



University of Idaho
Extension

#93000

2023-2024

Idaho 4-H Project Requirements Handbook



University of Idaho
Extension



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

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

REVISED 10/01/23 by Robin Baumgartner, 4-H Curriculum Team Lead
Please contact Robin at rbaumgartner@uidaho.edu to report errors within this publication.

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2023-24 Idaho 4-H Project Requirements Handbook: Summary of Changes

Welcome to the 2023-24 4-H year.

As we continue to try to make our resources more user-friendly, you will notice some cosmetic changes to the pages again this year, most significantly, you will see a yellow highlighted box at the top of page 1 of each project with the Z-Suite project title. Please use this title when you enroll in projects through ZSuite.

Below are the major changes for this year's Idaho 4-H projects:

Project	Change Made
LEGO Robotics Lv 1: Robotics 1 with EV3	Deleted – EV3 robotics platform has been discontinued
LEGO Robotics Lv 2: Robotics 2: Ev3n More	Deleted – EV3 robotics platform has been discontinued

If you have any questions or concerns, please contact Robin Baumgartner at rbaumgartner@uidaho.edu.

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Enroll in ZSuite Under this Project Name: ART-CREATE ART NOW
Approved for 2023-24 Project Year

Project Description: 4-H Create Art Now is an adult helper/volunteer guide to teach drawing, painting, sculpting, along with wraparound activities on exhibiting, community art, and the entrepreneurial side of art.

REQUIRED YOUTH CURRICULUM
Elements and Principles of Design Card (SKU 924)
Color Wheel Card
Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet (9/22)
Sketchbook and portfolio (see curriculum or purchase any brand)
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book
Optional for youth: 4-H Create Art Now (2022)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
4-H Create Art Now (2022)
Elements and Principles of Design Card (SKU 924), 2018
Color Wheel Card
Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet (9/22)

SUPPLEMENTAL RESOURCES
Please note: Create Art Now is designed for youth, 9-14 years, and may be used in a variety of youth development and academic settings. Youth will be most successful doing this project when the adult helper/volunteer incorporates the life skills, elements and principles of design, and background information provided with each lesson in the curriculum.

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Note: Art skills develop with practice and it is strongly encouraged that activities are repeated multiple times to build skills and produce a quality artwork. A lesson may have one or more activities.
	q Complete five lessons from the three units (Drawing, Painting, or Sculpting). OR complete five lessons from one unit. OR complete one lesson five times, showing growth in art skills in the final artwork.
	With an adult, critique one of your artworks.
	Write an artist statement for one of your artworks (See Artpreneurship).
	Complete a final artwork and exhibit in a community space (library, school, fair, or other public locations).
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Final artwork created during this project year not to exceed, including mounting board if needed, 24" x 36" or for sculpture 11½" x 17½" x 10½". <ul style="list-style-type: none"> • On a 4" x 6" index card label the final artwork with the following: Your Name, Artwork Title and Date, Element(s) expressed, Principle(s) expressed, Art Skill(s) learned.

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Enroll in ZSuite Under this Project Name: ART-GET STARTED IN ART

Approved for 2023-24 Project Year

Project Description: In this project, youth will learn to basic art terms and concepts, and practice applying them through creating artworks.

REQUIRED YOUTH CURRICULUM

[Get Started in Art](#) (The Ohio State University 4-H592) 2019

[Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet](#) (rev. 9/3/20)

Large, bound sketchbook (any brand)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Get Started in Art](#) (The Ohio State University 4-H592) 2019

[How to Teach Art to Children](#) (Evan-Moor Publishing, 2001)

[4-H Art Helper's Guide](#)

[Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet](#) (rev. 9/3/20)

[4-H Art Matrix](#)

[Elements & Principles of Design Card](#) (BUL 924), 2018

SUPPLEMENTAL RESOURCES

Idaho 4-H Get Started in Art Page: <http://www.uidaho.edu/extension/4h/projects/art-get-started>



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete six (6) activities producing your best piece. This may require repeating the same activity several times to build your skills and produce a quality art piece.
	Complete the Talking It Over section for each activity.
	Take part in at least one (1) learning experience and at least one (1) leadership/civic activity (page 6).
	Write a project summary/story (page 7).
	With an adult, critique one of your artworks.
	Complete a final art piece (page 7) and exhibit it.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Get Started in Art Activity Book.
	Final art piece created during this project year not to exceed, including mounting board if needed, 24" x 36" or for sculpture 11½" x 17½" x 10½". <ul style="list-style-type: none"> • On a 4" x 6" index card label the final artwork with the following: Your Name, Artwork Title and Date, Element(s) expressed, Principle(s) expressed, Art Skill(s) learned. Final art piece ideas are suggested, but optional, in the book, pages 29-37.

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Enroll in ZSuite Under this Project Name: ART-HANDWORK FROM OUR HERITAGE

Approved for 2023-24 Project Year

Project Description: Youth will choose a traditional handcraft area with a history of at least 100 years. Skills will be acquired through research and/or learning from community members with experience in the art form. Project may be repeated multiple years, building new skills in each year.

REQUIRED YOUTH CURRICULUM

[Handwork From Our Heritage \(#23120\)](#), 2006

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Handwork From Our Heritage Leader's Guide \(#23122\)](#), 2006

SUPPLEMENTAL RESOURCES

If you are planning to take your project in Area E: Quilting (Patchwork, Applique, or Embroidered Quilt) it is highly recommend that you take the Idaho 4-H Quilting Project from the Clothing, Textiles, and Design section of this handbook instead of Handwork from Our Heritage.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one traditional handcraft area and set at least three goals that they want to achieve. You are not limited to the specific areas listed in the manual.
	Learn and develop skills necessary to complete your goals and the area unit through research or instruction from a person in your community who has this skill.
	Write a history of the handwork you have chosen as your project area. Include when and where the handwork originated, what it was used for, and how and when it came to the United States. Be sure to cite your sources.
	Complete the specific unit requirements in the manual for your project area. You will complete a new unit each year you repeat the project.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your report on the history of your chosen handcraft area
	Finished item(s) as listed in the exhibit requirements for the area and unit you completed this year

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Enroll in ZSuite Under this Project Name: ART-LEATHERCRAFT-Level 1

Approved for 2023-24 Project Year

Project Description: In this project, youth will learn about six basic leatherworking tools, how to prepare leather for tooling, transferring designs, edging and finishing, and protective finishes for leather items.

REQUIRED YOUTH CURRICULUM

[Leathercraft Supplement Skills Checklist \(#23102\) 2020](#)

[ABC's of Leatherwork \(Tandy 61904-00\) 1984](#)

[Leathercrafting \(Tandy 618910-01\) 2005](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE 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, or seeder.
	Learn how to prepare leather for tooling (casing).
	Learn how to transfer a design.
	Learn how to edge and finish leather articles.
	Learn to apply different protective finishes.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Leathercraft Supplement/Skills Checklist
	One article you made, which shows the skills expected for your unit. Precut kits may be used as long as the expected learning experiences for the level can be performed and demonstrated through completing the kit.
	OPTIONAL: Youth may enter up to three optional exhibits that are an outgrowth of the project level. Each optional exhibit must focus on a different leathercrafting skill learned within the project.

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Enroll in ZSuite Under this Project Name: ART-LEATHERCRAFT-Level 2

Approved for 2023-24 Project Year

Project Description: In this project, youth will learn to use additional tools and stamps, including the swivel knife, and basic lacing and stitching skills.

REQUIRED YOUTH CURRICULUM

[Leathercraft Supplement Skills Checklist \(#23102\) 2020](#)

[ABC's of Leatherwork \(Tandy 61904-00\) 1984](#)

[Leathercrafting \(Tandy 618910-01\) 2005](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a rounder or square of tooled practice leather (3" x 4").
	Choose three new skills to learn and demonstrate in your exhibition project.
	Learn to use the three basic tools you did not learn in Beginning level: beveler, veiner, pear shader, camouflage, backgrounder, or seeder.
	Learn to carve leather using a swivel knife.
	Learn lacing skills such as whipstitch, running stitch, handstitch, decorative stitches, and splicing.
	Complete Leathercraft Supplement/Skills Checklist (#23102).
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Leathercraft Supplement/Skills Checklist
	One article you made, which demonstrates the new skills you learned this year. Precut kits may be used as long as the expected learning experiences for the level can be performed and demonstrated through completing the kit.
	OPTIONAL: Youth may enter up to three optional exhibits that are an outgrowth of the project level. Each optional exhibit must focus on a different leathercrafting skill learned within the project.

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Enroll in ZSuite Under this Project Name: ART-LEATHERCRAFT-Level 3

Approved for 2023-24 Project Year

Project Description: Youth will continue their leathercrafting mastery by learning skills such as how to dye leather, carve figures, filigree, and advanced lacing techniques.

REQUIRED YOUTH CURRICULUM

[Leathercraft Supplement Skills Checklist \(#23102\)](#) 2020

[ABC's of Leatherwork](#) (Tandy 61904-00) 1984

[Leathercrafting](#) (Tandy 618910-01) 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

[Leatherwork Manual](#) (Tandy 61891-00)

[Figure Carving Book](#) (Tandy 6045-00)

[How to Carve Leather](#) (Tandy 6047-00)

[Lacing and Stitching for Leathercraft](#) (Tandy 61906-00)

[How to Buckstitch](#) (Tandy 61946-00)

[Coloring Leather Book](#) (Tandy 61942-00)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a rounder or square of tooled practice leather (3" x 4").
	Add two new skills or techniques not mastered in Beginning or Intermediate levels.
	Learn figure carving.
	Learn inverted leather carving.
	Learn to apply dyes using techniques such as block, solid color, background dyeing, or antique stains.
	Learn to filigree.
	Assemble a filigreed article with a suitable colored background.
	Learn advanced lacing skills such as backstitch, buckstitching, or Florentine.
	Design and produce your own exhibit project using advanced techniques.
	Complete Leathercraft Supplement/Skills Checklist (#23102).
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Leathercraft Supplement/Skills Checklist
	One article you designed and made, which demonstrates the advanced skills learned this year. Precut kits may be used as long as the expected learning experiences for the level can be performed and demonstrated through completing the kit.
	OPTIONAL: Youth may enter up to three optional exhibits that are an outgrowth of the project level. Each optional exhibit must focus on a different leathercrafting skill learned within the project.

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Enroll in ZSuite Under this Project Name: ART-PHOTOGRAPHY-Lv 1: Photography Basics

Approved for 2023-24 Project Year

Project Description: In this project, youth will begin to explore the photography. Topics include equipment, lighting, composition, skill building, using the flash, black and white photography, and taking selfies.

REQUIRED YOUTH CURRICULUM

Photography Basics, Book 1 (#01902Y), 2019

ZSuite 4-H Involvement Report

ZSuite 4-H Project Record Book

Youth will need access to a camera (cell phone or DSLR), and adequate photo storage (digital and/or physical) to complete this project.

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Explore four (4) project areas in Book 1: Equipment, Lighting, Composition, and Skill Building. For each area, complete two (2) photo shoot activities of your choice, plus the “talking it over” activity from the manual.
	Maintain a photo journal or scrapbook.
	Complete one Learning Experience from the suggestions on page 5 of the manual.
	Complete one Leadership/Civic Engagement activity from the suggestions on page 6 of the manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Photography Basics Manual (#01902Y)
	Photo journal/scrapbook
	An 8" x 10" photo-quality print of your best photograph, mounted on mat board no larger than 12" x 14".

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Enroll in ZSuite Under this Project Name: ART-PHOTOGRAPHY-Lv 2: Next Level Photography
Approved for 2023-24 Project Year

Project Description: In this project, youth will continue a more formal study in photography by building on the basics learned in Level 1. New concepts introduced include the rule of thirds, lens selection, and panoramic shots.

REQUIRED YOUTH CURRICULUM

[Next Level Photography Book 2](#) (#01903Y), 2019

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

Youth will need access to a camera (cell phone or DSLR), and adequate photo storage (digital and/or physical) to complete this project.

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Explore the major content areas of photography in Book 2: Equipment, Lighting, Composition, and Skill Building. For each area, complete two (2) photo shoot activities of your choice, plus the “talking it over” activity from the manual.
	Maintain a photo journal or scrapbook.
	Complete one Learning Experience from the suggestions on page 5 of the manual.
	Complete one Leadership/Civic Engagement activity from the suggestions on page 6 of the manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Next Level Photography Manual (#01903Y)
	Photo journal/scrapbook
	An 8" x 10" photo-quality print of your best photograph, mounted on mat board no larger than 12" x 14".

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Enroll in ZSuite Under this Project Name: ART-PHOTOGRAPHY-Lv 3: Mastering Photography
Approved for 2023-24 Project Year

Project Description: Mastering Photography is an advanced-level book for the serious study of photography. Activities build from Levels 1 and 2, plus new concepts introduced such as smartphone exposure tips, low light challenges, and taking studio portraits.

REQUIRED YOUTH CURRICULUM
Mastering Photography Book 3 (#01904Y), 2019
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book
Youth will need access to a camera (cell phone or DSLR), and adequate photo storage (digital and/or physical) to complete this project.

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
none

SUPPLEMENTAL RESOURCES
none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Deepen your study and understanding of the major content areas of photography on Book 3: Equipment, Lighting, Composition and Skill Building. For each area, complete two (2) photo shoot activities of your choice, plus the “talking it over” activity from the manual.
	Maintain a photo journal or scrapbook.
	Complete one Learning Experience from the suggestions on page 5 of the manual.
	Complete one Leadership/Civic Engagement activity from the suggestions on page 6 of the manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Mastering Photography Manual (#01904Y)
	Photo journal/scrapbook
	An 8" x 10" photo-quality print of your best photograph, mounted on mat board no larger than 12" x 14".

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Enroll in ZSuite Under this Project Name: ART-PORTFOLIO PATHWAYS

Approved for 2023-24 Project Year

Project Description: In this project, youth will work independently or with assistance while painting, printing or graphic designing; make local connections with the artistic community through service learning; and explore cultural and historical art experiences.

REQUIRED YOUTH CURRICULUM

[Portfolio Pathways Curriculum](#) (SKU 08141) 2005

[Elements & Principles of Design Card](#) (BUL 924), 2018 (recommended)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Portfolio Pathways Curriculum](#) (SKU 08141) 2005

[Elements & Principles of Design Card](#) (BUL 924), 2018

SUPPLEMENTAL RESOURCES

Please note: Portfolio Pathways is designed for middle through high school aged youth, and may be used in a variety of youth development and academic settings. Youth will be most successful doing this project when the adult helper incorporates the life skills, elements and principles of design, and background information provided with each activity in the manual.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	<p>Complete five activities from one unit of the Manual (Painting, Printing, or Graphic Design) OR Complete five activities from the three units in the Manual OR Complete a single activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. Note: Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.</p>
	Record activities in the Activity Log section of your ZSuite 4-H Record Book.
	Complete a two original artworks and exhibit them.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	<p>Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are:</p> <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Portfolio Pathways Manual (#23114)
	<p>Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:</p> <ul style="list-style-type: none"> • Artist name, unit, activity, and title • Original artwork title, element of design used, principle of design used, and life skill • On the back of the card explain how you used these elements and principles in your artwork.

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Enroll in ZSuite Under this Project Name: ART-SKETCHBOOK CROSSROADS

Approved for 2023-24 Project Year

Project Description: In this project, youth will work independently or with assistance while drawing, sculpting, or creating fiber arts; make local connections with the artistic community through service learning; and explore cultural and historical art experiences.

REQUIRED YOUTH CURRICULUM

[Sketchbook Crossroads Curriculum](#) (SKU 08140) 2005

[Elements & Principles of Design Card](#) (BUL 924), 2018 (recommended)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sketchbook Crossroads Curriculum](#) (SKU 08140) 2005

[Elements & Principles of Design Card](#) (BUL 924), 2018

SUPPLEMENTAL RESOURCES

Please note: Sketchbook Crossroads is designed for middle through high school aged youth and may be used in a variety of youth development and academic settings. Youth will be most successful doing this project when the adult helper incorporates the life skills, elements and principles of design, and background information provided with each activity in the manual.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	<p>Complete five activities from one unit in the Manual (Drawing, Fiber Arts, or Sculpting) OR Complete five activities from the three units in the Manual OR Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. Note: Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.</p>
	Record activities in the Activity Log section of your ZSuite 4-H Record Book.
	Complete two original artworks and exhibit them.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	<p>Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are:</p> <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Sketchbook Crossroads Manual (#084140)
	<p>Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:</p> <ul style="list-style-type: none"> • Artist name, unit, activity, and title • Original artwork title, element of design used, principle of design used, and life skill • On the back of the card explain how you used these elements and principles in your artwork

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Enroll in ZSuite Under this Project Name: ART-COWBOY POETRY-Spurrin' The Words

Approved for 2023-24 Project Year

Project Description: Youth will experience the oral traditions of cowboy poetry through writing and reciting cowboy poems.

REQUIRED YOUTH CURRICULUM

[Spurrin' the Words Member's Manual](#) (MSU 5308) 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Spurrin' the Words Volunteer's Guide](#) (MSU 5309) 2004

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the required activities in sections 1-4 of the Spurrin' the Words Member Manual.
	Write at least three (3) original poems composed of at least four (4) line stanzas.
	Demonstrate a specific rhyme pattern in your original poems.
	Complete at least three (3) additional activities from the Member Manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Exhibits may include any ONE of the following: <ul style="list-style-type: none"> • Display for one or more original poems • Educational display about classic cowboy poets • Educational display about historical BIPOC cowboys • Educational display about Western culture or history • Public performance of your original poems in an approved public exhibition (check with your local 4-H office)

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Enroll in ZSuite Under this Project Name: AVS-BEEF-Breeding
Approved for 2023-24 Project Year

Project Description: Youth will select, own, and care for one or more purebred or commercial heifers, cows or bulls for at least 90 days before exhibiting at the fair.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Lessons Skills Checklist](#)
[4-H Livestock Budget Template](#) (Microsoft Excel file)
[Seven Steps in Selecting Market Projects](#)
[4-H Permanent Individual Animal Record](#)
[ZSuite 4-H Involvement Report](#)
[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Beef Resource Handbook](#) (Ohio)
[4-H Animal Science Lesson Plans](#)
[4-H Animal Science Lesson Plan Topic Tracker](#)

SUPPLEMENTAL RESOURCES

[Market Beef Growth Chart](#)
[Youth Beef Quality Assurance Program Manual for the Pacific Northwest](#)
[Market Beef Planning Sheet](#)
[Idaho 4-H Livestock Costs and Returns Estimate](#)
[Beef, Sheep, and Swine Selection and Evaluation](#)
[Market Animal Health Supplement](#)
[Market Animal Weight Guidelines](#)
[Beef Showmanship Video](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one or more heifers, cows, or bulls for your Breeding Beef project. Bulls must be less than one (1) year of age by fair date to be exhibited at a 4-H show.
	Individually identify each animal with an ear tag and/or tattoo.
	Provide one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal <u>at least 90 days</u> .
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
	Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Exhibit and/or have project animal(s) evaluated at a county Extension approved fair, show, exhibition, or field day.
	Display performance data on exhibit or stall card.
	Exhibit one of your project animals in a Beef Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-BEEF-Market
Approved for 2023-24 Project Year

Project Description: Raise one or more steers or heifers for market. Show and sell your animal at the county fair.

