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## Citizenship and Civic Education

### KYG

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<td>Exploring Citizenship, My Government (KYG)</td>
<td>Note: This project is designed to be a two-year project. 1. Attend the 4-H Know Your Government (KYG) Conference and complete the KYG project 2. Select which workshop to attend (either Legislative or Judicial) Example -if Legislative selected that would be 1st year project then Judicial would be 2nd year 3. Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project 4. Work through the Exploring Citizenship My Government Project Manual (#11002). Complete study questions and at least one suggested activity for each section First Year – Complete the four sections ➢ Local Government ➢ Legislative Branch OR Judicial Branch ➢ Executive Branch OR Who Influences Our Government OR News Media ➢ First Year Follow-up Plan and Activities (see page 64 in Manual) Second Year – Complete the four sections ➢ Legislative Branch OR Judicial Branch (the section you did not do last year) ➢ Executive Branch AND/OR Who Influences Our Government AND/OR News Media (Complete the two you did not complete last year) ➢ Second Year Follow-up Plan and Activities (see page 65 in Manual) 5. Complete Idaho 4-H Record Book(#91950) 6. Complete 4-H Involvement Report (#91910)</td>
<td>4-H project Record Book (#91950) 4-H Involvement Report (#91910) Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002) A poster (14”x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
</tbody>
</table>

#### Youth Materials:
- 4-H Know Your Government County Government Day Activity (#11007)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

#### Volunteer Materials:

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

#### Support Materials:
- Idaho 4-H KYG Website: [http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference](http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference)
- 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)
# Citizenship and Civic Education

## KYG PLANNING COMM. (Rev. 09-15)

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<td><strong>Advanced Citizenship, (KYG Planning Committee)</strong></td>
<td>For 4-H Know Your Government Planning Committee Members:</td>
<td>• 4-H Project Record Book (#91950), with Plan of action attached.</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Develop personal goals for the year.</td>
<td>• Advanced Citizenship, Idaho 4-H Know Your Government Conference Planning Committee Project Book (#11005)</td>
</tr>
<tr>
<td>• Advanced Citizenship, Idaho 4-H Know Your Government Conference Planning Committee Project Book (#11005)</td>
<td>• Attend and participate in the summer planning meeting, one or more district meetings/conference calls, and the evaluation meeting.</td>
<td>• Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)</td>
</tr>
<tr>
<td>• Step Up To Leadership, My Portfolio, Grades 9-12 (#07907)</td>
<td>• Develop a Plan of Action for carrying out your leadership responsibilities. Use Plan of Meetings and Activities (#91612) or develop your own planning form.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)</td>
<td>• Assist in promotion of the conference and recruitment of delegates by completing two or more promotion activities, at least one activity to groups or organizations outside your own club. One of these oral presentations will count as a demonstration.</td>
<td>• A poster (14”x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete one other Leadership activity before the conference.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Attend the KYG Conference and perform the duties of your assigned role.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Serve as emcee or have major responsibilities for an activity at the KYG Conference.</td>
<td></td>
</tr>
<tr>
<td>• Step Up To Leadership Mentor Guide, Grades 6-12 (#07904)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:**
- [Idaho 4-H KYG Website](http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference)
- [Idaho 4-H KYG Project page](http://www.uidaho.edu/extension/4h/projects/projects/citizenship-and-civic-education-projects/mygovernment)
- [State of Idaho website](http://www.idaho.gov)
- [Idaho Blue Book](http://www.sos.idaho.gov/elect/bluebook.htm)
- [Idaho State Constitution](http://www.sos.idaho.gov/civics/Resources/id-constitution.pdf)
- [Idaho Department of Labor](https://labor.idaho.gov)
- [Association of Idaho Cities](http://www.idahocities.org)
- [Idaho Association of Counties](http://www.idcounties.org)
# Citizenship and Civic Education

## KYG SR TEEN PLANNING COMMITTEE

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<tbody>
<tr>
<td><strong>Senior Teen Planning Committee (4th year KYG Planning Committee)</strong></td>
<td><strong>For 4-H Know Your Government Planning Committee Members:</strong>&lt;br&gt;• Develop personal goals for the year.&lt;br&gt;• Complete one of the suggested activities for each section from the <em>Exploring Citizenship, My Government Project Manual (#11002)</em> – for a total of six activities that you did not complete in previous years.&lt;br&gt;• Attend and participate in the summer planning meeting, one or more district meetings/conference calls, and the evaluation meeting.&lt;br&gt;• Develop a Plan of Action for carrying out your leadership responsibilities. Use Plan of Meetings and Activities (#91612) or develop your own planning form.&lt;br&gt;• Assist in promotion of the conference and recruitment of delegates by completing two or more promotion activities, at least one activity to groups or organizations outside your own club. One of these oral presentations will count as an Oral Presentation.&lt;br&gt;• Complete one other Leadership activity before the conference.&lt;br&gt;• Attend the KYG Conference and perform the duties of your assigned role.&lt;br&gt;• Serve as emcee or have major responsibilities for an activity at the KYG Conference.**</td>
<td><strong>4-H Project Record Book (#91950), with Plan of action attached.</strong>&lt;br&gt;• Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002)&lt;br&gt;• Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• A poster (14”x 22”), or display illustrating something you learned in this project this year.**</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong>&lt;br&gt;• <em>Advanced Citizenship, Idaho 4-H Know Your Government Conference Planning Committee Project Book (#11005)</em>&lt;br&gt;• <em>Exploring Citizenship, My Government Project Manual (#11002)</em>&lt;br&gt;• <em>Step Up To Leadership, My Portfolio, Grades 9-12 (#07907)</em>&lt;br&gt;• <em>Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)</em>&lt;br&gt;• <em>4-H Involvement Report (#91910)</em>&lt;br&gt;• <em>4-H Project Record Book (#91950)</em></td>
<td><strong>4-H Involvement Report (#91910)</strong>&lt;br&gt;• <em>4-H Project Record Book (#91950)</em>&lt;br&gt;• <em>Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)</em></td>
<td><strong>4-H Project Record Book (#91950), with Plan of action attached.</strong>&lt;br&gt;• Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002)&lt;br&gt;• Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• A poster (14”x 22”), or display illustrating something you learned in this project this year.**</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong>&lt;br&gt;• <em>Step Up To Leadership Mentor Guide, Grades 6-12 (#07904)</em></td>
<td><strong>Complete the following:</strong>&lt;br&gt;• <em>4-H Involvement Report (#91910)</em>&lt;br&gt;• <em>4-H Project Record Book (#91950)</em>&lt;br&gt;• <em>Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)</em></td>
<td><strong>4-H Project Record Book (#91950), with Plan of action attached.</strong>&lt;br&gt;• Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002)&lt;br&gt;• Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• A poster (14”x 22”), or display illustrating something you learned in this project this year.**</td>
</tr>
</tbody>
</table>

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

- Idaho 4-H KYG Website: [http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference](http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference)
- Idaho Department of Labor: [https://labor.idaho.gov](https://labor.idaho.gov)
- Association of Idaho Cities: [http://www.idahocities.org](http://www.idahocities.org)
- Idaho Association of Counties: [http://www.idcounties.org](http://www.idcounties.org)
# POWER OF THE PRESS

## Projects & Materials

### Power of the Press

**Youth Materials:**
- **Power of the Press (KYG Reporter Workshop)** (#11006)
- **Step Up To Leadership, My Portfolio, Grades 9-12** (#07907)
- **Step Up To Leadership Event Planning Optional Focus Area Skills Checklist** (#64010)
- **4-H Involvement Report** (#91910)
- **4-H Project Record Book** (#91950)

**Volunteer Materials:**
- **Step Up To Leadership, Mentor Guide, Grade 6-12** (#07904)

## Requirements

For 4-H Know Your Government Conference Reporters:
- Complete pre-conference assignments.
- Participate in the summer planning meeting.
- Develop a Plan of Action for carrying out your leadership responsibilities. Use Plan of Meetings and Activities (#91612) or develop your own planning form.
- Attend the KYG Conference and carry out reporter responsibilities.
- Complete the reporter workshop activities in each section of Power of the Press.
  - **Section 1:** What is News? (Activities 1-5)
  - **Section 2:** Getting to Know the Media (Activities 6-7).
  - **Section 3:** Gathering and Writing the News (Activities 8-11).
  - **Section 4:** Record and Handouts (include information from workshops and tours).
- Evaluate your experiences as a KYG reporter before, during, and after the Conference.
- 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:**
- **Step Up To Leadership Event Planning Optional Focus Area Skills Checklist** (#64010)
- **Power of the Press (KYG Reporter Workshop)** (#11006)
- **4-H Project Record Book** (#91950)

## Exhibit Requirements

Binder with the following items:
- **4-H Project Record Book** (#91950) with Plan of Action attached.
- **Step Up To Leadership Event Planning Optional Focus Area Skills Checklist** (#64010).
- **4-H Involvement report** (#91910)
- A copy of the KYG Newsletter, which you helped produce.
- A poster (14”x 22”), or display illustrating something you learned in this project this year.

**Optional:** If one was produced, arrange to show the KYG News Video as part of your exhibit.

## County Requirements:

*Power of the Press (KYG Reporter Workshop)* (#11006)

## Support Materials:

- **Idaho 4-H KYG Website:** [http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference](http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference)
- **State of Idaho website:** [http://www.idaho.gov](http://www.idaho.gov)
- **Idaho Blue Book:** [http://www.sos.idaho.gov/elect/bluebook.htm](http://www.sos.idaho.gov/elect/bluebook.htm)
- **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.idacounties.org](http://www.idacounties.org)
## Citizenship and Civic Education

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**SR. REPORTER COMM.**

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<tbody>
<tr>
<td><strong>Senior Reporter Committee (4th year KYG News Editor/Video Producer)</strong></td>
<td>For 4-H Know Your Government Conference Reporters:</td>
<td>Binder with the following:</td>
</tr>
<tr>
<td></td>
<td>• Complete pre-conference assignments, including meeting with the Reporter Workshop Coordinator in the fall to discuss plans for the Reporter Workshop</td>
<td>• 4-H Project Record Book (#91950) with Plan of Action attached.</td>
</tr>
<tr>
<td></td>
<td>• Participate in the summer planning meeting.</td>
<td>• Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002)</td>
</tr>
<tr>
<td></td>
<td>• Develop a Plan of Action for carrying out your leadership responsibilities. Use Plan of Meetings and Activities (#91612) or develop your own planning form.</td>
<td>• Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010).</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete one of the suggested activities for each section from the Exploring Citizenship, My Government Project Manual (#11002) – for a total of six activities that you did not complete in previous years.</td>
<td>• 4-H Involvement report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Attend the KYG Conference and carry out reporter responsibilities.</td>
<td>• A copy of the KYG Newsletter, which you helped produce.</td>
</tr>
<tr>
<td></td>
<td>• Help develop the news video and/or KYG Newsletter (involves extra hours during Conference)</td>
<td>• A Display illustrating something you learned in this project this year, including showing the KYG News Video as part of your exhibit.</td>
</tr>
<tr>
<td></td>
<td>• Evaluate your experiences as a KYG reporter before, during, and after the Conference.</td>
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<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project and/or show the KYG News Video if one was produced.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Power of the Press (KYG Reporter Workshop) (#11006)</td>
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<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td></td>
<td>• Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)</td>
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<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Step Up To Leadership, Mentor Guide, Grade 6-12 (#07904)</td>
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</tbody>
</table>

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H KYG Website: [http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference](http://www.uidaho.edu/extension/4h/events/stateevents/knowyourgovernmentconference)


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.idacounties.org](http://www.idacounties.org)
## Citizenship and Civic Education

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<th>Projects &amp; Materials</th>
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</table>
| **Exploring Citizenship, National Focus (CWF)**  
Ages 15 to 19 | 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. |  
- Exploring Citizenship, National Focus Workbook (#11003) with Plan of Action attached  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- A poster (14”x 22”), or display illustrating something you learned in this project this year. |
| **Youth Materials:**  
- Exploring Citizenship-National Focus Workbook (#11003)  
- Citizenship Washington Focus Delegate Handbook (updated annually)  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) | Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
- Exploring Citizenship, National Focus Workbook (#11003) |  
| **Volunteer Materials:**  
None | | |

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

**Support Materials:**  
National 4-H CWF Website [http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/](http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/)
# Spurrin’ the Words: Cowboy Poetry

## Youth Materials: Montana State Manual
- **Spurrin’ the Words Member’s Manual** (#MSU 5308)
- **4-H Involvement Report** (#91910)
- **4-H Project Record Book** (#91950)

## Volunteer Materials: Montana State Manual
- **Spurrin’ the Words Volunteer’s Guide** (#MSU 5309)

### Projects & Materials
- **Spurrin’ the Words Cowboy Poetry**

### Requirements
- In the member’s Montana State Manual:
  - Complete the required activities in Sections 1-4
  - Write at least 3 original poems composed of at least four-line stanzas
  - Demonstrate a specific rhyme pattern in your original verse
  - Complete at least 3 of the additional activities listed on a page
  - Give an oral presentation (poem, speech, demonstration or illustrated talk) related to this project.

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

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

### County Requirements:
**PLEASE NOTE:** All **Spurring the Words, Cowboy Poetry** project exhibits in Benewah County must be accompanied by the member manual **Spurring the Words, Cowboy Poetry** (#5308).

### Support Materials:
To order Spurrin’ the Words Volunteer Guide from Montana State University visit:  

To order Spurrin’ the Words Member Guide from Montana State University visit:  
[http://store.msuextension.org/Products/4-H-Spurrin-The-Words-Youth-Guide__5308.aspx](http://store.msuextension.org/Products/4-H-Spurrin-The-Words-Youth-Guide__5308.aspx)
Communication and Expressive Arts

# LEATHERCRAFT

## Projects & Materials

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<td>- Leathercraft</td>
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<td>Supplement/Skills</td>
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<tr>
<td>Checklist (#23102)</td>
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<tr>
<td>- ABC’s of Leathercraft</td>
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<tr>
<td>(#23103)</td>
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<tr>
<td>- Leather Crafting</td>
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<tr>
<td>(#23104)</td>
</tr>
<tr>
<td>- 4-H Involvement</td>
</tr>
<tr>
<td>Report (#91910)</td>
</tr>
<tr>
<td>- 4-H Project Record</td>
</tr>
<tr>
<td>Book (#91950)</td>
</tr>
</tbody>
</table>

| 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 trace a design.
- Learn to edge and finish leather articles.
- Learn to apply different types of protective finishes.
- Give a presentation, speech, demonstration, or illustrated talk related to this project.
- Optional:
  - Learn to use stamps such as the alphabet, 3-D, etc.
  - Learn to use a swivel knife.
  - Do basic edge lacing such as the whipstitch, running stitch, or hand stitching.

**Complete the following:**
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Leathercraft Supplement/Skills Checklist (#23102)

## Exhibit Requirements

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

<table>
<thead>
<tr>
<th>Leathercraft: Intermediate</th>
</tr>
</thead>
</table>

### Youth Materials:
- Leathercraft Supplement/Skills Checklist (#23102)
- ABC’s of Leathercraft (#23103)
- Leathercrafting (#23104)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Volunteer Materials:
None

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

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

### Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Leathercraft Supplement/Skills Checklist (#23102)

### Exhibit Requirements:
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Leathercraft Skills Checklist (#23102)
- One article you made, which allows 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.

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

### Support Materials:
# Communication and Expressive Arts

## LEATHERCRAFT

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leathercraft: Advanced</td>
<td>- Complete a rounder or square of tooled practice leather (3” x 4”).</td>
</tr>
<tr>
<td></td>
<td>- Learn two new skills or techniques from the following:</td>
</tr>
<tr>
<td></td>
<td>- Add new skills not previously mastered from Units I and II.</td>
</tr>
<tr>
<td></td>
<td>- Learn figure carving.</td>
</tr>
<tr>
<td></td>
<td>- Learn inverted leather carving.</td>
</tr>
<tr>
<td></td>
<td>- Learn to filigree.</td>
</tr>
<tr>
<td></td>
<td>- Assemble a filigree article with a suitable colored background.</td>
</tr>
<tr>
<td></td>
<td>- Learn advanced lacing skills such as backstitch, buckstitching, or Florentine.</td>
</tr>
<tr>
<td></td>
<td>- Design your own project using advanced techniques.</td>
</tr>
<tr>
<td></td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>Complete the following:</td>
</tr>
<tr>
<td>None</td>
<td>- 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>- 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>- Leathercraft Supplement/ Skills Checklist (#23102)</td>
</tr>
</tbody>
</table>

### Exhibit Requirements

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

---

### Support Materials:


### Optional Supporting Materials:

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

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

### Leathercraft Videos:

- Basic Leathercraft
- Leather Carving and Figure Carving
- Leather Stamping for Fun and Profit
- Coloring and Finishing

---

**County Requirements:**

Check with your County Extension office for details.

---

**Refer to County Addendum for this Project**
### Communication and Expressive Arts

#### Table of Contents

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sketchbook Crossroads</td>
<td>About the Project:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong> National 4-H Curriculum</td>
<td>• Sketchbook Crossroads (#08140)</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Recommended Materials: Elements &amp; Principles Design Card (#23112)</td>
<td>• All the activities focus on teaching the elements and principles of design and encouraging the development of skills for a lifetime. The Brain Joggers test problem solving ability. Connections may be made locally through artistic community service or service learning opportunities. Youth knowledge is tested through cultural and historical art experiences that are interwoven throughout the activities. The learning indicators at the end of each activity help youth evaluate the learning process.</td>
<td>• Two completed original artworks.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity. Youth are encouraged to explore the Project Online connections and information to enhance the art experience.</td>
<td><strong>AND/OR</strong></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>In the member’s Manual:</td>
<td>• A poster (14”x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong> National 4-H Curriculum</td>
<td>• Complete five activities from one unit; 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.</td>
<td><strong>Note:</strong> Attach a 4 x 6-inch index card to each artwork with the following information:</td>
</tr>
<tr>
<td>• Sketchbook Crossroads (#08140)</td>
<td>• (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.)</td>
<td>• Artist name, unit, activity, and title.</td>
</tr>
<tr>
<td>• Elements &amp; Principles Design Card (#23112)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Original artwork title, element of design used, principle of design used, and life skill.</td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td>Complete the following:</td>
<td>• On the back of the card explain how you used these elements and principles in your artwork.</td>
</tr>
<tr>
<td>PLEASE NOTE: All Sketchbook Crossroads project exhibits in Benewah County must be accompanied by the member manual Sketchbook Crossroads (#23113).</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>Supporting Materials:</td>
<td>4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Product/creative-visual-arts/08140.aspx](http://www.4-hmall.org/Product/creative-visual-arts/08140.aspx)
Communication and Expressive Arts

Table of Contents

ART (cont.)

Projects & Materials | Requirements | Exhibit Requirements
---|---|---
**Portfolio Pathways**
Youth Materials: National 4-H Curriculum
- *Portfolio Pathways* (#23114)
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)
- Recommended Materials: *Elements & Principles Design Card* (#23112)

**Volunteer Materials:**
National 4-H Curriculum
- *Portfolio Pathways* (#23114)
- *Elements & Principles Design Card* (#23112)

About the Project:
- 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.
- All the activities focus on teaching the elements and principles of design and encouraging the development of skills for a lifetime. The Brain Joggers test problem solving ability. Connections may be made locally through artistic community service or service learning opportunities. Youth knowledge is tested through cultural and historical art experiences that are interwoven throughout the activities. The learning indicators at the end of each activity help youth evaluate the learning process.
- Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity. Youth are encouraged to explore the Project Online connections and information to enhance the art experience.

In the member’s Manual:
- Complete five activities from one unit
- Complete five activities from the three units **OR**
- Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.)
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

**County Requirements:**
*PLEASE NOTE:* All Sketchbook Crossroads project exhibits in Benewah County must be accompanied by the member manual *Portfolio Pathways* (#23114).

**Support Materials:**
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Product/creative-visual-arts/08141.aspx](http://www.4-hmall.org/Product/creative-visual-arts/08141.aspx)

**Exhibit Requirements:**
- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)
- Two completed original artworks.

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

*Note:* 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.
# Communication and Expressive Arts

## Table of Contents

**ART (cont.)**

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<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| ¡Qué! Rico! LaCultrua – Latino Cultural Arts | About the Project:  
• ¡Qué Rico! La Cultura – Latino Cultural Arts is designed to teach youth about the world around them and their culture. ¡Qué Rico! is organized into four chapters of activities, each focusing on a different type of art: performing arts, visual arts, textile arts, and celebrations. Each activity is designed to focus on a different aspect of Latino culture, and on a different part of the Latino world. Each activity lists the appropriate age range for which it was designed. There are sufficient activities for youth to take this project for several years.  
In the ¡Qué Rico! Helper’s Guide:  
• Complete five age appropriate activities each year, including working through the questions in the “Let’s Talk/ Hablemos” section of each activity.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• One completed artwork from an activity you completed.  
**AND/OR**  
• A poster (14”x 22”) or display illustrating something you learned in this project this year. |
| Youth Materials:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) |  
| Volunteer Materials:  
• ¡Qué! Rico! LaCultura – Latino Cultural Arts: Bilingual Group Activities for Youth K-8 (#BU-08180) |  
| County Requirements:  
Check with your County Extension office for details. |  
| Support Materials:  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/latino-cultural-arts.aspx](http://www.4-hmall.org/Category/latino-cultural-arts.aspx) |
# Communication and Expressive Arts

## HANDWORK FROM OUR HERITAGE

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td>Handwork from Our Heritage</td>
<td>Choose one AREA and set at least three goals that you want to achieve in this project. You are not limited to the AREAS listed here. You may pursue other subjects such as those listed in AREA “N” in the member manual. Project focus areas are the following:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Embroidery or Crewel</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Specialty Embroidery</td>
<td>• Report on background or history of the handwork art you chose. AND</td>
</tr>
<tr>
<td></td>
<td>• Needlepoint</td>
<td>• Finished item(s) as listed in the exhibit requirements under the area and unit you chose.</td>
</tr>
<tr>
<td></td>
<td>• Applique</td>
<td></td>
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<td></td>
<td>• Quilting</td>
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<td></td>
<td>• Rug Making</td>
<td></td>
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<tr>
<td></td>
<td>• Macramé</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Tole Painting</td>
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<tr>
<td></td>
<td>• Ceramics</td>
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<td></td>
<td>• Beadwork</td>
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<td></td>
<td>• Wheat Weaving</td>
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<td></td>
<td>• Origami</td>
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<td></td>
<td>• Dried Flower Art</td>
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<tr>
<td></td>
<td>• Alternatives</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Develop those skills necessary to accomplish your goals.</td>
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<tr>
<td></td>
<td>• Learn the skills needed to complete this project by using the knowledge of a person in your community who has this skill, such as a 4-H Volunteer, grandparent, or any interested persons, and by finding and using written materials about your subject area.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Write a history of the handwork you choose as your project area. Include when and where the handwork started, what it was used for, and how and where it came to this country. Each year you do this project area, expand your history to include materials used through the years, changes in the art, major influences, etc. Be sure to cite your sources.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Complete the specific unit requirements within the AREA chosen as a project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:

**PLEASE NOTE**: The Benewah County 4-H Program offers a County Ceramics project. The requirements for this project can be found in the Benewah County Project Addendum.

### Support Materials:
Visit the Idaho 4-H Handwork page:
Communication and Expressive Arts

PHOTOGRAPHY

Focus on Photography: Level 1

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

Youth Materials: National 4-H Curriculum

- Focus on Photography, Project Book and Photo journal, Level 1 (#23400)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

Volunteer Materials: None

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

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

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

Exhibit Requirements:

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

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

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

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

Support Materials: To purchase National 4-H Curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx
## PHOTOGRAPHY (cont.)

