr>
<td>Guide (#BU-06879)</td>
<td>program.</td>
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<tr>
<td>☀ 2003</td>
<td>• Have your woodworking helper date</td>
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<td>and initial the activities as you</td>
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<td>complete them.</td>
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<td></td>
<td>➢ Give an oral presentation (speech,</td>
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<td>demonstration or illustrated talk)</td>
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<td>related to this project.</td>
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<td>Complete the following:</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>• ZSuites 4-H Project Record Book</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Volunteer Materials:</strong></th>
<th><strong>County Requirements:</strong></th>
<th><strong>Supporting Materials:</strong></th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
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<td></td>
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<tr>
<td>☀ 2003</td>
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</tr>
</tbody>
</table>

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

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158
# SELF-DETERMINED PROJECTS

## Table of Contents

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

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

### Ages 12-18

#### Youth Materials:
  - 2020

#### Volunteer Materials:
  - 2020

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

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

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

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

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