REQUIRED YOUTH CURRICULUM

- [4-H Animal Science Lessons Skills Checklist](#)
- [4-H Livestock Budget Template](#) (Microsoft Excel file)
- [Seven Steps in Selecting Market Projects](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

- [Beef Resource Handbook](#) (Ohio)
- [4-H Animal Science Lesson Plans](#)
- [4-H Animal Science Lesson Plan Topic Tracker](#)

SUPPLEMENTAL RESOURCES

- [Market Beef Growth Chart](#)
- [Youth Beef Quality Assurance Program Manual for the Pacific Northwest](#)
- [Market Beef Planning Sheet](#)
- [Idaho 4-H Livestock Costs and Returns Estimate](#)
- [Beef, Sheep, and Swine Selection and Evaluation](#)
- [Market Animal Health Supplement](#)
- [Market Animal Weight Guidelines](#)
- [Beef Showmanship Video](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one or more steers or heifers for your Market Beef project.
	Individually identify each animal with an ear tag and/or tattoo.
	Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days.
	Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 130 days.
	Provide appropriate documentation, which includes a brand inspection, and/or a bill of sale. <u>Contact your local Extension Office for exact forms required and deadlines.</u>
	Complete five (5) Animal Science lessons/activities, gain at least five (5) new skills per year from the Idaho 4-H Animal Science Skills Checklist. One (1) must be Quality Assurance related.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Display performance data on exhibit or stall card.
	Exhibit project animal at community, county, or other county Extension approved livestock show.
	Exhibit one of your project animals in a Beef Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-BEEF-Stocker/Feeder
Approved for 2023-24 Project Year

Project Description: Manage and care for one or more beef animals during winter and/or the summer grazing period for at least 150 days.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Lessons Skills Checklist](#)

[4-H Livestock Budget Template](#) (Microsoft Excel file)

[Seven Steps in Selecting Market Projects](#)

[4-H Permanent Individual Animal Record](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Beef Resource Handbook](#) (Ohio)

[4-H Animal Science Lesson Plans](#)

[4-H Animal Science Lesson Plan Topic Tracker](#)

SUPPLEMENTAL RESOURCES

[Market Beef Growth Chart](#)

[Youth Beef Quality Assurance Program Manual for the Pacific Northwest](#)

[Market Beef Planning Sheet](#)

[Idaho 4-H Livestock Costs and Returns Estimate](#)

[Beef, Sheep, and Swine Selection and Evaluation](#)

[Market Animal Health Supplement](#)

[Market Animal Weight Guidelines](#)

[Beef Showmanship Video](#)

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PROJECT COMPLETION CHECKLIST

STATE 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 150 days.
	Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days.
	Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
	Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the 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.

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Enroll in ZSuite Under this Project Name: AVS-BIRDS-Market Broilers & Fryers

Approved for 2023-24 Project Year

Project Description: Own and provide primary care, proper housing, and feed for at least 10 chicks for at least 8 weeks, or until they are sold as fryers. Gain skill in financial management by raising and selling poultry.

REQUIRED YOUTH CURRICULUM

[4-H Market Broilers](#) (#UNL 4H308), 1989

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Poultry Lesson Plans](#) (PNW768), 2022

[4-H Market Broilers](#) (#UNL 4H308), 1989

SUPPLEMENTAL RESOURCES

[Feeding Meat-type Chickens](#) (PNW #658)

[4-H Poultry Showmanship Questions](#)

[Exhibiting 4-H Poultry](#) (Nebraska EC282)

[Poultry Options and Egg Production Record](#) (#72310)

[Poultry Judging](#) (Nebraska 72307)

[Ohio 4-H Poultry Resources](https://ohio4h.org/poultryresources) (<https://ohio4h.org/poultryresources>)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Must own and provide primary care, proper housing, and feed for your animal(s) for no less than eight (8) weeks.
	Minimum requirement is five (5) broilers.
	Complete 5 Poultry Lesson Plan activities. Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	ONE of the following exhibit options: <ul style="list-style-type: none"> • Exhibit three (3) birds as uniform as possible. • A display or poster (14"x22") that shows something new you learned this year related to a completed project activity.

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

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Enroll in ZSuite Under this Project Name: AVS-BIRDS-Pullets & Laying Hens

Approved for 2023-24 Project Year

Project Description:

REQUIRED YOUTH CURRICULUM

[Poultry Options and Egg Production Record \(#72310\)](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Poultry Lesson Plans \(PNW768\), 2022](#)

[The 4-H Poultry Project: An Introduction \(WY #12004C\), 2003](#)

SUPPLEMENTAL RESOURCES

[Exhibiting 4-H Poultry \(Nebraska EC282\)](#)

[Poultry Judging \(Nebraska #72307\)](#)

[4-H Poultry Showmanship Questions](#)

[Raising Pullets \(OH #4-H151\)](#)

[Ohio 4-H Poultry Resources \(https://ohio4h.org/poultryresources\)](https://ohio4h.org/poultryresources)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.
	Minimum requirement is five (5) pullets/hens. Chicks should be obtained early in the year so that they will be in production in the fall.
	Note: If pullets are to be continued as a laying project, at least 10 pullets are suggested (but not required) to start.
	Complete the Egg Production Record
	Complete 5 4-H Poultry Lesson Plan activities. Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	ONE of the following exhibit options: <ul style="list-style-type: none"> • Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production. • 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)

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Enroll in ZSuite Under this Project Name: AVS-BIRDS-Turkeys, Flocks, Other Birds
Approved for 2023-24 Project Year

Project Description: Learn about and care for a variety of feathered friends, **including domestic poultry, gamebirds, pigeons, or waterfowl**. Be sure to check with your county Extension Office for species-specific requirements.

REQUIRED YOUTH CURRICULUM

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Ohio 4-H Poultry Resources](https://ohio4h.org/poultryresources) (<https://ohio4h.org/poultryresources>)

SUPPLEMENTAL RESOURCES

[Poultry Options and Egg Production Record](#) (#72310)

[Exhibiting 4-H Poultry](#) (Nebraska EC282)

[Poultry Judging](#) (Nebraska #72307)

[4-H Poultry Showmanship Questions](#)

[Duck or Goose Project](#) (OH MA2102)

[4-H Pigeon and Dove Project](#) (OSU 4H154)

[Raising Turkeys](#) (OH MA2101)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days.
	Complete a minimum of 5 activities from supporting materials for Birds & Poultry.
	On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level, to the county Extension office by date specified
	ONE of the following exhibit options: <ul style="list-style-type: none"> • Exhibit one or a pair of birds. • 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).

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Enroll in ZSuite Under this Project Name: AVS-CAT

Approved for 2023-24 Project Year

Project Description: More cats live in U.S. homes than any other pet. You can join this contented group of pet owners by completing a cat project and learning more about our feline friends.

REQUIRED YOUTH CURRICULUM

[4-H Cat Project, Unit 1](#) (WSU EM4809E), 2015

[4-H Cat Project, Unit 2](#) (WSU EM4900E), 2013

[Cat Anatomy & Physiology, Unit 3](#) (WSU EM4289E), 2013

[Cat Fitting and Showmanship](#) (WSU EM4810E), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Cat Project, Unit 1](#) (WSU EM4809E), 2015

[4-H Cat Project, Unit 2](#) (WSU EM4900E), 2013

[Cat Anatomy & Physiology, Unit 3](#) (WSU EM4289E), 2013

[Cat Fitting and Showmanship](#) (WSU EM4810E), 2015

SUPPLEMENTAL RESOURCES

[Cat Showmanship Questions and Tips \(OH\)](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	One AND/OR both of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") or a display illustrating what you learned in this project this year. • Exhibit your project animal in a Cat Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-CAVY
Approved for 2023-24 Project Year

Project Description:

REQUIRED YOUTH CURRICULUM
4-H Cavy Advancement Program, Step One Checklist
4-H Cavy Advancement Program, Step Two Checklist
4-H Cavy Advancement Program, Step Three Checklist
4-H Cavy Advancement Program, Step Four Checklist
4-H Cavy Advancement Program, Step Five checklist
4-H Permanent Individual Animal Record
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
PNW 4-H Cavy Project Leaders Guide (PNW573)
Cavy Resource Handbook (Ohio)

SUPPLEMENTAL RESOURCES
4-H Cavy Project Health Supplement (Wisconsin 4-H Pub. No. 4H369D)
Standards of Perfection, American Rabbit Breeders Association
Official Guidebook: Raising Better Rabbits and Cavies (ARBA)
Your Guinea Pig by Wanda L. Curran (Open Library link)
American Cavy Breeders Association (www.acbaonline.com)
Cavy Genetics by Harry Claus (check your local library or bookstore)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Provide proper housing, food and primary care for your Cavies for at least 90 days.
	Complete 5 Animal Science Activities
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	One AND/OR both of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • Exhibit your project animal in a Cavy Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-DAIRY CATTLE

Approved for 2023-24 Project Year

Project Description: Care for one or more dairy cattle for at least 90 days before exhibiting at the county fair.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Lessons Skills Checklist](#)

[Market Animal Weight Guidelines](#)

[4-H Livestock Budget Template](#) (Microsoft Excel file)

[Seven Steps in Selecting Market Projects](#)

[4-H Permanent Individual Animal Record](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Dairy Resource Handbook](#) (OH #127R), 2016

[4-H Animal Science Lesson Plans](http://www.uidaho.edu/extension/4h/projects) (www.uidaho.edu/extension/4h/projects)

[4-H Animal Science Lesson Plan Topic Tracker](#)

SUPPLEMENTAL RESOURCES

[Dairy Heifer Growth Chart](#) (#72120)

[Monitoring Dairy Heifer Growth](#), Penn State, 1988

[4-H Dairy Cattle Production & Management Website](#) (Michigan State University)

https://www.canr.msu.edu/dairy_cattle



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Care for 1 or more dairy cattle at least 90 days.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Exhibit project animal at community, county, or other livestock show.
	Display performance data on exhibit or stall card.
	Exhibit one of your project animals in a Dairy Cattle Fitting and Showing class

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Enroll in ZSuite Under this Project Name: AVS-DOG
Approved for 2023-24 Project Year

Project Description:

REQUIRED YOUTH CURRICULUM
4-H Permanent Individual Animal Record
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
Dog Resource Handbook (OH #201R), 2018

SUPPLEMENTAL RESOURCES
Wiggles 'n' Wags, Level 1
Canine Connection, Level 2
Leading the Pack, Level 3
Dog Helper's Guide
4-H Dog Showmanship Guide (IN 4-H 716W)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Provide primary care for and train 1 or more dogs, which belong to the member or a family pet for at least 90 days. The dog may be registered or an unregistered, crossbred male or female.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	One AND/OR both of the following exhibit options (Note: Some counties may require both) <ul style="list-style-type: none"> • Exhibit dog you trained in appropriate obedience class according to experience and development as follows: <ul style="list-style-type: none"> ○ Unit 1 – Subnovice ○ Unit 2 – Novice ○ Unit 3 – Graduate Novice ○ Unit 4 – Open Class ○ Unit 5 – Open Challenge ○ Unit 6 – Utility • Exhibit one of your project animals in a Dog Fitting and Showing class

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Enroll in ZSuite Under this Project Name: AVS-GOAT-Breeding
Approved for 2023-24 Project Year

Project Description: Meat goat breeding is a long-term project. The 4-H member begins with a doe kid and cares for her through breeding age and on to kidding. Youth expand their knowledge about the industry and production while developing important life skills.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Goat Resource Handbook](#) (OH #135R), 2016

[4-H Animal Science Lessons](#)

[4-H Animal Lesson Plan Tracker](#)

SUPPLEMENTAL RESOURCES

[4-H Meat Goat Fact Sheets: NY 4-H](#)

[Texas Goat Resources](https://texasyouthlivestock.com/goats/) (<https://texasyouthlivestock.com/goats/>)

[Meat Goat Showmanship](#) (Oklahoma State)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one or more goats for your Breeding Meat Goat project.
	Comply with current USDA Scrapie requirements
	Individually identify each animal with an ear tag and/or tattoo.
	Provide one or more forms of positive ownership for a minimum of 90 days.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
	Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Display performance data on exhibit or stall card.
	Exhibit project animal at community, county, or other county Extension approved livestock show.
	Exhibit one of your project animals in a Goat Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-GOAT-Dairy
Approved for 2023-24 Project Year

Project Description: Become familiar with and apply the recommended principles of dairy animal science through caring for one or more dairy goats for at least 90 days before exhibiting. Gain knowledge of sound breeding, feeding, and management practices.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Skills Checklist](#)

[4-H Permanent Individual Animal Record](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Goat Resource Handbook](#) (OH #135R), 2016

SUPPLEMENTAL RESOURCES

[Dairy Goat Showmanship](#) (UCANR 197372)

[Dairy Goat Record Worksheets](#) (University of Alaska Fairbanks)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one or more goats for your Dairy Goat project.
	Comply with current USDA Scrapie requirements
	Individually identify each animal with an ear tag and/or tattoo.
	Provide one or more forms of positive ownership for a minimum of 90 days.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Display performance data on exhibit or stall card.
	Exhibit project animal at community, county, or other county Extension approved livestock show.
	Exhibit one of your project animals in a Goat Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-GOAT-Market

Approved for 2023-24 Project Year

Project Description: Care for one or more meat goats for at least 70 days before exhibiting. Become familiar with and apply principles of livestock animal science and develop integrity, sportsmanship, decision-making capabilities and public speaking skills.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Goat Resource Handbook](#) (OH #135R), 2016

[4-H Animal Science Lessons](#)

[4-H Animal Lesson Plan Tracker](#)

SUPPLEMENTAL RESOURCES

[Market Animal Health Supplement](#)

[Market Animal Weight Guidelines](#)

[Meat Goat Planning Sheet](#)

[Market Goat Growth Chart](#)

[Idaho 4-H Livestock Cost and Returns Estimates—Meat Goat Project](#) (#72596)

[4-H Meat Goat Fact Sheets: NY 4-H](#)

[Texas Goat Resources](https://texasyouthlivestock.com/goats/) (https://texasyouthlivestock.com/goats/)

[Meat Goat Showmanship](#) (Oklahoma State)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one or more goats for your Market Goat project.
	Comply with current USDA Scrapie requirements
	Individually identify each animal with an ear tag and/or tattoo.
	Provide one or more forms of positive ownership for a minimum of 70 days.
	Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.
	Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
	Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
	Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Display performance data on exhibit or stall card.
	Exhibit project animal at community, county, or other county Extension approved livestock show.
	Exhibit one of your project animals in a Goat Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-GOAT-Pack

Approved for 2023-24 Project Year

Project Description: Care for one or more pack goats for at least 90 days before exhibiting. Select a goat suitable for use in harness or as a pack animal, keep records and practice responsible animal ownership.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Skills Checklist](#)

[4-H Permanent Individual Animal Record](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Goat Resource Handbook \(OH #135R\), 2016](#)

[4-H Animal Science Lesson Plans](#)

SUPPLEMENTAL RESOURCES

[Pack Goat Skills Checklist \(#72580\), 2003](#)

[4-H Pack Goat Project Handbook](#)

[NYS Working Goat Resources](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Own and care for at least 1 pack goat of any breed or mixed breed for at least 90 days.
	Comply with current USDA Scrapie requirements.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Exhibit project animal at community, county or other livestock show.
	Exhibit one of your project animals in a goat fitting and showing class.
	Display requested data on exhibit or stall card.
	Participate in a class that demonstrates skills learned in the project.
	OR A poster (14" x 22") or display illustrating something you learned in the project this year

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Enroll in ZSuite Under this Project Name: AVS-GOAT-Pet/Pygmy
Approved for 2023-24 Project Year

Project Description: Learn about the selection, breeding, nutrition, management, showmanship, and health requirements of an increasingly popular pet—the pygmy goat! Care for one or more goats for at least 90 days before exhibiting.

REQUIRED YOUTH CURRICULUM
4-H Animal Science Skills Checklist
4-H Permanent Individual Animal Record
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
Goat Resource Handbook (OH #135R), 2016
4-H Animal Science Lessons

SUPPLEMENTAL RESOURCES
Goat Showmanship Manual (NDSU GBG091)
Individual Pygmy Goat Information (#72595)
National Pygmy Goat Association (www.npga-pygmy.com)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days.
	Comply with current USDA Scrapie requirements.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	A poster (14" x 22") or display illustrating something you learned in the project this year.
	AND/OR Exhibit one of your project animals in a Goat Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-HORSE-
Approved for 2023-24 Project Year

Project Description: Learn about various horse breeds and characteristics and experience the pride of owning, managing, and caring for a horse or pony.

REQUIRED YOUTH CURRICULUM

[The 4-H Horse Project](#) (#PNW 587), 2013

[Basic Horse Safety Manual](#) (#72673)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[The 4-H Horse Project](#) (#PNW 587), 2013

SUPPLEMENTAL RESOURCES

[Horses and Horsemanship](#) (#CO-200)

[Horse Science](#) (#CO-201)

[4-H Horse Judging Manual](#) (#PNW 575)

[Hunt Seat & Jumper Manual](#) (#PNW 488)

[PNW #574: 4-H Horse Contest Guide](#) (#72675)

[PNW #229: 4-H Driving Manual](#) (#72682)

SKILLS 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 Skills Checklist](#) (#72657)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) at least 90 days before exhibiting.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Keep record of expenses, health care, plus participation in shows and related horse activities/events.
	Learn and practice safety precautions necessary to prevent injury to you and your horse.
	Complete 5 Horse-related educational lessons/activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	Exhibit your horse in a show, fair, or other UI Extension 4-H program approved event.

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Enroll in ZSuite Under this Project Name: AVS-HORSE-Horseless Horse

Approved for 2023-24 Project Year

Project Description: Learn about horses without owning one. Over 20 different horse-related subjects are covered in this project that is written for beginners, but suitable for members of all ages.

REQUIRED YOUTH CURRICULUM

[Horseless Horse](#) (OH #4H173), 2016

[Basic Horse Safety Manual](#) (#72673)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Horseless Horse](#) (OH #4H173), 2016

SUPPLEMENTAL RESOURCES

[Horses and Horsemanship](#) (#CO-200)

[Horse Science](#) (#CO-201)

[4-H Horse Judging Manual](#) (#PNW 575)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete 4 Interest Areas per year.
	Record each activity completed in the ZSuites 4-H Project Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: AVS-LLAMA/ALPACA

Approved for 2023-24 Project Year

Project Description: Provide complete care for a llama or alpaca for at least 90 days. Learn about equipment safety, raising and training llamas and alpacas, and different uses of these animals in recreation.

REQUIRED YOUTH CURRICULUM

[4-H Llama/Alpaca Activities Checklist, Level 1](#) (#72193), 2005

[4-H Llama/Alpaca Activities Checklist, Level 2](#) (#72194), 2005

[4-H Llama/Alpaca Activities Checklist, Level 3](#) (#72195), 2005

[4-H Permanent Individual Animal Record](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Llama and Alpaca Resource Handbook](#) (OH #4H132R), 2008

[4-H Leader's Manual for Llama Activities](#) (Washington State University 4-H #EM4891), 2002

SUPPLEMENTAL RESOURCES

[Rocky Mountain Llama Association Youth Llama Project Manual](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Provide proper housing, food and primary care for your llama/alpaca for at least 90 days.
	Members must work in the Llama/Alpaca Activities Checklist Level 1 (beginner), Level 2 (Intermediate) or Level 3 (Advanced)
	Members may take up to three years to complete a Level checklist
	Members will complete both Skills Options and Personal Development Options each year
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	A poster (14"x22") or display illustrating something you learned in this project this year.
	AND/OR Exhibit one of your project animals in a Llama/Alpaca fitting and showing class.

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Enroll in ZSuite Under this Project Name: AVS-NON-ANIMAL PROJECTS

Approved for 2023-24 Project Year

Project Description: The Non-Animal project option is designed to allow youth to experience 4-H Animal Science projects without animal ownership. You must obtain approval from your local 4-H Extension office in order to participate in this project.