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>Controlling the Image:</strong> Level 2</td>
<td>Film camera or digital camera with a flash and adjustable settings.</td>
<td>An album or three-ring binder containing the following items:</td>
</tr>
<tr>
<td>An intermediate level project is designed for youth with prior experience with photography and those who have completed Focus on Photography.</td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials: National 4-H Curriculum</td>
<td>• Explore the four Project Areas (Equipment, Lighting, Composition, and Skill Building) in the member manual (#23401).</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Controlling the Image Project Book and Photo journal, Level 2 (#23401)</td>
<td>• Complete at least seven (7) activities each year. Select activities in each of the four project areas listed above. Record progress in Step 1, p. 4. Complete the Photo Journal and Review Question sections throughout the manual for the activities selected.</td>
<td>• Member manual (#23401)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete two of the Organized Project Experiences each year, one of which will be to give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Photo journal pages from your project manual for the activities you completed, or your own album pages labeled with the activity title and techniques shown.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Each year complete one of the Leadership/Citizenship activities listed in Step 3.</td>
<td>• 8x10 photo mounted on 11x14 board or matted with an 11x14 board</td>
</tr>
<tr>
<td>Volunteer Materials: None</td>
<td>• Complete a Project Review each year.</td>
<td><strong>Exhibit Instructions:</strong></td>
</tr>
<tr>
<td><strong>Note:</strong> This project may be taken more than one year, do not repeat activities or challenges you have already completed. Use the Challenges to enrich your project.</td>
<td>Complete the following:</td>
<td>Exhibit your required pictures in your project manual, a photo album or three-ring binder with heavy paper. The binder need not be fancy or expensive. It is used simply to keep all your photography materials in one neat, orderly place. You may decorate the binder or album cover as you wish.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>Note:</strong> Photos should be printed on photographic paper.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950) Record step 2 and step 3, “Project experiences and leadership/citizenship activities” in project record book.</td>
<td><strong>Do not crop or trim the photos when you mount them in your exhibit album, unless instructed to do so for an activity.</strong> Cropping or trimming photos can enhance a scrapbook or gift album, but uncropped photos are needed in your exhibit album to show your composition skills and techniques.</td>
</tr>
<tr>
<td></td>
<td>• Member manual (#23401)</td>
<td></td>
</tr>
</tbody>
</table>

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

### Support Materials:
To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx](http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx)
# Communication and Expressive Arts

## PHOTOGRAPHY

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td><strong>Mastering Photography:</strong> Level 3</td>
<td>Film camera or digital camera with adjustable settings, a variety of interchangeable lenses, and filters that fit on those lenses.</td>
<td>An album or three-ring binder containing the following items:</td>
</tr>
<tr>
<td></td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Explore the four Project Areas (Equipment, Lighting, Composition, and Skill Building) in the member manual (#23402).</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Complete at least seven (7) activities each year. Select activities in each of the four project areas listed above. Record progress in Step 1, p. 4. Complete the Photo Journal and Review Question sections throughout the manual for the activities selected.</td>
<td>• Member manual (#23402)</td>
</tr>
<tr>
<td></td>
<td>• Complete two of the Organized Project Experiences each year, one of which will be to give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Photo journal pages from your project manual for the activities you completed, or your own album pages labeled with the activity title and techniques shown.</td>
</tr>
<tr>
<td></td>
<td>• Each year complete one of the Leadership/Citizenship activities listed in Step 3.</td>
<td>• 8x10 photo mounted on 11x14 board or matted with an 11x14 board</td>
</tr>
<tr>
<td></td>
<td>• Complete a Project Review each year.</td>
<td><strong>Exhibit Instructions:</strong> Exhibit your required pictures in your project manual, a photo album or three-ring binder with heavy paper. The binder need not be fancy or expensive. It is used simply to keep all your photography materials in one neat, orderly place. You may decorate the binder or album cover as you wish. <strong>Note:</strong> Photos should be printed on photographic paper.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td><strong>Do not crop or trim the photos when you mount them in your exhibit album, unless instructed to do so for an activity.</strong> Cropping or trimming photos can enhance a scrapbook or gift album, but uncropped photos are needed in your exhibit album to show your composition skills and techniques.</td>
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<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
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</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950) Record step 2 and step 3, “project experiences and leadership/citizenship activities” in project record book.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Member manual (#23402)</td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:** To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx](http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx)
# Communication and Expressive Arts

## Projects & Materials

### Express Yourself Level 1; Grades 3-5

**Youth Materials:**
- National 4-H Curriculum
  - *Picking Up the Pieces* (#08156)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum
  - *Express Yourself: Communications Helper’s Guide* (#08159)
  - Communications Toolkit (#4H1560)

## Requirements

In *Picking Up the Pieces* member manual:
- Complete a minimum of 7 activities from the lessons and upgrades.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A poster (14”x22”) or display illustrating a skill or skills learned in this project.
- OR
- A scrapbook, portfolio or journal notebook showing activities and skills learned this year.

## County Requirements:

*PLEASE NOTE:* All Express Yourself, Level 1 project exhibits in Benewah County must be accompanied by the member manual *Picking Up the Pieces* (#08156).

## Support Materials:

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

### Express Yourself: Level 2
Grades 6-8

**Youth Materials:**
- **National 4-H Curriculum**
  - *Putting it Together* (#08157)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

**Volunteer Materials:**
- **National 4-H Curriculum**
  - Express Yourself: Communications Helper’s Guide (#08159)
  - Communications Toolkit (#4H1560)

### Requirements

In *Putting it Together* member manual:
- Complete a minimum of 7 activities from the lessons and upgrades.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A poster (14”x22”) or display illustrating a skill or skills learned in this project.

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

### County Requirements:

**PLEASE NOTE:** All Express Yourself, Level 2 project exhibits in Benewah County must be accompanied by the member manual *Putting It Together* (#08157).

### Support Materials:
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/communication-books.aspx](http://www.4-hmall.org/Category/communication-books.aspx)
# Communication and Expressive Arts

## PUBLIC SPEAKING

### Express Yourself: Level 3

**Grades 9-12**

#### Youth Materials:
- **National 4-H Curriculum**
  - *The Perfect Fit* (#08158)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

#### Volunteer Materials:
- **National 4-H Curriculum**
  - Express Yourself: Communications Helpers Guide (#08159)

#### Requirements

In *The Perfect Fit* member manual:
- Complete a minimum of 7 activities from the lessons and upgrades.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

#### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A poster (14”x22”) or display illustrating a skill or skills learned in this project.

**OR**

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

### County Requirements:

**PLEASE NOTE:** All Express Yourself, Level 3 project exhibits in Benewah County must be accompanied by the member manual *The Perfect Fit* (#08158).

### Support Materials:

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/communication-books.aspx](http://www.4-hmall.org/Category/communication-books.aspx)
## FAMILY AND CONSUMER SCIENCE

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**CHILD DEVELOPMENT**

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<th>Exhibit Requirements</th>
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<tr>
<td>Growing on My Own</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>Youth Materials:</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>National 4-H Curriculum</td>
<td></td>
<td>• The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required.</td>
</tr>
<tr>
<td>• Growing On My Own, Step 1 (#08075)</td>
<td></td>
<td>• A participation ribbon or similar recognition may be given.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Growing All Together Helper’s Guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(#08078)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

**CHILD DEVELOPMENT (cont.)**

### Projects & Materials

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

### Requirements

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

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

### Exhibit Requirements

- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*
- Member portfolio containing items created/accomplished during this year’s project.

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

### County Requirements:

**PLEASE NOTE:** All Growing With Others Step 2 project exhibits in Benewah County must be accompanied by the member manual *Growing With Others, Step 2 (#08076).*

### Support Materials:

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

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<tr>
<td>Youth Materials:</td>
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<tr>
<td>National 4-H Curriculum</td>
</tr>
<tr>
<td>• Growing in Communities, Step 3 (#08077)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>National 4-H Curriculum</td>
</tr>
<tr>
<td>• Growing All Together Helper’s Guide (#08078)</td>
</tr>
</tbody>
</table>

#### Requirements

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

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

#### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Member portfolio containing items created/accomplished during this year’s project.

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

#### County Requirements:

*PLEASE NOTE:* All Growing In Communities project exhibits in Benewah County must be accompanied by the member manual Growing In Communities, Step 3 (#08077).

#### Support Materials:

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

#### Optional Supporting Materials:

Worksheets available under the Resources Button at: [http://cfmtest.uwex.edu/ces/4hccs/index.html](http://cfmtest.uwex.edu/ces/4hccs/index.html)
Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
“Sew Wow”, Unit 5: Skill Level - Advanced | In the Member’s Manual:  
- Choose one focus area for your project.  
- Complete at least 1 of the “General Advanced Activities” each year.  
- Learn about two “in-depth Study Topics” for the selected focus area each year.  
- Construct two small or one large clothing item using appropriate fabric with required advanced constructions skills from focus area.  
  - Area A – Active/Sports Wear  
  - Area B – Outdoor Wear  
  - Area C – Western Wear  
  - Area D – Formal Apparel  
  - Area E – Embellished Apparel  
  - Area F – Tailored Apparel  
  - Area G – Pattern Your Own  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Display the garment(s), outfit and/or accessory made by member using appropriate fabric with required advanced construction skills learned for this year’s project focus area.  

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

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

County Requirements:  
**PLEASE NOTE:** All Sew Wow? Unit 5: Skill Level – Advanced project exhibits in Benewah County must be accompanied by the member manual Sew Wow? Unit 5, Member’s Guide and Project Requirements (#32009).

Support Materials:  
To download Sew Wow visit the Idaho 4-H sewing page at:  

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

**Skill Level – Beginner**  
**Suggested 2 year project**

**Youth Materials:**
- *Sewing For Fun (4-H167)*  
- *Sewing Skills Checklist Sew For Fun*  
- *4-H Involvement Report (91910)*  
- *4-H Project Record Book (#91950)*  
- *Sewing For Fun Packet (4H169)*  
- *Sewing For Fun Supplements*

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

#### Requirements

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

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

#### Exhibit Requirements

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

**PLEASE NOTE:** All Sewing For Fun project exhibits in Benewah County must be accompanied by the member manual *Sewing For Fun (4-H167)*.

### Support Materials:

# Family and Consumer Science

## SEWING

### EXPRESSIONS

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
</table>
| **Under Construction, Level 1** | In the member’s current Manual:  
  - Complete at least 7 required and optional activities each year  
  - Have your project helper date (month/year) and initial each activity when it is finished.  
  - Complete at least 10-12 skills each year from the Under Construction Skills Checklist  
  - Have your project helper date and sign each skill from the skills checklist when completed.  
  - Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. |  
  - 4-H Project Record Book (#91950)  
  - 4-H Involvement Report (#91910)  
  - Under Construction Skills Checklist  
  - Display one clothing item  
  OR  
  - One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric including sewing skills learned.  
  OR  
  - A display or a poster (14” x 22”) illustrating something learned in this project year.  

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

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

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

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

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

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

### County Requirements:  
**PLEASE NOTE:** All Under Construction, Level 1 project exhibits in Benewah County must be accompanied by the member manual Under Construction, Level 1 (#32081).  

### Support Materials:  
To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx](http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx)  
To download the Under Construction Skills Checklist visit:  
## SEWING EXPRESSIONS (cont.)

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<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Under Construction, Level 1 Portfolio Version** | In the member’s current Manual:  
- Complete at least 7 activities and record findings or put samples in the Idaho 4-H Clothing Construction Portfolio  
- Complete at least 10-12 skills each year from the Under Construction Skills Checklist  
- Have your project helper date and sign each skill from the skills checklist when completed.  
- Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year.  |  
- Idaho 4-H Clothing Construction Portfolio  
- 4-H Involvement Report (#91910)  
- Under Construction Skills Checklist  
- Display one clothing item  
**OR**  
- One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric including sewing skills learned.  
**OR**  
- A display or a poster (14” x 22”) illustrating something learned in this project year.  

The following are examples of items you could make and exhibit in this project:  
**Clothing:**  
- **1st year** – pants, pajama pants, shorts, skirt  
- **2nd year** – shirt, top, t-shirt  
- **3rd year** – top and pants or skirt, jumper with shirt/top, dress  

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

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

<table>
<thead>
<tr>
<th>Volunteerm Materials: National 4-H Curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sewing Expressions Helper’s Guide (#32084)</strong></td>
</tr>
</tbody>
</table>

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

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

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

**Support Materials:**
To download the Skills Checklist and Idaho 4-H Clothing Construction Portfolio visit:  
# Family and Consumer Science

## SEWING

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**Projects & Materials**

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<th>Fashion Forward, Level 2, Intermediate</th>
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</thead>
<tbody>
<tr>
<td><strong>Record Book Version</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete at least 7 activities and optional activities each project year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Have your project helper date (month/year) and initial each activity when it is finished.</td>
<td>• Fashion Forward Skills Checklist</td>
</tr>
<tr>
<td>• Fashion Forward, Level 2 (#32082)</td>
<td>• Complete at least 10-12 skills each year from the Fashion Forward Skills Checklist</td>
<td>• Display a garment or outfit that includes sewing skills learned</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Have project helper date and sign each skill from the skills checklist when completed.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</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) including at least three new sewing skills learned in each year of taking this project.</td>
</tr>
<tr>
<td>• Fashion Forward Skills Checklist</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><strong>Volunteer Materials:</strong></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>National 4-H Curriculum</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>The following are examples of items you could make and exhibit in this project:</td>
</tr>
<tr>
<td>• Sewing Expressions Helper’s Guide</td>
<td>• 4-H Project Record Book (#91950)</td>
<td><strong>Clothing:</strong></td>
</tr>
<tr>
<td>(#32084)</td>
<td>• Fashion Forward Skills Checklist</td>
<td>• A sewing or locker organizer, skirt with darts/waistband, blouse with buttons/buttonholes, lined vest, vest with collar, blouse with collar and cuffs, dress with zipper or other clothing items.</td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td>• Complete at least <strong>4</strong> “Before and After – What do you know?” statements (Page 3 of manual) each project year.</td>
<td><strong>Non-clothing:</strong></td>
</tr>
<tr>
<td><em>PLEASE NOTE</em> All Fashion Forward, Level 2 project exhibits in Benewah County must be accompanied by the member manual Fashion Forward, Level 2 (#32082).*</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year.</td>
<td>• Decorative pillow, windsock with decorative stitches, backpacks/duffle bags/fanny pack with zipper, box edge pillow, curtains with scalloped or tab-top heading or other non-clothing item(s).</td>
</tr>
</tbody>
</table>

**Support Materials:**

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

## Family and Consumer Science

### SEWING EXPRESSIONS

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**Projects & Materials**

**Fashion Forward, Level 2, Intermediate Portfolio Version**

**Youth Materials:**
- *Fashion Forward, Level 2* (#32082)
- 4-H Involvement Report (#91910)
- Idaho 4-H Clothing Construction Portfolio
- Fashion Forward Skills Checklist

**Volunteer Materials:**
- Sewing Expressions Helper’s Guide (#32084)

**Requirements**

In the member’s current Manual:
- Complete at least 7 activities and record findings or put samples in the Idaho 4-H Clothing Construction Portfolio.
- Complete at least 10-12 skills each year from the Fashion Forward Skills Checklist.
- Have your project helper date and sign each skill from the skills checklist when completed.
- Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year.

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

**Exhibit Requirements**

- Idaho 4-H Clothing Construction Portfolio
- 4-H Involvement Report (#91910)
- Fashion Forward Skills Checklist
- Display a garment or outfit

**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 sewing or locker organizer, 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:**
- 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:**
To download the Fashion Forward Skills Checklist and Idaho 4-H Clothing Construction Portfolio visit:
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### SEWING EXPRESSIONS

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### Projects & Materials

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<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91910)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete at least 7 activities and optional activities each project year.</td>
<td>• 4-H Involvement Report (#91950)</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Have your project helper date (month/year) and initial each activity when it is finished.</td>
<td>• Refine Design Skills Checklist</td>
</tr>
<tr>
<td>• Refine Design, (#32083) Level 3 (Order from 4HCCS)</td>
<td>• Complete at least 10-12 skills each year from the Refine Design Skills Checklist.</td>
<td>• Display a garment or outfit</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Have your project helper date and sign each skill from the skills checklist when completed.</td>
<td>OR</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</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) including at least three new sewing skills learned in each year of taking this project.</td>
</tr>
<tr>
<td>• Refine Design Skills Checklist</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year.</td>
<td>OR</td>
</tr>
<tr>
<td>• Supplemental Skills Checklist Sheet</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><strong>Volunteer Materials:</strong></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>The following are examples of items you could make and exhibit in this project:</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• 4-H Project Record Book (#91950) OR</td>
<td><strong>Clothing:</strong></td>
</tr>
<tr>
<td>• Sewing Expressions Helper’s Guide (#32084)</td>
<td>• Refine Design Skills Checklist</td>
<td>• Pants or skirt with flat felled seam (mock/regular), dress or skirt with lining, garment sewn with special fabric, lingerie, create your own pattern, tailored jacket, lined jacket, outdoor/action wear.</td>
</tr>
<tr>
<td>• Supplemental Skills Checklist Sheet</td>
<td>OR</td>
<td><strong>Non-clothing:</strong></td>
</tr>
</tbody>
</table>

### County Requirements:

**PLEASE NOTE:** All Refine Design, Level 3 project exhibits in Benewah County must be accompanied by the member manual Refine Design (#32083).

### Support Materials:

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

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<th>Projects &amp; Materials</th>
<th>Require</th>
<th>Exhibit Requirements</th>
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</thead>
</table>
| **Refine Design, Level 3, Advanced** Portfolio Version | In the member’s current Manual:  
- Complete at least 7 activities and record findings or put samples in Idaho 4-H Clothing Construction Portfolio  
- Complete at least 10-12 skills each year from the Refine Design Skills Checklist  
- Have your project helper date and sign each skill from the skills checklist when completed.  
- Complete at least 4 “Before and After – What do you know?” statements (Page 3 of manual) each project year.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. | - Idaho 4-H Clothing Construction Portfolio  
- 4-H Involvement Report (#91910)  
- Refine Design Skills Checklist  
- Display a garment or outfit **OR**  
- One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project. **OR**  
- A display or a poster (14” x 22”) illustrating something learned in this project year.  
The following are examples of items you could make and exhibit in this project:  
**Clothing:**  
- Pants or skirt with flat felled seam (mock/regular), dress or skirt with lining, garment sewn with special fabric, lingerie, create your own pattern, tailored jacket, lined jacket, outdoor/action wear.  
**Non-clothing:**  
- Pleated or gathered drapery, bedspread, lined drapery or curtain, furniture slip cover, create your own fabric, embellished household item, purse, or other non-clothing item(s). |
| Youth Materials:  
**National 4-H Curriculum**  
- Refine Design, (#32083) Level 3 (Order from 4HCCS)  
- 4-H Involvement Report (#91910)  
- Idaho 4-H Clothing Construction Portfolio  
- Refine Design Skills Checklist  
- Supplemental Skills Checklist Sheet |  
Note: When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members. |
| Volunteer Materials:  
**National 4-H Curriculum**  
- Sewing Expressions Helper’s Guide (#32084)  
- Supplemental Skills Checklist Sheet |  
Complete the following:  
- 4-H Involvement Report (#91910)  
- Idaho 4-H Clothing Construction Portfolio  
- Refine Design Skills Checklist |
| County Requirements:  
Check with your County Extension office for details. |  
**Support Materials:**  
Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
STEAM Clothing 1 Fundamentals | Using the STEAM Clothing 1 Fundamentals manual:
- Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.
- Complete at least 10 skills each year from the Fundamentals Skills Checklist
- Have project helper date and sign each skill from the skills checklist
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Clothing Construction Portfolio
- Fundamentals Skills Checklist

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

| 4-H Clothing Construction Portfolio | 4-H Involvement Report (#91910) | Fundamentals Skills Checklist

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

County Requirements:  
**PLEASE NOTE:** All STEAM Clothing 1 project exhibits in Benewah County must be accompanied by the member manual STEAM Clothing 1 Fundamentals (#UN- L 4H2210).

Support Materials:  
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)  
To download the Fundamental Skills Checklist and Idaho 4-H Clothing Construction Portfolio visit:  
# STEAM Clothing Fundamentals

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| STEAM Clothing 2 Simply Sewing Ages 10-12 | Using the STEAM Clothing 2 Simply Sewing manual:  
- Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio.  
- Complete at least 10 skills each year from the Simply Sewing Skills Checklist  
- Have project helper date and sign each skill from the skills checklist  
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.  
Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Clothing Construction Portfolio  
- Simply Sewing Skills Checklist | 4-H Clothing Construction Portfolio  
- 4-H Involvement Report (#91910)  
- Simply Sewing Skills Checklist  
- Display one item that includes sewing skills learned  
Or  
- A display or a poster (14” x 22”) illustrating something learned in this project year.  
The following are examples of items you could make and exhibit for this project:  
- A skirt or dress with a zipper  
- A skirt or pants with a simple waistband  
- A blouse with buttons/buttonholes  
- A blouse with cuffs and collar  
- Non-clothing options: Decorative pillow, windsock with decorative stitches, backpacks/duffle bag with zipper, box edge pillow, curtains with scallops or tab top heading |

### Youth Materials:
- STEAM Clothing 2 Simply Sewing (#UN-L 4H2220D)  
- 4-H Involvement Report (#91910)  
- 4-H Clothing Construction Portfolio  
- Simply Sewing Skills Checklist

### Volunteer Materials:
- STEAM Clothing 2 Simply Sewing  
- STEAM Clothing Maker’s Guide

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

### County Requirements:
**PLEASE NOTE:** All STEAM Clothing 2 project exhibits in Benewah County must be accompanied by the member manual STEAM Clothing 2 Simply Sewing (#UN-L 4H2220D).

### Support Materials:
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)  
To download the Simply Sewing Skills Checklist and Idaho 4-H Clothing Construction Portfolio visit:  
# STEAM Clothing Fundamentals

## Projects & Materials

**STEAM Clothing 3 A Stitch Further**

**Ages 12 and up**

**Youth Materials:**
- *STEAM Clothing 3 A Stitch Further (#UN-L 4H2230D)*
- 4-H Involvement Report (#91910)
- 4-H Clothing Construction Portfolio
- A Stitch Further Checklist

**Volunteer Materials:**
- *STEAM Clothing 3 A Stitch Further*

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

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Clothing Construction Portfolio
- A Stitch Further Skills Checklist

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

## Requirements

- 4-H Clothing Construction Portfolio
- 4-H Involvement Report (#91910)
- A Stitch Further Checklist
- Display one item that includes sewing skills learned

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

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

## County Requirements:

**PLEASE NOTE:** All STEAM Clothing 3 project exhibits in Benewah County must be accompanied by the member manual *STEAM Clothing 3 A Stitch Further (#UN-L 4H2230D)*.

## Support Materials:

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)

To download the A Stitch Further Skills Checklist and Idaho 4-H Clothing Construction Portfolio visit:
Family and Consumer Sciences
STEAM Clothing
Fundamentals

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<td>STEAM Clothing Beyond the Needle</td>
<td>Using the STEAM Clothing Beyond the Needle manual:</td>
<td>• 4-H Clothing Construction Portfolio</td>
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<tr>
<td>Ages 12 and up</td>
<td>• Complete at least 7 activities and record findings and put samples in the</td>
<td>• 4-H Involvement Report (#91910)</td>
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<tr>
<td>Youth Materials:</td>
<td>Idaho 4-H Clothing Construction Portfolio.</td>
<td>• Beyond the Needle Skills Checklist</td>
</tr>
<tr>
<td>• STEAM Clothing Beyond the Needle (#UN-L 4H2250D)</td>
<td>• Complete at least 10 skills each year from the Beyond the Needle Skills</td>
<td>• Display one item that includes sewing skills learned</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Checklist</td>
<td>OR</td>
</tr>
<tr>
<td>• 4-H Clothing Construction Portfolio</td>
<td>• Have project helper date and sign each skill from the skills checklist</td>
<td>• A display or a poster (14” x 22”) illustrating something learned in this project year.</td>
</tr>
<tr>
<td>• Beyond the Needle Skills Checklist</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) on a</td>
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<td></td>
<td>topic related to this project.</td>
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<tr>
<td>Complete the following:</td>
<td></td>
<td>The following are examples of items you could make and exhibit for this project:</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td>• A bag that has been dyed and has studs</td>
</tr>
<tr>
<td>• 4-H Clothing Construction Portfolio</td>
<td></td>
<td>• A shirt, skirt or dress that has been sprayed and stitched</td>
</tr>
<tr>
<td>• Beyond the Needle Skills Checklist</td>
<td></td>
<td>• A scarf that has been painted and aged</td>
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<tr>
<td>Note: When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members.</td>
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</table>

County Requirements:
**PLEASE NOTE:** All STEAM Clothing Beyond the Needle project exhibits in Benewah County must be accompanied by the member manual STEAM Clothing Beyond the Needle (#UN-L 4H2250D).

Support Materials:
To purchase the STEAM curriculum from University of Nebraska-Lincoln visit:
http://marketplace.unl.edu/ne4h/curriculum/fcs
To download the Beyond the Needle Skills Checklist and Idaho 4-H Clothing Construction Portfolio visit:
## Family and Consumer Science

### Crochet

#### Projects & Materials

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<tr>
<td>• 4-H Crochet Project Guide and Requirements (#32018)</td>
<td>Select the phase appropriate to your skill level and learn the skills listed in the project guide and requirement book for that unit.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Units:</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>1. <em>Let’s Crochet</em> – learn how to single crochet, double crochet, slip stitch, chain stitch.</td>
</tr>
<tr>
<td></td>
<td>2. <em>More Crochet</em> – learn how to half double crochet, treble crochet, and double treble crochet, make ribbing, and fringe.</td>
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<td></td>
<td>3. <em>Still More Crochet</em> – learn how to make filet or mesh crochet, squares and ovals, tubular crochet, buttons and buttonholes, tassels and pompons.</td>
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<td></td>
<td>4. <em>Crochet with Color</em> – learn to work with color, to do tapestry or jacquard crochet, make plaids, etc.</td>
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<td></td>
<td>5. <em>Advanced Crochet</em> – learn to crochet with multiple stitch patterns, with thread, make and join medallions.</td>
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<td></td>
<td>6. <em>Crocheted Insertions and Edgings</em> – Learn how to crochet scallop and picot edge finishes, how to make and attach insertions, edgings, insets and appliqué.</td>
</tr>
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<td></td>
<td>7. <em>Modified Crochet</em> – learn to do Afghan (Tunisian) crochet and variations, broomstick lace and hairpin lace.</td>
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<td></td>
<td>8. <em>Individualized Crochet</em> – learn advance crochet techniques and garment selection, construction and fit by selecting one or more of the advanced crochet techniques/projects.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (demonstration, speech, or illustrated talk) related to this project</td>
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<tr>
<td></td>
<td>Complete the following:</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
</tbody>
</table>

#### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Two small or one large article you made using the skills learned in your phase. Include information in record book about yarn or thread, stitch and hook used.
- Phases 1-7: Mount required test swatches on heavy 8 ½” X 11” paper and include with record book, label and include information about yarn or thread, stitch and hook used.