REQUIRED YOUTH CURRICULUM

[Animal Science Lessons Plan Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[University of Idaho 4-H Animal Science Lessons](#)

[University of Idaho 4-H Animal Lesson Plan Tracker](#)

Appropriate species curriculums are listed below. Additional supplemental materials can be found on individual species project requirements.

SUPPLEMENTAL RESOURCES

Llama/Alpaca—[Llama/Alpaca Resource Handbook](#) (OH #132R)

Beef—[Beef Resource Handbook](#) (OH #117R)

Birds/Poultry—[The 4-H Poultry Project: An Introduction](#) (WY #12004C)

Cat—[WSU 4-H Cat Project Unit 1, 2, and 3](#)

Cavy—[4-H Cavy Project Leader Guide](#) (PNW573)

Dairy Cattle—[Dairy Resource Handbook](#) (OH #127R)

Dog—[Dog Resource Handbook](#) (OH #201R)

Goat—[Goat Resource Handbook](#) (OH #135R)

Rabbit—[Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R)

Sheep—[Sheep Resource Handbook for Market and Breeding Projects](#) (OH #194R)

Small Animals/Pocket Pets—[Pocket Pets Resource Handbook](#) (OH #220R)

Swine—[Swine Resource Handbook for Market and Breeding Projects](#) (OH #134R)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Obtain approval to do this project from your county 4-H professional.
	Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the University of Idaho Extension 4-H Animal Science Skills Checklist.
	Record each activity completed in the ZSuites 4-H Project Record Book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: AVS-RABBIT-Breeding
Approved for 2023-24 Project Year

Project Description: Own and care for one or more does for at least 90 days before exhibiting. Raise at least one litter. Show at least one animal at the fair.

REQUIRED YOUTH CURRICULUM

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R), 2004

SUPPLEMENTAL RESOURCES

[4-H Rabbit Fitting and Showing Member Guide](#) (MSU)

[4-H Rabbit Show Preparation and Showmanship Fact Sheet](#) (OH)

The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc. (check with your local library or bookstore)

[American Rabbit Breeders Association \(ARBA\) Standard of Perfection](#)

[American Rabbit Breeders Association \(ARBA\) Official Guide Book, "Raising Better Rabbits & Cavies](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Own 1 or more does for at least 90 days and have access to the appropriate number of bucks (purebred commercial breeds are recommended but crossbreeds may be used).
	Raise at least 1 litter per doe, and keep or market the young.
	Provide proper housing, feed and primary care for your rabbits.
	Keep breeding pedigree, performance and production records on your rabbits.
	Learn how to fit and show a rabbit.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Submit any supplemental forms or materials required at the county level to the county Extension office by date specified
	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.

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Enroll in ZSuite Under this Project Name: AVS-RABBIT-Market

Approved for 2023-24 Project Year

Project Description: Raise at least one litter for market. Show at least one animal at the fair.

REQUIRED YOUTH CURRICULUM

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R), 2004

SUPPLEMENTAL RESOURCES

[4-H Rabbit Fitting and Showing Member Guide](#) (MSU)

[4-H Rabbit Show Preparation and Showmanship Fact Sheet](#) (OH)

The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc. (check with your local library or bookstore)

[American Rabbit Breeders Association \(ARBA\) Standard of Perfection](#)

[American Rabbit Breeders Association \(ARBA\) Official Guide Book, "Raising Better Rabbits & Cavies](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Provide proper housing, food and primary care for your rabbits for no less than eight weeks.
	Learn how to fit and show a rabbit.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Exhibit one pen of 3 fryers
	Exhibit one of your project animals in a Rabbit Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-RABBIT-Pet
Approved for 2023-24 Project Year

Project Description: Care for and show at least one doe or buck at the fair.

REQUIRED YOUTH CURRICULUM

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R), 2004

SUPPLEMENTAL RESOURCES

[4-H Rabbit Fitting and Showing Member Guide](#) (MSU)

[4-H Rabbit Show Preparation and Showmanship Fact Sheet](#) (OH)

The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc. (check with your local library or bookstore)

[American Rabbit Breeders Association \(ARBA\) Standard of Perfection](#)

[American Rabbit Breeders Association \(ARBA\) Official Guide Book, "Raising Better Rabbits & Cavies](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Provide proper housing, food and primary care for your rabbits for at least 90 days.
	Complete 5 Animal Science activities.
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	One AND/OR both of the following exhibits: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • Exhibit one of your project animals in a Rabbit Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-SHEEP-Breeding
Approved for 2023-24 Project Year

Project Description: Own and care for one or more older ewes for at least 90 days before exhibiting.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sheep Resource Handbook for Market and Breeding Projects](#) (OH #194R), 2011

[4-H Animal Science Lessons](#)

[4-H Animal Science Lesson Plan Tracker](#)

SUPPLEMENTAL RESOURCES

[Market Animal Health Supplement](#)

[Market Animal Weight Guidelines](#)

[Market Sheep Planning Sheet](#)

[Market Lamb Growth Chart](#) (#72130)

[Beef, Sheep and Swine Selection and Evaluation](#)

[Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project](#) (#72895)

[Sheep Showmanship Video](#) (#72898)



PROJECT COMPLETION CHECKLIST

STATE 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 an ear tag, tattoo or ear notch.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to 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 Sheep Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-SHEEP-Market
Approved for 2023-24 Project Year

Project Description: Own and care for one or more wethers or ewes for market, exhibiting and selling at the fair.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sheep Resource Handbook for Market and Breeding Projects](#) (OH #194R), 2011

[4-H Animal Science Lessons](#)

[4-H Animal Science Lesson Plan Tracker](#)

SUPPLEMENTAL RESOURCES

[Market Animal Health Supplement](#)

[Market Animal Weight Guidelines](#)

[Market Sheep Planning Sheet](#)

[Market Lamb Growth Chart](#) (#72130)

[Beef, Sheep and Swine Selection and Evaluation](#)

[Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project](#) (#72895)

[Sheep Showmanship Video](#) (#72898)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose at least one wether or ewe for your Market Lamb project.
	Comply with current USDA Scrapie requirements.
	Provide one or more forms of positive ownership (70 days) for each project animal.
	Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.
	Individually identify each animal with an ear tag, tattoo or ear notch.
	Provide appropriate documentation including, a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
	Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
	Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to 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 Sheep Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-SMALL ANIMALS, POCKET PETS, OTHER

Approved for 2023-24 Project Year

Project Description: Pocket Pets include small animals of many types, including rodents, reptiles, and amphibians. Learn how to select, care for, and safely handle these fascinating little creatures!

REQUIRED YOUTH CURRICULUM

[Level 1—Pet Pals](#) (#06359)

[Level 2—Scurrying Ahead](#) (#06360)

[Level 3—Scaling the Heights](#) (#06361)

[4-H Individual Permanent Animal Record](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Pet Curriculum Helper's Guide](#) (#06362)

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Members should provide proper housing, food, and primary care for their pet for at least 60 days.
	Complete 5 activities in your current Project Manual (Level 1, 2, or 3).
	Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
	Have your project leader date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	One AND/OR both of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • Exhibit their project animal in a corresponding species Fitting and Showing class.

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Enroll in ZSuite Under this Project Name: AVS-SWINE-Breeding
Approved for 2023-24 Project Year

Project Description: Own and care for one or more sows or gilts for at least 90 days before exhibiting.

REQUIRED YOUTH CURRICULUM
4-H Animal Science Skills Checklist
Market Animal Weight Guidelines
4-H Livestock Budget Template (Microsoft Excel file)
4-H Individual Permanent Animal Record
Seven Steps in Selecting Market Projects
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
Swine Resource Handbook for Market and Breeding (OH #134R), 2001
4-H Animal Science Lessons
4-H Animal Science Lesson Plan Tracker

SUPPLEMENTAL RESOURCES
Market Animal Health Supplement
Market Swine Growth Chart (#72140)
Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)
Exploring Swine Health and Husbandry (#08456)
Swine Showmanship Video

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one or more gilt/sows for your Breeding Swine project.
	Individually identify each animal with an ear tag, tattoo or ear notch.
	Provide one or more forms of positive ownership for at least 90 days for each project animal.
	If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
	Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to 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.

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Enroll in ZSuite Under this Project Name: AVS-SWINE-Market

Approved for 2023-24 Project Year

Project Description: Raise one or more barrows or gilts for market, exhibiting and selling at the fair. Care for your animal for a minimum of 100 days before exhibiting.

REQUIRED YOUTH CURRICULUM

[4-H Animal Science Skills Checklist](#)

[Market Animal Weight Guidelines](#)

[4-H Livestock Budget Template](#) (Microsoft Excel file)

[4-H Individual Permanent Animal Record](#)

[Seven Steps in Selecting Market Projects](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Swine Resource Handbook for Market and Breeding](#) (OH #134R), 2001

[4-H Animal Science Lessons](#)

[4-H Animal Science Lesson Plan Tracker](#)

SUPPLEMENTAL RESOURCES

[Market Animal Health Supplement](#)

[Market Swine Growth Chart](#) (#72140)

[Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project](#) (#72995)

[Exploring Swine Health and Husbandry](#) (#08456)

[Swine Showmanship Video](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one or more barrows or gilts for your Market Swine project.
	Individually identify each animal with an ear tag, tattoo, or ear notch.
	Provide one or more forms of positive ownership for at least 100 days for each project animal.
	Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 80 days.
	Provide appropriate documentation, which includes a bill of sale. Check with local Extension Office for exact forms
	required and the deadline for turning in those forms.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to 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.

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Enroll in ZSuite Under this Project Name: AVS-VET SCIENCE-Level 1

Approved for 2023-24 Project Year

Project Description: This project is for youth who aspire to become veterinarians, or who just want to better understand their animals and how to keep them healthy. In this level, youth will learn about animal anatomy and organ systems.

REQUIRED YOUTH CURRICULUM

[4-H Veterinary Science 1—The Normal Animal](#) (#4H131), 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Veterinary Science Units I, II and III Leader Guide](#) (#4H192), 2002

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 7 activities from The Normal Animal: Veterinary Science Unit 1 Manual.
	Record each activity in the Project Information and Activity Log in your ZSuite Record Book. Have your project leader initial each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	The Normal Animal: Veterinary Science Unit 1 Manual.
	A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: AVS-VET SCIENCE-Level 2

Approved for 2023-24 Project Year

Project Description: This project is for youth who aspire to become veterinarians, or who just want to better understand their animals and how to keep them healthy. In this level, youth will examine health & disease topics and observe normal and abnormal conditions.

REQUIRED YOUTH CURRICULUM

[4-H Veterinary Science 2—Animal Disease \(#4H48\), 2008](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Veterinary Science Units I, II and III Leader Guide \(#4H192\), 2002](#)

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 7 activities from Animal Disease: Veterinary Science Unit 2 Manual.
	Record each activity in the Project Information and Activity Log in your ZSuite Record Book. Have your project leader initial each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Animal Disease: Veterinary Science Unit 2 Manual
	A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: AVS-VET SCIENCE-Level 3

Approved for 2023-24 Project Year

Project Description: This project is for youth who aspire to become veterinarians, or who just want to better understand their animals and how to keep them healthy. In this level, youth will learn about careers in veterinary medicine and preparing for college.

REQUIRED YOUTH CURRICULUM

[4-H Veterinary Science 3—Animal Health and Its Relationship to Our World \(#4H133\), 2002](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Veterinary Science Units I, II and III Leader Guide \(#4H192\), 2002](#)

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 7 activities from Animal Health and Its Relationship to Our World: Veterinary Science Unit 3 Manual.
	Record each activity in the Project Information and Activity Log in your ZSuite Record Book. Have your project leader initial each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Animal Health and Its Relationship To Our World: Veterinary Science Unit 3 Manual
	A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: CEL-CITIZENSHIP WASHINGTON FOCUS

Approved for 2023-24 Project Year

Project Description: Citizenship Washington Focus (CWF) connects young leaders from across the county in our nation’s capital and helps them gain the skills and experiences to become effective change agents. On their return to Idaho, youth will plan and carry out a project within their community.

REQUIRED YOUTH CURRICULUM

Citizenship Washington Focus Delegate Handbook (this document is updated annually and can be downloaded from the [CWF website](#))

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

Annual Plan of Meetings and Activities (#91612)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

Citizenship Washington Focus Delegate Handbook (this document is updated annually and can be downloaded from the [CWF website](#))

SUPPLEMENTAL RESOURCES

Idaho 4-H CWF page: <https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus>

National 4-H CWF Website: <http://4-h.org/parents/citizenship-washington-focus/>

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Attend Citizenship Washington Focus conference in Washington, D.C.
	Upon returning from the Citizenship Washington Focus conference, you will develop, implement, and report on a plan of action to share your experiences and make a contribution to your community.
	Complete the Annual Plan of Meetings and Activities (#91612) or another planning and reporting form developed by you and approved by your local 4-H office to document your community impact project.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Citizenship Washington Focus Delegate Handbook
	Completed action plan and report of your community impact project (Annual Plan of Meetings and Activities (#91612) or alternative format approved by your local 4-H office)
	Poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: CEL-EXPLORING THE TREASURES OF 4-H

Approved for 2023-24 Project Year

Project Description: Exploring the Treasures of 4-H introduces youth to the world of 4-H programs by learning and doing. Youth will explore 4-H topic areas and learn more about themselves in order to identify potential future projects of interest.

REQUIRED YOUTH CURRICULUM

[Exploring the Treasures of 4-H Member Manual](#) (08171), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Exploring the Treasures of 4-H Helper's Guide](#) (08172), 2005

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of six (6) activities from the Exploring the Treasures of 4-H Member Manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Your Exploring the Treasures of 4-H Members Manual with completed activities.
	Poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: CEL-KYG-Delegate Year 1

Approved for 2023-24 Project Year

Project Description: Know Your Government is an immersive citizenship program for 8th and 9th grade 4-H youth interested in learning more about our government and how it works. KYG is held each Presidents Day weekend in Boise while the legislature is in session.

REQUIRED YOUTH CURRICULUM

[Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

[Judicial First Year Project Tip Sheet](#) OR [Legislative First Year Tip Sheet](#) (see project requirements on the back of this page)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)

SUPPLEMENTAL RESOURCES

Idaho 4-H KYG page: <https://www.uidaho.edu/extension/4h/events/know-your-government>

Idaho 4-H KYG Project page: <https://www.uidaho.edu/extension/4h/projects/know-your-government>

State of Idaho website: <http://www.idaho.gov>

Idaho Blue Book: <https://sos.idaho.gov/idaho-blue-book/>

Idaho State Constitution: <https://legislature.idaho.gov/statutesrules/idconst/>

Idaho Department of Labor: <https://labor.idaho.gov>

Association of Idaho Cities: <http://www.idahocities.org>

Idaho Association of Counties: <http://www.idcounties.org>

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Select which track you will complete (Legislative or Judicial)
	Work through the Exploring Citizenship My Government Project Manual (#11002). You will complete the study questions and at least one suggested activity for each of the following FOUR sections: <ul style="list-style-type: none"> • Local Government • Legislative Branch OR Judicial Branch • ONE OF: Executive Branch OR Who Influences Our Government OR News Media • First Year Follow-up Plan and Activities (see page 64 in Manual)
	Attend the 4-H Know Your Government Conference in Boise and participate in your chosen track.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: CEL-KYG-Delegate Year 2

Approved for 2023-24 Project Year

Project Description: Know Your Government is an immersive citizenship program for 8th and 9th grade 4-H youth interested in learning more about our government and how it works. KYG is held each Presidents Day weekend in Boise while the legislature is in session.

REQUIRED YOUTH CURRICULUM

[Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

[Judicial Second Year Project Tip Sheet](#) OR [Legislative Second Year](#) Tip Sheet (see project requirements on the back of this page)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)

SUPPLEMENTAL RESOURCES

Idaho 4-H KYG page: <https://www.uidaho.edu/extension/4h/events/know-your-government>

Idaho 4-H KYG Project page: <https://www.uidaho.edu/extension/4h/projects/know-your-government>

State of Idaho website: <http://www.idaho.gov>

Idaho Blue Book: <https://sos.idaho.gov/idaho-blue-book/>

Idaho State Constitution: <https://legislature.idaho.gov/statutesrules/idconst/>

Idaho Department of Labor: <https://labor.idaho.gov>

Association of Idaho Cities: <http://www.idahocities.org>

Idaho Association of Counties: <http://www.idcounties.org>

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	You will complete the track you did not complete last year (Legislative or Judicial)
	Work through the Exploring Citizenship My Government Project Manual (#11002). You will complete the study questions and at least one suggested activity for each of the following FOUR sections: <ul style="list-style-type: none"> • Legislative Branch OR Judicial Branch • TWO OF: Executive Branch OR Who Influences Our Government OR News Media (whichever two you did NOT complete in Year 1) • Second Year Follow-up Plan and Activities (see page 64 in Manual)
	Attend the 4-H Know Your Government Conference in Boise and participate in your chosen track.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: CEL-KYG-Steering Comm-Advanced Citizenship
Approved for 2023-24 Project Year

Project Description: The Advanced Citizenship Project provides 4-H members in 10th and 11th grades an opportunity to further their leadership skills. Participants in this project will assist in the planning, implementation, and evaluation of the legislative and judicial workshops at the annual Know Your Government conference.

REQUIRED YOUTH CURRICULUM
Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005), 2019
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual (#11005), 2019

SUPPLEMENTAL RESOURCES
Idaho 4-H KYG page: https://www.uidaho.edu/extension/4h/events/know-your-government
Idaho 4-H KYG Project page: https://www.uidaho.edu/extension/4h/projects/know-your-government
State of Idaho website: http://www.idaho.gov
Idaho Blue Book: https://sos.idaho.gov/idaho-blue-book/
Idaho State Constitution: https://legislature.idaho.gov/statutesrules/idconst/
Idaho Department of Labor: https://labor.idaho.gov
Association of Idaho Cities: http://www.idahocities.org
Idaho Association of Counties: http://www.idcounties.org

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Attend KYG Steering Committee planning meetings and complete pre-conference assignments.
	Work through the Advanced Citizenship Project Manual (#11005) and complete the following required sections for your assignment: <ul style="list-style-type: none"> • For Legislators: Bill Study, Parliamentary Procedure and Legislators Activities • For Speaker of the House: Parliamentary Procedure, Speaker of the House Activities, and Course of the Bill • For Judges: Judicial Branch Study, Judges Activities, and Laws Study • For Justice: Judicial Branch Study, Justice Activities, and Interpretation Study
	Attend the 4-H Know Your Government Conference and complete assigned responsibilities.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: CEL-KYG-Steering Comm-Power of the Press

Approved for 2023-24 Project Year

Project Description: Power of the Press participants attend the 4-H Know Your Government Conference as reporters, news editors, or video producers. Youth will produce a news video and newsletter, learn how newspapers and TV stations operate, and understand the role of news media in state government.

REQUIRED YOUTH CURRICULUM

[Power of the Press Idaho 4-H Know Your Government Steering Committee Project](#)

[Manual \(#11006\) 2017](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Power of the Press Idaho 4-H Know Your Government Steering Committee Project](#)

[Manual \(#11006\) 2017](#)

SUPPLEMENTAL RESOURCES

Idaho 4-H KYG page: <https://www.uidaho.edu/extension/4h/events/know-your-government>

Idaho 4-H KYG Project page: <https://www.uidaho.edu/extension/4h/projects/know-your-government>

State of Idaho website: <http://www.idaho.gov>

Idaho Blue Book: <https://sos.idaho.gov/idaho-blue-book/>

Idaho State Constitution: <https://legislature.idaho.gov/statutesrules/idconst/>

Idaho Department of Labor: <https://labor.idaho.gov>

Association of Idaho Cities: <http://www.idahocities.org>

Idaho Association of Counties: <http://www.idcounties.org>

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Attend KYG Steering Committee planning meetings and complete pre-conference assignments.
	Work through the Power of the Press Project Manual (#11006) and complete the following required sections for your assignment: <ul style="list-style-type: none"> • For Reporters: Looking through the Windows; Freedoms and Limitations; Who am I?; News at its Source • For News Editors and Video Producers: Commentaries vs. News; Photo Scavenger Hunt; Break it Down; Hot off the Presses
	Attend the 4-H Know Your Government Conference and complete assigned responsibilities.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: CEL-LEADERSHIP ROAD TRIP

Approved for 2023-24 Project Year

Project Description: What does it take to become a good leader? Build leadership skills by learning about relationship building, communication, group process, planning and organization. This project can be repeated multiple years.

REQUIRED YOUTH CURRICULUM

[Leadership Road Trip: Where Are You Going? \(4H375\), 2019](#)

[Idaho 4-H Leadership Portfolio \(#82316\)](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Leadership Road Trip: Where Are You Going? \(4H375\), 2019](#)

[Idaho 4-H Leadership Portfolio \(#82316\)](#)

SUPPLEMENTAL RESOURCES

[4-H Teen Leadership, Michigan State University Extension](#)

[Putting the Pieces Together, Texas A&M AgriLife Extension](#)

[YELL Louder than Ever Before, University of Wisconsin Extension](#)

[Learning to Lead, Montana State University](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least three of the twelve project activities. Complete Rest Stop activities when you complete a Project Area section.
	Complete at least one learning experience. These can be recorded in the Idaho 4-H Leadership Portfolio.
	Complete at least one leadership/citizenship activity, and record it in the Idaho 4-H Leadership Portfolio
	Write a brief assessment of your personal growth and leadership this project year.
	Attend the majority of scheduled 4-H Club meetings.
	Complete the Idaho 4-H Leadership Portfolio. Include all Leadership Road Trip and other leadership opportunities you have completed this project year.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	<p>A notebook or scrapbook of leadership activities which includes the following required items:</p> <ul style="list-style-type: none"> • Completed Leadership Road Trip Manual • Idaho 4-H Leadership Portfolio • ZSuite 4-H Involvement Report • ZSuite 4-H Project Record Book • Leadership Training Record • Leadership Resume

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Enroll in ZSuite Under this Project Name: CEL-PUBLIC SPEAKING: Finding Your Voice

Approved for 2023-24 Project Year

Project Description: Learn how to prepare and deliver speeches in front of crowds with confidence! Topics include how to handle various speaking situations, deliver different types of speeches, and resolve any problems you may experience along the way. This is a project that will serve youth for a lifetime!

REQUIRED YOUTH CURRICULUM

[Finding Your Voice: Public Speaking Made Easy](#) (SKU 4H377), The Ohio State University, 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Finding Your Voice: Public Speaking Made Easy](#) (SKU 4H377), The Ohio State University, 2014

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete all seven activities in the Finding Your Voice: Public Speaking member manual
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Finding Your Voice: Public Speaking Made Easy manual
	A poster (14" x 22") or display illustrating a skill or skills learned in this project OR A scrapbook, portfolio, or journal showing the activities and skills learned this year.

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Enroll in ZSuite Under this Project Name: CPF-BUILD YOUR FUTURE

Approved for 2023-24 Project Year

Project Description: Build Your Future is a self-discovery and career exploration project. Teens will discover learning styles and personality type, practice self-awareness, critical thinking and ethical decision making, and connect school with potential careers.

REQUIRED YOUTH CURRICULUM

[Build Your Future: Choices, Connections, Careers: Career Journal](#) (08561), 2013

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Build Your Future: Choices, Connections, Careers: Facilitator Guide](#) (08562), 2013

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Set personal goals for the year.
	Choose at least three Activity Sections, (Skills, Choices, Careers; Making Career Connections; Build Your Future Through Portfolios; Education Pay\$; Career FUNds; Turn Your 4-H Passion Into Profit; Pounding the Pavement; Putting the Pieces Together; or Pathways to Success), from the Build Your Future Youth Career Journal and complete at least one experience in each Activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Your completed Build Your Future Career Journal
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") 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

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Enroll in ZSuite Under this Project Name: CPF-CONSUMER ED-Lv 1: The Consumer in Me

Approved for 2023-24 Project Year

Project Description: In this project, youth will learn what it means to be a consumer through saving, spending, and sharing.

REQUIRED YOUTH CURRICULUM

[The Consumer in Me, Level 1](#) (#08030DD), 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Consumer Savvy Helper's Guide](#) (#08033DD), 2008

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven of the Consumer in Me and Savvy Challenge activities in the project manual. Your project leader or helper should date and initial each activity as you complete it.
	Complete at least 21 activities within three years to complete the Consumer in Me Achievement Program.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22") or display illustrating something you learned in this project this year. Some examples include a spending diary, cost comparison chart, or a research report (with documented sources) on a topic you explored.

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Enroll in ZSuite Under this Project Name: CPF-CONSUMER ED-Lv 2: Consumer Wise

Approved for 2023-24 Project Year

Project Description: In this project, youth will practice decision making, learn about advertising, and understand how to be smart online shoppers.

REQUIRED YOUTH CURRICULUM

[Consumer Wise, Level 2](#) (#08031DD), 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Consumer Savvy Helper's Guide](#) (#08033DD), 2008

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In the project manual, complete and document at least five Consumer Wise activities and three Savvy Challenges each project year. Your project leader or helper should date and initial each activity as you complete it.
	Complete at least 21 activities within three years to complete the Consumer Wise Achievement Program.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22") or display illustrating something you learned during the project year. Some examples include a personal values shield, a comparison shopping chart, or an advertisement you created for a product.

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Enroll in ZSuite Under this Project Name: CPF-CONSUMER ED-Lv 3: Consumer Roadmap

Approved for 2023-24 Project Year

Project Description: The destination of Consumer Roadmap is youth becoming wise consumers. Learn about the global economy, consumer rights and responsibilities, and the cost of living on your own.

REQUIRED YOUTH CURRICULUM

[Consumer Roadmap, Level 3 \(#08032DD\)](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Consumer Savvy Helper's Guide \(#08033DD\), 2008](#)

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your project manual, complete at least seven of the required Consumer Roadmap activities and two Savvy Challenges each project year. Your project leader or helper should date and initial each activity as it is completed.
	Complete at least 21 activities within three years to complete the Consumer Roadmap Achievement Program.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22") or display illustrating something you learned during the project year. Some examples include a research report (with documented sources) on another country's economic system, advertising slogans, or a consumer complaint letter.

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Enroll in ZSuite Under this Project Name: CPF-ENTREPRENEURSHIP-Level 1

Approved for 2023-24 Project Year

Project Description: Note: This is Level 1 of a three-level project with all levels included in one youth guide.

Entrepreneurs create 44% of all new businesses in the U.S. Youth will learn how to develop an idea into a business plan, and a plan into reality.

REQUIRED YOUTH CURRICULUM

- [Be the E—Entrepreneurship](#) (#08035DD), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

- [Be the E—Entrepreneurship Helper’s Guide](#) (#08036), 2004

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 7 of the Love It! and MORE e Challenge activities each year. Have your project leader or helper initial and date each activity as you complete it.
	Complete at least 21 activities within 3 years to complete the achievement program.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Be the E manual
	Choose ONE of the following exhibit options: <ul style="list-style-type: none"> • One activity that you completed this year to display. Some examples include: The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product. • An educational poster (14" x 22") or display that illustrates what you learned in the project

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Enroll in ZSuite Under this Project Name: CPF-ENTREPRENEURSHIP-Level 2

Approved for 2023-24 Project Year

Project Description: Continue your exploration of the world of entrepreneurship in Level 2 of Be the E! In this level, youth will take their idea and begin turning it into a business plan.

REQUIRED YOUTH CURRICULUM

- [Be the E—Entrepreneurship](#) (#08035DD), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

- [Be the E—Entrepreneurship Helper’s Guide](#) (#08036), 2004

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 7 of the Plan It! Practicing Skills Challenges each year. Have your project leader or helper initial and date each activity as you complete it.
	Complete at least 21 activities within 3 years to complete the achievement program.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Be the E manual
	Choose ONE of the following exhibit options: <ul style="list-style-type: none"> • One activity that you completed this year to display. Some examples include: A business plan, evaluation of a business website, a commercial or advertisement for your product. • An educational poster (14" x 22") or display that illustrates what you learned in the project

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Enroll in ZSuite Under this Project Name: CPF-ENTREPRENEURSHIP-Level 3

Approved for 2023-24 Project Year

Project Description: The final level of the Be the “E” Entrepreneurship project guides youth through taking their business plan from paper to reality by launching their own small business!

REQUIRED YOUTH CURRICULUM

[Be the E—Entrepreneurship](#) (#08035DD), 2004

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Be the E—Entrepreneurship Helper’s Guide](#) (#08036), 2004

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 7 of the Do It! and MORE e Challenge activities each year. Have your project leader or helper initial and date each activity as you complete it.
	Complete at least 21 activities within 3 years to complete the achievement program.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Be the E manual
	Choose ONE of the following exhibit options: <ul style="list-style-type: none"> • One activity that you completed this year to display. Some examples include: marketing strategy, cash flow forecast • An educational poster (14" x 22") or display that illustrates what you learned in the project

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Enroll in ZSuite Under this Project Name: CPF-FINANCIAL CHAMPIONS-Lv 1: Money Fundamentals

Approved for 2023-24 Project Year

Project Description: This curriculum is designed for youth in grades 7-9. Learn ways to use and spend money, the benefits and drawbacks of credit, consumer decision making, how to select financial services and more!

REQUIRED YOUTH CURRICULUM

[Money Fundamentals: Financial Champions Level 1](#) (#202024), 2020

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Financial Champions Helper's Guide](#) (#202026), 2020

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete all six (6) required activities, two (2) optional activities, AND two (2) Leadership Experiences (found on pg. 27). Your project leader or helper should initial and date each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Money Fundamentals manual
	A poster (14" x 22") illustrating something you learned about financial management this year.

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Enroll in ZSuite Under this Project Name: CPF-FINANCIAL CHAMPIONS-Lv 2: Money Moves

Approved for 2023-24 Project Year

Project Description: In this project, designed for grades 9-12, youth learn to predict outcomes and analyze their finances. Calculate interest, determine the cost of credit, learn how to manage a checking account, make marketplace decisions and the 11 ways of handling money.

REQUIRED YOUTH CURRICULUM

[Money Moves: Financial Champions Level 2 \(#202025\), 2020](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Financial Champions Helper's Guide \(#202026\), 2020](#)

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete all six (6) required activities, two (2) optional activities, AND two (2) Leadership Experiences (found on pg. 27). Your project leader or helper should initial and date each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Money Moves manual
	A poster (14" x 22") illustrating something you learned about financial management this year.

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Enroll in ZSuite Under this Project Name: CPF-MY FINANCIAL FUTURE-Lv 1: Beginner

Approved for 2023-24 Project Year

Project Description: This financial literacy curriculum is designed for grades 5-8. Youth learn important financial concepts through case studies and real-life scenarios. Topics covered include savings, risk management, setting SMART goals, and creating spending and savings plans.

REQUIRED YOUTH CURRICULUM

[My Financial Future: Youth Notebook—Beginner](#) (grades 5-8) (#01441Y), 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[My Financial Future: Facilitator Guide](#) (#01443F), 2014

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Project may be used over multiple years; however, youth should complete the Beginner Notebook before starting the Advanced curriculum.
	Each year, choose at least three of the eleven activities from the My Financial Future Youth Notebook and complete the assignment for each activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed My Financial Future Beginner Notebook
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A Poster (14"x 22") illustrating something you learned about financial management this year. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project

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Enroll in ZSuite Under this Project Name: CPF-MY FINANCIAL FUTURE-Lv 2: Advanced

Approved for 2023-24 Project Year

Project Description: This financial literacy curriculum is designed for grades 9-12. Learn about career planning, managing financial records, managing credit and more through examining real-life scenarios and case studies.
Also available in Spanish.

REQUIRED YOUTH CURRICULUM

[My Financial Future: Youth Notebook—Advanced](#) (#01442Y), 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[My Financial Future: Facilitator Guide](#) (#01443F), 2014

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Project may be used over multiple years; however, youth should complete the Beginner Notebook before starting the Advanced curriculum.
	Each year, choose at least two of the five modules from the My Financial Future Youth Advanced Notebook and complete the assignment for each activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed My Financial Future Advanced Notebook
	ONE of the following exhibit options: 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

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Enroll in ZSuite Under this Project Name: CPF-READING MAKES CENTS

Approved for 2023-24 Project Year

Project Description: 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. The program utilizes children’s books available from your local library or bookstore.

REQUIRED YOUTH CURRICULUM

[Reading Makes Cents \(#08389DD\)](#), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Reading Makes Cents \(#08389DD\)](#), 2011

SUPPLEMENTAL RESOURCES

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: The History of Money, Managing Money, Earning Money, Spending Money, Saving and Investing Money, Sharing and Giving Money, and Borrowing and Lending Money. Each section has 5 - 8 activities. Each activity features a children’s book that ties reading to financial literacy, plus 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.” Youth record their activities in a Reading Makes Cents journal. We strongly recommend youth create their journals as one of the first activities of the project and add to them at the end of each meeting.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Record the Title, Author, and Chapter or Page Numbers (when appropriate) of the story you heard in your Reading Makes Cents Journal.
	Record all of the Activities completed in your Reading Makes Cents Journal on the same page as the story they went with.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Reading Makes Cents Journal showing the books read and activities completed.

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Enroll in ZSuite Under this Project Name: CTD-CROCHET

Approved for 2023-24 Project Year

Project Description: The 4-H Crochet project is designed be taken multiple years. Start by making simple items in single or double crochet, and move toward colorwork, multiple stitch patterns, making edgings and lace, and constructing fitted garments.

REQUIRED YOUTH CURRICULUM

[4-H Crochet Project Guide and Requirements \(#32018\)](#), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

Knitting & Crochet: A Beginning Guide to Methods and Techniques. By Charlotte Gerlings

tincanknits.com (patterns, tutorials, etc.)

YouTube videos (search for how to crochet or a specific technique you are wanting to learn)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Select the unit appropriate for your skill level and learn the skills listed for that unit in the project guide and requirement book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Two (2) small or one large item made using the skills learned in the unit you studied this year. Include information in your record book about yarn or thread, stitches, and hook used.
	For phases 1-7, mount the required test swatches on heavy 8 ½" x 11" paper and include with record book. Label each swatch and include information about yarn or thread, stitch, and hook used. Test swatches should measure approximately 2" x 4" each.

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Enroll in ZSuite Under this Project Name: CTD-KNITTING

Approved for 2023-24 Project Year

Project Description: This project is designed to be taken multiple years, building your skills each year. Youth will progress from basic cast on, knit, purl and bind off techniques to knitting in the round, fair aisle colorwork and creating fitted garments.

REQUIRED YOUTH CURRICULUM

[Knitting, Member's Guide and Project Requirements \(#32023\)](#), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

Susan B. Anderson's Kids' Knitting Workshop: The Easiest and Most Effective Way to Learn to Knit! By Susan B. Anderson

Knitting & Crochet: A Beginning Guide to Methods and Techniques. By Charlotte Gerlings

tincanknits.com (patterns, tutorials, etc.)

YouTube videos (search for how to knit or a specific technique you are wanting to learn)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Select the unit appropriate for your skill level and learn the skills listed for that unit in the project guide and requirement book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	For Beginning Levels (A & B): Exhibit one item you have made using skills learned during the project year. Be sure to include yarn content (ex: 50% acrylic, 50% wool) and care instructions for the exhibited item in your record book.
	For Intermediate Levels (A & B): Exhibit two small OR one large item made using the skills learned during the project year. Be sure to include yarn content (ex: 50% acrylic, 50% wool) and care instructions for the exhibited item in your record book.
	Optional: You may want to include sample swatches of skills learned that are not included in your exhibit project.

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Enroll in ZSuite Under this Project Name: CTD-QUILT QUEST

Approved for 2023-24 Project Year

Project Description: Quilt Quest may be repeated multiple years, building new skills each year. Youth will learn how to design and make quilts, as well as how to preserve old and new quilts, use designs in other media, select fabrics, and work with patterns.

REQUIRED YOUTH CURRICULUM

[Quilt Quest](#) (CD), 2009

*NOTE: Quilt Quest is a copyrighted curriculum. By purchasing the CD, you are allowed to print **ONE** copy of the pages of the Quilt Quest book and Project Blocks for your use in completing the project.*

Project Block (CD) - select ONE of the options available (see Volunteer Club Leader Curriculum)

[Quilt Quest Activities Checklist](#)

Sketchbook, journal or 3-ring binder for making your *Idea Book*

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Quilt Quest](#) (CD), 2009

Project Block (CD) - choose from:

- [Project Block 1, Creative Corners](#)
- [Project Block 2, Terrific Triangles](#)
- [Project Block 3, Fantastic Fabrics](#)
- [Project Block 4, Perfect Paper Piecing](#)
- [Project Block 5, Elegant Embellishments](#)
- [Project Block 6, Amazing Applique](#)

SUPPLEMENTAL RESOURCES

International Quilt Study Center: www.quiltstudy.org



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Note: To complete the project, you will need the Quilt Quest CD and at least one Project Block CD. It is recommended that youth work closely with a knowledgeable and experienced quilter.
	Complete at least five (5) new activities per year from the Quilt Quest Activities Checklist. Your project leader or helper must date (MM/YY) and initial each activity completed.
	Make one quilt OR two smaller quilted items each year. Use Project Block CD for ideas. Quilts need to have a finished edge or binding.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.
	Recommended but Not Required: Use the Quilt Planning sheet from Quilt Quest Chapter 1 to plan your quilt projects each year.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Quilt Quest Activities Checklist
	Exhibit one quilt OR two small quilted items you have pieced and quilted.
	Include in the exhibit your Idea Book with activities, drawings, sketches, photographs, test blocks, design ideas, planning sheets, fabric samples, etc.

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Enroll in ZSuite Under this Project Name: CTD-SEWING EXPRESSIONS-Lv 1: Under Construction
Approved for 2023-24 Project Year

Project Description: In this project, youth will learn about sewing machines, explore creative sewing, learn to care for clothing, and sew to serve others.

REQUIRED YOUTH CURRICULUM

[Under Construction, Level 1 \(08060\), 2008](#)

[Under Construction - Level 1 Sewing Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sewing Expressions Helper's Guide \(08063\), 2008](#)

SUPPLEMENTAL RESOURCES

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the
	Under Construction Activity Guide each year
	Learn a minimum of 10 skills each year from the Under Construction Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Under Construction Skills Checklist
	Display one of the following: <ul style="list-style-type: none"> • A clothing item that uses at least three new sewing skills learned in each year of taking this project • One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric that uses at least three new sewing skills learned in each year of taking this project • A display or a poster (14" x 22") illustrating something learned in this project year

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Enroll in ZSuite Under this Project Name: CTD-SEWING EXPRESSIONS-Lv 2: Fashion Forward

Approved for 2023-24 Project Year

Project Description: In this project, youth will continue to develop sewing skills, learning intermediate techniques such as pockets, pleats, darts, and buttonholes.