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

### County Requirements:

Check with your County Extension office for details.

### Support Materials:


### Optional Supporting Materials

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

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KNITTING

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<td>Youth Materials:</td>
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</tr>
<tr>
<td>• Knitting, Member’s Guide and Project Requirements (#32023)</td>
<td>Select the phase appropriate to your skill level and learn the skills listed in the Member’s Guide and Project Requirements for that phase. Phases:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>1. Beginning Level A – learn how to cast on, knit and purl, and bind off.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>2. Beginning Level B – learn basic stitch combinations, stockinette, garter, ribbing, increasing and decreasing.</td>
<td>• Beginning Level A &amp; B, exhibit at least one item you have made using skills learned in your project level.</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>3. Intermediate Level A – learn how to make buttonholes, pick up stitches, and knit on circular needles.</td>
<td>• Intermediate Level A &amp; B, exhibit two small OR one large item you have made using the skills learned in your project level.</td>
</tr>
<tr>
<td>None</td>
<td>4. Intermediate Level B – learn how to knit pattern stitches.</td>
<td>• Include in your record book the yarn content (example: 50% cotton/50% polyester) and care of your yarn.</td>
</tr>
<tr>
<td></td>
<td>5. Advanced Level A – learn to knit using multicolor techniques.</td>
<td><strong>Optional:</strong> You might want to include a sample of skills learned that are not included in your exhibit.</td>
</tr>
<tr>
<td></td>
<td>6. Advanced Level B – learn advanced knitting techniques by selecting one of seven project focus areas.</td>
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<tr>
<td></td>
<td>• Give an oral presentation (demonstration, speech or illustrated talk) related to this project.</td>
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<tr>
<td></td>
<td>Complete the following:</td>
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<td></td>
<td>• 4-H Involvement Report (#91910)</td>
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<td></td>
<td>• 4-H Project Record Book (#91950)</td>
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County Requirements:
Check with your local County Extension office for details.

Support Materials:

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, www.knittinguniverse.com
• Other web sites of interest: www.anniesattic.com
Family and Consumer Science

CONSUMER
EDUCATION

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<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td><strong>Level 1: The Consumer</strong></td>
<td>• Complete at least seven of the Consumer in Me and Savvy Challenge activities each project year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>in Me</strong></td>
<td>• Complete at least 21 activities within three years to complete the Consumer In Me Achievement Program.</td>
<td>• A poster (14” x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Have your project helper date and initial each activity as you complete it.</td>
<td><strong>Example:</strong> spending diary, a cost comparison chart, a research report on a topic that you explored.</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<tr>
<td>• The Consumer in Me, Level 1 (#08030)</td>
<td>Complete the following:</td>
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<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• 4-H Involvement Report (#91910)</td>
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<td>• 4-H Project Record Book (#91950)</td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td>• Consumer Group Activity Guide (#08033)</td>
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**County Requirements:**

*PLEASE NOTE:* All Consumer Savvy, Level 1: The Consumer in Me project exhibits in Benewah County must be accompanied by the member manual *The Consumer in Me* (#08030).

**Support Materials:**

To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx](http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx)
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| Consumer Savvy, Level 2: Consumer Wise | In the member’s current Manual:  
- Complete at least five Consumer Wise activities and three Savvy Challenges each project year.  
- Complete at least 21 activities within three years to complete the Consumer Wise Achievement Program.  
- Have your project helper date and initial each activity as you complete it.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  

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

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

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

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

| County Requirements:  

_PLEASE NOTE:_ All Consumer Savvy, Level 2: Consumer Wise project exhibits in Benewah County must be accompanied by the member manual Consumer Wise (#08031). |

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

**Consumer Savvy, Level 3: Consumer Roadmap**

**Youth Materials:**
- National 4-H Curriculum
  - Consumer Roadmap, Level 3 (#08032)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

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

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

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

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

## County Requirements:

**PLEASE NOTE:** All Consumer Savvy, Level 3: Consumer Roadmap project exhibits in Benewah County must be accompanied by the member manual Consumer Roadmap (#08032).

**Support Materials:**

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

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<td>Report (#91910)</td>
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<td>• 4-H Project Record</td>
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<td>Book (#91950)</td>
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<td>Facilitator’s Guide</td>
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<td>(#08412)</td>
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</table>

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

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

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<th>County Requirements:</th>
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<tbody>
<tr>
<td><strong>PLEASE NOTE:</strong> All Ecology project exhibits in Benewah County must be accompanied by the current member manual Exploring Your Environment-Earth’s Capacity (#08411) or Exploring Your Environment- Ecosystems Services (#08410).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Support Materials:</th>
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<tbody>
<tr>
<td>To purchase National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/4-hcurriculum-exploring-your-environment.aspx">http://www.4-hmall.org/Category/4-hcurriculum-exploring-your-environment.aspx</a></td>
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<tr>
<th>Optional Supporting Materials:</th>
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<tr>
<td>• Ecology Skills Checklist (#42500)</td>
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# Environmental Education

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### FORESTRY

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<tr>
<td>Forestry</td>
<td>In the member’s current Manual:</td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete a minimum of 6 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year.</td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Finish at least 20 of the required and optional activities within 3 years to pass each book.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• Follow the Path, Level 1</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>(#08038)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14” x 22”), or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• Reach for the Canopy,</td>
<td>Complete the following:</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>Level 2 (#08039)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• Explore the Deep Woods,</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>Level 3 (#08040)</td>
<td>• A poster (14” x 22”), or display illustrating something you learned in this project this year.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>(#91910)</td>
<td>• A poster (14” x 22”), or display illustrating something you learned in this project this year.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>(#91950)</td>
<td>• A poster (14” x 22”), or display illustrating something you learned in this project this year.</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Forestry Skills Checklist (#44150)</td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td><strong>PLEASE NOTE:</strong> All Forestry project exhibits in Benewah County must be accompanied by the current member manual Follow the Path, Level 1 (#08038) or Reach for the Canopy, Level 2 (#08039) or Explore the Deep Woods, Level 3 (#08040).</td>
<td></td>
</tr>
<tr>
<td>• Forestry Helper’s Guide</td>
<td>Support Materials:</td>
<td></td>
</tr>
<tr>
<td>(#08041)</td>
<td>To purchase National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/4-hcurriculum-forestry.aspx">http://www.4-hmall.org/Category/4-hcurriculum-forestry.aspx</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Optional Supporting Materials:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Forestry Skills Checklist (#44150)</td>
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## GEOLOGY

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</thead>
</table>
| **Geology** | In the member’s current project Manual:  
- Complete a minimum of (6) six required activities and/or journal corners each year.  
- Have your project volunteer date (month and year) and initial each activity when it is complete.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
- Any supplemental forms required at the county level. | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Display a poster or exhibit box based on one of the following activities: **Level 1:**  
  - The Rock Cycle – explain the rock cycle in both pictures and words.  
  - Rock Types – display rocks from the three major types: igneous, sedimentary, and metamorphic.  
  - Earth Processes – color and display the picture in your book or draw and color your own on your poster. Briefly describe the earth processes that are shown.  
  - Rock Artwork – display your rock artwork and the story that you created.  
  - Collections – display & identify 6 rocks.  
  - Making Crystal Models – display the crystal forms characteristic of most minerals (cubic, tetragonal, hexagonal, orthorhombic, monoclinic, triclinic) in a display box with their name and mineral in this form. You may paint, color or use markers on your crystal models.  
  - Molds and Casts – display three molds and/or casts in a display box. Describe the steps that you followed to create a mold or cast.  
  - Other suitable exhibit approved by your County Extension Office. |
| **Youth Materials:**  
- Geology, Level 1 (#PU 4-H-985)  
- Geology, Level 2 (#PU 4-H-986)  
- Geology, Level 3 (#PU 4-H-987)  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |  |
| **Volunteer Materials:**  
- Geology, Helper’s Guide (#PU 4H-988-W) |  |

*See page 46 for information to obtain Support Materials.*
Level 2:

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

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

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

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

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

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

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

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

County Requirements:

**PLEASE NOTE:** All Geology project exhibits in Benewah County must be accompanied by the current member manual *Geology, Level 1 (#4-H-985) or Geology, Level 2 (#4-H-986) or Geology, Level 3 (#4-H-987).*

Support Materials:

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


Optional Supporting Materials:

# WILDLIFE

## Projects & Materials

### Youth Materials:
- **4-H Wildlife, Level A (#PU 4-H-903)**
- **4-H Wildlife, Level B (#PU 4-H-904)**
- **4-H Wildlife, Level C (#PU 4-H-905)**
- **4-H Wildlife, Level D (#PU 4-H-906)**
- **4-H Involvement Report (#91910)**
- **4-H Project Record Book (#91950)**

### Volunteer Materials:

## Requirements

### Project Requirements:
- Complete a minimum of 7 activities each year in the Level (A, B, C, D) the member is at.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

## Exhibit Requirements

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

Plus one of the following:
- A scrapbook of labeled native plants, wildlife or aspects of wildlife ecology.
- A display of 5 or more native or introduced wildlife.
- 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:

**PLEASE NOTE:** All Wildlife project exhibits in Benewah County must be accompanied by the current member manual **4-H Wildlife, Level A (#4-H-903)** or **4-H Wildlife, Level B (#4-H-904)** or **4-H Wildlife, Level C (#4-H-905)** or **4-H Wildlife, Level D (#4-H-906)**.

## Support Materials:

To purchase Purdue University Extension manuals and download the Helper’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)

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<th>Exhibit Requirements</th>
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<tr>
<td><strong>Sport Fishing</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of 7 required//optional activities, plus the required</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>National 4-H Curriculum</strong></td>
<td>number of Learning Experiences (pg. 3) each year.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• Take the Bait, Level 1 (#07598)</td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td>• A display or poster (14”x22”) showing something learned this year.</td>
</tr>
<tr>
<td>• Reel in the Fun, Level 2 (#07599)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td>• A scrapbook of labeled pictures.</td>
</tr>
<tr>
<td>• Cast into the Future, Level 3 (#07600)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Something you built or made related to the project.</td>
</tr>
<tr>
<td>• Fishing: A Lifetime Sport, Member Manual (#44351)</td>
<td>Complete the following:</td>
<td>• A labeled photo story depicting something related to the project.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Other suitable exhibit approved by the County Extension Office.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Select a different item to exhibit for the second and third year within a given book.</td>
</tr>
</tbody>
</table>

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

### County Requirements:

**PLEASE NOTE:** All Sportfishing project exhibits in Benewah County must be accompanied by the current member manual *Take the Bait, Level 1 (#07598)* or *Reel in the Fun, Level 2 (#07599)* or *Cast into the Future, Level 3 (#07600)*.

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

For Fishing Regulations visit: [http://fishandgame.idaho.gov/](http://fishandgame.idaho.gov/)


### Optional Supporting Materials:
- **“The Curtis Creek Manifesto,”** by Sheridan Anderson, an illustrated guide to fly fishing.
# Environmental Education

## ADVENTURE / CHALLENGE

### Projects & Materials

**Cross Country Skiing**

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

**Volunteer Materials:**

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

### Requirements

- 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

Complete the following:

- *Cross-Country Skiing Adventures Manual* (#45120)
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

### Exhibit Requirements

- *Cross-Country Skiing Adventures Manual* (#45120)
- *4-H Project Record Book* (91950)
- *4-H Involvement Report* (#91910)

Plus one of the following:

- A poster (14x22) or display illustrating something you learned in the project this year
- A scrapbook of labeled pictures related to the project
- A photo story depicting something related to the project

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### County Requirements:

Check with your County Extension office for details.

### Support Materials:


### Optional Supporting Materials:

- Outdoor Adventures Youth Activity Guides – National 4-H Curriculum available at [http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx](http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx)
  - *Hiking Trails* (#08043)
  - *Camping Adventures* (#08044)
  - *Backpacking Expeditions* (#08045)
  - *Outdoor Adventures Helper’s Guide* (#08046)
- *Wilderness 911: A Step-By-Step Guide for Medical Emergencies and Improvised Care in the Backcountry*, Eric A. Weiss
- *First Aid-The Essential Basics* Copyright 2003-2004 MaxLifestyle.net
- *Taking a New Bearing* by Phyllis M. Ford
- *The Basic Essentials of Map & Compass* by Cliff Jacobson
# OUTDOOR ADVENTURES

## Projects & Materials

**Hiking/Camping Backpacking**

**Youth Materials:**
- **National 4-H Curriculum**
- Hiking Trails, Level 1 (#08043)
- Camping Adventures, Level 2 (#08044)
- Backpacking Expeditions, Level 3 (#08045)
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

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

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

## County Requirements:

**PLEASE NOTE:** All **Hiking/Backpacking** project exhibits in Benewah County must be accompanied by the current member manual Hiking Trails, Level 1 (#08043) or Camping Adventures, Level 2 (#08044) or Backpacking Expeditions, Level 3 (#08045).

## Exhibit Requirements

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

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.

## Support Materials:

To purchase National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx](http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx)

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- **Archery**
  - **Youth Materials:**
    - *Archery Skills Checklist* (#45310)
    - *4-H Involvement Report* (#91910)
    - *4-H Project Record Book* (#91950)
    - *STEM Connections* (Colorado)
  - **Volunteer Materials:**
    - Provided to volunteers at Shooting Sports Workshops

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<th>Projects &amp; Materials</th>
<th>Requirements</th>
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</thead>
</table>
| **Archery**          | **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 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book  
  **Complete the following:**  
  - *4-H Involvement Report* (#91910)  
  - *4-H Project Record Book* (#91950)  

|                      | **Volunteer Materials:**  
|                      | - 4-H Project Record Book (#91950)  
|                      | - 4-H Involvement Report (#91910)  
|                      | - Archery Skills Checklist (#45310)  
|                      | Plus **one** of the following:  
|                      | - A poster (14”x 22”) or display showing something you learned in this project this year.  
|                      | - A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.)  
|                      | - Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
|                      | - A labeled photo story showing you or someone else engaged in some Shooting Sports activity.  
| **County Requirements:** | Check with your County Extension office for details.  

| **Support Materials:** | To download the Archery Skills Checklist and STEM Connections visit:  

| **Optional Supporting Materials:** | 4-H Archery Member Record Book (#751) (Ohio State)  
|                                        | [http://projectcentral.ohio4h.org/publications/topics/natural-resources/](http://projectcentral.ohio4h.org/publications/topics/natural-resources/)  

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## SHOOTING SPORTS

### Projects & Materials

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<tr>
<td>• <em>Pistol Skills Checklist</em> (#45410)</td>
<td>• Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete at least 5 new items from the Pistol Skills Checklist each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Pistol Skills Checklist (#45410)</td>
</tr>
<tr>
<td>• STEM Connections (Colorado)</td>
<td>• Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.</td>
<td>Plus one of the following:</td>
</tr>
</tbody>
</table>

Complete the following:

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

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

### Support Materials:
To download the Pistol Skills Checklist and STEM Connections visit:  

### Optional Supporting Materials:
*Pistol Member Record Book* (#735) (Ohio State) –  
[http://projectcentral.ohio4h.org/publications/topics/natural-resources/](http://projectcentral.ohio4h.org/publications/topics/natural-resources/)
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<td><strong>Rifle</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Rifle Skills Checklist (#45510)</td>
<td>Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Complete at least 5 new items from the Rifle Skills Checklist each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Rifle Skills Checklist (#45510)</td>
</tr>
<tr>
<td>• STEM Connections (Colorado)</td>
<td>Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.</td>
<td>Plus <strong>one</strong> of the following:</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
</tr>
<tr>
<td>• Provided to volunteers at Shooting Sports Workshops</td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.)</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
</tr>
</tbody>
</table>

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

### Support Materials:
To download the Rifle Skills Checklist and STEM Connections visit:

### Optional Supporting Materials:
*Rifle Member Record book (#750)(Ohio State) – [http://projectcentral.ohio4h.org/publications/topics/natural-resources/](http://projectcentral.ohio4h.org/publications/topics/natural-resources/)*
## Environmental Education

### SHOOTING SPORTS

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<td><strong>Shotgun</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Shotgun Skills Checklist (#45610)</td>
<td>• Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete at least 5 new items from the Shotgun Skills Checklist each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Shotgun Skills Checklist (#45610)</td>
</tr>
<tr>
<td>• STEM Connections (Colorado)</td>
<td>• Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.</td>
<td>Plus <strong>one</strong> of the following:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Provided to volunteers at Shooting Sports Workshops</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### Support Materials:
To download the Shotgun Skills Checklist and STEM Connections visit:

### Optional Supporting Materials:
**Shotgun Member Record Book (#752) (Ohio State)** – [http://projectcentral.ohio4h.org/publications/topics/natural-resources/](http://projectcentral.ohio4h.org/publications/topics/natural-resources/)
# Environmental Education

## SHOOTING SPORTS

### (cont.)

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</table>
| Muzzleloader/Black Powder          | • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Complete 2 activities from STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.  
Complete the following:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
Plus **one** of the following:  
• A poster (14”x 22”) or display showing something you learned in this project this year.  
• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).  
• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).  
• A labeled photo story showing you or someone else engaged in some Shooting Sports activity. |

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

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

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

### Support Materials:

### Optional Support Materials:
* Muzzleloader Member Record Book (#755) (Ohio State) – [http://projectcentral.ohio4h.org/publications/topics/natural-resources/](http://projectcentral.ohio4h.org/publications/topics/natural-resources/)
# Environmental Education

## SHOOTING SPORTS

**(cont.)**

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<td><strong>Hunting</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A poster (14”x 22”) or display showing something you learned in this project this year.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.).</td>
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<td>• Something you built or made (i.e., rifle sling, target holder, archery equipment etc.).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• A labeled photo story showing you or someone else engaged in some Shooting Sports activity.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Provided to volunteers at Shooting Sports Workshops</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:**

**Optional Supporting Materials:**
*Hunting/Wildlife Member Record Book (#754) (Ohio State) – [http://projectcentral.ohio4h.org/publications/topics/natural-resources/](http://projectcentral.ohio4h.org/publications/topics/natural-resources/)*
# Food, Culture, and Reading

## Projects & Materials

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

<table>
<thead>
<tr>
<th>Volunteer Materials: National 4-H Curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Food, Culture, and Reading Facilitator’s Guide (#08379)</td>
</tr>
</tbody>
</table>

May be used multiple years.

## Requirements

**About the Project:**
- *Food, Culture and Reading* is designed for 4th through 6th grade youth in all 4-H group settings.
- *Food, Culture and Reading* uses children’s books to teach about food, nutrition, healthy living, and world cultures. Featured countries are United States, Mexico, Russia, Kenya, Greece, and Japan.
- Each of the six units includes five activities based on a single culture, a featured book, and a food group from MyPyramid. Each unit includes the following activities: reading, nutrition, cooking, physical activity, cultural experience and take-home activity. The Family Take-home sheet provides nutritional information, activities and recipes for families to do at home. Family Take-home sheets are also available in Spanish.
- Most books may be easily borrowed from a local library. Alternate books are suggested.
- The helper/adult Volunteer guides the youth through a minimum of 2 activities from each unit for a total of 12 activities.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A poster (14”x 22”) featuring 3 of the countries, showing the activities you did. Photos, artwork and items may be used on the poster.

## County Requirements:

Check with your County Extension office for details.

## Support Materials:

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-food-culture-reading.aspx](http://www.4-hmall.org/Category/4-hcurriculum-food-culture-reading.aspx)

## Optional Supporting Materials:
- Food Model Cards as noted in curriculum, download from: [www.fns.usda.gov/tn/Resources/go-fish_color.pdf](http://www.fns.usda.gov/tn/Resources/go-fish_color.pdf)
- A world map
- Other resources found at: [www.choosemyplate.gov](http://www.choosemyplate.gov)
# Healthy Living

## LET’S BEGIN COOKING

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</table>
| **Let’s Begin Cooking**  
Ages 8-9 | Project Requirements:  
- Complete all activities in this project manual.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project  
- Exhibit project |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- A non-perishable food item you have learned about by taking this project. Include the recipe, nearly 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:** Foods such as biscuits 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. |
| **Youth Materials:**  
- *Let’s Begin Cooking Project Book*  
  (#KY 4JG-01PE)  
- 4-H Involvement Report  
  (#91910)  
- 4-H Project Record Book  
  (#91950)  
**Volunteer Materials:**  
None | Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) | |

*Update Food Pyramid Information at:*  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

### County Requirements:

**PLEASE NOTE:** All *Let’s Begin Cooking* project exhibits in Benewah County must be accompanied by the *Let’s Begin Cooking Manual* (#53046).

### Support Materials:

To download the curriculum visit: [http://www2.ca.uky.edu/agc/pubs/4jg/4jg01pe/4jg01pe.pdf](http://www2.ca.uky.edu/agc/pubs/4jg/4jg01pe/4jg01pe.pdf)
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<td>• <em>It’s Time for Breakfast</em> (#KY 4JG-02PC)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>None</td>
</tr>
</tbody>
</table>

### Requirements:

- **Project Requirements:**
  - Complete all seven (7) activities in this project manual.
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
  - Exhibit Project

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

### Exhibit Requirements:

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A non-perishable food item you have learned about by taking this project. Include the recipe, nearly 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:** Foods such as cheese biscuits, muffins, and coffee cake 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:

**PLEASE NOTE:** All *It’s Time for Breakfast* project exhibits in Benewah County must be accompanied by the *It’s Time for Breakfast Manual* (#53043).

### Support Materials:

To download the curriculum visit: [http://www2.ca.uky.edu/agc/pubs/4jg/4jg02pc/4jg02pc.pdf](http://www2.ca.uky.edu/agc/pubs/4jg/4jg02pc/4jg02pc.pdf)
## Projects & Materials

### It’s Time for Lunch, Ages 10-12

#### Youth Materials:
- *It’s Time for Lunch (#KY 4JG-03PB)*
- *4-H Involvement Report (#91910)*
- *4-H Project Record Book (#91950)*

#### Volunteer Materials:
None

#### Update Food Pyramid Information at:
www.choosemyplate.gov

### Requirements

**Project Requirements:**

- Complete all six (6) activities in this project manual.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project
- Exhibit Project

**Complete the following:**

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

### Exhibit Requirements

- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*
- A non-perishable food item you have learned about by taking this project. Include the recipe, nearly 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:** Foods such as quick breads, homemade master mix, and biscuits 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:

**PLEASE NOTE:** All *It’s Time for Lunch* project exhibits in Benewah County must be accompanied by the *It’s Time for Lunch Manual* (#53044).

### Support Materials:

To download the curriculum visit: [http://www2.ca.uky.edu/agc/pubs/4jg/4jg03pb/4jg03pb.pdf](http://www2.ca.uky.edu/agc/pubs/4jg/4jg03pb/4jg03pb.pdf)
## IT’S TIME SERIES (cont.)

**Projects & Materials**

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<thead>
<tr>
<th>Involvement Report (#91910)</th>
<th>4-H Project Record Book (#91950)</th>
</tr>
</thead>
</table>

**Youth Materials:**
- *It’s Time for Dinner (#KY 4JG-04PB)*
- *4-H Involvement Report (#91910)*
- *4-H Project Record Book (#91950)*

**Volunteer Materials:**
*None*

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### Project Requirements:
- Complete all activities in this project manual.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit Project

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

**Exhibit Requirements:**
- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*
- A non-perishable food item you have learned about by taking this project. Include the recipe, nearly 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.

**County Requirements:**

**PLEASE NOTE:** All *It’s Time for Dinner* project exhibits in Benewah County must be accompanied by the *It’s Time for Dinner Manual* (#53045).

**Support Materials:**
To download the curriculum visit: http://www2.ca.uky.edu/agc/pubs/4jg/4jg04pb/4jg04pb.pdf

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Update Food Pyramid Information at: www.choosemyplate.gov
## Healthy Living

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<td>Teens Entertain, Ages 14-18</td>
<td>Project Requirements:</td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Complete all activities and parties in this project manual.</td>
<td></td>
</tr>
<tr>
<td>• Teens Entertain (#KY 4JG-06PC)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Exhibit Project</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

#### Counties Requirements:

**PLEASE NOTE:** All Teens Entertain project exhibits in Benewah County must be accompanied by the Teens Entertain Manual (#53047).

**Support Materials:**
To download the curriculum visit: [http://www2.ca.uky.edu/age/pubs/4jg/4jg06pc/4jg06pc.pdf](http://www2.ca.uky.edu/age/pubs/4jg/4jg06pc/4jg06pc.pdf)

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

## Six Easy Bites

### Projects & Materials

**Six Easy Bites, Level A, Ages 9-11**

**Youth Materials:**
- National 4-H Curriculum
  - *Six Easy Bites, Level A* (#53065)
  - *4-H Involvement Report* (#91910)
  - *4-H Project Record Book* (#91950)

**Volunteer Materials:**
- National 4-H Curriculum
  - *Food Curriculum Helper’s Guide* (#53069)

*Update Food Pyramid Information at:* [www.choosemyplate.gov](http://www.choosemyplate.gov)

### Requirements

In the member’s current Manual:
- Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level.
- Complete manual for activities selected.
- Have your project helper date (month and day) each activity when it is finished (p. 47).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project
- Exhibit Project

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

### Exhibit Requirements

- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)
- A non-perishable food item 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.