REQUIRED YOUTH CURRICULUM

[Fashion Forward—Level 2 Project Guide \(08061\), 2008](#)

[Fashion Forward \(Sewing Expressions Level 2\) Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sewing Expressions Helper's Guide \(08063\), 2008](#)

SUPPLEMENTAL RESOURCES

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the
	Fashion Forward Activity Guide each year. Your project leader must initial and date (MM/YY) each activity in the guide as it is completed.
	Learn 10-12 skills each year from the Fashion Forward (Sewing Expressions Level 2) Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Fashion Forward Skills Checklist
	Display one of the following: <ul style="list-style-type: none"> • A garment or outfit that includes at least three (3) new sewing skills learned during the current project year. • One or more non-clothing items that include at least three (3) new sewing skills learned during the current project year. • A display or a poster (14" x 22") illustrating something learned in this project year.

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Enroll in ZSuite Under this Project Name: CTD-SEWING EXPRESSIONS-Lv 3: Refine Design

Approved for 2023-24 Project Year

Project Description: Youth in this project will continue to improve their sewing skills by learning advanced techniques such as lining and underlining, making two-piece sleeves, and embellishing garments.

REQUIRED YOUTH CURRICULUM

[Refine Design - Level 3 Project Guide \(08062\), 2008](#)

[Refine Design \(Sewing Expressions Level 3\) Skills Checklist](#)

[Refine Design Skills Checklist Supplemental Information Sheet](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sewing Expressions Helper's Guide \(08063\), 2008](#)

[Refine Design Skills Checklist Supplemental Information Sheet](#)

SUPPLEMENTAL RESOURCES

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the
	Refine Design Activity Guide each year. Your project leader must initial and date (MM/YY) each activity in the guide as it is completed.
	Learn 10-12 skills each year from the Fashion Forward (Sewing Expressions Level 2) Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Refine Design Skills Checklist
	Display one of the following: <ul style="list-style-type: none"> • A garment or outfit that includes at least three (3) new sewing skills learned during the current project year. • One or more non-clothing items that include at least three (3) new sewing skills learned during the current project year. • A display or a poster (14" x 22") illustrating something learned in this project year.

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Enroll in ZSuite Under this Project Name: CTD-SEWING FOR FUN

Approved for 2023-24 Project Year

Project Description: Beginning clothing members learn basic sewing concepts such as using a sewing machine and/or a serger, learning to sew woven or knit fabrics, and basic clothing construction.

REQUIRED YOUTH CURRICULUM

[Sewing for Fun](#) (Nebraska 4H167), 2008

[Sewing Skills Checklist](#)

[Sewing for Fun Packet](#) (Nebraska 4H169), 2002

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sewing for Fun Leader's Guide](#) (Nebraska 4H168), 1986

SUPPLEMENTAL RESOURCES

Note: It is recommended that youth participate in this project for 2 years before moving on to the Advanced Clothing project.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	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 construction skills: <ul style="list-style-type: none"> • Straight seams • Sew square or curved corners • Use plain finish on seams
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Sew For Fun Skills Checklist
	Display one of the items you sewed from the Sewing for Fun packet (Needle book, square pin cushion, etc.)
	Note: The sewing skills and techniques used for the exhibited item should be consistent with a beginning project.

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Enroll in ZSuite Under this Project Name: CTD-SEW WOW
Approved for 2023-24 Project Year

Project Description: Sew Wow explores advanced clothing construction and design. Youth complete general activities as well as tasks from one of seven focus areas: active/sportswear, outdoor wear, western wear, formalwear, embellished apparel, tailored apparel, and pattern design.

REQUIRED YOUTH CURRICULUM

[Sew Wow Member's Guide and Project Requirements](#) (#32009), 2009

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sew Wow Member's Guide and Project Requirements](#) (#32009), 2009

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one focus area for your project each year.
	Complete at least 2 of the Advanced Construction Skills each year.
	Construct two small or one large clothing item using appropriate fabric and required advanced construction skills within your focus area.
	Complete the Project Summary, Garment Cost and Care Record, and Self-Evaluation worksheets in the back of the project guide.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Sew Wow member manual
	The garment(s), outfit, and/or accessory constructed using appropriate fabric and required advanced construction skills for the chosen focus area.

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Enroll in ZSuite Under this Project Name: CTD-STEAM CLOTHING-Lv 1: FUNdamentals

Approved for 2023-24 Project Year

Project Description: Youth will gather and learn about sewing tools, understand textiles through fun science experiments, learn beginning math and engineering techniques in clothing construction, and take their skills a step further through investigating businesses, service learning, and modeling.

REQUIRED YOUTH CURRICULUM

[STEAM Clothing 1: FUNdamentals Project Guide](#) (4H2210), 2014

[STEAM Clothing: Maker's Guide to Sewing](#) (4H2240), 2015

[FUNdamentals Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[STEAM Clothing 1: FUNdamentals Project Guide](#) (4H2210), 2014

[STEAM Clothing: Maker's Guide to Sewing](#) (4H2240), 2015

SUPPLEMENTAL RESOURCES

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead.

Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the FUNdamentals STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
	Complete at least 10 skills each year from the FUNdamentals Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	FUNdamentals Skills Checklist
	FUNdamentals Project Guide (or photocopies of activities completed from the manual)
	Display one of the following: <ul style="list-style-type: none"> • A sewed item that includes at least three new sewing skills learned during the project year • A display or a poster (14" x 22") illustrating something learned in this project year.

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Enroll in ZSuite Under this Project Name: CTD-STEAM CLOTHING-Lv 2: Simply Sewing

Approved for 2023-24 Project Year

Project Description: In Level 2, youth will prepare for more advanced sewing techniques and projects, conduct additional textile science experiments, focus on advanced engineering techniques, add finishing touches and style to garments, and market and calculate prices of finished projects.

REQUIRED YOUTH CURRICULUM

[Simply Sewing: STEAM Clothing Level 2 \(4H2220D\), 2014](#)

[STEAM Clothing: Maker's Guide to Sewing \(4H2240\), 2015](#)

[Simply Sewing Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Simply Sewing: STEAM Clothing Level 2 \(4H2220D\), 2014](#)

[STEAM Clothing: Maker's Guide to Sewing \(4H2240\), 2015](#)

SUPPLEMENTAL RESOURCES

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead. Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the Simply Sewing STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
	Complete at least 10 skills each year from the Simply Sewing Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Simply Sewing Skills Checklist
	Simply Sewing Project Guide (or photocopies of activities completed from the manual)
	Display one of the following: <ul style="list-style-type: none"> • A sewed item that includes at least three new sewing skills learned during the project year • A display or a poster (14" x 22") illustrating something learned in this project year.

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Enroll in ZSuite Under this Project Name: CTD-STEAM CLOTHING-Lv 3: A Stitch Further

Approved for 2023-24 Project Year

Project Description: In Level 3, youth learn advanced, couture techniques used by designers to create unique garments. Youth will take the science of textiles even further, and learn to sew garments with challenging patterns and fabrics, and learn how to sell professional-looking garments and accessories.

REQUIRED YOUTH CURRICULUM

[A Stitch Further: STEAM Clothing Level 3 \(4H2230\), 2014](#)

[STEAM Clothing: Maker's Guide to Sewing \(4H2240\), 2015](#)

[A Stitch Further Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[A Stitch Further: STEAM Clothing Level 3 \(4H2230\), 2014](#)

[STEAM Clothing: Maker's Guide to Sewing \(4H2240\), 2015](#)

SUPPLEMENTAL RESOURCES

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead. Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the A Stitch Further STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
	Complete at least 10 skills each year from the A Stitch Further Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A Stitch Further Skills Checklist
	A Stitch Further Project Guide (or photocopies of activities completed from the manual)
	Display one of the following: <ul style="list-style-type: none"> • A sewed item that includes at least three new sewing skills learned during the project year • A display or a poster (14" x 22") illustrating something learned in this project year.

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Enroll in ZSuite Under this Project Name: CTD-STEAM CLOTHING-Lv 4: Beyond the Needle

Approved for 2023-24 Project Year

Project Description: In Beyond The Needle, youth focus on the “A” in STEAM—Art! This project includes activities for beginner, intermediate, and advanced students to learn design basics and create a portfolio to exhibit samples practicing the techniques they’ve learned.

REQUIRED YOUTH CURRICULUM

[Beyond The Needle Project Guide](#) (4H2250), 2014

[Beyond The Needle Skills Checklist](#)

[STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Beyond The Needle Project Guide](#) (4H2250), 2014

[STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015

SUPPLEMENTAL RESOURCES

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead. Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the Beyond The Needle STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
	Complete at least 10 skills each year from the Beyond The Needle Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A Stitch Further Skills Checklist
	A Stitch Further Project Guide (or photocopies of activities completed from the manual)
	Display one of the following: <ul style="list-style-type: none"> • A sewed item that includes at least three new sewing skills learned during the project year • A display or a poster (14" x 22") illustrating something learned in this project year.

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Enroll in ZSuite Under this Project Name: FOOD-BAKING-Level 1

Approved for 2023-24 Project Year

Project Description: Measure, cream, sift, mix, cut, fold, beat and bake your way to delicious baked goods! Youth will learn to read and follow recipes, explore baking ingredients, equipment, and techniques, and troubleshoot baking problems.

REQUIRED YOUTH CURRICULUM

[Beginning Baking 1 Manual](#) (#ND EC111), 2020

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Beginning Baking 1 Manual](#) (#ND EC111), 2020

SUPPLEMENTAL RESOURCES

[Make Half Your Grains Whole Grains tip sheet](#) (English and Spanish available)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Review the Eating Well and Getting Ready to Bake sections with your project leader.
	Make baking powder biscuits. Evaluate your product using the judging sheet provided on page 15.
	Make at least one type of muffin\ . Evaluate your product using the judging sheet provided on page 19.
	Make at least one type of cookie. Evaluate your product using the judging sheet on page 28.
	Complete at least one service/leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Completed Baking 1 Manual
	ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. <ul style="list-style-type: none"> • Three biscuits • Three plain muffins • Three chocolate chip cookies • Three round sugar cookies, plain, un-iced. • Three oatmeal cookies • Three peanut butter cookies • A poster or display (14" x 22") illustrating what you learned in the project this year.
	Note: Recipes in which the finished product contains raw eggs or egg whites, cream cheese, whipped cream, or any other ingredients requiring refrigeration should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-BAKING-Level 2

Approved for 2023-24 Project Year

Project Description: Youth will build on their baking skills, learning how to bake quick breads and cookies.

REQUIRED YOUTH CURRICULUM

[Baking 2 Manual](#) (#ND EC112), 2016

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Baking 2 Manual](#) (#ND EC112), 2016

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Review the Eating Well and Getting Ready to Bake, Let's Talk about Ingredients, Let's Look at Equipment and More Baking Terms sections of the project manual.
	Make at least one quick bread. Evaluate your product using the judging sheet on page 22.
	Make at least one coffee cake. Evaluate your product using the judging sheet on page 26.
	Make at least one cookie or bar. Evaluate your product using the judging sheet on page 35.
	Make gingerbread.
	Make cornbread.
	Complete at least one service/leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Baking 2 Manual.
	ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. <ul style="list-style-type: none"> • Basic nut bread OR zucchini bread (one loaf) • Quick coffeecake (2 3"x3" squares) • Fruit filled coffeecake (2 wedges) • Three brown sugar nut OR jam thumbprint blossom cookies • Gingerbread OR cornbread (2 3"x3" squares) • Plain brownies OR butterscotch bars (3 3"x3" squares) • A poster or display (14" x 22") illustrating what you learned in the project this year.
	Note: Recipes in which the finished product contains raw eggs or egg whites, cream cheese, whipped cream, or any other ingredients requiring refrigeration should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-BAKING-Level 3

Approved for 2023-24 Project Year

Project Description: Youth will learn how to bake and evaluate yeast breads.

REQUIRED YOUTH CURRICULUM

[Baking 3 Manual](#) (#ND EC113)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Baking 3 Manual](#) (#ND EC113)

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Review the Teen Health and The Goodness of Bread sections.
	Make at least one loaf of Fast French Bread.
	Make at least one type of bread rolls.
	Make at least one type of yeast bread. Evaluate your product using 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.
	Complete at least one service/leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Baking 3 Manual
	ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. <ul style="list-style-type: none"> • Fast French Bread (one loaf) • Basic yeast rolls OR refrigerator rolls (3 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) • White wheat OR whole wheat bread using the bread machine (one loaf) • A poster or display (14" x 22") illustrating what you learned in the project this year.
	Note: Recipes in which the finished product contains raw eggs or egg whites, cream cheese, whipped cream, or any other ingredients requiring refrigeration should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-BAKING-Level 4: Cakes

Approved for 2023-24 Project Year

Project Description: In this unit, youth will explore the many types of cakes! Activities include cake science experiments and comparing boxed cake mixes to scratch-baked cakes.

REQUIRED YOUTH CURRICULUM

[Baking 4 Manual](#) (#ND EC114), 2018

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Baking 4 Manual](#) (#ND EC114), 2018

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Review the Eating Well and Cake Science sections in the manual.
	Conduct at least one Cake Science Experiment (pages 10-11). Record your findings and answer the questions in the manual about your 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.
	Complete at least one Service/Leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Baking 4 Manual
	ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. <ul style="list-style-type: none"> • Frosted yellow cake • Frosted or unfrosted sponge cake • Frosted or unfrosted oatmeal cake • A poster or display (14" x 22") illustrating what you learned in the project this year.
	Note: Recipes in which the finished product contains raw eggs or egg whites, cream cheese, whipped cream, or any other ingredients requiring refrigeration should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-BAKING-Level 4: Pies

Approved for 2023-24 Project Year

Project Description: In this unit, youth will bake all types of pies, from traditional fruit and cream pies to savory empanadas and turnovers.

REQUIRED YOUTH CURRICULUM

[Baking 4 Manual](#) (#ND EC114), 2018

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Baking 4 Manual](#) (#ND EC114), 2018

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Review the Eating Well and Basic Recipe for Pastry sections of the manual.
	Make a one-crust baked pie crust and evaluate using the scoresheet on page 25.
	Conduct one or more of the Let's Experiment activities (Pastry, pg. 26-28; Filling, pg. 31-34; Thickening Agents, pg. 35-37; Pie Comparison, pg. 57-58). Record results and answer the questions in the manual about the experiment(s).
	Make at least one type of cream pie with meringue. Evaluate your product using the judging sheet on page 46.
	Make at least one type of double-crust fruit pie. Evaluate your product using the judging sheet on page 50.
	Make at least one type of empanada or turnover. Evaluate your project using the judging sheet on page 54.
	Complete at least one Service/Leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Baking 4 Manual
	ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. <ul style="list-style-type: none"> • One 8- or 9-inch fruit pie • Two fruit-filled empanadas or turnovers. • A poster or display (14" x 22") illustrating one of the experiments you chose to complete in the project this year.
	Note: Recipes in which the finished product contains raw eggs or egg whites, cream cheese, whipped cream, or any other ingredients requiring refrigeration should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-CAKE DECORATING-Level 1

Approved for 2023-24 Project Year

Project Description: Learn the basics of cake decorating! Basics like preparing and tinting icing, bag position, pressure control, and beginner piping techniques. It is recommended youth participate in Level 1 for two years before progressing to Level 2.

REQUIRED YOUTH CURRICULUM

[Idaho 4-H Cake Decorating Skills Checklist Level 1](#) (2022)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Idaho 4-H Cake Decorating Skills Checklist Level 1](#) (2022)

Note: For Instructional materials, please see Curricula Options below

SUPPLEMENTAL RESOURCES

Wilton Method Cake Decorating, Course 1 Student Guide (check Amazon, Walmart, Michaels or JOANN Fabrics)

[Discover 4-H: Cake Decorating Clubs](#), Utah State University 4-H

[4-H Cake Decorating, University of Wyoming 4-H](#)

[Cake Decorating Unit 1-3, Colorado State University 4-H](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Learn at least 10 new skills from the Skills Checklist. Have your project leader or helper initial and date each skill as it is completed.
	Document each technique you learned in the Activity Log section of your ZSuite record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Idaho 4-H Cake Decorating Skills Checklist Level 1
	ONE of the following exhibit options: <ul style="list-style-type: none"> • Decorated single-layer 9– or 10-inch cake*, or may use specialty shape single layer cake pan. Your cake should be decorated using 2-3 decorating skills learned this year. • A poster (14" x 22") or display illustrating something you learned in the project this year.
	Note: Cakes must be baked by the 4-H member. Commercial cake mixes may be used. Recipes which include raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration of the final product should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-CAKE DECORATING-Level 2

Approved for 2023-24 Project Year

Project Description: Level 2 cake decorating focuses on planning and selecting colors for cakes, as well as piping flowers and borders, and cake construction. It is recommended that youth participate in Level 2 for two years before progressing to Level 3.

REQUIRED YOUTH CURRICULUM

[Idaho 4-H Cake Decorating Skills Checklist, Level 2 \(2022\)](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Idaho 4-H Cake Decorating Skills Checklist, Level 2 \(2022\)](#)

Note: For Instructional materials, please see Curricula Options below

SUPPLEMENTAL RESOURCES

Wilton Method Cake Decorating, Course 2 Student Guide (check Amazon, Walmart, Michaels or JOANN Fabrics)

[4-H Cake Decorating, University of Wyoming 4-H](#)

[Cake Decorating Unit 1-3, Colorado State University 4-H](#)

[Cake Decorating Unit 4-6, Colorado State University 4-H](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Learn at least 10 new skills from the Level 2 Skills Checklist. Have your project leader or helper initial and date each skill as it is completed.
	Document each technique you learned in the Activity Log section of your ZSuite record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Idaho 4-H Cake Decorating Skills Checklist Level 2
	ONE of the following exhibit options: <ul style="list-style-type: none"> • One decorated two-layer 10-inch round or 2-layer oval cake. Your cake should be decorated using at least four (4) decorating skills learned this year. • A poster (14" x 22") or display illustrating something you learned in the project this year.
	Note: Cakes must be baked by the 4-H member. Commercial cake mixes may be used. Recipes which include raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration of the final product should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-CAKE DECORATING-Level 3

Approved for 2023-24 Project Year

Project Description: Advanced Cake Decorating continues to build on previous skills, and adds new techniques using fondant, gum paste, marzipan and modeling chocolate.

REQUIRED YOUTH CURRICULUM

[Idaho 4-H Cake Decorating Skills Checklist, Level 3 \(2022\)](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Idaho 4-H Cake Decorating Skills Checklist, Level 3 \(2022\)](#)

Note: For Instructional materials, please see Curricula Options below

SUPPLEMENTAL RESOURCES

Wilton Method Cake Decorating, Course 3 Student Guide (check Amazon, Walmart, Michaels or JOANN Fabrics)

[4-H Cake Decorating, University of Wyoming 4-H](#)

[Cake Decorating Unit 4-6, Colorado State University 4-H](#)

[Cake Decorating Unit 7-9, Colorado State University 4-H](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Learn at least 10 new skills from the Level 3 Skills Checklist. Have your project leader or helper initial and date each skill as it is completed.
	Document each technique you learned in the Activity Log section of your ZSuite record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Idaho 4-H Cake Decorating Skills Checklist, Level 3
	ONE of the following exhibit options: <ul style="list-style-type: none"> • One two-tiered cake covered with fondant and decorated with fondant, gum paste, marzipan, or modeling chocolate. Use at least six (6) of the skills you learned this year. • A poster (14" x 22") or display illustrating something you learned in the project this year.
	Note: Cakes must be baked by the 4-H member. Commercial cake mixes may be used. Recipes which include raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration of the final product should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-COOKING-Lv 1: 4-H Cooking 101

Approved for 2023-24 Project Year

Project Description: In the 4-H cooking series, youth learn about food preparation, food and kitchen safety, meal planning, and nutrition. Cooking 101 includes lessons on using MyPlate, measuring and mixing ingredients, testing food for doneness and setting the table for the family.

REQUIRED YOUTH CURRICULUM

[4-H Cooking 101 Manual \(#01512Y\)](#), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Cooking Helper's Guide \(#01516F\)](#), 2015

SUPPLEMENTAL RESOURCES

[USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete two (2) learning activities or experiments from the Cooking 101 manual and document in your ZSuite Record Book Activity Log.
	Prepare 1-2 recipes from each of the recipe sections: Snacks, Side Dishes, Main Dishes, Quick Breads and Desserts.
	Complete the project checklist on page 6 of the Cooking 101 manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> • A non-perishable food item you have learned about while taking this project (see note below). Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card. • A poster (14" x 22") or a display • illustrating what you learned in this project this year.
	Note: Foods such as brownies, pancakes, 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 be avoided.

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Enroll in ZSuite Under this Project Name: FOOD-COOKING-Lv 2: 4-H Cooking 201

Approved for 2023-24 Project Year

Project Description: Building on the skills learned in Cooking 101, youth will learn to prevent foodborne illnesses, safely thaw frozen food, use proper knife techniques, read Nutrition Facts labels and make soups, rice, pasta, and other foods.

REQUIRED YOUTH CURRICULUM

[4-H Cooking 201 Manual \(01513Y\)](#), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Cooking Helper's Guide \(#01516F\)](#), 2015

SUPPLEMENTAL RESOURCES

[USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete two (2) learning activities or experiments from the Cooking 201 manual and document in your ZSuite Record Book Activity Log.
	Prepare 1-2 recipes from each of the recipe sections: Vegetable and Fruit Group, Grains Group, Protein Foods Group, Dairy Group, and Desserts.
	Complete the project checklist on page 7 of the Cooking 201 manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> • A non-perishable food item you have learned about while taking this project (see note below). Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card. • A poster (14" x 22") or a display • illustrating what you learned in this project this year.
	Note: Foods such as quick breads, muffins, biscuits, scones, cakes, or cookies display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should be avoided.

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Enroll in ZSuite Under this Project Name: FOOD-COOKING-Lv 3: 4-H Cooking 301

Approved for 2023-24 Project Year

Project Description: This unit in the 4-H Cooking series explores topics like making bread, grilling meats, vegetables, and fruit, and making butter. Youth learn the science behind yeast, gluten, and different types of fats.

REQUIRED YOUTH CURRICULUM

[4-H Cooking 301 Manual \(#01514Y\)](#), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Cooking Helper's Guide \(#01516F\)](#), 2015

SUPPLEMENTAL RESOURCES

[USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete two (2) learning activities or experiments from the Cooking 301 manual and document in your ZSuite Record Book Activity Log.
	Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Group, Protein Foods Group, Dairy Group, and Desserts.
	Complete the project checklist on page 7 of the Cooking 301 manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> • A non-perishable food item you have learned about while taking this project (see note below). Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card. • A poster (14" x 22") or a display illustrating what you learned in this project this year.
	Note: Foods such as breads, rolls, granola, pretzels, cookies or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should be avoided.

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Enroll in ZSuite Under this Project Name: FOOD-COOKING-Lv 4: 4-H Cooking 401

Approved for 2023-24 Project Year

Project Description: In the final level of the 4-H Cooking series, youth will explore the world by learning about herbs and spices and how to make ethnic foods. Youth also practice making cakes, candy, pies, and pastries.

REQUIRED YOUTH CURRICULUM

[4H Cooking 401 Manual](#) (#01515Y), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Cooking Helper's Guide](#) (#01516F), 2015

SUPPLEMENTAL RESOURCES

[USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete two (2) learning activities or experiments from the Cooking 401 manual and document in your ZSuite Record Book Activity Log.
	Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Group, Protein Foods Group, Dairy Group, and Desserts.
	Plan and prepare a celebration meal each project year.
	Complete the project checklist on page 7 of the Cooking 401 manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> • A non-perishable food item you have learned about while taking this project (see note below). Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card. • A poster (14" x 22") or a display illustrating what you learned in this project this year.
	Note: Foods such as breads, muffins, candy, fruit pies, 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 be avoided.

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Enroll in ZSuite Under this Project Name: FOOD-DUTCH OVEN-Level 1

Approved for 2023-24 Project Year

Project Description: Youth will learn how to select, care for, and stay safe around a Dutch oven. Cook up a variety of tasty foods outdoors
Because Dutch oven cooking requires lifting heavy ovens and handling hot coals, ages 12 and up recommended.

REQUIRED YOUTH CURRICULUM

[Dutch Oven Cooking \(#BUL938\), 2019](#)

[Dutch Oven Recipes, 2010](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Dutch Oven Helper's Guide \(#BUL940\), 2019](#)

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete all reflection questions in the Dutch Oven Cooking Unit 1 member manual.
	Complete three (3) Beyond Cooking activities.
	Prepare one item from each of the following categories: <ul style="list-style-type: none"> • Soup or stew • One-dish meal • Vegetable • Quick bread • Dessert • Breakfast • Cooking on the lid
	Create a recipe book or file that includes everything you cooked PLUS additional recipes to total 11 recipes each year.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Dutch Oven Cooking Unit 1 manual.
	Recipe File or book with a minimum of 11 recipes included for each year in the project.
	ONE of the following exhibit options: <ul style="list-style-type: none"> • Non-perishable dessert (see note below) you learned to make during the project year. Include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. • A poster (14" x 22") or display illustrating what you learned in the project this year.
	Note: Foods using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-DUTCH OVEN-Level 2

Approved for 2023-24 Project Year

Project Description: Build your outdoor cooking skills with Dutch Oven Unit 2: explore one-dish meals, breakfasts, and cooking on the lid. Plus, learn how to manage cooking in multiple Dutch ovens at the same time!

REQUIRED YOUTH CURRICULUM

[Dutch Oven Cooking Unit 2](#) (#BUL939), 2019

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Dutch Oven Helper's Guide](#) (#BUL940), 2019

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete all reflection questions in the Dutch Oven Cooking Unit 2 member manual.
	Complete 3 Beyond Cooking activities.
	Prepare at least 10 recipes not previously used, including at least one item from each of the following categories: <ul style="list-style-type: none"> • Soup or stew • Vegetable • Yeast breads or rolls • Sweet rolls or specialty breads • Dessert • Meat (beef, pork, lamb, game) • Fowl (turkey, chicken, game hen)
	Continue building your recipe book or file that includes everything you cooked plus additional recipes to total 12 new recipes each year of Unit 2.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Dutch Oven Cooking Unit 2 manual.
	Continued Recipe File or book with at least 12 new recipes included for each year in Unit 2 of the project.
	ONE of the following exhibit options: <ul style="list-style-type: none"> • Non-perishable (see note below) yeast bread, roll, sweet bread, or specialty bread you learned to make during the project year. Bread should be displayed on a plate, not in the Dutch oven. Include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. • A poster (14" x 22") or display illustrating what you learned in the project this year.
	Note: Foods using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be exhibited.

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Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Boiling Water Canning

Approved for 2023-24 Project Year

Project Description: Everyone loves home-made jellies and jams. Learn how to preserve your own jellies, jams, fruits, tomatoes, pickles, and other high-acid foods in a boiling water bath canner. Experiment with pectin for thickening, sugar alternatives, and low-sugar recipes.

REQUIRED YOUTH CURRICULUM

[Food Preservation Boiling Water Canning Manual](#) (PNW #652), 2013

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

[Canning Fruits](#) (PNW #199) - [Guardado de frutas en conserva](#) (PNW 199S)

[Canning Tomatoes and Tomato Products](#) (PNW #300) - [Elaboración de conservas de tomates y productos de tomates](#) (PNW 300S)

[Pickling Vegetables](#) (PNW #355)

[Salsa Recipes for Canning](#) (PNW #395) - [Recetas de Salsa para Guardar en Conserva](#) (PNW 395S)

[USDA Complete Guide to Home Canning](#) (Ag. Bull. #539)

[So Easy to Preserve](#) (University of Georgia Extension)

[National Center for Home Food Preservation](#) (www.nchfp.uga.edu/#gsc.tab=0)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
	Answer at least two of the questions in the Reflections on Boiling Water Canning section on page 39 of the manual.
	Participate in at least one Citizenship/Leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Food Preservation Boiling Water Canning Manual
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") illustrating something you learned in this project this year. • A labeled photo journal showing how to freeze a food item from start to finish. • Display (12" x 12" x 12") and label some of the equipment used to complete this project. • A home-canned tomato product with a correctly completed label. • A home-canned fruit product with a correctly completed label. • A home-canned jam or jelly with a correctly completed label. • A home-canned acidified pickled product with a correctly completed label. • Recipes and a menu plan using foods preserved in this project.

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Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Drying

Approved for 2023-24 Project Year

Project Description: Spoilage bacteria can't grow without water, which makes drying a great way to preserve food. Learn how to dry fruits, vegetables, and herbs. Make your own dried food mixes and use dried foods in recipes and menu plans.

REQUIRED YOUTH CURRICULUM

[Food Preservation Drying Manual](#) (PNW #651), 2013

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

[Drying Fruits and Vegetables](#) (PNW #397)

How to Dry Foods by Deanna DeLong (check with your local library or bookstore)

[So Easy to Preserve](#) (University of Georgia Extension)

[National Center for Home Food Preservation](#) (www.nchfp.uga.edu)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
	Answer at least two of the questions in the Reflections on Drying section on pages 39-40 of the manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Optional: complete a menu plan using foods preserved in this project.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Food Preservation Drying Manual.
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") illustrating something you learned in this project this year. • A labeled photo journal showing how to dry a food from start to finish. • A display (12" x 12" x 12") showing some of the equipment used in this project. Please label each piece of equipment. • Two dried fruits, in a proper storage container with a correctly completed label. • Two dried vegetables, in a proper storage container with a correctly completed label. • Two dried herbs, in a proper storage container with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project.

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Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Freezing

Approved for 2023-24 Project Year

Project Description: Freezing food is quick, easy, and convenient. In this project, youth will learn the best ways to prepare, package, freeze, and use frozen fruits, vegetables, jams, meats, main dishes, casseroles and pies.

REQUIRED YOUTH CURRICULUM

[Food Preservation Freezing Manual](#) (PNW #650)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

[Freezing Fruits and Vegetables](#) (PNW #214)

[Freezing Convenience Foods](#) (PNW #296)

[So Easy to Preserve](#) (University of Georgia Extension)

[National Center for Home Food Preservation](http://www.nchfp.uga.edu) (www.nchfp.uga.edu)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
	Answer at least two of the questions in the Reflections on Freezing section on page 37 of the manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Food Preservation Freezing Manual
	One of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") illustrating something you learned in this project this year. • A labeled photo journal showing how to freeze a food item from start to finish. • Display (12" x 12" x 12") and label some of the equipment 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.

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Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Pressure Canning

Approved for 2023-24 Project Year

Project Description: Pressure canning takes place at higher temperatures than boiling water canning, killing the botulism-causing bacteria that thrive in low-acid foods. Learn how to safely process vegetables, soups, stews, and other low-acid foods in a pressure canner.

REQUIRED YOUTH CURRICULUM

Pressure Canning Project Manual (PNW 653)

ZSuite 4-H Involvement Report

ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

Canning Vegetables (PNW 172) - Guardado de vegetales en conserva (PNW 172S)

Canning Tomatoes and Tomato Products (PNW #300) - Elaboración de conservas de tomates y productos de tomates (PNW 300S)

USDA Complete Guide to Home Canning (Ag. Bull. #539)

So Easy to Preserve (University of Georgia Extension)

National Center for Home Food Preservation (www.nchfp.uga.edu)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
	Answer at least two of the questions in the Reflections on Pressure Canning section on page 36 of the manual.
	Participate in at least one Citizenship/Leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Food Preservation Pressure Canning Manual
	One of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") illustrating something you learned in this project this year. • A labeled photo journal showing how to freeze a food item from start to finish. • Display (12" x 12" x 12") and label some of the equipment used to complete this project. • A home-canned vegetable product with a correctly completed label. • A home-canned meat product with a correctly completed label. • A home-canned combination product with a correctly completed label. • A pressure-canned tomato product with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project.

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Enroll in ZSuite Under this Project Name: FOOD-FOOD SCIENCE-Lv 1: The Secrets of Baking

Approved for 2023-24 Project Year

Project Description: What's on your plate explores chemistry, biology, and physics through baking. Youth will use the Food Science Journal to document their experiments. The Secrets of Baking is written for youth grades 6-9 but maybe adapted for younger and older learners.

REQUIRED YOUTH CURRICULUM

[What's On Your Plate? Exploring Food Science Unit 1: The Secrets of Baking Youth Science Journal \(01411Y\), 2014](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[What's On Your Plate? Exploring Food Science Unit 1: The Secrets of Baking Facilitator Guide \(01415F\), 2014](#)

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the three (3) activities and the three (3) Be a Food Scientist exercises in the Youth Science Journal.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed What's on Your Plate, Exploring Food Science Unit 1: The Secrets of Baking Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: FOOD-FOOD SCIENCE-Lv 2: The Power of Protein Chemistry

Approved for 2023-24 Project Year

Project Description: The Power of Protein Chemistry explores the basic building blocks of protein through delicious experiments like cooking eggs and making cheese. This project curriculum is written for youth in grades 6-9 but can be adapted for younger and older learners.

REQUIRED YOUTH CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Youth Science Journal \(01412Y\), 2014](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Facilitator Guide \(01416F\), 2014](#)

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed What's On Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in this project year.

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Lv 3 - The Inner Mysteries of Fruits and Vegetables

Enroll in ZSuite Under this Project Name: FOOD-FOOD SCIENCE-Lv 3: The Inner Mysteries of Fruits and Vegetables

Approved for 2023-24 Project Year

Project Description: Why do fruits and vegetables turn brown when they are cut? Learn the science behind this phenomenon and more in Unit 3 of the Food Science series. This curriculum is written for grades 6-9, but may be adapted for younger or older learners.

REQUIRED YOUTH CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Youth Science Journal](#) (01413Y), 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Facilitator's Guide](#) (01417F), 2014

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed What's On Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in this project year.

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Enroll in ZSuite Under this Project Name: FOOD-FOOD SCIENCE-Lv 4: Be a Food Scientist

Approved for 2023-24 Project Year

Project Description: Explore being a food scientist through activities like making a new beverage and experimenting with crystallization. This project curriculum is written for youth in grades 6-9, but may be adapted for use with older or younger learners.

REQUIRED YOUTH CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 4: Be a Food Scientist! Youth Science Journal \(01414Y\), 2014](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[What's on Your Plate? Exploring Food Science Unit 4: Be a Food Scientist! Facilitator's Guide \(01418F\), 2014](#)

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed What's On Your Plate? Exploring Food Science Unit 4: Be a Food Scientist! Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in this project year.

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Enroll in ZSuite Under this Project Name: FOOD-SCIENCE FUN WITH DAIRY FOODS

Approved for 2023-24 Project Year

Project Description: Become a member of the Dairy Police Task force in this immersive food science project! Youth will learn the science behind butter, cheese, curds while solving the Mystery of the Missing Milk.

REQUIRED YOUTH CURRICULUM

[Science Fun With Dairy Foods](#) (#OH 490), 2016

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Science Fun With Dairy Foods](#) (#OH 490), 2016

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the planning section (Steps 1-4 in the member guide)
	Conduct at least 4 of the 9 project experiments. Answer the questions and complete at least one Digging Deeper activity for each experiment you complete.
	Keep an Experiment Journal. Record your observations and draw conclusions from your findings. Use the Journal of Experiments section on pages 37-42 of the manual, or record your findings in a separate notebook.
	Take part in at least two Learning Experiences.
	Complete at least two Citizenship/Leadership activities.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Science Fun with Dairy Foods member guide and Experiment Journal.
	One of the following exhibit options: <ul style="list-style-type: none"> • Poster or storyboard (14" x 22") describing one of the experiments you completed in the project. • Display and label some of the equipment you used to complete this project. Your labels should include how the equipment was used. • Display a dairy product you made during this project (NOTE: this option is ONLY available in counties with refrigeration available at the fair. Check with your local 4-H Extension Office for approval before exhibiting this option.

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Enroll in ZSuite Under this Project Name: HW-BABYSITTING

Approved for 2023-24 Project Year

Project Description: This project is part of the 4-H Military Partnership. Youth in this project will learn the ages and stages of child growth and development, gain safety skills and learn how to handle emergencies, and develop materials to market their babysitting services.

REQUIRED YOUTH CURRICULUM

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

- [4-H Army Child & Youth Services "I have what it takes to be YOUR Teen Babysitter guide., 2020](#)

SUPPLEMENTAL RESOURCES

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



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of two activities per lesson.
	Maintain a portfolio, which must contain at a minimum: <ul style="list-style-type: none"> • Worksheets 1-5, completed • Handouts, checklists, surveys and questionnaires
	Make a Babysitter's Magic Bag, and include a basic first aid kit (see Lesson 3)
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Optional but encouraged: Pass a first aid/CPR course taught by a qualified instructor.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22") or display illustrating what you learned in the project this year. Consider including photographs of your Magic Bag.

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Enroll in ZSuite Under this Project Name: HW-CHILD DEVELOPMENT-Lv 1: Growing On My Own
Approved for 2023-24 Project Year

Project Description: This is a Cloverbuds level activity/curriculum. Please see other side of this sheet for details on the Cloverbuds Program.

REQUIRED YOUTH CURRICULUM

[Growing On My Own](#) (#08075DD) 2004

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Growing All Together Helper's Guide](#) (#08078DD), 2004

SUPPLEMENTAL RESOURCES

[Cloverbuds Memory Book](#) (#63013), 2009



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	<p>Cloverbuds is an educational program that introduces younger youth to 4-H in a fun, non-competitive way.</p> <p>The Cloverbuds program is non-competitive; Therefore, there are no project requirements for this curriculum. At this stage in a young person’s emotional development, “losing” is tied to their personal feelings of self and identity. Cloverbuds should be encouraged to try new things, but with an emphasis on experiences rather than finished products or accomplishments.</p> <p>Cloverbuds may enter exhibits at a County Fair, but these exhibits will not compete or be judged, and all participants should receive equal recognition for their participation. They may be given advice and taught new things to continue to improve their knowledge and skills, but in a supportive and positive manner.</p> <p>Cloverbuds are not eligible to participate in state contests or events. For more information on the Cloverbuds program within Idaho 4-H, please refer to the Idaho 4-H Cloverbuds Handbook.</p>

ADDITIONAL LOCAL REQUIREMENTS	

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Enroll in ZSuite Under this Project Name: HW-CHILD DEVELOPMENT-Lv 2: Growing With Others
Approved for 2023-24 Project Year

Project Description: In this project, youth will be introduced to babysitting, become more aware of how their family members and friends grow, and work with others to be aware of common dangers.

REQUIRED YOUTH CURRICULUM

Growing with Others (#08076DD) 2008

ZSuite 4-H Involvement Report

ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

Growing All Together Helper's Guide (#08078DD), 2004

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of seven required/optional activities each year.
	Finish at least 21 of the required and optional activities within 3 years to complete this level.
	Have your club leader or project helper initial and date (mm/yy) each activity when it is completed.
	Develop a portfolio of notes, drawings, photos, and other items created as part of the project activities.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Growing With Others Project Manual
	Activity Portfolio to demonstrate what you learned this project year. Exhibits should utilize only the skills, tools, and techniques learned through completing activities in this project book.