**OR**

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

*Note:* Foods such as granola bars, brownies, pancakes, colossal cookies, or 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:

**PLEASE NOTE:** All *Six Easy Bites* project exhibits in Benewah County must be accompanied by the current member manual *Six Easy Bites, Level A* (#53065).

### Support Materials:

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

# Tasty Tidbits

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<td>• <em>Tasty Tidbits, Level B</em> (#53066)</td>
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<td>• <em>4-H Involvement Report</em> (#91910)</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td><strong>National 4-H Curriculum</strong></td>
</tr>
<tr>
<td>• <em>Food Curriculum Helper’s Guide</em> (#53069)</td>
</tr>
</tbody>
</table>

*Update Food Pyramid Information at:* [www.choosemyplate.gov](http://www.choosemyplate.gov)

## Requirements

### In the member’s current Manual:
- Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level.
- Complete manual for activities selected.
- Have your project helper date (month and day) each activity when it is finished p. 51).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit Project

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

## Exhibit Requirements

- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)
- A non-perishable food item 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.

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

**Note:** Foods such as muffins, dry cocoa mix, pretzels, biscuits, 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.

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## County Requirements:

**PLEASE NOTE:** All Tasty Tidbits project exhibits in Benewah County must be accompanied by the current member manual *Tasty Tidbits, Level B* (#53066).

## Support Materials:

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

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<td>• 4-H Involvement Report (#91910)</td>
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<td>• 4-H Project Record Book (#91950)</td>
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<td><strong>Volunteer Materials:</strong></td>
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**Update Food Pyramid Information at:** www.choosemyplate.gov

### Requirements

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<tr>
<td>In the member’s current Manual:</td>
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<tr>
<td>• Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level.</td>
</tr>
<tr>
<td>• Complete manual for activities selected.</td>
</tr>
<tr>
<td>• Have your project helper date (month and day) each activity when it is finished p. 47)</td>
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<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
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<td>• Exhibit Project</td>
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<table>
<thead>
<tr>
<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• A non-perishable food item 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>OR</td>
</tr>
<tr>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year.</td>
</tr>
</tbody>
</table>

**Note:** Foods such as quick breads, yeast breads, or bread sticks or canned items: salsa, jam or pickles (must follow USDA canning guidelines). Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

### County Requirements:

**PLEASE NOTE:** All You’re the Chef project exhibits in Benewah County must be accompanied by the current member manual You’re the Chef, Level C (#53067).

### Support Materials:

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

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## Projects & Materials

### Foodworks, Level D, Ages 17-19

**Youth Materials:**
- National 4-H Curriculum
  - Foodworks, Level D (#53068)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum
  - Food Curriculum Helper’s Guide (#53069)

**Update Food Pyramid Information at:**
[www.choosemyplate.gov](http://www.choosemyplate.gov)

## Requirements

In the member’s current Manual:
- Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level.
- Complete manual for activities selected.
- Have your project helper date (month and day) each activity when it is finished p. 51).
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit Project

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

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- A non-perishable food item 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.

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

**Note:** Foods such as baked baklava or foods from other cultures. Canned beans or jelly (must follow USDA canning guidelines). Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

## County Requirements:

**PLEASE NOTE:** All Foodworks project exhibits in Benewah County must be accompanied by the current member manual Foodworks, Level D (#53068).

## Support Materials:

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

# Healthy Living

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### FROZEN DOUGH

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</table>
| Creative Ideas Using Frozen Bread Dough Ages 5-12 | In the member’s Manual:  
• Complete 5 of the 6 lessons and the review lesson.  
• Prepare foods for the selected units.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
• Exhibit Project | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• A baked frozen bread product 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.  
**OR**  
• A poster (14”x22”) or a display illustrating what you learned in this project this year.  

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

| Youth Materials: | Complete the following:  
• Creative Ideas, Using Frozen Dough (#53121)  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) |  

| Volunteer Materials: |  
• Creative Ideas, Using Frozen Dough, Volunteer’s Guide (#53122) |  

Update Food Pyramid Information at: www.choosemyplate.gov |

| County Requirements: |  
**PLEASE NOTE:** All Creative Ideas Using Frozen Bread Dough project exhibits in Benewah County must be accompanied by the current member manual Creative Ideas, Using Frozen Dough (#53121). |

# Healthy Living

## FROZEN DOUGH

(continues)

### Projects & Materials

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</table>
| **Outdoor Fun With Frozen Dough**  
Ages 9 – 13 | In the member’s Manual:  
Complete two or more suggested activities in each segment (I-IV).  
1. **Segment I** – Use one recipe in each technique - campfire cooking, rock cooking, and foil wrap cooking.  
2. **Segment II** - Prepare one or more Dutch oven recipes.  
3. **Segment III** - Prepare the “Flower Pot Picnic” or “Keep the Fire Burning” meal.  
4. **Segment IV** - Select or make one type of solar oven and cook one or two recipes from the solar cooking segment.  
   - Oral Presentation (speech, demonstration or illustrated talk) related to this project.  
   - Exhibit Project Complete the following:  
   - 4-H Involvement Report (91910)  
   - 4-H Project Record Book (#91950)  
   - A display of something you learned doing this project  
   - A cooked frozen bread product you prepared using one of the methods you learned about while taking this project. Include recipe, neatly written (or typed) on a 3”x5” or a 4”x6” recipe card  
   - A poster illustrating something you learned in this project this year.  
   - Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used |
| **Volunteer Materials:** | |  
| • Creative Ideas, Using Frozen Bread Dough Volunteer’s Guide (#53122) | |  

### County Requirements:

**PLEASE NOTE:** All Outdoor Fun With Frozen Bread Dough project exhibits in Benewah County must be accompanied by the current member manual Outdoor Fun With Frozen Dough (#53123).

### Support Materials:

To download curriculum please visit: [http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/frozenbreaddough](http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/frozenbreaddough)
# Healthy Living

## DUTCH OVEN COOKING

### Projects & Materials

**Dutch Oven Cooking Level 1, Ages 12-18**

**Youth Materials:**
- *Dutch Oven Cooking, Unit I* (#53144)
- *Recipes for Dutch Oven Cooking* (#53150)
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

**Volunteer Materials:**
None

### Requirements

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

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

### Exhibit Requirements

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

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

### County Requirements:

**PLEASE NOTE:** All *Dutch Oven Cooking, Level 1* project exhibits in Benewah County must be accompanied by the current member manual *Dutch Oven Cooking, Unit I* (#53144).

### Support Materials:

To download curriculum please visit: [http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/dutchovencooking](http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/dutchovencooking)
# BAKING

**Projects & Materials**

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<tr>
<td>First year baking members. Biscuits, muffins, pancakes and cookies.</td>
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</table>

**Youth Materials:**

- Baking 1 Manual (#ND EC111)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**

- Use the youth project guide

**Requirements**

In the member’s Baking 1 manual:

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

Complete the following:

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

**Exhibit Requirements**

- Baking 1 Manual
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Plus one of the following:
  - Three biscuits
  - Three plain muffins
  - Three chocolate chip cookies
  - Three sugar cookies-round, plain, un-iced
  - Three oatmeal cookies
  - Three peanut butter cookies
- Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.
- 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:**

To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Food/EC111.pdf](https://www.ndsu.edu/fileadmin/4h/Food/EC111.pdf)
# BAKING (cont.)

### Projects & Materials

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<td><em>Use the youth project guide</em></td>
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<tr>
<td><em>4-H Involvement Report (#91910)</em></td>
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<tr>
<td><em>4-H Project Record Book (#91950)</em></td>
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### Requirement Details

In the member’s Baking 2 Manual:

- Review the Eating Well and Getting Ready to Bake, Let’s Talk About Ingredients, Let’s Look at Equipment and More Baking Terms sections with your Volunteer.
- Make at least one quick loaf bread; evaluate your product with the judging sheet provided on page 22.
- Make at least one coffee cake; evaluate your product with the judging sheet provided on page 26.
- Make at least one type of cookie or bar; evaluate your product with the judging sheet provided on page 35.
- Make gingerbread
- Make corn bread.
- Become involved in at least one Service/Leadership activity.
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.

Complete the following:

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

### Exhibit Requirements

- Baking 2 Manual
- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*
- Plus **one** of the following:
  - Basic nut bread (one loaf)
  - Banana nut bread (one loaf)
  - Zucchini bread (one loaf)
  - Quick coffeecake (2 3”x3” squares)
  - Fruit-filled coffeecake (2 wedges)
  - Three brown sugar nut cookies
  - Gingerbread (2.3x3” squares)
  - Three jam thumbprint blossom cookies.
  - Three peanut butter blossom cookies
  - Plain brownies (three 3x3” squares)
  - Corn bread (two 3”x3” squares)
  - Butterscotch bars (three 3”x3” squares)
- Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.

**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:**

To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Food/EC112.pdf](https://www.ndsu.edu/fileadmin/4h/Food/EC112.pdf)
## BAKING (cont.)

### Projects & Materials

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<td><strong>Youth Materials:</strong></td>
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<tr>
<td>- <em>Baking 3 Manual</em> (#ND EC113)</td>
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<tr>
<td>- 4-H Involvement Report (#91910)</td>
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<tr>
<td>- 4-H Project Record Book (#91950)</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
</tr>
<tr>
<td>- Use the youth project guide</td>
</tr>
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</table>

### Requirements

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

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

### Exhibit Requirements

- Baking 3 Manual
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Plus one of the following:
  - Fast French Bread (one loaf)
  - Three basic yeast rolls, any shape
  - Three refrigerator rolls, any shape
  - White wheat yeast bread (one loaf)
  - Dakota bread (one loaf)
  - Three bread sticks
  - Shaped bread, such as bears, lions or owls (one loaf)
  - Microwave bread (one loaf)
  - White wheat bread using bread machine (one loaf)
  - Whole wheat bread using bread machine (one loaf)
- Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.

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

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Food/EC113.pdf](https://www.ndsu.edu/fileadmin/4h/Food/EC113.pdf)
# BAKING (cont.)

**Projects & Materials**

**Baking 4**  
Cakes, Pies and Pastries  
Advanced Baking Skills

**Youth Materials:**
- Baking 4 Manual (#ND EC114)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- Use the youth project guide

**Requirements**

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

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

**Exhibit Requirements**

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

Plus one of the following:
- Frosted yellow cake
- Frosted or unfrosted sponge cake
- Frosted or unfrosted oatmeal cake
- Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.

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

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

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

**Support Materials:**
To download curriculum please visit: [https://www.ndsu.edu/fileadmin/4h/Food/EC114.pdf](https://www.ndsu.edu/fileadmin/4h/Food/EC114.pdf)
# BAKING (cont.)

## Projects & Materials

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<th>Baking 4 Pies</th>
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**Youth Materials:**
- *Baking 4 Manual (#ND EC114)*
- *4-H Involvement Report (#91910)*
- *4-H Project Record Book (#91950)*

**Volunteer Materials:**
None

## Requirements

In the member’s manual:
- Review the Eating Well and Basic Recipe for Pastry sections with your Volunteer.
- 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:
- *4-H Involvement Report (#91910)*
- *4-H Project Record Book (#91950)*

## Exhibit Requirements

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

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.

## County Requirements:

Check with your County Extension office for more information.
# Healthy Living

## MICROWAVE FOODS

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| **Bag of Tricks Microwave Magic A; Grades 3-4** | In the member’s current Manual:  
  - Complete six activities from each of the four “bite” categories (6 activities each year). Finish all activities within 2 years to pass level A.  
  - Complete manual for activities for activities selected.  
  - Have your project helper date (month and day) each activity when it is finished.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project  
  - Exhibit Project | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• A non-perishable food item you have learned about by taking this project. Include the recipe, nearly 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:** Foods such as popcorn, granola mix, and fudge 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  
• Microwave Magic - Project Helper Guide (#08091)

**County Requirements:**  
**PLEASE NOTE:** All Bag of Tricks Microwave Magic A project exhibits in Benewah County must be accompanied by the current member manual Bag of Tricks Level A Member Manual (#08087).

**Support Materials:**  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/all-microwave-magic.aspx](http://www.4-hmall.org/Category/all-microwave-magic.aspx)
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<td>In the member’s current Manual:</td>
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<tr>
<td><strong>Microwave Magic B;</strong></td>
<td>• Complete six activities from each of the four “bite” categories (6 activities each year).</td>
<td>• 4-H Involvement Report (#91910)</td>
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<tr>
<td><strong>Grades 5-6</strong></td>
<td>• Finish all activities within 2 years to pass level B.</td>
<td>• A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3”x5” or a 4”X6” recipe card. <strong>OR</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete manual for activities for activities selected.</td>
<td>• A poster (14”x22”) or display illustrating what you learned in this project this year. <strong>Note:</strong> Foods such as a bar cookie, cake, brownies, 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>National 4-H Curriculum</td>
<td>• Have your project helper date (month and day) each activity when it is finished.</td>
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<tr>
<td>• <strong>Micro Magicians, Level B, Member Manual (#08088)</strong></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project</td>
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<tr>
<td>• <strong>4-H Involvement Report (#91910)</strong></td>
<td>• Exhibit Project</td>
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<tr>
<td>• <strong>4-H Project Record Book (#91950)</strong></td>
<td>Complete the following:</td>
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<td><strong>Volunteer Materials:</strong></td>
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<td>• <strong>Microwave Magic-Project Helper Guide (#08091)</strong></td>
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### County Requirements:

**PLEASE NOTE:** All **Micro Magicians Microwave Magic B** project exhibits in Benewah County must be accompanied by the current member manual **Micro Magicians, Level B, Member Manual (#08088).**

### Support Materials:

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

### MICROWAVE FOODS

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| Amazing Rays Microwave Magic C; Grades 7-9 | In the member’s current Manual:  
- Complete six activities from each of the four “bite” categories (6 activities each year). Finish all activities within 2 years to pass level C.  
- Complete manual for activities for activities selected.  
- Have your project helper date (month and day) each activity when it is finished.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
- Exhibit Project |  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- A non-perishable food item you have learned about by taking this project. Include the recipe, nearly 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:** Foods such as candy and coffee cake 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:**

**PLEASE NOTE:** All Amazing Rays Microwave Magic C project exhibits in Benewah County must be accompanied by the current member manual *Amazing Rays Level C Member Manual* (#08089).

**Support Materials:**

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/all-microwave-magic.aspx](http://www.4-hmall.org/Category/all-microwave-magic.aspx)
# Microwave Foods

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| **Presto Meals Microwave Magic D; Grades 10-12** | In the member’s current Manual:  
- Complete six activities from each of the four “bite” categories (6 activities each year). Finish all activities within 2 years to pass level D.  
- Complete manual for activities for activities selected.  
- Have your project helper date (month and day) each activity when it is finished.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project  
- Exhibit Project | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• A non-perishable food item you have learned about by taking this project. Include the recipe, nearly 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:** Foods such as cake, toasted nuts, and jam or jelly 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. |

**Youth Materials:**  
National 4-H Curriculum  
- **Presto Meals Level D Member Manual** (#08090)  
- **4-H Involvement Report** (#91910)  
- **4-H Project Record Book** (#91950)  

**Volunteer Materials:**  
National 4-H Curriculum  
- **Microwave Magic - Project Helper Guide** (#08091)  

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

**County Requirements:**

**PLEASE NOTE:** All **Presto Meals Microwave Magic D** project exhibits in Benewah County must be accompanied by the current member manual **Presto Meals Level D Member Manual** (#08090).  

**Support Materials:**  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/all-microwave-magic.aspx](http://www.4-hmall.org/Category/all-microwave-magic.aspx)
# CAKE DECORATING

## Projects & Materials

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<td>• <em>Wilton Method of Cake Decorating, Course 1, Discover Cake Decorating</em>, (#5341) or (902-9750)</td>
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<tr>
<td>• Cake Decorating/Food Garnishing Skills Checklist, Beginning (#53400)</td>
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<td>• 4-H Involvement Report (#91910)</td>
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<td>None</td>
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## Requirements

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>• Must complete Skill #1 (notebook) and a minimum of six other skills each year for completion.</td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
<tr>
<td>• Exhibit Project</td>
</tr>
</tbody>
</table>

## Exhibit Requirements

<p>| |</p>
<table>
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</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Completed Skills Checklist (#53400)</td>
</tr>
</tbody>
</table>

## County Requirements:

Check with your County Extension office for more information.

---

**REFER TO COUNTY ADDENDUM FOR THIS PROJECT**
## Cake Decorating and Food Garnishing Level II, Ages 12-14

### Youth Materials:
- Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751))
- Cake Decorating and Food Garnishing Skills Checklist, Intermediate Level, (#53400)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Volunteer Materials:
None

### Requirements
- Complete level One before taking this project.
- Must complete Skill #1 (notebook) and a minimum of six other skills each year for completion.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Exhibit Project

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

### Exhibit Requirements
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Completed Skills Checklist (#53402)

#### Level Two
- One 2 layer 10” round or one 2-layer oval decorated cake, baked from a box cake mix. Using four (4) starred lesson skills learned in this year’s project.
  OR
- A display (12” x 16”) or poster (8 ½” x 11”) about what was learned in this project.
  OR
- A notebook containing photographs (with descriptive captions) that show the foods you decorated and techniques used.

**Note:** The cake must be baked by the 4-H member. Commercial cake mixes 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 to display in a fair setting.

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

---

**REVIEW TO COUNTY ADDENDUM FOR THIS PROJECT**
Projects & Materials | Requirements | Exhibit Requirements
--- | --- | ---
Cake Decorating and Food Garnishing Level III, Ages 15-19 | • Complete Level One and Level Two before taking this project.  
• Must complete Skill #1 (notebook) and a minimum of six other skills each year for completion.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950)  
• Completed Skills Checklist (#53400) | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Completed Skills Checklist (#53400)

Level Three  
• One tiered cake with two layers each tier, baked from a box cake mix. Use a minimum of six (6) starred lesson skills learned in this year’s project.

OR  
• A display (12” x 16”) or poster (8 ½” x 11”) about what was learned in this project.

OR  
• A notebook containing photographs (with descriptive captions) that show the foods you decorated and techniques used.

Note: The cake must be baked by the 4-H member. Commercial cake mixes 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 to display in a fair setting.

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

## PATHWAYS TO CULINARY SUCCESS

**Projects & Materials**

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<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Ohio State Manual</em>&lt;br&gt;Pathways to Culinary Success (4-H 476 - #53655)</td>
<td>In the Members Guide:&lt;br&gt;• Complete the Planning Section (Step 1)&lt;br&gt;• Explore each area of the project (Chapters 1-6) and complete all of the required activities and recipes in each section (Step 2).&lt;br&gt;• Select and make complete different garnish for each recipe that you prepare.&lt;br&gt;• Take part in at least three Learning Experiences (Step 3).&lt;br&gt;• Become involved in at least one Leadership/Citizenship/Career activity (Step 4).&lt;br&gt;• Maintain a journal for each of your project experiences. When possible, include pictures of the meals you have prepared. Use Journal Pages 77-80 or record your findings on separate sheets.&lt;br&gt;• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.&lt;br&gt;• Exhibit Project</td>
<td>• 4-H Involvement Report (#91910)&lt;br&gt;• Pathways to Culinary Success (4-H 476 - #53655) Plus one of the following:&lt;br&gt;• Poster (14” x 22”) or story board (14” x 22”) describing one of the experiences you completed. <strong>OR</strong>&lt;br&gt;• Display a food product you made in this project. <strong>OR</strong>&lt;br&gt;• Display and label some of the equipment you used to complete this project. <strong>OR</strong>&lt;br&gt;• Exhibit a set table including centerpiece, table setting, napkins and descriptive labels.</td>
</tr>
<tr>
<td><em>4-H Involvement Report</em> (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>4-H Project Record Book</em> (#91950)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Volunteer Materials:** None

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

**Support Materials:**<br>To order Ohio curriculum visit: [http://estore.osu-extension.org/Pathways-to-Culinary-Success-P183.aspx](http://estore.osu-extension.org/Pathways-to-Culinary-Success-P183.aspx)
# Healthy Living

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<td><strong>Science Fun With Dairy Foods</strong></td>
<td>In the Member’s Guide:</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete the Planning Section (Steps 1 through 4).</td>
</tr>
<tr>
<td>• <em>Science Fun With Dairy Foods, Member’s Guide (#OH 490)</em></td>
<td>• Conduct four of the nine project experiments.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• After each experiment, answer the Discovery Questions and complete at least one Digging Deeper activity.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Take part in at least two Learning Experiences.</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• Become involved in at least two Citizenship/Leadership activities.</td>
</tr>
<tr>
<td>• <em>Science Fun With Dairy Foods, Member’s Guide (#OH 490)</em></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>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>Complete the following:</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
</tbody>
</table>

### Exhibit Requirements

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

Plus *one* of the following:
- Poster (14 x 22) or story board (14 x 22) describing one of the experiments you completed
- Display a dairy product you made in this project *(only with proper refrigeration may dairy products be used as a fair display)*
- Display and label some of the equipment you used to complete this project
- Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

## Healthy Living

### FOOD

### PRESERVATION

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<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td><strong>Drying</strong></td>
<td>From the manual:</td>
<td>• Food Preservation Drying Manual (PNW #651)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete four or more activities each year.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• Food Preservation Drying Manual (PNW #651)</td>
<td>• Maintain the journal for each of your activities. Record your challenges and observations.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Answer at least two questions from the Reflection section.</td>
<td>Plus one of the following:</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Become involved in at least one Citizenship/Leadership activity.</td>
<td>• A poster (14”x 22”) 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 dry a food from start to finish.</td>
</tr>
<tr>
<td>None</td>
<td>Complete the following:</td>
<td>• A display (12”x12”x12”) and label some of the equipment you used to complete this project.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Two dried fruits, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Two dried vegetables, in a proper storage container with a correctly completed label.</td>
</tr>
<tr>
<td><strong>Optional:</strong> Complete a menu plan using food preserved in this project.</td>
<td>• Two dried herbs, in a proper storage container with a correctly completed label.</td>
<td></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 Drying manual visit: [www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/drying](http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/drying)

#### Optional Support Materials:

- Drying Fruits and Vegetables (PNW #397)
- How to Dry Foods by Deanna DeLong
- So Easy to Preserve (University of Georgia Extension)
- National Center for Home Food Preservation available at: [http://www.uga.edu/nchfp/how/freeze.html](http://www.uga.edu/nchfp/how/freeze.html)
# Healthy Living

## FOOD PRESERVATION (cont.)

### Projects & Materials

<table>
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<tr>
<th>Freezing</th>
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<tbody>
<tr>
<td>Youth Materials:</td>
</tr>
<tr>
<td>• <strong>Food Preservation</strong> Freezing Manual (PNW #650)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
</tr>
<tr>
<td>None</td>
</tr>
</tbody>
</table>

### Requirements

From the manual:

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

Complete the following:

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

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

### Exhibit Requirements

- Food Preservation Freezing Manual (PNW650)  
- 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  

Plus one of the following:

- A poster (14”x22”) illustrating something you learned in this project this year.
- A photo journal showing how to freeze a food from start to finish.
- A display (12”x12”x12”) and label some of the equipment you used to complete this project.
- An empty freezer container with a correctly completed label.
- Recipes and a menu plan using foods you preserved in this project.

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

To download the Food Preservation Freezing manual visit:  

### Optional Support Materials:

- Freezing Fruits and Vegetables. (PNW #214)  
- Freezing Convenience Foods (PNW #296)  
- Extension Bulletin #1195 – Freezing Meat, Fish and Poultry at Home  
- So Easy to Preserve (University of Georgia Extension)  
- National Center for Home Food Preservation available at: [http://www.uga.edu/nchfp/how/freeze.html](http://www.uga.edu/nchfp/how/freeze.html)
## Boiling Water Canning

### Youth Materials:
- **Food Preservation Boiling Water Canning Manual** (PNW #652)
- **4-H Involvement Report** (#91910)
- **4-H Project Record Book** (#91950)

### Volunteer Materials:
None

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

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

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

### Exhibit Requirements
- Food Preservation Boiling Water Canning Manual (PNW #652)
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)

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

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

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

**Optional Support Materials:**
- Canning Fruits (PNW #199)
- Canning Tomatoes and Tomato Products (PNW #300)
- Pickling Vegetables (PNW #355)
- Salsa Recipes for Canning (PNW #395)
- USDA Complete Guide to Home Canning (Ag. Bull. #539)
- So Easy to Preserve (University of Georgia Extension)
- National Center for Home Food Preservation available at: [http://www.uga.edu/nchfp/how/freeze.html](http://www.uga.edu/nchfp/how/freeze.html)
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<td><strong>Youth Materials:</strong></td>
</tr>
<tr>
<td>• Food Preservation Pressure Canning Manual (PNW #653)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
</tbody>
</table>

**Volunteer Materials:** None

Complete the following:

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

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

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

### Support Materials:

To download the Food Preservation Pressure Canning manual visit:


### Optional Support Materials:

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

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

**Volunteer Materials:** None

#### Requirements

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

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

#### Exhibit Requirements

- 4-H Project Record Book #91950
- 4-H Involvement Report (#91910)
- First Aid kit, assembled by youth.

Plus **one** of the following:
- A poster (14”x22”) or display illustrating a skill or skills learned in this project.
- A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

### County Requirements:

*PLEASE NOTE:* All First Aid in Action: Keeping Fit and Healthy, Level 1 project exhibits in Benewah County must be accompanied by the current member manual *First Aid in Action,* (#08174).

### Support Materials:

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

### Staying Healthy Keeping Fit and Healthy Level 2, Grades 6-8

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

**Volunteer Materials:**
- None

### Requirements

In *Staying Healthy* youth guide:
- Complete a minimum of 7 activities from the lessons.
- Complete a self-assessment of personal talents.
- Give an illustrated talk, demonstration or speech on any topic of choice related to health.
- Exhibit Project

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

### Exhibit Requirements

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

Plus one of the following:
- A poster (14”x22”) or display illustrating a skill or skills learned in this project.
- A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

## County Requirements:

*PLEASE NOTE:* All Staying Healthy: Keeping Fit and Healthy, Level 2 project exhibits in Benewah County must be accompanied by the current member manual *Staying Healthy, (#08175).*

## Support Materials:

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

## HEALTH & FITNESS (cont.)

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<tr>
<td><strong>Keeping Fit and Healthy Level 3, Grades 9-12</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• <em>Keeping Fit and Healthy Keeping Fit</em>, (#08176)</td>
<td><strong>In <em>Keeping Fit</em> youth guide:</strong></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete a minimum of 7 activities from the lessons.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Complete a personal fitness plan.</td>
<td></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td><strong>Complete the following:</strong></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>• <em>4-H Involvement Report</em> (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• <em>4-H Project Record Book</em> (#91950)</td>
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</tbody>
</table>

**County Requirements:**

*PLEASE NOTE:* All *Keeping Fit: Keeping Fit and Healthy, Level 3* project exhibits in Benewah County must be accompanied by the current member manual *Keeping Fit*, (#08176).

**Support Materials:**

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

## GROUP FITNESS

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</table>
| **Jump Into Food and Fitness** | *Note:* May be used multiple years. JIFF is a group curriculum.  
- Complete a minimum of 10 activities. Note: It is recommended that a physical activity and a nutritional activity from each *Jump Into Food and Fitness* (JIFF) unit be completed.  
- Give an illustrated talk, demonstration or speech on any topic of choice related to this topic.  
- Exhibit Project at fair or a community event. |  
- **4-H Project Record Book (#91950)**  
- **4-H Involvement Report (#91910)**  
- A portfolio, journal or scrapbook showing activities and skills learned in the project.  
- A poster (14”x22”) or display illustrating something you learned during this project year. **OR**  
- A labeled display (12”x12”x12”) showing something you learned during this project year. |  

**County Requirements:**

*PLEASE NOTE:* All *Jump Into Food and Fitness* project exhibited in Benewah County must be accompanied by the current member manual *Jump Into Food and Fitness* (JIFF), (#4H1602).

### Support Materials:

To purchase Jump Into Foods & Fitness visit: [http://shop.msu.edu/product_p/bulletin-4h1602.htm](http://shop.msu.edu/product_p/bulletin-4h1602.htm)

To download sample activities and handouts from JIFF visit: [http://4h.msue.msu.edu/resources/jump_into_foods_fitness_jiff_information_for_staff_educators_volunteers](http://4h.msue.msu.edu/resources/jump_into_foods_fitness_jiff_information_for_staff_educators_volunteers)

### Optional Supporting Materials:

- *My Pyramid for Kids* Handouts as noted in curriculum, ordered through USDA Food and Nutrition Service at: [http://n.ntis.gov](http://n.ntis.gov)
- Choose My Plate: [www.choosemyplate.gov](http://www.choosemyplate.gov)
## Projects & 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.

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.

- 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.

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

**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](http://www.choosemyplate.gov)
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#### ELEMENTARY
**FINANCIAL MANAGEMENT**

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</table>
| **Reading Makes Cents** | About the Project:  
  - *Reading Makes Cents* is designed for 3rd through 5th grade youth in afterschool programs, although it may be used in all 4-H group settings.  
  - It consists of seven sections:  
    1. The History of Money  
    2. Managing Money  
    3. Earning Money  
    4. Spending Money  
    5. Saving and Investing Money  
    6. Sharing and Giving Money  
  - Each section has 5 - 8 activities. Each activity features a children’s book that ties reading to financial literacy. Plus, there are Family Time Activities (in English and Spanish). The curriculum emphasizes that saving is not an option, but a necessary part of all budget practices.  
  - The children’s books are used multiple times in different activities. Most books may be easily borrowed from a local library. Additional resource books are listed at the end of each section.  
  - The helper/adult Volunteer guides the youth through a minimum of two activities from each section for a total of 14 activities.  
  - Word Searches build vocabulary but are not considered an “activity.”  
  - It is recommended but not required that the first activity be the *Reading Makes Cents* Journal.  
  Project Requirements:  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  - Display the Exhibit  
  Complete the following:  
    - *4-H Involvement Report* (#91910)  
    - *4-H Project Record Book* (#91950)  

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

| Volunteer Materials: |  
  - National 4-H Curriculum  
    *Reading Makes Cents, Helper’s Guide* (#08389DD)  

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

| County Requirements: | Check with your County Extension office for more information.  
| Support Materials: | To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-reading-financial-literacy.aspx](http://www.4-hmall.org/Category/4-hcurriculum-reading-financial-literacy.aspx)  

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*Personal Development & Leadership*

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*Rev. 09-15*
## Personal Development & Leadership

### WORKFORCE DEVELOPMENT

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements for Workforce Development Members:</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Build Your Future**| • Set personal goals for the year.  
• Complete nine activities in the Build Your Future: Youth Career Journal.  
• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Build Your Future: Youth Career Journal  
Plus one of the following:  
• A poster (14”x22”) or display illustrating a skill or skills learned in this project.  
• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project |

#### Youth Materials:

**National 4-H Curriculum**
- *Build Your Future: Choices, Connections, Careers, Youth Career Journal* Grades 8-12 (08561)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

#### Volunteer Materials:

**National 4-H Curriculum**
- *Build Your Future: Choices, Connections, Careers, Facilitator Guide* (08562)

#### Complete the following:
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
- *Build Your Future: Youth Career Journal*

### County Requirements:

**PLEASE NOTE:** All Build Your Future project exhibits in Benewah County must be accompanied by the current member manual *Build Your Future: Choices, Connections, Careers, (08561).*

### Support Materials:

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Product/4-hcurriculum-workforce-readiness/build-yr-future-set-5-youth-1-facili/08564.aspx](http://www.4-hmall.org/Product/4-hcurriculum-workforce-readiness/build-yr-future-set-5-youth-1-facili/08564.aspx)
# Personal Development & Leadership

## FINANCIAL DEVELOPMENT

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **My Financial Future** | Requirements: Project may be used for multiple years if desired. Beginning Notebook should be completed before starting the Advanced Notebook. | - 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- 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 |

**Youth Materials:**

- National 4-H Curriculum
  - *My Financial Future; Youth Notebook – Beginner (#01441Y)*  
  - *Youth Notebook – Advanced (#1442Y)*  
  - *4-H Involvement Report (#91910)*  
  - *4-H Project Record Book (#91950)*

**Volunteer Materials:**

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

**Beginning Notebook:**

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

**Advanced Notebook:**

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

Complete the following:

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

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

**Support Materials:**
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx](http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx)
# Personal Development & Leadership

## FINANCIAL MANAGEMENT

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

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

*Note:* Designed to be finished in a single year. | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Money Fundamentals Level 1 (#07710DD)  
• Poster (14”x 22”) illustrating something you learned about financial management this year. |

**Youth Materials:**  
National 4-H Curriculum  
• Money Fundamentals, Level 1 (#07710DD)  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950)  

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

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

**Support Materials:**  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx](http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx)
### Personal Development & Leadership

**FINANCIAL MANAGEMENT (cont.)**

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Financial Champions,</strong> Money Moves, Level 2</td>
<td>In member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>➢ Complete all 6 required activities, 2 optional activities, plus 2 Leadership</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>National 4-H Curriculum</strong></td>
<td>Experiences (pg. 27).</td>
<td>• Money Moves, Level 2 (#07711DD)</td>
</tr>
<tr>
<td>• Money Moves, Level 2 (#07711DD)</td>
<td>➢ Have your project helper date (month and year) and initial each activity when</td>
<td>• Poster (14”x 22”) illustrating something you learned about financial management</td>
</tr>
<tr>
<td>• 4-H Involvement</td>
<td>it is finished.</td>
<td>this year.</td>
</tr>
<tr>
<td>Report (#91910)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>to this project.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td><strong>National 4-H Curriculum</strong></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• Financial Champions</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>Helper’s Guide (#07712DD)</td>
<td>Note: Designed to be finished in a single year.</td>
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<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
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<tr>
<td>Check with your County Extension office for</td>
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<tr>
<td>more information.</td>
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<tr>
<td><strong>Support Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To order National 4-H Curriculum visit:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx">http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx</a></td>
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</tr>
</tbody>
</table>
# ENTREPRENEURSHIP

## Projects & Materials

### Entrepreneurship – Be the E, Level 1

**Youth Materials:**
- National 4-H Curriculum
  - Love It! Exploring Entrepreneurship, Level 1 (#08035)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

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

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

## Requirements

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

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

## Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Love It! Exploring Entrepreneurship, Level 1 (#08035)

Choose an activity that you completed to display

- **Example:** The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product
  - OR
  - Make an educational poster (14” x 22”) or display that illustrates what you learned in the project.

## County Requirements:

Check with your County Extension office for more information.

## Support Materials:

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx](http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx)
## ENTREPRENEURSHIP (cont.)

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<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td>Entrepreneurship – Be the E, Level 2</td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials</td>
<td>• Do at least 7 of the Plan It! Practicing Skills Challenges activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Complete at least 21 activities of the Plan it! And More E Challenges within 3 years to complete the Achievement Program.</td>
<td>• Plan It! Practicing Skills Level 2 (#08035)</td>
</tr>
<tr>
<td>• Plan It! Practicing Skills Level 2 (#08035)</td>
<td>• Have your project helper date and initial each activity as you complete it.</td>
<td>• Choose an activity that you completed to display</td>
</tr>
</tbody>
</table>
| • 4-H Involvement Report (#91910)                         | • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | **Example:** A business plan, evaluation of a business website, a commercial or advertisement for your product  
| • 4-H Project Record Book (#91950)                        | Complete the following:                                                      | OR                                                                                   |
| Volunteer Materials                                        | • 4-H Involvement Report (#91910)                                             | • Make an educational poster or display that illustrates what you learned in the project. |
| National 4-H Curriculum                                   | • 4-H Project Record Book (#91950)                                           |                                                                                      |
| • Group Activities                                         |                                                                                |                                                                                      |
| Helper’s Guide (#08036)                                   |                                                                                |                                                                                      |

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

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

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

## Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| National 4-H Curriculum | In the member’s current Manual:  
- Do at least 7 of the Do It! And More E Challenges activities each year.  
- Complete at least 21 activities of the Do It! And More E Challenges within 3 years to complete the Achievement Program.  
- Have your project helper date and initial each activity as you complete it.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  

Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) | 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Do It! Planning Your Business, Level 3 (#08035) | Choose an activity that you completed to display  
- **Example:** Marketing strategy, cash flow forecast  
- Make an educational poster or display that illustrates what you learned in the project. |

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

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

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

<table>
<thead>
<tr>
<th>Volunteer Materials</th>
<th>National 4-H Curriculum</th>
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</thead>
<tbody>
<tr>
<td>Group Activities Helper’s Guide (#08036)</td>
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</table>
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |
### Personal Development & Leadership

#### FINANCIAL PLANNING

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<tbody>
<tr>
<td><strong>High School Financial Planning Program</strong></td>
<td>• 4-H Youth are encouraged to begin with the first module and work themselves through all six, completing one or two per year. For High School aged youth.</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Learn basic personal finance concepts and show how these concepts apply to everyday life. • Fully complete 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.</td>
<td>• 4-H Involvement Report (#91910) • High School Financial Planning Program Student Modules.</td>
</tr>
<tr>
<td>• High School Financial Planning Program Student Modules</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• 4-H Project Record Book (#91950) • High School Financial Planning Program Student Modules.</td>
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<tr>
<td>• 4-H Project Record Book (#91950)</td>
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<td>(Order from NEFE HSFPP website)</td>
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<tr>
<td></td>
<td><strong>Volunteer Materials:</strong></td>
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<tr>
<td></td>
<td><a href="http://www.hsfpp.org">www.hsfpp.org</a></td>
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<tr>
<td><strong>For questions contact:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lyle Hansen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>University of Idaho Extension Educator</td>
<td></td>
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<tr>
<td>Ada County</td>
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<td></td>
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<tr>
<td>(208) 377-2107 <a href="mailto:lhansen@uidaho.edu">lhansen@uidaho.edu</a></td>
<td></td>
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<tr>
<td></td>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your County Extension office for more information.</td>
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# Personal Development & Leadership

## CLOVERBUDS

### Rev. 09-15

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<tr>
<th>Projects &amp; Materials</th>
<th>Curriculum Choices</th>
<th>Exhibit Options</th>
</tr>
</thead>
</table>
| Cloverbuds Ages 5-7  | The approved Cloverbuds curriculum is developmentally appropriate for this age; activity oriented; non-competitive; focused on life skills taught through a broad spectrum of subject matters; and involves cooperative learning. There are no specific requirements for completing Cloverbuds projects. Fair exhibits by Cloverbuds are optional and non-competitive. | - 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.  
- A poster (14”X22”) or display illustrating something learned in this project year. |

#### Youth Materials:
- **Cloverbud Memory Book (#63013)**

#### Volunteer Materials:
- **4-H Cloverbud Program: Series I (#OH710GPM)**
- **Cloverbuds: a 4-H Discovery Program for six to eight year olds (#MN2810000084638)**

#### Curriculum Choices:

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

### Support Materials:
To order Ohio Cloverbud Program Manual – Series 1  

To order Minnesota Cloverbuds Manual  

Idaho 4-H Cloverbuds Page (Cloverbud Memory Book is here):  

### Optional Supporting Materials:
- WSU 4-H Snacking Healthy  
[http://4h.wsu.edu/em2778cd/familyconsumersciences/foodsnutrition.htm](http://4h.wsu.edu/em2778cd/familyconsumersciences/foodsnutrition.htm)

- National 4-H Curriculum – Pre-Flight, Stage 1  
[http://www.4-hmall.org/Product/4-hcurriculum-aerospace/06842.aspx](http://www.4-hmall.org/Product/4-hcurriculum-aerospace/06842.aspx)

- National 4-H Curriculum - Exploring 4-H - Treasures of 4-H  
[http://www.4-hmall.org/Product/4-hcurriculum-exploring-4-h/08171.aspx](http://www.4-hmall.org/Product/4-hcurriculum-exploring-4-h/08171.aspx)
**Leadership**

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Leadership Grades 3-5 | In the member’s current Manual:  
- Complete a minimum of 7 of the required or optional activities outlined in Step Up to Leadership, My Workbook, (#64001) for the current year.  
- Give a well presentation (speech, demonstration or illustrated talk) related to this project. | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Optional Focus Area Checklist if selected as project goal. |

**Youth Materials:**
- National 4-H Curriculum Step Up to Leadership, My Workbook, Grades 3-5 (#07905)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum Step Up to Leadership, Mentor Guide for Grades K-5 (#07903)

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

**Support Materials:**
To order National 4-H Curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-leadership.aspx

**Refer to County Addendum for this Project**
## Leadership Grades 6 - 8

**Youth Materials:**
- National 4-H Curriculum Step Up to Leadership, My Journal for Grades 6-8 (#07906)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum Step Up to Leadership, Mentor Guide for Grades 6-12 (#07904)

In the member’s current Manual:
- Complete a minimum of 7 of the required or optional activities outlined in Step Up to Leadership, My Portfolio (64003) for the current year.
- Give an oral presentation (speech, demonstration or illustrated talk) related to the project.

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

**Optional:** Select an Optional Focus Area based on Leadership goals for the year. Complete the Optional Focus Area Checklist for selected Leadership goal. Optional Focus Areas are: Officer, Ambassador, Camp Counselor, Project or Club Teen Volunteer, Service Learning, or Event Planning/Facilitation.

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Optional Focus Area Checklist if selected as project goal.
- A poster (14”x22”) or display illustrating something you learned in the project this year.
- A notebook, scrapbook or portfolio of your Leadership experiences.

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

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

## LEADERSHIP

### (cont.)

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<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>Leadership</strong></td>
<td><strong>In the member’s current Manual:</strong></td>
<td><strong>• 4-H Project Record Book (#91950)</strong></td>
</tr>
<tr>
<td>Grades 9 - 12</td>
<td>• Complete a minimum of 7 of the required or optional activities outlined in Step Up to Leadership, My Portfolio (#64003) for the current year.</td>
<td>• 4-H Involvement Report (#91910) <strong>Optional:</strong> Focus Area Checklist if selected as project goal.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year, OR</td>
</tr>
<tr>
<td></td>
<td>• Complete the following:</td>
<td>• A notebook, scrapbook or portfolio of your Leadership experiences.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td></td>
<td><strong>Optional:</strong> Select an Optional Focus Area based on Leadership goals for the year. Complete the Optional Focus Area Checklist for selected Leadership goal. Optional Focus Areas are: Officer, Ambassador, Camp Counselor, Project or Club Teen Volunteer, Service Learning, or Event Planning/Facilitation.</td>
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<tr>
<td></td>
<td><strong>or</strong></td>
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<td></td>
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<td></td>
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<tr>
<td></td>
<td>• A notebook, scrapbook or portfolio of your Leadership experiences.</td>
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</tr>
</tbody>
</table>

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

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

**Optional Supporting Materials:**  
- Project or Club Teen Volunteer Optional Focus Area Checklist (#64006)  
- Officer Optional Focus Area Checklist (#64007)  
- Ambassador Optional Focus Area Checklist (#64008)  
- Camp Counselor Optional Focus Area Checklist (#64009)  
- Event Planning/Facilitation Optional Focus Area Checklist (#64010)  
- Service Learning Optional Focus Area Checklist (#64011)  
- Plan of Meetings and Activities (#91612)
# Plants and Animals

## LLAMA/ALPACA

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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Llama/Alpaca</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>• 4-H Animal Project Record Book (#91940)</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><strong>• Provide proper housing, food and primary care for your Llama/Alpaca for at least 90 days.</strong></td>
<td><strong>• 4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 1 (#72193)</td>
<td><strong>• Members must work in the Llama/Alpaca Activities Checklist Level: 1 (Beginner), 2 (Intermediate), or 3 (Advanced).</strong></td>
<td><strong>• Permanent Individual Animal Record (#72101)</strong></td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 2 (#72194)</td>
<td><strong>• Members can take up to 3 years to complete a Level Check List.</strong></td>
<td><strong>• A poster (14”x22”) or display illustrating something you learned in this project this year.</strong></td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 3 (#72195)</td>
<td><strong>• Members will complete Skills Options and Personal Development Options each year.</strong></td>
<td><strong>AND/OR</strong></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td><strong>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</strong></td>
<td><strong>• Exhibit one of your project animals in a Llama/Alpaca Fitting and Showing class.</strong></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td><strong>Complete the following:</strong></td>
<td></td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
<tr>
<td>• Volunteer Manual for 4-H Llama Activities (WSU Bulletin - EM4891)</td>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
</tr>
</tbody>
</table>

Download at: [www.pubs.wsu.edu](http://www.pubs.wsu.edu)

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**County Requirements**

Record Books are due the last Tuesday of August by 5 pm in the Extension Office.

**Support Materials:**


**Optional Supporting Materials:**

- Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 1(#4-H 996)
- Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 2(#4-H 997)
- Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 3(#4-H 998)
- Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Helper’s Guide(#4-H 999-W)
  - To order: [https://extension.purdue.edu/4h/Pages/project.aspx?proj=8](https://extension.purdue.edu/4h/Pages/project.aspx?proj=8)
- Rocky Mountain Llama Association 4-H Manual – [www.rmla.com](http://www.rmla.com)
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LLAMA/ALPACA
(cont.)

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<tr>
<td><strong>Llama/Alpaca - Non-animal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 1 (#72193)</td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 2 (#72194)</td>
<td>• Members must work in the Llama/Alpaca Activities Checklist Level: 1 (Beginner), 2 (Intermediate), or 3 (Advanced).</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Llama/Alpaca Activities Check List, Level 3 (#72195)</td>
<td>• Members can take up to 3 years to complete a Level Check List.</td>
<td>• A poster (14”x 22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Members will complete Skills Options and Personal Development Options each year.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Volunteer Manual for 4-H Llama Activities (WSU Bulletin - EM4891)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

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

**Support Materials:**
To download the Llama/Alpaca Activities checklists visit:
To download the Volunteer Manual visit:

**Optional Supporting Materials:**
• Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 1(#4-H 996)
• Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 2(#4-H 997)
• Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 3(#4-H 998)
• Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Helper’s Guide(#4-H 999-W)
  ➢ To order: www.ces.purdue.edu/
• Llama & Alpaca Resources Handbook (Ohio) – http://estore.osu-extension.org
• Rocky Mountain Llama Association 4-H Manual – www.rmla.com
# Plants and Animals

## BEEF

### Projects & Materials

<table>
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<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Choose one or more steers or heifers for your Market Beef project.</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>Individually identify each animal with an ear tag and/or tattoo.</td>
</tr>
</tbody>
</table>

### Volunteer Materials:

- Beef Resource Handbook OH (#117R)

### Exhibit Requirements

- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.

### County Requirements

Record books are due in the Extension Office on the last Tuesday of August by 5:00 pm.

<table>
<thead>
<tr>
<th>Support Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>To order Ohio Materials: <a href="http://estore.osu-extension.org">http://estore.osu-extension.org</a></td>
</tr>
</tbody>
</table>

### Optional Supporting Materials:

- Market Beef Growth Chart (#72110)
- Youth Beef Quality Assurance (#72203)
- Market Beef – Beginning Planning & Record Sheet (#72298)
- Idaho 4-H Livestock Cost & Return Estimates - Market Beef Steer Project (#72295)
- Beef, Sheep, and Swine Selection and Evaluation – OH (#103R)

### National 4-H Curriculum:

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

### BEEF (cont.)

#### Table of Contents
- Projects & Materials
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- Exhibit Requirements

#### Breeding Beef: Purebred or Commercial

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

**Volunteer Materials:**
- Beef Resource Handbook OH (#117R)

**Project Requirements:**
- Choose one or more heifers, cows, or bulls for your Breeding Beef project.
- 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 a minimum of 7 activities from supporting materials for Beef.**
- On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.

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

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

#### County Requirements:
Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

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

#### Optional Supporting Materials:
- Permanent Individual Animal Record (#72101)
- Youth Beef Quality Assurance (#72203)
- Idaho 4- H Livestock Cost & Return Estimates - Market Steer Project (#72295)
- Beef, Sheep, and Swine Selection and Evaluation – OH (#103R)
- Bite Into Beef, Book 1 (#72291)
- Here’s the Beef, Book 2 (#08144)
- Leading the Charge, Book 3 (#08145)
- Beef Helper’s Guide (#08146)

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

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## BEEF (cont.)

### Projects & Materials

<table>
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<tr>
<th>Stocker-Feeder</th>
</tr>
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</table>

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

**Volunteer Materials:**
- Beef Resource Handbook OH (#117R)

**Project Requirements:**
- 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 one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal.
- Complete a minimum of 7 activities from supporting materials for Beef.
- On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

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

### Requirements

<table>
<thead>
<tr>
<th>Exhibit Requirements</th>
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</thead>
</table>
- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- 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.

### County Requirements:

Record books are due in the Extension Office on the last Tuesday of August by 5:00 pm.

**Please Note:** If you have an alternate market animal you must keep the following records in a separate book: cover sheet, expenses, income, profit/loss statement, health, production summary & growth chart for these animals.

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

**Optional Supporting Materials:**
- Market Beef Growth Chart (#72110)
- Youth Beef Quality Assurance (#72203)
- Selecting 4-H Market Livestock Project Animals (#72007)
- Idaho 4- Livestock Cost & Return Estimates - Market Steer Project (#72295)
- Beef, Sheep, and Swine Selection and Evaluation – OH (#103R)

**National 4-H Curriculum:** [http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx](http://www.4-hmall.org/Category/4-hcurriculum-beef.aspx)
- Bite Into Beef, Book 1 (#72291)
- Here’s the Beef, Book 2 (#08144)
- Leading the Charge, Book 3 (#08145)
- Beef Helper’s Guide (#08146)
# BEEF (cont.)

## Projects & Materials

**Beef Non-Animal**

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

**Volunteer Materials:**
- Beef Resource Handbook OH (#117R)

## Requirements

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

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

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

## Exhibit Requirements

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

## County Requirements

Check with your County Extension office for more information.