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Enroll in ZSuite Under this Project Name: HW-CHILD DEVELOPMENT-Lv 3: Growing In Communities

Approved for 2023-24 Project Year

Project Description: In this project, teens can explore child development careers, gain experience as a teacher or coach, participate in community service projects and how to meet the needs of differently abled children.

REQUIRED YOUTH CURRICULUM

[Growing In Communities](#) (#08077DD) 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Growing All Together Helper's Guide](#) (#08078DD), 2004

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of seven required/optional activities each year.
	Finish at least 21 of the required and optional activities within 3 years to complete this level.
	Have your club leader or project helper initial and date (mm/yy) each activity when it is completed.
	Develop a portfolio of notes, drawings, photos, and other items created as part of the project activities.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Growing In Communities Project Manual
	Activity Portfolio to demonstrate what you learned this project year. Exhibits should utilize only the skills, tools, and techniques learned through completing activities in this project book.

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Enroll in ZSuite Under this Project Name: HW-CHOOSE HEALTH - FOOD, FUN, FITNESS

Approved for 2023-24 Project Year

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

REQUIRED YOUTH CURRICULUM

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Choose Health: Food, Fun and Fitness \(#01601F\), 2011-15](#)

[Downloadable Files and Resources for Supplemental Materials are available from](#)

[Cornell University Food and Nutrition Education in Communities Website:](#)

(<https://fnec.cornell.edu/for-partners/curricula/chfff/order-information/>)

SUPPLEMENTAL RESOURCES

[Choose My Plate - USDA Nutrition website](#) (www.myplate.gov)

[US Department of Health & Human Services Dietary Guidelines for Americans](#)

(www.dietaryguidelines.gov)

[Choose Health: Food, Fun, and Fitness Handout Bundles](#) (#01601B)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least one activity from each of the six sections each year.
	Include one physical activity and one snack activity at each meeting.
	Share one newsletter with family members.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22") or labeled display (12" x 12" x 12") illustrating something you learned during this project year

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Enroll in ZSuite Under this Project Name: HW-KEEPING FIT & HEALTHY-Lv 1: First Aid in Action

Approved for 2023-24 Project Year

Project Description: Youth in this project will plan and assemble a home first aid kit, learn how to treat cuts, scrapes, nosebleeds and bee stings and to help someone who is choking or has broken a bone, as well how to interview an injured person to determine what help they need.

REQUIRED YOUTH CURRICULUM

[First Aid in Action: First Aid Activities for Youth](#) (#08174), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least seven (7) activities from the First Aid in Action manual.
	Assemble a home first aid kit.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your First Aid Kit assembled in the project.
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") 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.

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Enroll in ZSuite Under this Project Name: HW-KEEPING FIT & HEALTHY-Lv 2: Staying Healthy
Approved for 2023-24 Project Year

Project Description: Learn more about making healthy choices related to good hygiene, healthy eating and being active. Whether you enjoy working with numbers, playing sports, drawing, writing, or singing, share your commitment to health with others in a way you enjoy!

REQUIRED YOUTH CURRICULUM

[Staying Healthy: Health Project Activities for Youth](#) (#08175), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least seven (7) activities from the Staying Healthy manual.
	Complete a self-assessment of personal talents.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your Personal Talents Assessment
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") 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.

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Enroll in ZSuite Under this Project Name: HW-KEEPING FIT & HEALTHY-Lv 3: Keeping Fit

Approved for 2023-24 Project Year

Project Description: Youth in this project will learn more about physical activity and how to design and manage their own fitness plans.

REQUIRED YOUTH CURRICULUM

[Keeping Fit: Fitness Activities for Youth \(#18176\)](#), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least seven (7) activities from the Keeping Fit manual.
	Complete a personal fitness plan.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your Personal Fitness Plan
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") 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.

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Enroll in ZSuite Under this Project Name: NS-4-H GEOLOGY
Approved for 2023-24 Project Year

Project Description: This project book is divided into four levels, which are all covered within the one manual. Youth will learn the story of the earth through its rocks in order to gain a better understanding of the earth and the sources of the minerals we use every day.

REQUIRED YOUTH CURRICULUM

[4-H Geology: Introduction to the Study of the Earth \(01706Y\), 2017](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Geology: Introduction to the Study of the Earth \(01706Y\), 2017](#)

SUPPLEMENTAL RESOURCES

[Idaho-specific websites for Geology Project](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	For each level in the manual (Pebble Pups 1, Pebble Pups 2, Rock Hounds 1, or Rock Hounds 2), complete the number of Required Activities and Closer Look Activities specified. Have your project leader or helper initial and date each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	For Pebble Pups 1: 8-19 rock specimens, with 3 minerals in the collection. May include duplicates that show variations. Label collection and note where found.
	For Pebble Pups 2: 20-29 rock specimens, with 7 minerals in the collection. May include duplicates that show variations. Label collection and note where found.
	For Rock Hounds 1: 30-40 rock and mineral specimens, with 10 minerals in the collection. Rocks must include at least 3 igneous, 2 metamorphic and 3 sedimentary groups. Label collection and note where found.
	For Rock Hounds 1: No more than 50 specimens, selected to illustrate a specific theme of your choosing. Examples include industrial minerals and their use, fossils traced through geological areas, or rocks and minerals used in lapidary arts.

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Enroll in ZSuite Under this Project Name: NS-BEEKEEPING-Lv 1: Understanding the Honey Bee
Approved for 2023-24 Project Year

Project Description: Beekeeping has become an increasingly popular hobby. In Understanding the Honey Bee, youth will learn the basics about types of bees, plants that attract bees, beekeeping equipment, and honey and beeswax.

REQUIRED YOUTH CURRICULUM

[4-H Beekeeping Level 1: Understanding the Honey Bee \(#4-H-571-W\)](#), 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Indiana 4-H Beekeeping Helper's Guide \(#4-H-576-W\)](#), 2008

SUPPLEMENTAL RESOURCES

[Foundation for the Preservation of Honey Bees](http://preservationofhoneybees.org) (preservationofhoneybees.org)

[Purdue University Honey Bee Extension](http://extension.entm.purdue.edu/bee hive/) (extension.entm.purdue.edu/bee hive/)

[Beekeeping Project and Record Book](#) (Ohio 4-H641)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete each section of the Understanding the Honey Bee Manual
	Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: NS-BEEKEEPING-Lv 2: Working With Honey Bees

Approved for 2023-24 Project Year

Project Description: In this level of the beekeeping project, youth acquire a colony of bees, learn how to care for bees and a hive throughout the year, basic beekeeping operations and produce extracted, chunk, or cut comb honey.

REQUIRED YOUTH CURRICULUM

[4-H Beekeeping Level 2: Working With Honey Bees \(#4-H-586-W\)](#), 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Indiana 4-H Beekeeping Helper's Guide \(#4-H-576-W\)](#), 2008

SUPPLEMENTAL RESOURCES

[Foundation for the Preservation of Honey Bees](http://preservationofhoneybees.org) (preservationofhoneybees.org)

[Purdue University Honey Bee Extension](http://extension.entm.purdue.edu/beehive/) (extension.entm.purdue.edu/beehive/)

[Beekeeping Project and Record Book](#) (Ohio 4-H641)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete each section of the Working with Honey Bees Manual
	Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit items: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • One jar of honey.

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Enroll in ZSuite Under this Project Name: NS-BEEK-Lv 3 - Advanced Beekeeping

Approved for 2023-24 Project Year

Project Description: Advanced beekeeping teaches youth about increasing honeybee colonies, better honey production, producing specialized honey, bee societies, and how to manage bee diseases and parasites

REQUIRED YOUTH CURRICULUM

[4-H Beekeeping Level 3: Advanced Beekeeping Methods](#) (#4-H-593-W), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Indiana 4-H Beekeeping Helper's Guide](#) (#4-H-576-W), 2008

SUPPLEMENTAL RESOURCES

[Foundation for the Preservation of Honey Bees](http://preservationofhoneybees.org) (preservationofhoneybees.org)

[Purdue University Honey Bee Extension](http://extension.entm.purdue.edu/beehive/) (extension.entm.purdue.edu/beehive/)

[Beekeeping Project and Record Book](#) (Ohio 4-H641)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete each section of the Advanced Beekeeping Methods Manual
	Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit items: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • One jar of honey.

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Enroll in ZSuite Under this Project Name: NS-CROPS-Field Beans
Approved for 2023-24 Project Year

Project Description: Grow one half-acre of dry beans for consumption or use as seed. Use certified seed. Advanced projects include growing string beans or certified bean seed under contract with a seed company.

REQUIRED YOUTH CURRICULUM

[4-H Field Bean Production Guide \(#73117\)](#), 2004

[4-H Bean Grower Workbook \(#73118\)](#)

[ZSuite 4-H Involvement Report](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Field Bean Production Guide \(#73117\)](#), 2004

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Own your project with a bona-fide agreement with your family member or landowner covering machinery, labor, seed, share, etc. This must be signed by the landowner, your project leader, and, if applicable, the contracting company field man.
	Complete a soil test on your bean field area.
	Attend the annual field tour of bean projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.
	Have an up-to-date record book available for review during the field tour.
	Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year.
	Complete the 4-H BeanGrower Workbook for this project.
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Bean Grower Workbook
	If your beans are harvested by fair time, 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 yet harvested, display a sample of bean plants with pods attached



Enroll in ZSuite Under this Project Name: NS-CROPS-Potatoes

Approved for 2023-24 Project Year

Project Description: Grow at least three acres of potatoes under written contract. This real-world project included fertilizing, insect control, irrigation, disease control, weed control, harvesting, and marketing.

REQUIRED YOUTH CURRICULUM

[4-H Potato Grower Workbook](#)

[4-H Potato Project and Record Book](#)

[ZSuite 4-H Involvement Report](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Own your project with a bonafide agreement with your family member or landowner covering machinery, labor, seed, share, etc. This must be signed by your landowner and project leader.
	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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Potato Grower Workbook
	Pesticide Report
	Exhibit a sample of potatoes at the county fair according to local fair regulations or at a public exhibit other than the county fair (talk to your Extension 4-H Educator for approval).

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Enroll in ZSuite Under this Project Name: NS-CROPS-Small Grains

Approved for 2023-24 Project Year

Project Description: Use UI Extension best management practices to grow five acres of small grains under written contract to a family member or landowner. Prepare an operating budget and keep accurate records of all labor, materials, and practices.

REQUIRED YOUTH CURRICULUM

[4-H Small Grains Production Guide](#) (#73115), 2002

[4-H Small Grains Record Book](#) (#73116)

[ZSuite 4-H Involvement Report](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[4-H Small Grains Production Guide](#) (#73115), 2002

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Own your project with a bona-fide agreement with your family member or landowner covering machinery, labor, seed, share, etc. This must be signed by the landowner, project leader, and, if applicable, the contracting company field man.
	Plant a minimum of five acres of small grains
	Attend the annual field tour of small grain projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.
	Have an up-to-date record book available for review during the field tour.
	Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year.
	If raising malting barley, an additional individual contract with the malting
	Complete 4-H Small Grains Production Guide (#73115)
	Complete 4-H Small Grains Record Book (#73116)
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	4-H Small Grains Production Guide
	4-H Small Grains Record Book
	If your grain is harvested before the county fair, exhibit a one-quart sample. If you grain is not harvested, display a sample of plants with grain heads attached.

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Enroll in ZSuite Under this Project Name: NS-CROPS-Sugar Beets
Approved for 2023-24 Project Year

Project Description: Grow at least one acre of sugar beets under written contract. This real-world project included fertilizing, insect control, irrigation, disease control, weed control, harvesting, and marketing.

REQUIRED YOUTH CURRICULUM
4-H Youth Sugarbeet Grower Record Book (2019)
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
none

SUPPLEMENTAL RESOURCES
none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Grow a minimum of 2 acres of crop as measured by the club volunteer or crop consultant. Individual contracts with the sugar company are required.
	Own your project with a bonafide agreement with your grower and/or landlord covering machinery, labor, seed, share, etc. This must be signed by your grower and/or landlord, your club volunteer, and a sugar company crop consultant.
	Complete a research project and display research at the Presentation Fair (see Presentation Fair Requirements for more detailed instructions).
	Participate in the annual Presentation Fair with completed display board, oral presentation and interview.
	Individual project weight slips or market receipts must be included with record book at project completion. This means that project beets must be weighed at the receiving stations separately from other beets produced on the same farm.
	Close, summarize, and turn in projects to the County Extension Office on or before the second Monday in January.
	Participate in a club-based service project.
	Complete the 4-H Youth Sugarbeet Grower Record Book
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	One research project and presentation at the Sugar Beet Presentation Fair

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	4-H Youth Sugarbeet Grower Record Book
	Exhibit a sample of sugar beets (3) at the county fair according to instructions (Preparing Sugar beets for Exhibit) section of the record book.

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Enroll in ZSuite Under this Project Name: NS-ENTOMOLOGY-Lv 1: Teaming With Insects 1

Approved for 2023-24 Project Year

Project Description: Discover the fascinating world of insects! This level introduces youth to entomology basics like insect anatomy, biodiversity, integrated pest management and forensic entomology.

REQUIRED YOUTH CURRICULUM

[Teaming With Insects, Level 1](#) (#08440), 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Teaming With Insects, Facilitator's Guide](#) (#08443), 2014

SUPPLEMENTAL RESOURCES

Field Guide to Insects of North America (Eaton/Kaufman) - check your local library or bookstore

Field Guide to Insects and Spiders of North America (Evans) - check your local library or bookstore

[Preparing Insect Specimens for Exhibit](#) (#82358)

[Bug Guide](#) (Iowa State University)

[Purdue University Youth Entomology Webpage](#)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 5 activities in the Teaming With Insects Level 1 project book per year.
	Complete all 16 activities within 3 years to pass Level 1.
	Have your project helper date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Special Instructions for Insect Collections Exhibit boxes should be approximately 18"x12" (for up to 25 insects) or 18"x24" (for up to 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 arranged by order.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A collection of specimens that meets the following requirements and uses at least 2 collection methods. <ul style="list-style-type: none"> ○ 1st Year: At least 15 adult insects representing at least 3 orders, including Lepidoptera ○ 2nd Year: At least 20 adult insects representing at least 4 orders (at least 15 insects cannot have been exhibited before) ○ 3rd Year: Minimum 25 adult insects representing at least 5 orders, (at least 15 insects cannot have been exhibited before) • 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.). • A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: NS-ENTOMOLOGY-Lv 2: Teaming With Insects 2

Approved for 2023-24 Project Year

Project Description: In level 2 of the Teaming With Insects series, youth will make insect collection tools, expand their knowledge of biodiversity, invasive species, and integrated pest management, and create a data-tracking journal.

REQUIRED YOUTH CURRICULUM

[Teaming With Insects, Level 2](#) (#08441), 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Teaming With Insects, Facilitator's Guide](#) (#08443), 2014

SUPPLEMENTAL RESOURCES

Field Guide to Insects of North America (Eaton/Kaufman) - check your local library or bookstore

Field Guide to Insects and Spiders of North America (Evans) - check your local library or bookstore

[Preparing Insect Specimens for Exhibit](#) (#82358)

[Bug Guide](#) (Iowa State University)

[Purdue University Youth Entomology Webpage](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 5 activities in the Teaming With Insects Level 2 project book 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Special Instructions for Insect Collections: Exhibit boxes should be approximately 18"x12" (for up to 25 insects) or 18"x24" (for up to 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 arranged by order.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A collection of specimens that meets the following requirements and uses at least 2 collection methods. <ul style="list-style-type: none"> ○ Year 1: At least 15 adult insects representing at least 3 orders, with at least 7 identified to family. Five insects should be mounted with card-point for display. Use ethyl alcohol to preserve. ○ Year 2: At least 20 adult insects and 5 nymphs. representing at least 5 orders with 10 or more identified to family. At least 10 insects cannot have been exhibited before. Use soft body preservation techniques. ○ Year 3: Minimum 25 adult insects representing at least 10 orders, with 15 or more identified to family. At least 15 insects cannot have been exhibited before. Use "rearing cage" collection method. • A report of things you have learned or researched (such as results of observations of insect traps, habitats, life cycle, entomology careers, etc.). • A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: NS-ENTOMOLOGY-Lv 3: Teaming With Insects 3

Approved for 2023-24 Project Year

Project Description: In the final level of the Teaming with Insects series, youth will take control of their learning by doing research using the scientific method and reference materials, and teach others what they've learned.

REQUIRED YOUTH CURRICULUM

[Teaming With Insects, Level 3](#) (#08442), 2014

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Teaming With Insects, Facilitator's Guide](#) (#08443), 2014

SUPPLEMENTAL RESOURCES

Field Guide to Insects of North America (Eaton/Kaufman) - check your local library or bookstore

Field Guide to Insects and Spiders of North America (Evans) - check your local library or bookstore

[Preparing Insect Specimens for Exhibit](#) (#82358)

[Bug Guide](#) (Iowa State University)

[Purdue University Youth Entomology Webpage](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 5 activities in the Teaming With Insects Level 3 project book per year.
	Complete all 15 activities within 3 years to complete level 3 Entomology.
	Have your project helper date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Special Instructions for Insect Collections Exhibit boxes should be approximately 18"x12" (for up to 25 insects) or 18"x24" (for up to 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 arranged by order.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A collection of specimens that meets the following requirements and uses at least 2 collection methods. <ul style="list-style-type: none"> ○ Year 1: Collection of at least 20 insects, including 1 incomplete and 1 complete metamorphosis. At least 10 insects cannot have been exhibited before. Identify at least 10 to family, and include 10 or more orders. ○ Year 2: At least 25 insects, representing at least 10 orders with 10 or more identified to family. At least 10 insects cannot have been exhibited before. Use Ethyl Acetate to kill and preserve. ○ Year 3: Minimum 40 insects, including 1 incomplete and 1 complete metamorphosis. Represent 8 or more orders. Use UV light for nighttime collection of at least some specimens. Include 10 insects that have not been exhibited before, and identify at least 20 to family. • A written research report with sources cited. • A poster (14"x22") or display illustrating something you learned in this project this year.

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**Enroll in ZSuite Under this Project Name:** NS-EXPLORING YOUR ENVIRONMENT*Approved for 2023-24 Project Year*

Project Description: In these projects, youth will learn about how plants, animals, and the environment interact in amazing and sometimes surprising ways. They will explore ecological issues like pollution, waste, and energy consumption, and design methods to solve them.

REQUIRED YOUTH CURRICULUM[Exploring Your Environment—Earth’s Capacity](#) (#08411), 2008OR [Exploring Your Environment—Ecosystems Services](#) (#08410), 2008[ZSuite 4-H Involvement Report](#)[ZSuite 4-H Project Record Book](#)**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**[Exploring Your Environment: Facilitator Guide](#) (#08412), 2008**SUPPLEMENTAL RESOURCES**[Ecology Skills Checklist](#) (#42500), 2003

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In the member's manual, complete a minimum of seven (7) achievement activities and two (2) leadership activities each project year. Have your project leader or helper initial and date each activity as it is completed.
	Finish all four (4) steps of the planning guide.
	Keep an Eco-Wonders Journal throughout the project.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Display your Eco-Wonders Journal
	A poster (14" x 24") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: NS-FORESTRY-Lv 1: Follow the Path

Approved for 2023-24 Project Year

Project Description: Youth explore different types of trees and tree parts, characteristics of different forests, what forests need to grow and thrive and the different products people produce from trees and forests.