## Optional Supporting Materials:


## To order Ohio Materials:

http://estore.osu-extension.org

### National 4-H Curriculum:

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

- Bite Into Beef, Book 1 (#72291)
- Here’s the Beef, Book 2 (#08144)
- Leading the Charge, Book 3 (#08145)
- Beef Helper’s Guide (#08146)
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**BIRDS AND POULTRY**

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<tr>
<td><strong>Market Broilers/Fryers</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>Youth Materials:</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>• 4-H Involvement Report (#91940)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Minimum requirement is five (5) broilers.</td>
<td>• Exhibit three (3) birds as uniform as possible.</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>• Complete a minimum of 7 activities from supporting materials for Birds &amp; Poultry.</td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td>• A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity.</td>
</tr>
<tr>
<td>• 4-H Market Broilers (#UNL 4H308)</td>
<td>• 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><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></td>
<td>• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
</tbody>
</table>

**County Requirements:**

Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

**Support Materials:**

To purchase Nebraska curriculum visit: [http://4h.unl.edu/4hcurriculum/4h308marketbroiler](http://4h.unl.edu/4hcurriculum/4h308marketbroiler)


**Optional Supporting Materials:**

- Selecting & Grooming 4-H Exhibition Poultry (#72306)
- Poultry Judging (#72307)
- 4-H Market Broilers (#72301)
- Idaho 4-H Market Broilers page:

**National 4-H Curriculum:**

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

- Scratching the Surface, Level 1 (#06363)
- Testing Your Wings, Level 2 (#06364)
- Flocking Together, Level 3 (#06365)
- Poultry Helper’s Guide (#06366)
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## BIRDS AND POULTRY

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</tr>
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<tr>
<td><strong>Pullets/Laying Hens</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.</td>
<td>• 4-H Involvement Report (#91940)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td>• Egg Production Record (#72310)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>• Egg Production Record (#72310)</td>
<td></td>
<td>• Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production.</td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete a minimum of 7 activities from supporting materials for Birds &amp; Poultry.</td>
<td>• A display or poster (14&quot;x22&quot;) that shows something new you learned this year related to a completed project activity.</td>
</tr>
<tr>
<td>None</td>
<td>On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</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>Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
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</tr>
<tr>
<td></td>
<td>• Egg Production Record (#72310)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) – one for your flock</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

### Support Materials:

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

### National 4-H Curriculum:
[http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx](http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx)
- Scratching the Surface, Level 1 (#06363)
- Testing Your Wings, Level 2 (#06364)
- Flocking Together, Level 3 (#06365)
- Poultry Helper’s Guide (#06366)
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<th>Exhibit Requirements</th>
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</thead>
</table>
| **Family Flock:** Domestic Poultry, Gamebirds, Pigeons or Waterfowl | Project Requirements:  
- Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.  
- Complete a minimum of 7 activities from supporting materials for Birds & Poultry.  
- On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.  
- Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.  
Complete the following:  
- **4-H Involvement Report** (#91910)  
- **4-H Animal Project Record Book** (#91940)  
- **Permanent Individual Animal Record** (#72101) – one for your flock |  
- **4-H Animal Project Record Book** (#91940)  
- **4-H Involvement Report** (#91910)  
- Permanent Individual Animal Record (#72101)  
- Exhibit 1 or a pair of birds. **OR**  
- A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity. **Optional:** You may choose to participate in a Poultry Fitting & Showing (pre-registration required). |
| **Youth Materials:**  
- **4-H Involvement Report** (#91910)  
- **4-H Animal Project Record Book** (#91940)  
- **Permanent Individual Animal Record** (#72101) |  
| **Volunteer Materials:** None |  
| **County Requirements:** Record books are due the last Tuesday of August by 5:00 pm in the Extension Office. |  
| **Optional Supporting Materials:**  
- **Selecting & Grooming 4-H Exhibition Poultry** (#72306)  
- **Poultry Judging** (#72307) |  
| **National 4-H Curriculum:** [http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx](http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx)  
- Scratching the Surface, Level 1 (#06363)  
- Testing Your Wings, Level 2 (#06364)  
- Flocking Together, Level 3 (#06365)  
- Poultry Helper’s Guide (#06366) |
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### BIRDS AND POULTRY

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<tr>
<td><strong>Poultry Non-Animal</strong></td>
<td><strong>In the member’s current Project Manual:</strong></td>
<td><strong>4-H Project Record Book (#91950)</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td><strong>4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td></td>
<td><strong>A poster (14” x 22”) or a display illustrating what you learned in this project this year.</strong></td>
</tr>
<tr>
<td>• <em>Scratching the Surface,</em> Level 1 (#06363)</td>
<td>• Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year.</td>
<td></td>
</tr>
<tr>
<td>• <em>Testing Your Wings,</em> Level 2 (#06364)</td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass each book.</td>
<td></td>
</tr>
<tr>
<td>• <em>Flocking Together,</em> Level 3 (#06365)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>➢ Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
<td></td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
<td><strong>Complete the following:</strong></td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
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<td><strong>4-H Project Record Book (#91950)</strong></td>
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<td>• 4-H Project Record Book (#91950)</td>
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</table>

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

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


**Optional Supporting Materials:**

- *Selecting & Grooming 4-H Exhibition Poultry* (#72306)
- *Poultry Judging* (#72307)
Plants and Animals

Table of Contents

CAT

Rev. 09-13

Projects & Materials | Requirements | Exhibit Requirements
---|---|---
Cat | Project Requirements: | • 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Record (#72101)

Youth Materials: | Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days. | • 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.

• 4-H Involvement Report (#91910) • 4-H Animal Project Record Book (#91940) • Permanent Individual Animal Record (#72101)

Volunteer Materials: | Complete a minimum of 7 activities from supporting materials for Cat. |

None | On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. |

Complete the following:

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

County Requirements:

Check with your County Extension office for more information.

Optional Supporting Materials:

National 4-H Curriculum

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

- Purr-fect Pals!, Book 1 (#08148)
- Climbing Up!, Book 2 (#08149)
- Leaping Forward, Book 3 (#08150)
- Cat Helper’s Guide (#08151)

WSU Curriculum

https://pubs.wsu.edu/ListItems.aspx?CategoryID=284

- 4-H Cat Project, Unit 1
- 4-H Cat Project, Unit 2
- Cat Anatomy & Physiology, Unit 3
- Cat Fitting and Showing
## Plants and Animals

### CAT (cont.)

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<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirement</th>
<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>Cat Non-Animal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Material:</td>
<td>In member’s current Project Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Complete a minimum of 7 required/optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Purr-fect Pals! Book 1</td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass each level.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>(#08148)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• Climbing Up!, Book 2</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>(#08149)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• Leaping Forward, Book 3</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>(#08150)</td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td>• 4-H Involvement</td>
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</tr>
<tr>
<td>Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book</td>
<td></td>
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</tr>
<tr>
<td>(#91950)</td>
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</tr>
<tr>
<td>Volunteer Materials:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Cat Helper’s Guide</td>
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</tr>
<tr>
<td>(#08151)</td>
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</tr>
</tbody>
</table>

### County Requirements:

**PLEASE NOTE:** All Cat Non-Animal project exhibits in Benewah County must be accompanied by the current member manual.

### Support Materials:

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

# Plants and Animals

## Projects & Materials

### Cavy

**Youth Materials:**
- 4-H Cavy Advancement Program, Step One Checklist (#72781)
- 4-H Cavy Advancement Program, Cavy Step Two Checklist (#72782)
- 4-H Cavy Advancement Program, Cavy Step Three Checklist (#72783)
- 4-H Cavy Advancement Program, Cavy Step Four Checklist (#72784)
- 4-H Cavy Advancement Program, Cavy Step Five Checklist (#72785)
- 4-H Involvement Report (#91910)
- 4-H Animal Project Record Book (#91940)
- Permanent Individual Animal Record (#72101)

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

### Requirements

**Project Requirements:**
- Provide proper housing, food and primary care for your Cavies for at least 90 days.
- Members must work in the Cavy Advancement Program Step 1, 2, 3, 4 or 5.
- Members can take up to 2 years to complete a specific Step Check List.
- Members will complete Skills Options and Personal Development Options each year.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

### Exhibit Requirements

- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- Permanent Individual Animal Record (#72101)
- A poster (14”x22”) or display illustrating something you learned in this project this year.

**AND/OR**
- Exhibit your project animal in a Cavy Fitting and Showing class.

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

## Support Materials:

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

## Optional Supporting Materials:
- 4H Cavy Project Health Supplement (WI) – [www.UWex.edu/ces/4h/pubs/showdoc.cfm?documentid=30487](www.UWex.edu/ces/4h/pubs/showdoc.cfm?documentid=30487)
- American Rabbit Breeders Association (ARBA) Standard of Perfection, and
- American Rabbit Breeders Association (ARBA) Official Guide Book, “Raising Better Rabbits & Cavies”. American Rabbit Breeders [ARBAPOST@aol.com](mailto:ARBAPOST@aol.com) or [http://www.arba.net/](http://www.arba.net/)
- “Your Guinea Pig” by Wanda L. Curran (1995), Storey publishing,
## Projects & Materials

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

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• PNW 4-H Cavy Project Volunteers Guide (#72780)</td>
<td></td>
</tr>
</tbody>
</table>

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

## Support Materials:

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

## Optional Supporting Materials:
- 4H Cavy Project Health Supplement (WI) – [www.UWex.edu/ces/4h/pubs/showdoc.cfm?documentid=30487](http://www.UWex.edu/ces/4h/pubs/showdoc.cfm?documentid=30487)
- American Rabbit Breeders Association (ARBA) Standard of Perfection, and
  America Rabbit Breeders [ARBAPOST@aol.com](mailto:ARBAPOST@aol.com) or [http://www.arba.net/](http://www.arba.net/)
- “Your Guinea Pig” by Wanda L. Curran (1995), Storey publishing.
# Plants and Animals

## DAIRY

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dairy Cattle</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td></td>
<td>• Care for 1 or more dairy cattle at least 90 days.</td>
<td>• 4-H Involvement Report (#91910)</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>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 7 activities from supporting materials for Dairy.</td>
<td>• Supplemental forms required at the county level, submitted to county extension office by date specified.</td>
</tr>
<tr>
<td></td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td>• Exhibit project animal at community, county, or other livestock show.</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td>• Exhibit one of your project animals in a Dairy Cattle Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) for each project animal.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:
Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

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

### Optional Supporting Materials:
National 4-H Curriculum [http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx](http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx)
- **Cowabunga!**, Book 1, Grades 3-4 (#08161)
- **Mooving Ahead**, Book 2, Grades 5-7 (#08162)
- **Rising to the Top**, Book 3, Grades 6-9 (#08163)
- **Dairy Cattle Helper’s Guide** (#08164)
- **Dairy Heifer Growth Chart** (#72120)
- **Monitoring Dairy Heifer Growth**, Penn State, 1988 (see Calves & Heifer Mgt.) – [www.extension.psu.edu/animals/dairy/health/nutrition/heifers](http://www.extension.psu.edu/animals/dairy/health/nutrition/heifers)
## Projects & Materials

### Dairy Cattle

**Non-Animal**

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

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

### Requirements

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

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

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

### Exhibit Requirements

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

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

Idaho 4-H Dairy Cattle page:

### Optional Supporting Materials:

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

## DOG

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<th>Projects &amp; Materials</th>
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<th>Exhibit Requirements</th>
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<tbody>
<tr>
<td><strong>Dog</strong></td>
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</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Dog Resource Handbook OH (#201R)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Project Requirements:</td>
<td></td>
<td></td>
</tr>
<tr>
<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></td>
<td></td>
</tr>
<tr>
<td>• Complete a minimum of 7 activities from supporting materials for Dog.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
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<td></td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.</td>
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</tr>
</tbody>
</table>

### Support Materials:


### Optional Supporting Materials:

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

- *Wiggles ‘n’ Wags, Level 1 (#08166)*
- *Canine Connection, Level 2 (#08167)*
- *Leading the Pack, Level 3(#08168)*
- *Dog Helper’s Guide (#08169)*
# Plants and Animals

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<th>Requirements</th>
<th>Exhibit Requirements</th>
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</thead>
<tbody>
<tr>
<td><strong>Dog Non-Animal</strong></td>
<td>In member’s current Project Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Complete a minimum of 7 required/optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass the level.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• Wiggles ’n’ Wags, Level 1 (#08166)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• Canine Connection, Level 2 (#08167)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• Leading the Pack, Level 3 (#08168)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
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<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>National 4-H Curriculum</td>
<td>• 4-H Involvement Report (#91910)</td>
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</tr>
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<td>• Dog Helper’s Guide (#08169)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:

**PLEASE NOTE:** All Dog Non-Animal project exhibits in Benewah County must be accompanied by the current member manual.

### Support Materials:

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


### Optional Supporting Materials:

# Plants and Animals

## GOATS

### Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Involvement Report (#91910)</td>
<td>Choose one or more goats for your Market Goat project.</td>
<td>4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>4-H Animal Project Record Book (#91940)</td>
<td>Comply with current USDA Scrapie requirements</td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>Goat Resource Handbook OH (#135R)</td>
<td>Individually identify each animal with an ear tag and/or tattoo.</td>
<td>Supplemental forms required at the county level, submitted to county Extension office by date specified.</td>
</tr>
</tbody>
</table>

### Volunteer Materials:

<table>
<thead>
<tr>
<th>Support Materials:</th>
<th>Optional Supporting Materials:</th>
</tr>
</thead>
</table>

### County Requirements:

Record books are due in the Extension Office on the last Tuesday of August by 5:00 pm.

Please Note: If you have an alternate market animal you must keep the following records in a separate book: cover sheet, expenses, income, profit/loss statement, health, production summary & growth chart for these animals.

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

For Volunteers: Meat Goat Helper’s Guide (#07912)


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

### GOATS (cont.)

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<tr>
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<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dairy Goat</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>• 4-H Animal Project Record Book (#91940)</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>➢ Choose one or more goats for your Dairy Goat project.</td>
<td><strong>• 4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>➢ Comply with current USDA Scrapie requirements</td>
<td><strong>• Permanent Individual Animal Records (#72101)</strong></td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>➢ Individually identify each animal with an ear tag and/or tattoo.</td>
<td><strong>• Supplemental forms required at the county level, submitted to county Extension office by date specified.</strong></td>
</tr>
<tr>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td>➢ Provide one or more forms of positive ownership for a minimum of 90 days.</td>
<td><strong>• Display performance data on exhibit or stall card.</strong></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</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><strong>• Exhibit project animal at community, county, or other county Extension approved livestock show.</strong></td>
</tr>
<tr>
<td>• Goat Resource Handbook OH (#135R)</td>
<td>➢ Complete a minimum of 7 activities from supporting materials for Dairy Goats.</td>
<td><strong>• Exhibit one of your project animals in a Goat Fitting and Showing class.</strong></td>
</tr>
<tr>
<td></td>
<td>➢ On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
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<td>• Permanent Individual Animal Record (#72101) for each project animal.</td>
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</tr>
</tbody>
</table>

### County Requirements:

Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

### Support Materials:

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

### Optional Supporting Materials:

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

**For Youth:**

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

**For Volunteers:**

- Dairy Goat Helper’s Guide (#08355)
# Plants and Animals

## GOATS (cont.)

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<tr>
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</thead>
<tbody>
<tr>
<td><strong>Pack Goat</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>✓ Own and care for at least 1 pack goat of any breed or mixed breed for at least 90 days.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>✓ 4-H Involvement Report (#91910)</td>
<td>✓ Comply with current USDA Scrapie requirements.</td>
<td>• Permanent Individual Animal Records (#72101)</td>
</tr>
<tr>
<td>✓ 4-H Animal Project Record Book (#91940)</td>
<td>✓ If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.</td>
<td>• Exhibit project animal at community, county or other livestock show.</td>
</tr>
<tr>
<td>✓ Permanent Individual Animal Record (#72101) for each project animal</td>
<td>✓ Complete a minimum of 7 activities from supporting materials for Pack Goat.</td>
<td>✓ Exhibit one of your project animals in a goat fitting and showing class.</td>
</tr>
</tbody>
</table>

**Volunteer Materials:**

*None*

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

**County Requirements:**

Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

### Optional Supporting Materials:


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

**For Youth:**

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

**For Volunteers:**

- Dairy Goat Helper’s Guide (#08355)
- Pack Goat Skills Checklist (#72580)

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

### GOATS (cont.)

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<th>Projects &amp; Materials</th>
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</thead>
<tbody>
<tr>
<td><strong>Pet/Pygmy Goat</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>• Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Comply with current USDA Scrapie requirements.</td>
<td>• Permanent Individual Animal Records (#72101)</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>• A poster (14” x 22”) or display illustrating something you learned in the project this year. AND/OR</td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 7 activities from supporting materials for Pet/Pygmy Goat.</td>
<td>• Exhibit one of your project animals in a Goat Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Permanent Individual Animal Record (#72101) for each project animal</td>
<td></td>
</tr>
</tbody>
</table>

| Volunteer Materials: | None | |

### County Requirements:
Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

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

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

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

**For Volunteers:**
- Dairy Goat Helper’s Guide (#08355)
# Plants and Animals

## GOATS (cont.)

### Projects & Materials

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<th>Requirements</th>
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<tbody>
<tr>
<td><strong>Youth Materials:</strong> National 4-H Curriculum</td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• Getting Your Goat, Book 1 (#08352)</td>
<td>• Complete a minimum of 7 activities from supporting materials for Pet/Pygmy Goat.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Stepping Out, Book 2 (#08353)</td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td>• A poster (14” x 22”) or display illustrating something you learned in the project this year.</td>
</tr>
<tr>
<td>• Showing the Way, Book 3 (#08354)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong> National 4-H Curriculum</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>• Dairy Goat Helper’s Guide (#08355)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:

**PLEASE NOTE:** All Goat Non-Animal project exhibits in Benewah County must be accompanied by the current member manual.

### Support Materials:

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hecurriculum-dairy-goat.aspx](http://www.4-hmall.org/Category/4-hecurriculum-dairy-goat.aspx)

### Optional Supporting Materials:

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

## Projects & Materials

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<th>Youth Materials:</th>
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<tr>
<td><strong>PNW 4-H Horse Contest Guide (#574)</strong></td>
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<tr>
<td><strong>4-H Involvement Report (#91910)</strong></td>
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<tr>
<td><strong>4-H Animal Project Record Book (#91940)</strong></td>
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</tr>
<tr>
<td><strong>Permanent 4-H Horse Identification and Health Record (#72650)</strong> for each project animal</td>
<td></td>
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<tr>
<td><strong>Basic Horse Safety Manual (#72673)</strong></td>
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<table>
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<tr>
<th>Volunteer Materials:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>PNW 4-H Horse Contest Guide (#574)</strong></td>
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</tbody>
</table>

## 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 a minimum of 7 activities from supporting materials for Horse.
- On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete the following:
  - 4-H Involvement Report (#91910)
  - 4-H Animal Project Record Book (#91940)
  - Permanent 4-H Horse Identification and Health Record (#72650) for each project animal
  - Any supplemental forms required at county level

## County Requirements:

Check with your County Extension office for more information.

**Benewah County 4-H horse youth must participate in a Showmanship class.**

## Optional Supporting Materials:

- **Horses and Horsemanship (#CO-200)**
- **Horse Science (#CO-201)**
- **4-H Horse Judging Manual (#72672)**
- **Hunt Seat Manual (#72681)**
- **PNW 4-H Horse Contest Guide (#72675)**
- **PNW 4-H Driving Manual (#72682)**(on ID website)
- **Horse Safety Guidelines (Order from American Youth Horse Council at:** [http://ayhc.com](http://ayhc.com))
- **PNW The 4-H Horse Project (PNW 587 – #72676)**
  [https://catalog.extension.oregonstate.edu/4-h130](https://catalog.extension.oregonstate.edu/4-h130)

## Checklists:

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

## National 4-H Curriculum For Youth:

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

## For Volunteers:

- **Horse Helper’s Guide (#08058)**
Plants and Animal

HORSE (cont.)

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<td>Non-Animal</td>
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<td><strong>Youth Materials:</strong></td>
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</tr>
<tr>
<td>National 4-H Curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Giddy Up &amp; Go, Level 1 (#08053)</td>
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<td>• Head, Heart &amp; Hooves, Level 2 (#08054)</td>
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<td>• Riding the Range, Level 4 (#08056)</td>
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<tr>
<td>• Jumping to New Heights, Level 5 (#08057)</td>
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<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Horse Safety Guidelines or Horseless Horse (OH) – order from <a href="http://estore.osu-extension.org">http://estore.osu-extension.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteers Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Horse Helper’s Guide (#08058)</td>
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</tbody>
</table>

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

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

**County Requirements:**

**PLEASE NOTE:** All Horse Non-Animal project exhibits in Benewah County must be accompanied by the current member manual.

Optional Supporting Materials
- Horses and Horsemanship (#CO-200)
- Horse Science (#CO-201)
- 4-H Horse Judging Manual (#72672)
- Basic Horse Safety Manual (#72673)
- Hunt Seat Manual (#72681)
- 4H Horse Contest Guide (on ID website)
- 4-H Driving Manual (#72682) (on ID website)

**To order Ohio Materials:** – [http://estore.osu-extension.org](http://estore.osu-extension.org)
- Horseless Horse (OH)
- Horse Nutrition (OH)
- Horse training: How to talk to your Horse (OH)
# Plants and Animals

## RABBIT

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<tbody>
<tr>
<td><strong>Market Rabbit</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>- Own 2 or more does and have access to the appropriate number of bucks (standard breeds or crossbreeds) for at least 90 days.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>- Raise at least 1 litter per doe during the year.</td>
<td>• Pen of 3 fryers, produced from matings of the member’s own does.</td>
</tr>
<tr>
<td></td>
<td>- Provide proper housing, food and primary care for your rabbits.</td>
<td>• Exhibit one of your project animals in a Rabbit Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>- Market the young alive or processed for eating.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Keep performance production records on all rabbits in the herd.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Learn how to fit and show a rabbit.</td>
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</tr>
<tr>
<td></td>
<td>- Complete a minimum of 7 activities from supporting materials for Rabbit.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 4-H Animal Project Record Book (#91940)</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>County Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Breeding Rabbit**  | Project Requirements:  
  • Own 1 or more does for at least 90 days and have access to the appropriate number of bucks (purebred commercial breeds are recommended but crossbreeds may be used).  
  • Raise at least 1 litter per doe, and keep or market the young.  
  • Provide proper housing, feed and primary care for your rabbits.  
  • Keep breeding pedigree, performance and production records on your rabbits.  
  • Learn how to fit and show a rabbit.  
  • Complete a minimum of 7 activities from supporting materials for Rabbit.  
  • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.  
  • Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
| Complete the following:  
  • 4-H Involvement Report (#91910)  
  • 4-H Animal Project Record Book (#91940)  
  • Permanent Individual Animal Record (#72101) for each project animal | • 4-H Animal Project Record Book (#91940)  
• 4-H Involvement Report (#91910)  
• Permanent Individual Animal Records (#72101)  
• One project rabbit (select from a junior doe, senior doe, junior buck or senior buck).  
• Exhibit one of your project animals in a Rabbit Fitting and Showing class. |

**County Requirements:**  
Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

**Support Materials:**  
To order from Ohio: [http://estore.osu-extension.org](http://estore.osu-extension.org)  
Idaho 4-H Rabbit Project page:  

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

**National 4-H Curriculum:**  
**For Youth:**  
- What’s Hoppening, Level 1 (#08080)  
- Making Tracks, Level 2 (#08081)  
- All Ears, Level 3 (#08082)  
**For Volunteers:**  
- Rabbit Helper’s Guide (#08083)
# Plants and Animals

## RABBIT (cont.)

<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Pet Rabbit**       | Project Requirements: | • 4-H Animal Project Record Book (#91940)  
• 4-H Involvement Report (#91910)  
• Permanent Individual Animal Record (#72101)  
• A poster (14”x22”) or display illustrating something you learned in this project this year.  
**AND/OR**  
• Exhibit one of your project animals in a Rabbit Fitting and Showing class. |
| Youth Materials:     | • Provide proper housing, food and primary care for your rabbits for at least 90 days.  
• Complete a minimum of 7 activities from supporting materials for Rabbit.  
• On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
**Complete the following:**  
• 4-H Involvement Report (#91910)  
• 4-H Animal Project Record Book (#91940)  
• Permanent Individual Animal Record (#72101) for each project animal |
| Volunteer Materials: | • Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R) |
| Record books are due the last Tuesday of August by 5:00 pm in the Extension Office. |

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

### Optional Supporting Materials:
- *American Rabbit Breeders* [arbapost@aol.com](mailto:arbapost@aol.com) or [www.arba.net](http://www.arba.net)

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

**For Volunteers:**
- *Rabbit Helper’s Guide* (#08083)
# Plants and Animals

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<tr>
<td><strong>Rabbit Non-Animal</strong></td>
<td>In member’s current Project Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong> National 4-H Curriculum</td>
<td>• Complete a minimum of 7 required/optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• <em>What’s Happening, Level 1</em> (#08080)</td>
<td>• Finish at least 21 of the required and optional activities within 3 years to pass the level.</td>
<td>• A poster (14”x 22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• <em>Making Tracks, Level 2</em> (#08081)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• <em>All Ears, Level 3</em> (#08082)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• <em>4-H Involvement Report</em> (#91910)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>• <em>4-H Project Record Book</em> (#91950)</td>
<td>• <em>4-H Involvement Report</em> (#91910)</td>
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</tr>
<tr>
<td><strong>Volunteer Materials:</strong> National 4-H Curriculum</td>
<td>• <em>4-H Project Record Book</em> (#91950)</td>
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<tr>
<td>• <em>Rabbit Helper’s Guide</em> (#08083)</td>
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<tr>
<td><strong>County Requirements:</strong></td>
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</tr>
</tbody>
</table>

*PLEASE NOTE:* All Rabbit Non-Animal project exhibits in Benewah County must be accompanied by the current member manual.

### Support Materials:

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hecurriculum-rabbit.aspx](http://www.4-hmall.org/Category/4-hecurriculum-rabbit.aspx)


### Optional Supporting Materials:

- *American Rabbit Breeders* ARBAPOST@aol.com or [http://www.arba.net/](http://www.arba.net/)
# Plants and Animals

## SHEEP

### Projects & Materials

#### Market Lamb

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

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

#### Requirements

- Project Requirements:
  - Choose at least one wether or ewe for your Market Lamb project.
  - Comply with current USDA Scrapie requirements.
  - Provide one or more forms of positive ownership (70 days) for each project animal.
  - Weigh and provide primary care for all animals on a uniform county feeding period, approximately 55-65 days.
  - Individually identify each animal with an ear tag, tattoo or ear notch.
  - Provide appropriate documentation, which includes a brand inspection, and/or a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
  - Complete a minimum of 7 activities from supporting materials for Sheep.
  - On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

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

### County Requirements:

Record books are due in the Extension Office on the last Tuesday of August by 5:00 pm.

*Please Note:* If you have an alternate market animal you must keep the following records in a separate book: cover sheet, expenses, income, profit/loss statement, health, production summary & growth chart for these animals.

### Support Materials:

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


### Optional Supporting Materials:

- Market Lamb Growth Chart (#72130)
- Beef, Sheep, and Swine Selection and Evaluation – OH (#72010)
- Sheep Showmanship DVD (#72898)
- Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)

### National 4-H Curriculum:

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

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

*For Volunteers:* Sheep Helper’s Guide (#06370)
## Breeding Sheep

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

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

### Project Requirements:
- Choose and provide primary care for one or more ewes for your Breeding Sheep project.
- Comply with current USDA Scrapie requirements.
- Provide one or more forms of positive ownership (90 days) for each project animal.
- Individually identify each animal with a ear tag, tattoo or ear notch.
- **If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.**
- Complete a minimum of 7 activities from supporting materials for Sheep.
- On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

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

### Exhibit Requirements:
- 4-H Animal Project Record Book (#91940)
- 4-H Involvement Report (#91910)
- Permanent Individual Animal Records (#72101)
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit project animal(s) at a community, county or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Sheep Fitting and Showing class.

## County Requirements:
Record books are due the last Tuesday of August by 5:00 pm in the Extension Office.

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


### Optional Supporting Materials:
- Market Lamb Growth Chart (#72130)
- Beef, Sheep, and Swine Selection and Evaluation – OH (#72010)
- Sheep Showmanship DVD (#72898)

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

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

**For Volunteers:** Sheep Helper’s Guide (#06370)
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## SHEEP (cont.)

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</table>
| **Sheep Non-Animal** | **Project Requirements:** | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• A poster (14”x22”) or display illustrating something you learned in this project this year. |
| Youth Materials:     | **Complete the following:** | |
| • 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950)  
• Any supplemental forms required at the county level. |
| Volunteer Materials: | **Note:** Each member is strongly encouraged to participate in a livestock/dairy judging contest. | |
| None                 |   | |

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

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

### Optional Supporting Materials:
- *Sheep Resource Handbook for Market and Breeding Projects – OH (#72896)*
- *Market Lamb Growth Chart(#72130)*
- *Beef, Sheep, and Swine Selection and Evaluation – OH (#72010)*
- *Sheep Showmanship DVD (#72898)*

### National 4-H Curriculum:
#### For Youth:
- *Lambs, Rams and You, Level 1 (#06367)*
- *Shear Delight, Level 2 (#06368)*
- *Leading the Flock, Level 3 (#06369)*

#### For Volunteers:
*Sheep Helper’s Guide (#06370)
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## SMALL ANIMAL, POCKET PETS, & OTHER ANIMALS

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<tr>
<td><strong>Pocket Pets and Other Pets</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Youth Materials:** National 4-H Curriculum | Project Requirements:  
- Members should provide proper housing, food, and primary care for their pet for at least 60 days.  
- In member’s current Project Manual:  
  - Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year.  
  - Finish at least 21 of the required and optional activities within 3 years to pass each level.  
  - Have your project helper date (month and year) and initial each activity when it is finished.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
| | |  
| | Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Animal Project Record Book (#91940)  
- Permanent Individual Animal Records (#72101)  
| | | AND/OR  
| | - Exhibit their project animal in a corresponding species Fitting and Showing class.  
| | *PLEASE NOTE:* All Pocket Pets and Other Pets project exhibits in Benewah County must be accompanied by the current member manual.  
| **Volunteer Materials:** National 4-H Curriculum | |  
| • Pet Helper’s Guide (#06362) | |  

<table>
<thead>
<tr>
<th>Support Materials:</th>
</tr>
</thead>
</table>
| To order National 4-H Curriculum visit:  
http://www.4-hmall.org/Category/4-hcurriculum-pets.aspx  
Other documents related to this project can be found at Idaho 4-H Pocket Pets page:  
## Plants and Animals

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

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| Pocket Pets and Other Animals Non-Animal | In member’s current Project Manual:  
  - Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year.  
  - Finish at least 21 of the required and optional activities within 3 years to pass each level.  
  - Have your project helper date (month and year) and initial each activity when it is finished.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
  Complete the following:  
  - 4-H Involvement Report (#91910)  
  - 4-H Project Record Book (#91950)  
  - A poster (14”x22”) or display illustrating something you learned in this project this year. | - 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- A poster (14”x22") or display illustrating something you learned in this project this year. |
| Youth Materials: National 4-H Curriculum | - Pet Pals, Level 1 (#06359)  
- Scurrying Ahead, Level 2 (#06360)  
- Scaling the Heights, Level 3 (#06361)  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |  

### County Requirements:

**PLEASE NOTE:** All Pocket Pets and Other Pets Non-Animal project exhibits in Benewah County must be accompanied by the current member manual.

### Support Materials:

To order National 4-H Curriculum visit:  
http://www.4-hmall.org/Category/4-hcurriculum-pets.aspx
# Plants and Animals

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## SWINE

Rev. 09-13

### Projects & Materials

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<tbody>
<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Project Requirements:</td>
<td>• 4-H Animal Project Record Book (#91940)</td>
</tr>
<tr>
<td>• 4-H Animal Project Record Book (#91940)</td>
<td>• Choose one or more barrows or gilts for your Market Swine project.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><a href="#">Volunteer Materials:</a></td>
<td>• Individually identify each animal with an ear tag, tattoo or ear notch.</td>
<td>• Any supplemental forms required at the count level, submitted to county Extension office by date specified.</td>
</tr>
<tr>
<td>• Swine Resource Handbook for Market and Breeding OH (#134R)</td>
<td>• Weigh and provide primary care for all animals on a uniform county feeding period, 80-100 days.</td>
<td>• Exhibit project animal(s) at a community, county or other livestock show.</td>
</tr>
<tr>
<td></td>
<td>• Provide one or more forms of positive ownership for at least 100 days for each project animal.</td>
<td>• Display performance data on exhibit or stall card.</td>
</tr>
<tr>
<td></td>
<td>• Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.</td>
<td>• Exhibit one of your project animals in a Swine Fitting and Showing class.</td>
</tr>
<tr>
<td></td>
<td>• Complete a minimum of 7 activities from supporting materials for Swine.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Animal Project Record (#91940)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
</tbody>
</table>

### County Requirements:

**Record books are due in the Extension Office on the last Tuesday of August by 5:00 pm.**

**Please Note:** If you have an alternate market animal you must keep the following records in a separate book: cover sheet, expenses, income, profit/loss statement, health, production summary & growth chart for these animals

### Support Materials:

To order Ohio State Materials: [http://estore.osu-extension.org/Swine-C1114.aspx](http://estore.osu-extension.org/Swine-C1114.aspx)


**Optional Supporting Materials:**

- Beef, Sheep, and Swine Selection and Evaluation – OH (#194R)
- Market Swine Growth Chart (#72140)
- Swine Showmanship DVD (#72998)
- Swine Resource Handbook for Market and Breeding Projects – OH (#134R)
- Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)

**National 4-H Curriculum:**

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

**For Youth:**

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

**For Volunteers:**

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

### SWINE (cont.)

<table>
<thead>
<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| **Breeding Swine**   | Project Requirements:  
- Choose one or more gilt/sows for your Breeding Swine project.  
- Individually identify each animal with an ear tag, tattoo or ear notch.  
- Provide one or more forms of positive ownership for at least 90 days for each project animal.  
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.  
Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Animal Project Record (#91940)  
- Permanent Individual Animal Record (#72101)  
- Any supplemental forms required at the county level. |  
- 4-H Animal Project Record Book (#91940)  
- 4-H Involvement Report (#91910)  
- Permanent Individual Animal Records (#72101)  
- Any supplemental forms required by the 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. |

| Youth Materials: |  
- 4-H Involvement Report (#91910)  
- 4-H Animal Project Record Book (#91940)  
- Permanent Individual Animal Record (#72101)  
| Volunteer Materials: |  
- Swine Resource Handbook for Market and Breeding OH (#134R)  

| County Requirements: | Record books are due the last Tuesday of August by 5:00 pm in the Extension Office. |
| Support Materials: | To order Ohio State Materials: [http://estore.osu-extension.org/Swine-C1114.aspx](http://estore.osu-extension.org/Swine-C1114.aspx)  
Idaho Swine 4-H Project Page:  
| Optional Supporting Materials: |  
- Beef, Sheep, and Swine Selection and Evaluation – OH (#194R)  
- Market Swine Growth Chart (#72140)  
- Swine Showmanship DVD (#72998)  
- Swine Resource Handbook for Market and Breeding Projects – OH (#134R)  
- Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)  
| National 4-H Curriculum: | [http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx](http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx)  
For Youth:  
- The Incredible Pig, Level 1 (#08065)  
- Putting the Oink in Pig, Level 2 (#08066)  
- Going Whole Hog, Level 3 (#08067)  
| For Volunteers: | Swine Helper’s Guide (#08068) |
# Plants and Animals

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<th>Exhibit Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Swine Non-Animal</strong></td>
<td>Project Requirements:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Members must complete a minimum of 7 activities from supporting materials for Swine.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</td>
<td>• A poster (14”x22”) or display illustrating something you learned in this project this year.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Any supplemental forms required at the county level.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Each member is strongly encouraged to participate in a livestock/dairy judging contest.</td>
<td></td>
</tr>
</tbody>
</table>

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

### Optional Supporting Materials:
- **Beef, Sheep, and Swine Selection and Evaluation – OH (#194R)**
- **Market Swine Growth Chart (#72140)**
- **Swine Showmanship DVD (#72998)**
- **Swine Resource Handbook for Market and Breeding Projects – OH (#134R)**
- **Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)**
- **To order Ohio State Materials:** [http://estore.osu-extension.org](http://estore.osu-extension.org)

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

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

### CROPS

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<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Small Grains Production Guide (#73115)</td>
<td>Project Requirements:</td>
<td>• 4-H Small Grains Production Guide (#73115)</td>
</tr>
<tr>
<td>• 4-H Small Grains Record Book (#73116)</td>
<td>• Own your project with a bonafide 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 fieldman.</td>
<td>• 4-H Small Grains Record Book (#73116)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Plant a minimum of five acres of small grains</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td>• If your grain is harvested, exhibit a one-quart sample. If you grain is not harvested, display a sample of plants with grain heads attached.</td>
</tr>
<tr>
<td>• 4-H Small Grains Production Guide (#73115)</td>
<td>• Attend the annual field tour of small grain projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Have an up-to-date record book available for review during the field tour.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year. <strong>AND</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• If raising malting barley, an individual contract with the malting barley company is required. Seed source and grain variety must be approved by the malting barley contract.</td>
<td></td>
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<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></td>
<td>Complete the following:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 4-H Small Grains Production Guide (#73115)</td>
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<tr>
<td></td>
<td></td>
<td>• 4-H Small Grains Record Book (#73116)</td>
</tr>
<tr>
<td>County Requirements:</td>
<td>Check with your County Extension office for more information.</td>
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<td><strong>Youth Materials:</strong></td>
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</tr>
<tr>
<td>• 4-H Bean Production Guide (#73117)</td>
<td>Project Requirements:</td>
<td>• 4-H Bean Grower Workbook (#73117)</td>
</tr>
<tr>
<td>• 4-H Bean Grower Workbook (#73118)</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 landlord and Volunteer and, if applicable, the contracting company fieldman.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</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><strong>Volunteer Materials:</strong></td>
<td>• Attend the annual field tour of bean projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.</td>
<td></td>
</tr>
<tr>
<td>• 4-H Bean Production Guide (#73117)</td>
<td>• Have an up-to-date record book available for review during the field tour.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
</tbody>
</table>

Complete the following:

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

### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Project materials available for download at:

# Plants and Animals

## Projects & Materials

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<tr>
<td>Youth Materials:</td>
<td>Project Requirements:</td>
<td>• 4-H Sugarbeet Grower Project and Record Book (#73120)</td>
</tr>
<tr>
<td>• 4-H Sugarbeet Grower Project and Record Book (#73120)</td>
<td>• Grow a minimum of one (1) acre of crop as measured by the club Volunteer or fieldman. Individual contracts with the sugar company are required. (A contract may include more than one member).</td>
<td>• 4-H Sugarbeet Grower Project and Record Book (#73120)</td>
</tr>
<tr>
<td>• 4-H Sugarbeet Growers Workbook (#73121)</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 landlord, your Volunteer, and a sugar company fieldman.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Attend the annual field tour of sugar beet projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.</td>
<td>• Exhibit a sample of sugarbeets at the county fair according to local fair regulations (Display 3 uniform beets); or at a public exhibit other than the county fair (talk to your Volunteer and/or Extension Educator for approval).</td>
</tr>
<tr>
<td>Volunteer Materials:</td>
<td>• Have an up-to-date record book available for review during the field tour.</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>• Individual project weight slips or market receipts must be included with record book at project completion. This means that project beets must be weighed at the dumps separately from other beets produced on the same farm.</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>
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<tr>
<td></td>
<td>Complete the following:</td>
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</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Sugarbeet Grower Project and Record Book (#73120)</td>
<td></td>
</tr>
</tbody>
</table>

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### County Requirements:

Check with your County Extension office for more information.

### Support Materials:

Project materials available for download at:


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Rev. 09-15
## Plants and Animals

**CROPS (cont.)**

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<th>Exhibit Requirements</th>
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<tr>
<td><strong>Potatoes</strong></td>
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<tr>
<td><strong>Youth Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4-H Potato Grower Workbook (#73119)</td>
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</tr>
<tr>
<td>• 4-H Potato Project and Record Book (#73119a)</td>
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</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>None</em></td>
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</tr>
</tbody>
</table>

**Project Requirements:**
- Own your project with a bonafide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your parent and Volunteer.
- Supply a legal description of land where you grow potatoes.
- Complete a pesticide report.
- Attend the annual field tour of potato projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.
- Deliver approximately 1,000 hundred (cwt) of potatoes to purchaser.
- Watch your samples being graded by the USDA. The fieldman will set up the grading at a time when you are able to attend.
- Close, summarize, and turn in projects to the County Extension Office on or before December 30 of the current calendar year.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

**Complete the following:**
- 4-H Involvement Report (#91910)
- 4-H Potato Grower Workbook (#73119)

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

**Support Materials:**
Project materials available for download at:
# Plants and Animals

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## GARDENING

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<th>Exhibit Requirements</th>
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<tr>
<td>Gardening</td>
<td>In the member’s current Manual:</td>
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<tr>
<td></td>
<td>• Complete the 6 designated activities for the respective year you are in the given book (first year = 1A-6A, second year = 1B-6B, etc.).</td>
<td>4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td></td>
<td>• Have your project helper date (month and year) each activity when it is finished.</td>
<td>4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td></td>
<td>• Complete the questions at the back of the member manual for their respective year in the project.</td>
<td>Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits (#73360)</td>
</tr>
<tr>
<td></td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
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</tr>
</tbody>
</table>

### County Requirements:

**PLEASE NOTE:** All Gardening project exhibits in Benewah County must be accompanied by the current member manual See Them Sprout, Level A (#07162) or Let’s Get Growing, or Level B (#07163) or Take Your Pick, Level C (#07164 or Growing Profits, Level D (#07165).

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

### Horticulture Gardening

#### Youth Materials:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- **Optional:** Junior Master Gardener Handbook, Level 1 (#B-6082)

#### Volunteer Materials:
- Junior Master Gardener Teacher/Volunteer Guide, Level 1 (#B-6083)

### Requirements

**Project Requirements:**
- Complete a minimum of 7 different JMG activities each year.
- Have your project helper date (month and year) and initial a copy of each activity completed for your notebook.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Copies of the activities you have completed that are initialed by your helper (in notebook or folder).

**Exhibit one of the following:**
- A scrapbook of labeled plants, herbs or aspects of plant ecology.
- A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants.
- Something you built or made related to the project.
- A labeled photo story depicting something related to the project.
- A poster (14” x 22”) or display illustrating something you learned in this project this year.
- Other suitable exhibit approved by your County Extension Office.

### County Requirements:

**PLEASE NOTE:** All Gardening project exhibits in Benewah County must be accompanied by the current member manual Junior Master Gardener Handbook, Level 1 (#B-6082).

### 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)

### Optional Supporting Materials:

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## ENTOMOLOGY

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<tbody>
<tr>
<td><strong>Teaming with Insects, Level 1</strong>&lt;br&gt;Grades 3-5</td>
<td>Using the “Teaming with Insects” Level 1 curriculum booklet:&lt;br&gt;- Complete a minimum of 5 activities per year.&lt;br&gt;- Complete all 16 activities within 3 years to pass Level 1.&lt;br&gt;- Have your project helper date (month and year) and initial each activity when it is finished.&lt;br&gt;- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>• 4-H Project Record Book (#91950)&lt;br&gt;• 4-H Involvement Report (#91910)&lt;br&gt;• 1st Year: Collection of at least 15 adult insects (consists of at least 3 orders, including the Order Lepidoptera).&lt;br&gt;• 2nd Year: Collection of at least 20 adult insects, including 15 different insects you haven’t exhibited before (including at least 4 orders)&lt;br&gt;• 3rd Year: Collection of at least 25 adult insects, including 15 different insects you haven’t exhibited before (including at least 5 orders).&lt;br&gt;<strong>Use at least 2 different methods of collecting.</strong>&lt;br&gt;<strong>OR</strong>&lt;br&gt;- 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.).&lt;br&gt;<strong>OR</strong>&lt;br&gt;- 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.)&lt;br&gt;<strong>Collection:</strong> Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed.&lt;br&gt;<strong>Note:</strong> All insects must be mounted, labeled and identified to order, and should be organized by order.</td>
</tr>
<tr>
<td>Youth Materials:</td>
<td>Complete the following:&lt;br&gt;- 4-H Involvement Report (#91910)&lt;br&gt;- 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>- Teaming with Insects Level 1 (#08440)</td>
<td></td>
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</tr>
<tr>
<td>- 4-H Involvement Report (#91910)</td>
<td></td>
<td></td>
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<tr>
<td>- 4-H Project Record Book (#91950)</td>
<td></td>
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<tr>
<td>Volunteer Materials:</td>
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</tr>
<tr>
<td>- Teaming with Insects Facilitators Guide (#08443)</td>
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<tr>
<td>Classification materials:</td>
<td></td>
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<tr>
<td>- Field Guide to Insects of North Americas (Eaton/Kaufman)</td>
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<td></td>
</tr>
<tr>
<td>- Field Guide to Insects and Spiders (Evans)</td>
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<tr>
<td>Note: See “Special Directions” at the end of the Entomology Section for more information about this project.</td>
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</tbody>
</table>

### County Requirements:

**PLEASE NOTE:** All Teaming With Insects, Level 1 project exhibits in Benewah County must be accompanied by the current member manual Teaming with Insects Level 1 (#08440).

**Optional Supporting Materials:**

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

**ENTOMOLOGY (cont.)**

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<th>Requirements</th>
<th>Exhibit Requirements</th>
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</table>
| **Teaming with Insects, Level 2**  
Grades 6-8 | Pre-requisites: Complete Entomology Level 1 (or approval of 4-H Professional)  
Using the “Teaming with Insects” Level 2 curriculum booklet:  
• Complete a minimum of 5 activities per year.  
• Complete all 16 activities within 3 years to pass Level 2.  
• Have your project helper date (month and year) and initial each activity when it is finished.  
• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
• 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• **1st Year:** Collection of at least 15 insects, including 10 different insects you haven’t exhibited before. Five insects should be mounted with card-point for display. At least 7 should be identified to family, including at least 3 orders. Use of ethyl alcohol to preserve.  
• **2nd Year:** Collection of 20 adult insects and 5 nymphs (not necessarily the same as the adults collected), including 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 5 orders). Use soft body preserving techniques.  
• **3rd Year:** Collection of at least 25 insects, including 15 different insects you haven’t exhibited before (at least 15 identified to family; including at least 10 orders). Include 1 incomplete metamorphosis (egg-nymph-adult) Use “Rearing Cage” Collection Method.  
**OR**  
A report of things you have learned or researched (such as results of observations of insect traps, habitats, life cycle, entomology careers, etc.).  
**OR**  
A poster (14”x 22”) or display relating to some activity in Level 2 (special equipment made such as a separator or extractor, arthropod collection, etc.).  
**Collection:** Exhibit boxes should be approximately 18” x 12” or 25 insects or 18” x 24” for 50 insects, and about 3” to 3 ½” deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order. |

**PLEASE NOTE:** All Teaming With Insects, Level 2 project exhibits in Benewah County must be accompanied by the current member manual Teaming with Insects Level 2 (#08441).

**Optional Supporting Materials:**  
• Preparing Insect Specimens for Exhibit (#82358)  
• Bug Guide from Iowa State University online at: [http://bugguide.net/node/view/15740](http://bugguide.net/node/view/15740)  
• How To Make an Awesome Insect Collection, online at: [http://extension.entm.purdue.edu/401Book/default.php?page=home](http://extension.entm.purdue.edu/401Book/default.php?page=home)
### Teaming with Insects, Level 3
**Grades 9-12**

**Youth Materials:**
- **National 4-H Curriculum**
  *Teaming with Insects 9-12 (#08442)*
- **4-H Involvement Report (#91910)**
- **4-H Project Record Book (#91950)**

**Volunteer Materials:**
- **National 4-H Curriculum**
  *Teaming with Insects Facilitators Guide (#08443)*

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

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

### Pre-requisites:
Complete Entomology Level 2 (or approval of 4-H Professional)

- Using the “Teaming with Insects” Level 3 curriculum booklet:
  - Complete a minimum of 5 activities per year.
  - Complete all 15 activities within 3 years to pass Level 3.
  - Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

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

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

### Collection Requirements:
- 1st Year: Collection of at least 20 insects, including 1 incomplete and 1 complete metamorphosis and including 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 10 orders) or a specific collection.*
- 2nd Year: Collection of 25 insects, including, using ethyl acetate to kil and preserve 10 different insects you haven’t exhibited before (at least 10 identified to family; including at least 10 orders) or specific collections.*
- 3rd Year: Collection of 40 insects, including 1 incomplete and complete metamorphosis, and learning how to use UV light for nighttime collection, and including 15 different insects you haven’t exhibited before (at least 20 identified to family; including at least 8 orders) or a specific collection.*

**OR**
- 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.).

**OR**
- 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.).

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

### County Requirements:
**PLEASE NOTE:** All Teaming With Insects, Level 3 project exhibits in Benewah County must be accompanied by the current member manual *Teaming with Insects Level 3 (#08442).*

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

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

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

## VETERINARY SCIENCE

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<tbody>
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<td><strong>Veterinary Science</strong></td>
<td><strong>Project Requirements:</strong></td>
<td><strong>- 4-H Project Record Book (#91950)</strong></td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td><em>Complete a minimum of 7 activities from supporting materials for Veterinary Science.</em></td>
<td><strong>- 4-H Involvement Report (#91910)</strong></td>
</tr>
<tr>
<td>- 4-H Project Record Book (#91950)</td>
<td><em>On Project Information &amp; Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.</em></td>
<td><strong>- Veterinary Science Manual (#82901/82902/82903)</strong></td>
</tr>
<tr>
<td>- 4-H Involvement Report (#91910)</td>
<td><em>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</em></td>
<td><strong>- A poster (14” x 22”) or display related to the project and unit.</strong></td>
</tr>
<tr>
<td>o The Normal Animal-Unit 1 (#82901)</td>
<td>Complete the following:</td>
<td></td>
</tr>
<tr>
<td>o Animal Diseases-Unit 2 (#82902)</td>
<td>- 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>o Animal Health &amp; It’s Relationship to Our World-Unit 3 (#82903)</td>
<td>- 4-H Project Record Book (#91950)</td>
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</tr>
<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>- Veterinary Science Volunteer’s Guide (#82904)</td>
<td>- Veterinary Science Manual</td>
</tr>
<tr>
<td>o Veterinary Science Volunteer’s Guide (#82904)</td>
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</table>

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

### Support Materials: This curriculum is available from Nebraska 4-H Youth Development. To purchase visit:

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

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

### AEROSPACE

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<tr>
<td><strong>Pre-Flight, Grades K-2</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><strong>Youth Materials:</strong></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><strong>National 4-H Curriculum</strong></td>
<td></td>
<td>• The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required.</td>
</tr>
<tr>
<td>• Pre-Flight K-2, Project Activity Guide (#06842)</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><strong>National 4-H Curriculum</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Aerospace Adventures Helper’s Guide (#06846)</td>
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<td></td>
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<tr>
<td>• Aerospace Adventures CD (#07605)</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: [http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx](http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx)
## Lift-Off, Ages 8-10

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

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

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

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

### Exhibit Requirements
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- An item you made in this project. Suggested items:
  - Rocket made from a kit (Skill Level 1 or 2, include plans).
  - Handmade Kite (include plans).
  - Model airplane from a kit (include plans).
  - Any model rocket or airplane (beginning skill level) not built from a kit (include plans).
  - A poster (14”x22”) or display illustrating something you learned in this project this year.
  - Report of things you learned or researched.

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

*See Special Directions at end of Aerospace section.*

### County Requirements:

**PLEASE NOTE:** All Lift Off, Stage 2 project exhibits in Benewah County must be accompanied by the current member manual Lift-Off, Stage 2, *Aerospace Activity Guide* (#06843).

### Supporting Materials:
To order National 4-H Curriculum: [http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx](http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx)
## AEROSPACE (cont.)

### Reaching New Heights, Grades 6-8

**Youth Materials:**
- **National 4-H Council**
  - *Reaching New Heights, Stage 3, Project Activity Guide* (#06849)
  - *4-H Involvement Report* (#91910)
  - *4-H Project Record Book* (#91950)

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

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

### Exhibit Requirements

- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)
- An item you made in this project. Suggested items:
  - Rocket made from a kit (Skill Level 2 or 3, include plans).
  - Fighter kite that can roll, pitch, and yaw (include plans).
  - Model airplane from a kit (include plans).
  - Any model rocket or airplane (intermediate skill level) not built from a kit (include plans).
  - A poster (14”x22”) or display illustrating something you learned in this project this year.
  - Report of things you learned or researched.

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

*See Special Directions at end of Aerospace section.*

### County Requirements:

**PLEASE NOTE:** All *Reaching New Heights, Stage 3* project exhibits in Benewah County must be accompanied by the current member manual *Reaching New Heights, Stage 3, Project Activity Guide* (#06849).

### Supporting Materials:

To order National 4-H Curriculum: [http://www.4-hmall.org/Category/4-hecurriculum-aerospace.aspx](http://www.4-hmall.org/Category/4-hecurriculum-aerospace.aspx)
# Science & Technology

## AEROSPACE (cont.)

### Projects & Materials

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<tr>
<td>• Pilot In Command, Stage 4, Aerospace Activity Guide (#06845)</td>
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<td>• 4-H Involvement Report (#91910)</td>
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<tr>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td><strong>Volunteer Materials:</strong> National 4-H Curriculum</td>
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<tr>
<td>• Aerospace Adventures Helper's Guide (#06846)</td>
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<tr>
<td>• Aerospace Adventures CD (#07605)</td>
</tr>
</tbody>
</table>

### 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:

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

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- An item made in this project. Suggested items:
  - Rocket made from a kit (Skill Level 3 or 4, include plans).
  - Box kite (include plans)
  - Any model rocket or airplane (Advanced skill level) not built from a kit (include plans).
  - Remote control airplane made from a kit (include plans).

**OR**

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

**OR**

- Report of things you learned or researched.

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

*See Special Directions at end of requirements.*

### County Requirements:

**PLEASE NOTE:** All Pilot in Command, Stage 4 project exhibits in Benewah County must be accompanied by the current member manual *Pilot In Command, Stage 4, Aerospace Activity Guide* (#06845).

### Supporting Materials:

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

### Optional Materials:

- Go Cyber-Camp Website: [http://gocybercamp.org/](http://gocybercamp.org/)

### 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

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</table>
| **Bicycling for Fun**<br> Grades 3-5 | There are no specific requirements for completing Cloverbud projects. Volunteers may work through the lessons in this manual as they wish according to the members’ abilities. | • Exhibiting at the Fair is optional and non-competitive.  
• Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual.  
• The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required.  
• A participation ribbon or similar recognition may be given. |

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

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

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

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

### BICYCLE

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<td><strong>Wheels in Motion</strong></td>
<td>In the member’s current Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Grades 6-8</td>
<td>• Complete a minimum of 7 achievement activities and 2 Leadership experiences each project year (first year members must complete all the “backtrack” activities on pages 11-12).</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></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>National 4-H Curriculum</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>• <em>Wheels In Motion</em>, (#08335)</td>
<td>• Have your project helper date (month and year) and initial each activity when it is finished.</td>
<td></td>
</tr>
<tr>
<td>• <em>4-H Involvement Report</em>, (#91910)</td>
<td>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td></td>
</tr>
<tr>
<td>• <em>4-H Project Record Book</em>, (#91950)</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>• 4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>• <em>Bicycle Group, Helper’s Guide</em>, (#08336)</td>
<td>• 4-H Project Record Book (#91950)</td>
<td></td>
</tr>
<tr>
<td>• <em>Bicycle - Don’t Get Stuck: Fix It DVD</em>, (#08399)</td>
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</table>

#### County Requirements:

**PLEASE NOTE**: All *Wheels In Motion* project exhibits in Benewah County must be accompanied by the current member manual *Wheels In Motion*, (#08335).

### Supporting Materials

To order materials from National 4-H Council visit

[http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx](http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx)
# COMPUTER POWER UNLIMITED

## Projects & Materials

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<tr>
<td>• “CPU Newbie Know-How,” (#BU-08346)</td>
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<tr>
<td>• “CPU 1, Inside the Box,” (BU-08347)</td>
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<tr>
<td>• “CPU 2, Peer to Peer,” (#BU-8348)</td>
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<tr>
<td>• “CPU 3, Teens Teaching Tech,” (BU-08349)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
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</table>

<table>
<thead>
<tr>
<th>Volunteer Materials:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Located inside each curriculum book.</td>
</tr>
</tbody>
</table>

## Requirements

- **Note**: The first book in the curriculum, “Newbie-Know-How,” is intended as a resource to support the other books. It can, however, be used as a project for persons just learning about computers.

- ➢ Because many youth today are well-acquainted with computers, they should work with the Volunteer and review the materials to determine an appropriate book to use. Use the Newbie-Know-How as a review and to help identify interests and youth capabilities. Pick one of the books within the curriculum and complete all activities.

- ➢ Give and oral presentation in which you instruct the audience about an aspect of computer technology. Pick a topic such as “What you should know when buying a computer,” or “Tips for using the Internet.” Youth should determine their own topic to teach about computers.

  Complete the following:

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

## Exhibit Requirements

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

---

**County Requirements:**

*PLEASE NOTE*: All **Computer Power Unlimited** project exhibits in Benewah County must be accompanied by the current member manual “CPU 1, Inside the Box,” (BU-08347) or “CPU 2, Peer to Peer,” (#BU-08348) or “CPU 3, Teens Teaching Tech,” (BU-08349).

**Supporting Materials**

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

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

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

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

### Requirements

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

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

### Exhibit Requirements

- *4-H Project Record Book* (#91950)
- *4-H Involvement Report* (#91910)
- Completed Member Guide AND

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

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

### County Requirements:

**PLEASE NOTE:** All *Magic of Electricity* project exhibits in Benewah County must be accompanied by the current member manual *Magic of Electricity, Level 1* (#08648).

### Supporting Materials

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

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<tr>
<td><strong>Investigating Electricity</strong></td>
<td>In the member’s current 4HCCS Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials: National 4-H Curriculum</td>
<td>• Complete at least 3 required activities and 4 optional activities each year.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• Investigating Electricity, Level 2 (#06849)</td>
<td>• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.</td>
<td>• Completed member guide AND</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</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>• 4-H Project Record Book (#91950)</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>Volunteer Materials: National 4-H Curriculum</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>• Electric, Group Guide (#06852)</td>
<td>Complete the following:</td>
<td>• One of the following items (each year it should be a different item):</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>o Homemade Flashlight</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>o Simple Switch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>o Circuit with two batteries and one light bulb</td>
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<td></td>
<td></td>
<td>o Electromagnet</td>
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<td></td>
<td></td>
<td>o Galvanometer</td>
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<tr>
<td></td>
<td></td>
<td>o Electric Motor</td>
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</tbody>
</table>

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

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**County Requirements:**

**PLEASE NOTE:** All **Investigating Electricity** project exhibits in Benewah County must be accompanied by the current member manual **Investigating Electricity, Level 2 (#06849).**

**Supporting Materials**

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

#### Youth Materials:
**National 4-H Curriculum**
- Wired for Power, Level 3 (#06850)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

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

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<th>Projects &amp; Materials</th>
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<tbody>
<tr>
<td><strong>In the member’s current Manual:</strong></td>
<td>• 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:</td>
<td>• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Completed Member Guide AND Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following: • A poster (14”x22”) or display illustrating something you learned in this project this year. • A scrapbook of pictures of a Leadership activity or circuits made or being tested. • One of the following items (each year it should be a different item): o Electrical tool and supply kit o Display of symbols on wires and cables and their meaning o Display of light bulbs and the jobs they do best o Poster on how to read an appliance nametag o Chart showing the electrical usage of appliances o Poster on how to replace a switch <strong>Note:</strong> Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.</td>
</tr>
</tbody>
</table>

### County Requirements:
**PLEASE NOTE:** All Investigating Electricity project exhibits in Benewah County must be accompanied by the current member manual Investigating Electricity, Level 2 (#06849).

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

## Projects & Materials

### Youth Materials:
- **National 4-H Curriculum**
  - *Entering Electronics, Level 4 (#06851)*
  - *4-H Involvement Report (#91910)*
  - *4-H Project Record Book (#91950)*

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

## Requirements

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

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

## Exhibit Requirements

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

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

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

## County Requirements:

**PLEASE NOTE:** All *Entering Electronics* project exhibits in Benewah County must be accompanied by the current member manual *Entering Electronics, Level 4 (#06851)*.

## Supporting Materials

To order materials from National 4-H Council visit [http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx](http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx)
# Science & Technology
## ENGINES, TRACTORS, FIELD EQUIPMENT

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</table>
| **Crank It Up, Grades 3-5** | In the member’s current Manual:  
- Complete a minimum of 7 required/optional activities each year.  
- Finish at least 21 of the required and optional activities within 3 years to pass each book.  
- Have your project helper date (month and year) and initial each activity when it is finished.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. |  
- 4-H Project Record Book #91950  
- 4-H Involvement Report (#91910)  
- **Crank It Up, Level 1** (#83751)  
Exhibit one of the following:  
- A poster (14”x22”) or display illustrating something you learned in this project this year.  
- A scrapbook of pictures of an activity you conducted  
- One of the following items (each year it should be a different item):  
  - History of Engines  
  - Classifying Small Engines  
  - Uses of Small Engines  
  - Matching machines to the job  
  - Engine operation  
  - Small Engine Parts  
  - Buying Small Engine Parts  
  - Electrical System Operation  
  - Needs for Lubrication  
  - Needs for Cooling System  

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

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

| Volunteer Materials: National 4-H Curriculum | Complete the following:  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) |  

| County Requirements: |  

### Optional Supporting Materials:
- www.briggsandstratton.com (Briggs and Stratton)  
- www.arien.com (Arian)  
- www.deere.com (John Deere)  
- www.kohlerengines.com (Kohler)  
- http://www.tecumseh.com (Tecumseh)

### Support Materials:
To order from National 4-H Mall visit:  
http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx

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# Science & Technology

## ENGINES, TRACTORS, FIELD EQUIPMENT (cont.)

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| **Warm It Up, Grades 6-8** | In the member’s current Manual:  
- Complete a minimum of 7 required/optional activities each year.  
- Finish at least 21 of the required and optional activities within 3 years to pass each book.  
- Have your project helper date (month and year) and initial each activity when it is finished.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project. | • 4-H Project Record Book (#91950)  
• 4-H Involvement Report (#91910)  
• Warm It Up, Level 2 (#08187)  
Exhibit one of the following:  
- A poster (14”x22”) or display illustrating something you learned in this project this year.  
- A scrapbook of pictures of an activity you conducted  
- One of the following items (each year it should be a different item):  
  - Classifying small engines  
  - Determining engine size  
  - Comparison of diesel and gasoline engines  
  - Alternative energy sources  
  - Grades of gasoline  
  - Grades of engine oil  
  - Small engine parts  
  - Buying engine parts  
  - Air cleaner cutaway  
  - Electrical system cutaway  
  Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or |

| **Youth Materials: National 4-H Curriculum** | |  |
| - Warm It Up, Level 2 (#08187)  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950) | |  |

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

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

### County Requirements:

**Optional Supporting Materials:**
- [www.briggsandstratton.com](http://www.briggsandstratton.com) (Briggs and Stratton)
- [www.arien.com](http://www.arien.com) (Arian)
- [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)

**Support Materials:**
To order from National 4-H Mall visit:
[http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx](http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx)
# Science & Technology

## ENGINES, TRACTORS, FIELD EQUIPMENT (cont.)

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<tr>
<td>Tune It Up, Level 3 (#08188)</td>
<td>Small Engines Helper’s Guide (#83754)</td>
</tr>
<tr>
<td>4-H Involvement Report (#91910)</td>
<td></td>
</tr>
<tr>
<td>4-H Project Record Book (#91950)</td>
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</tr>
</tbody>
</table>

### Requirements

In the member’s current Manual:

- Complete a minimum of 7 required/optimal activities each year.
- Finish at least 21 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.

### Exhibit Requirements

- 4-H Project Record Book #91950
- 4-H Involvement Report (#91910)
- Tune It Up, Level 3 (#08188)
- A poster (14”x22”) or display illustrating something you learned in this project this year.

### OR

- A scrapbook of pictures of an activity you conducted
- One of the following items (each year it should be a different item):
  - Small engine cutaway
  - Small engine tools and their uses
  - Troubleshooting a small engine
  - Engine valve failures
  - Lawnmower blades service
  - Rebuild a small engine
  - Rebuild small engine equipment
  - Build equipment powered by small engines, such as log splitter, go-cart, etc.
  - Small engine design trends
  - Oil refining process

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

### County Requirements:

### Optional Supporting Materials:

- Briggs and Stratton
  - www.arien.com (Arian)
  - www.deere.com (John Deere)
  - www.kohlerengines.com (Kohler)
  - http://www.tecumseh.com (Tecumseh)

### Support Materials: [Visit National 4-H Mall](http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx)
# Science & Technology

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### GEOSPATIAL

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

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

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

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

### ROBOTICS

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<tr>
<td><strong>Junk Drawer Robotics</strong></td>
<td>Project Requirements:</td>
<td>• Complete Robotics Notebook (#08435)</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• 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)</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>• Junk Drawer Robotics: Youth Robotics Notebook (#08435)</td>
<td>• Give an oral presentation for each curriculum level demonstrating the designs. Presentations should include discussion of each of the Engineering Design Process stages.</td>
<td>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>Complete the following:</td>
<td>• One or more youth-designed junk drawer robots.</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• 4-H Involvement Report (#91910)</td>
<td></td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td>• Junk Drawer Robotics, Level 1: Give Robots a Hand (#08431)</td>
<td>• 4-H Involvement Report (#91910)</td>
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<tr>
<td>• Junk Drawer Robotics, Level 2: Robots on the Move (#08432)</td>
<td>• 4-H Project Record Book (#91950)</td>
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<tr>
<td>• Junk Drawer Robotics, Level 3: Mechatronics (#08433)</td>
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**County Requirements:**
Check with your County Extension office for more information.

**Optional Supporting Materials:**
Facilitator Resources: [http://www.4-h.org/resource-library/curriculum/4-h-robotics/facilitator-resources/](http://www.4-h.org/resource-library/curriculum/4-h-robotics/facilitator-resources/)

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

4-H Robotics Curriculum - [http://www.4-h.org/resource-library/curriculum/4-h-robotics/](http://www.4-h.org/resource-library/curriculum/4-h-robotics/)
## Science & Technology

### Tournament Track

#### Projects & Materials

**FIRST® LEGO® League (FLL)**

**Youth Materials:**
- LEGO® MINDSTORMS® NXT or EV3 set and associated programming software
- Field Setup Kit
- FLL Challenge

**Volunteer Materials:**
- Participate in volunteer coach/mentor training by University of Idaho Extension Robotics
- Register team with FIRST
- FLL Coaches’ Handbook

#### Requirements

**Project Requirements:**
- Attend majority of club/project meetings
- Complete your FLL Project: 1) identify problem; 2) create innovative solution; 3) share research and solution; 4) present at a tournament (see FLL Coaches’ Handbook)
- Share your project research and solution with a community group (see FLL Coaches’ Handbook)
- Complete and submit your project summary and robot design executive summary to UI Extension Robotics

**Exhibit Requirements:**
- With your team, complete robot build and associated programming
- Participate in at least one Idaho FLL Qualifying Tournament
- Present your Project to a community group and to judge panel at your local FLL qualifying tournament (see FLL Coaches’ Handbook)

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

#### Optional Supporting Materials:
Register your FLL team and purchase materials: [https://gofll.usfirst.org/](https://gofll.usfirst.org/)
Learn more about FIRST and FLL: [http://www.usfirst.org](http://www.usfirst.org)
University of Idaho Extension Robotics: [http://www.uidaho.edu/extension/4h/robotics](http://www.uidaho.edu/extension/4h/robotics)
# Science & Technology

## ROBOTICS: Tournament Track

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<td><strong>FIRST® Tech Challenge (FTC®)</strong></td>
<td>Project Requirements:</td>
<td>• With your team, complete robot build and associated programming</td>
</tr>
<tr>
<td><strong>Youth Materials:</strong></td>
<td>• Attend majority of club/project meetings.</td>
<td>• Participate in the Idaho FTC State Championship Tournament.</td>
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<tr>
<td>• Tetrix or Matrix kit of parts</td>
<td>• Community Outreach (see FTC Coaches’ Manual).</td>
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<tr>
<td>• Assembled playing field (constructed by team)</td>
<td>• Complete your Engineering Notebook (see FTC Coaches’ Manual).</td>
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<tr>
<td>• FTC Kit of Parts</td>
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<tr>
<td>• FTC Game Manuals</td>
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<tr>
<td>• FTC Online Team Resources</td>
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<tr>
<td><strong>Volunteer Materials:</strong></td>
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</tr>
<tr>
<td>• Participate in volunteer coach/mentor training by University of Idaho Extension Robotics</td>
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<tr>
<td>• Register team with FIRST</td>
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</tr>
<tr>
<td>• FTC Coaches’ Manual</td>
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<tr>
<td>• FTC Mentor’s Guide</td>
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<tr>
<td>Register for State Championship tournament with University of Idaho Extension Robotics</td>
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<tr>
<td><strong>County Requirements:</strong></td>
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<tr>
<td>Check with your County Extension office for more information.</td>
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<tr>
<td><strong>Optional Supporting Materials:</strong></td>
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<tr>
<td>Learn about FTC and start a team: <a href="http://www.usfirst.org/roboticsprograms/ftc/start-a-team">http://www.usfirst.org/roboticsprograms/ftc/start-a-team</a></td>
<td></td>
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</tr>
<tr>
<td>Register your team and purchase materials: <a href="http://www.usfirst.org/roboticsprograms/ftc/registration">http://www.usfirst.org/roboticsprograms/ftc/registration</a></td>
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# Wind Energy

## Projects & Materials

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

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

## Requirements

- 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.

## Exhibit Requirements

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

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

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

### Optional Supporting Materials:
## WOOD SCIENCE

### Projects & Materials

#### Measuring Up, Grades 2-4

**Youth Materials:** National 4-H Curriculum
- *Measuring Up, Level 1* (#83860)
- *4-H Involvement Report* (#91910)
- *4-H Project Record Book* (#91950)

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

#### Requirements

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

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

#### Exhibit Requirements

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

- One (1) item from the list below; select a different item to exhibit for the second and third year.
  - A rabbit puzzle (p. 27).
  - A wood airplane (p. 28).
  - A wood box (p. 30).
  - A letter holder (p. 32).
  - A picture frame (p. 34).
  - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 10).

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

### County Requirements:

**PLEASE NOTE:** All *Measuring Up, Level 1* project exhibits in Benewah County must be accompanied by the current member manual *Measuring Up, Level 1* (#83860).

### Supporting Materials:

To order National 4-H Woodworking curriculum visit:
[http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx](http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx)
## Projects & Materials

**Making the Cut, Grades 4-6**

### Youth Materials: National 4-H Curriculum
- *Making the Cut, Level 2, (#06876)*
- *4-H Involvement Report (#91910)*
- *4-H Project Record Book (#91950)*

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

### Requirements

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

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

### Exhibit Requirements

- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*
- One (1) item from the list below; select a different item to exhibit for the second and third year.
  - A display of wood types (p.14).
  - A tool box (p. 29).
  - A bird house (p. 31).
  - A sawhorse (p. 32).
  - A wood whistle (p. 33).
  - A foot stool (p. 34).
  - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 11).

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

### County Requirements:

**PLEASE NOTE:** All *Making the Cut, Level 2* project exhibits in Benewah County must be accompanied by the current member manual *Making the Cut, Level 2, (#06876).*

### Supporting Materials:

To order National 4-H Woodworking curriculum visit:
[http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx](http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx)
### Projects & Materials

**Nailing It Together, Grades 6-8**

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

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

### Requirements

In the member’s Manual:

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

Complete the following:

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

### Exhibit Requirements

- *4-H Project Record Book (#91950)*
- *4-H Involvement Report (#91910)*
- One (1) item from the list below; select a different item to exhibit for the second and third year.
  - A 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:

**PLEASE NOTE:** All *Nailing It Together, Level 3* project exhibits in Benewah County must be accompanied by the current member manual *Nailing It Together, Level 3 (#06877)*.

### Supporting Materials:

To order National 4-H Woodworking curriculum visit:
[http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx](http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx)
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<td><strong>Finishing Up, Grades 9-12</strong></td>
<td>In the member’s Manual:</td>
<td>• 4-H Project Record Book (#91950)</td>
</tr>
<tr>
<td>Youth Materials: 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>• 4-H Involvement Report (#91910)</td>
</tr>
<tr>
<td>• <em>Finishing Up</em>, Level 4 (#06878)</td>
<td>• Complete all four steps of the <em>Measuring Up</em> Planning Guide—Project goals, Leadership experiences, project highlights and project review.</td>
<td>• One (1) item from the list below; select a different item to exhibit for the second and third year.</td>
</tr>
<tr>
<td>• 4-H Involvement Report (#91910)</td>
<td>• Complete at least 21 of the required and optional activities within three years to complete this achievement program.</td>
<td>o A wood vehicle (p. 26).</td>
</tr>
<tr>
<td>• 4-H Project Record Book (#91950)</td>
<td>• Have your woodworking helper date and initial the activities as you complete them.</td>
<td>o A tabletop hockey game (p. 28).</td>
</tr>
<tr>
<td>Volunteer Materials: National 4-H Curriculum</td>
<td>➢ Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</td>
<td>o A step stool or chair (p. 31).</td>
</tr>
<tr>
<td>• Woodworking Helper’s Guide (#06879)</td>
<td>Complete the following:</td>
<td>o A toy dog (p. 33).</td>
</tr>
<tr>
<td></td>
<td>• 4-H Involvement Report (#91910)</td>
<td>o A door knocker (p. 34).</td>
</tr>
<tr>
<td></td>
<td>• 4-H Project Record Book (#91950)</td>
<td>o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8).</td>
</tr>
</tbody>
</table>

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

**County Requirements:**

*PLEASE NOTE:* All *Finishing It Up, Level 4* project exhibits in Benewah County must be accompanied by the current member manual *Finishing Up, Level 4* (#06878).

**Supporting Materials:**

To order National 4-H Woodworking curriculum visit:

http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx
Develop Your Own Project

### SELF-DETERMINED

**Projects & Materials**

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| • You Decide! Decision Making Guide for Self-Determined Projects (#91001) | Project Requirements:  
  - Choose subject for project study.  
  - Set your own project goals.  
  - Develop a plan to reach project goals.  
  - Carry out your plan.  
  - Report your accomplishments.  
  - Evaluate progress toward goals.  
  - Determine changes or revisions desirable in your plan.  
  - Prepare a written report.  
  - Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
  - 4-H Involvement Report (#91910) | • 4-H Involvement Report (#91910)  
• Written report showing plan and accomplishments. Include sections on:  
  o Goals you set.  
  o Methods used.  
  o What you learned.  
  o Your conclusions or observations.  
• Evaluation of your project.  

**Volunteer Materials:**

| Volunteer’s Guide for Self-Determined Projects (#91002) | 4-H Involvement Report (#91910) | Optional: A poster (14”x22”) displaying your completed project. |

**County Requirements:**

Check with your County Extension office for more information.