REQUIRED YOUTH CURRICULUM

[Follow the Path, Level 1](#) (#08038), 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Forestry Helper's Guide](#) (#08041), 2008

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your Follow the Path manual, complete a minimum of 6 (6) required activities. Have your project leader or helper initial and date each activity when it is finished.
	Finish at least 20 of the required and optional activities within 3 years to complete this project level.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22"), or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: NS-FORESTRY-Lv 2: Reach for the Canopy

Approved for 2023-24 Project Year

Project Description: Youth in this project will take a closer look at the inner workings of trees, explore forest change, learn about forest health concerns, and discover the health benefits trees have on people.

REQUIRED YOUTH CURRICULUM

[Reach for the Canopy, Level 2](#) (#08039), 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Forestry Helper's Guide](#) (#08041), 2008

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your Reach for the Canopy manual, complete a minimum of 6 (6) required activities. Have your project leader or helper initial and date each activity when it is finished.
	Finish at least 20 of the required and optional activities within 3 years to complete this project level.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22"), or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: NS-FORESTRY-Lv 3: Explore the Deep Woods

Approved for 2023-24 Project Year

Project Description: In this project, youth examine and distinguish different types of trees, look at forests on a global scale, learn to care for trees, and think about forest conservation.

REQUIRED YOUTH CURRICULUM

[Explore the Deep Woods, Level 3](#) (#08040), 2008

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Forestry Helper's Guide](#) (#08041), 2008

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your Explore the Deep Woods manual, complete a minimum of 6 (6) required activities. Have your project leader or helper initial and date each activity when it is finished.
	Finish at least 20 of the required and optional activities within 3 years to complete this project level.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22"), or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: NS-GARDENING
Approved for 2023-24 Project Year

Project Description: In this four-level project, you will plan your garden, prepare the soil, plant, water and fertilize, deal with harmful and friendly insects, and harvest, store and eat your home-grown produce!

REQUIRED YOUTH CURRICULUM
See Them Sprout: Gardening Level A (4H1037), 2016
Let's Get Growing: Gardening Level B (4H1038), 2016
Take Your Pick: Gardening Level C (4H1039), 2016
Growing Profits: Gardening Level D (4H1040), 2016
Suggested 4-H Garden Exhibits (#4H970W), 2016
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
Gardening Curriculum Helper's Guide (4H1041W), 2016

SUPPLEMENTAL RESOURCES
none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the 6 designated activities for the respective year you are in the given book (first year = 1A-6A, second year = 1B-6B, etc.).
	Have your project helper date (month and year) each activity when it is finished.
	Complete the questions at the back of the member manual for their respective year in the project.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits

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Enroll in ZSuite Under this Project Name: NS-JUNIOR MASTER GARDENER

Approved for 2023-24 Project Year

Project Description: Get your hands in the dirt with dozens of fun, hands-on projects that promote a love of gardening while developing an appreciation for the environment and cultivating the mind.

REQUIRED YOUTH CURRICULUM

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

[Junior Master Gardener Handbook Level 1](#) (HORT-PU-220) - *note: each youth does not need their own handbook—it is OK to copy pages of the activities your club completes each year.*

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Junior Master Gardener Level 1 Teacher & Leader Guide](#) (HORT-PU-222)

SUPPLEMENTAL RESOURCES

[Junior Master Gardener website](https://jmgkids.us) (<https://jmgkids.us>)

Digging Deeper: Integrating Youth Gardens Into Schools & Communities by Joseph Kiefer, Martin Kemple and Melanie Manaugh—Check your local library or bookstore (1998)



PROJECT COMPLETION CHECKLIST

STATE 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Copies of the activities you have completed that are initialed by your helper (in notebook or folder).
	ONE of the following exhibit items: <ul style="list-style-type: none"> • A scrapbook of labeled plants, herbs or aspects of plant ecology. • A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • A poster (14"x22") or display illustrating something you learned in this project this year.

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Enroll in ZSuite Under this Project Name: NS-WILDLIFE SCIENCE

Approved for 2023-24 Project Year

Project Description: In this three-level wildlife series, youth will first learn basic wildlife types and their similarities and differences. They will then explore increasingly complex wildlife topics and issues, and finally learn how to put their knowledge into action in their communities.

REQUIRED YOUTH CURRICULUM

[Wildlife Science 1](#) (#PU 4-H-1044), 2017

[Wildlife Science 2](#) (#PU 4-H-1046), 2017

[Wildlife Science 3](#) (#PU 4-H-1048), 2017

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Wildlife Science 1, Facilitator's Guide](#) (#PU 4-H-1045), 2017

[Wildlife Science 2, Facilitator's Guide](#) (#PU 4-H-1047), 2017

[Wildlife Science 3, Facilitator's Guide](#) (#PU 4-H-1049), 2017

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least five (5) activities (found under Table of Contents, Chapter headings in member manuals) each year for your respective level (1, 2, or 3)
	Record the activity name, date, and short description of what you learned in the Project Activity Log of your ZSuite 4-H Record Book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Any one of the following exhibits: <ul style="list-style-type: none"> • Something you build 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 the project this year. • Other suitable exhibit approved by your local Extension Office.

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Enroll in ZSuite Under this Project Name: OR-BICYCLE-Lv 1: Bicycling For Fun

Approved for 2023-24 Project Year

Project Description: This project teaches beginning riders the essentials for cycling safely and successfully. Topics include protective equipment, fitting a helmet. Identifying bike parts, choosing and fitting a bike, braking, traffic signs, locating road hazards, and planning a bicycle trip.

REQUIRED YOUTH CURRICULUM

[Bicycling for Fun](#) (#08334), 2006

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Bicycle Helper's Guide](#) (#08336), 2006

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 activities (5 regular activities and 2 pedaling harder) each year in the Bicycling for Fun project manual
	Finish all 4 steps of the Planning Guide.
	Complete this book within 2 years to move to Level 2.
	Have your project helper date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Bicycling For Fun project manual.
	A poster (14" x 22") or display illustrating something you learned in the project this year.

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Enroll in ZSuite Under this Project Name: OR-BICYCLE-Lv 2: Wheels in Motion

Approved for 2023-24 Project Year

Project Description: Youth will learn advanced cycling skills as they explore their surroundings. Topics include shopping for a bike, performing specialized repairs and maintenance, shifting gears, riding safely at night or in bad weather, and good nutrition for cyclists.

REQUIRED YOUTH CURRICULUM

[Wheels in Motion](#) (#08335), 2006

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Bicycle Helper's Guide](#) (#08336), 2006

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 activities (5 regular and 2 pedaling harder) in the Wheels in Motion project manual.
	Finish all 4 steps of the Planning Guide.
	Complete this book within 2 years.
	Have your project helper date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Wheels in Motion project manual.
	A poster (14" x 22") or display illustrating something you learned in the project this year.



Enroll in ZSuite Under this Project Name: OR-CROSS COUNTRY SKIING

Approved for 2023-24 Project Year

Project Description: Layer up, clip on your skis (not provided) and kick, glide, and skate your way over the snow! This is a three-year project.

REQUIRED YOUTH CURRICULUM

[Cross-Country Skiing Adventures Manual](#) (#45120), 2004

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Cross-Country Skiing Adventures Manual](#) (#45120), 2004

SUPPLEMENTAL RESOURCES

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

[4-H Outdoor Adventures Youth Activity Guides](#) (Youth Guides 1-3 + Helper's Guide)

Field Guide to Wilderness Medicine by Paul Auerbach, Howard Donner and Eric Weiss

[Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry](#) by Eric A. Weiss (Open Library link)

[Ski Safety—First Aid for Snowboarding and Skiing—2022 Guide](#) (ABC of Snowboarding)

[Taking a New Bearing](#) by Phyllis M. Ford (Open Library link)

[The Basic Essentials of Map & Compass](#) by Cliff Jacobson (Open Library link)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Work with your project leader to set goals for your project.
	Complete the appropriate year in the Cross-Country Skiing Adventures Manual. Document your learning in the manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Cross-Country Skiing Adventures Manual
	One of the following exhibits: <ul style="list-style-type: none"> • A poster (14" x 22") 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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Enroll in ZSuite Under this Project Name: OR-FISHING-Lv 1: Take The Bait

Approved for 2023-24 Project Year

Project Description: Take advantage of Idaho’s great fishing opportunities! In this introductory project, youth will have fun tying knots, casting to a target, rigging lines, selecting tackle, using different baits and lures, and identifying fish species and anatomy.

REQUIRED YOUTH CURRICULUM

[Take the Bait—Fishing Curriculum Level 1](#) (#07598), 2001

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sportfishing Helper’s Guide](#) (#07601), 2001

[Idaho General Fishing Season Regulations](#)

4-H Wildlife Bulletins:

- [SW442](#) Fishing (Bait, Spin, Fly Casting and Safety)
- [SW439](#) Making Artificial Lures
- [SW451](#) Handling and Care of Game and Fish

SUPPLEMENTAL RESOURCES

[Sport Fishing Skills Checklist](#) (#44371)

“The Curtis Creek Manifesto,” by Sheridan Anderson, an illustrated guide to fly fishing (check your local library to bookstore)

[4-H Sportfishing Manual](#) (Wyoming #64000BB), 2008



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your Take the Bait project manual, complete a minimum of seven (7) required/optional activities plus the required number of Learning Experiences found on page 3.
	Finish at least 21 of the required and optional activities within 3 years to complete Level 1.
	Have your project leader or helper date (MM/YY) and initial each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Plus one of the following (select a different item each 4-H year in Take the Bait): <ul style="list-style-type: none"> • A display or poster (14"x22") showing something learned this year. • A scrapbook of labeled pictures. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • Other suitable exhibit approved by the County Extension Office.

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Enroll in ZSuite Under this Project Name: OR-FISHING-Lv 2: Reel In The Fun

Approved for 2023-24 Project Year

Project Description: Continue to build on your fishing skills. Learn to use spinning rods, fly rods and bait casting reels, practice responsible citizenship, research fishing rules, decorate a lure, sew a fly wallet, tie an artificial fly and test water samples!

REQUIRED YOUTH CURRICULUM

[Reel in the Fun](#) (#07599), 2001

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sportfishing Helper's Guide](#) (#07601), 2001

[Idaho General Fishing Season Regulations](#)

4-H Wildlife Bulletins:

- [SW442](#) Fishing (Bait, Spin, Fly Casting and Safety)
- [SW439](#) Making Artificial Lures
- [SW451](#) Handling and Care of Game and Fish

SUPPLEMENTAL RESOURCES

[Sport Fishing Skills Checklist](#) (#44371)

"The Curtis Creek Manifesto," by Sheridan Anderson, an illustrated guide to fly fishing (check your local library to bookstore)

[4-H Sportfishing Manual](#) (Wyoming #64000BB), 2008



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your Reel in the Fun project manual, complete a minimum of seven (7) required/optional activities plus the required number of Learning Experiences found on page 3.
	Finish at least 21 of the required and optional activities within 3 years to complete Level 2.
	Have your project leader or helper date (MM/YY) and initial each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Plus one of the following (choose a different item to exhibit each 4-H year in Reel in the Fun): <ul style="list-style-type: none"> • A display or poster (14"x22") showing something learned this year. • A scrapbook of labeled pictures. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • Other suitable exhibit approved by your local Extension Office.

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Enroll in ZSuite Under this Project Name: OR-FISHING-Lv 3: Cast Into The Future

Approved for 2023-24 Project Year

Project Description: Develop leadership skills through fishing! Demonstrate how to disassemble and reassemble a fishing reel, design and conduct a fishing skillathon, tie flies, design and craft a lure, customize tackle, respond to ethical situations and interview a professional fisherman.

REQUIRED YOUTH CURRICULUM

[Cast Into the Future](#) (#07600)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sportfishing Helper's Guide](#) (#07601), 2001

[Idaho General Fishing Season Regulations](#)

4-H Wildlife Bulletins:

- [SW442](#) Fishing (Bait, Spin, Fly Casting and Safety)
- [SW439](#) Making Artificial Lures
- [SW451](#) Handling and Care of Game and Fish

SUPPLEMENTAL RESOURCES

[Sport Fishing Skills Checklist](#) (#44371)

"The Curtis Creek Manifesto," by Sheridan Anderson, an illustrated guide to fly fishing (check your local library to bookstore)

[4-H Sportfishing Manual](#) (Wyoming #64000BB), 2008

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your Cast Into the Future project manual, complete a minimum of seven (7) required/optional activities plus the required number of Learning Experiences found on page 3.
	Finish at least 21 of the required and optional activities within 3 years to complete Level 3.
	Have your project leader or helper date (MM/YY) and initial each activity as it is completed.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Plus one of the following (choose a different item to exhibit each 4-H year in Cast Into the Future): <ul style="list-style-type: none"> • A display or poster (14"x22") showing something learned this year. • A scrapbook of labeled pictures. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • Other suitable exhibit approved by your local Extension Office.

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Enroll in ZSuite Under this Project Name: OR-OUTDOOR ADVENTURE-Lv 1: Hiking Trails

Approved for 2023-24 Project Year

Project Description: Begin your Outdoor Adventures by learning about shelter selection, Leave No Trace camping skills, outdoor cooking, and environmental awareness and appreciation.

REQUIRED YOUTH CURRICULUM

[Hiking Trails, Level 1](#) (#08043), 2004

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Outdoor Adventures Group Activity Helpers Guide](#) (#08046), 2004

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of seven (7) required/optional activities, plus the required number of Learning Experiences found on page 3 of the Hiking Trails project book. Have your project leader or helper initial and date (MM/YY) each activity as it is finished.
	Finish at least 20 of the required and optional activities within 3 years to complete this level.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A scrapbook of labeled outdoor adventure activities. • A display of five (5) or more types of outdoor hiking equipment. • Something you built or made related to the project. • A labeled photo story of something you did this project year. • A poster (14" x 22" or display illustrating something you learned this project year.

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Enroll in ZSuite Under this Project Name: OR-OUTDOOR ADVENTURE-Lv 2: Camping Adventures
Approved for 2023-24 Project Year

Project Description: Camping Adventures focuses on hiking for a day. Youth will learn how to pack a daypack, what to wear, reading topographic maps and orienteering skills.

REQUIRED YOUTH CURRICULUM
Camping Adventures, Level 2 (#08043), 2004
ZSuite 4-H Involvement Report
ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM
Outdoor Adventures Group Activity Helpers Guide (#08046), 2004

SUPPLEMENTAL RESOURCES
none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of seven (7) required/optional activities, plus the required number of Learning Experiences found on page 3 of the Camping Adventures project book. Have your project leader or helper initial and date (MM/YY) each activity as it is finished.
	Finish at least 20 of the required and optional activities within 3 years to complete this level.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A scrapbook of labeled outdoor adventure activities. • A display of five (5) or more types of outdoor camping equipment. • Something you built or made related to the project. • A labeled photo story of something you did this project year. • A poster (14" x 22" or display illustrating something you learned this project year.

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Enroll in ZSuite Under this Project Name: OR-OUTDOOR ADVENTURE-Lv 3: Backpacking Expeditions

Approved for 2023-24 Project Year

Project Description: The final unit of the Outdoor Adventures series focuses on being on the trail for extended periods of time. Includes clothing needs, tent setup, using backcountry stoves, basic nutrition and menu planning, personal hygiene and basic first aid.

REQUIRED YOUTH CURRICULUM

[Backpacking Expeditions, Level 3](#) (#08045), 2004

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Outdoor Adventures Group Activity Helpers Guide](#) (#08046), 2004

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of seven (7) required/optional activities, plus the required number of Learning Experiences found on page 3 of the Backpacking Expeditions project book. Have your project leader or helper initial and date (MM/YY) each activity as it is finished.
	Finish at least 20 of the required and optional activities within 3 years to complete this level.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A scrapbook of labeled outdoor adventure activities. • A display of five (5) or more types of outdoor backpacking equipment. • Something you built or made related to the project. • A labeled photo story of something you did this project year. • A poster (14" x 22" or display illustrating something you learned this project year.

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Enroll in ZSuite Under this Project Name: OR-SHOOTING SPORTS-Archery

Approved for 2023-24 Project Year

Project Description: In this project, youth will learn archery safety and rules of the range, how to shoot a bow and arrow with proper form, selecting and caring for archery equipment, scoring targets and shooting with a compound bow.

REQUIRED YOUTH CURRICULUM

[Archery Skills Checklist](#) (#45310), 2018

[4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

SUPPLEMENTAL RESOURCES

[National 4-H Shooting Sports STEM Lessons](#)

[Basic Archery Member Manual](#) (Ohio State, #631)

[4-H Archery Member Record Book](#) (Ohio State, #751)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.
	Complete at least five (5) new items from the Archery Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
	Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website. <ul style="list-style-type: none"> Record the activities completed in the Project Information and Activity Log section of your record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> Junior: 5-8 minutes Intermediate: 8-10 minutes Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> A poster (14" x 22") or display showing something you learned in the project this year. A scrapbook of labeled pictures related to the project (ex: wildlife species, types of archery equipment, being a responsible hunter, etc.) Something you built or made related to the project (ex: target holder, quiver) A labeled photo story showing you or someone else engaged in an archery activity.
	Note: For safety reasons, shooting sports exhibits CANNOT include live ammunition, broadheads, knives, or functional firearms.

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Enroll in ZSuite Under this Project Name: OR-SHOOTING SPORTS-Hunting

Approved for 2023-24 Project Year

Project Description: In this project, youth will explore the relationships between hunting and wildlife management, understand the role of humans as natural predators, examine their personal reasons for hunting, and have fun while learning outdoor skills.

REQUIRED YOUTH CURRICULUM

[4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

SUPPLEMENTAL RESOURCES

[National 4-H Shooting Sports STEM Lessons](#)

[Hunting/Wildlife Record Book](#) (Ohio State, #754)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.
	Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website. <ul style="list-style-type: none"> • Record the activities completed in the Project Information and Activity Log section of your record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") or display showing something you learned in the project this year. • A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.) • Something you built or made related to the project (ex: gun sling, target holder, etc.) • A labeled photo story showing you or someone else engaged in a • hunting activity
	Note: For safety reasons, shooting sports exhibits CANNOT include live ammunition, broadheads, knives, or functional firearms

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Enroll in ZSuite Under this Project Name: OR-SHOOTING SPORTS-Muzzleloader

Approved for 2023-24 Project Year

Project Description: Learn to use a muzzleloader gun for target shooting, hunting or re-enacting historical events. In this project, youth learn shooting safety, different shooting positions, and how to care for, transport, and safely store a firearm.

REQUIRED YOUTH CURRICULUM

[4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

SUPPLEMENTAL RESOURCES

[National 4-H Shooting Sports STEM Lessons](#)

[Muzzleloader Member Record Book](#) (Ohio State, #755)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.
	<p>For safety reasons, this project is restricted to 4-H members ages 11-18.</p> <ul style="list-style-type: none"> • Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website. <ul style="list-style-type: none"> ○ Record the activities completed in the Project Information and Activity Log section of your record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	<p>Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are:</p> <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	<p>ONE of the following exhibit options:</p> <ul style="list-style-type: none"> • A poster (14" x 22") or display showing something you learned in the project this year. • A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.) • Something you built or made related to the project (ex: gun sling, target holder, etc.) • A labeled photo story showing you or someone else engaged in a muzzleloader activity
	Note: For safety reasons, shooting sports exhibits CANNOT include live ammunition, broadheads, knives, or functional firearms



Enroll in ZSuite Under this Project Name: OR-SHOOTING SPORTS-Pistol/Handgun

Approved for 2023-24 Project Year

Project Description: In this project, youth will learn about safe and responsible recreational pistol/handgun use. Topics include caring for handguns, shooting positions, adjusting sights, scoring targets, and be eligible to compete in sanctioned 4-H shooting sports events.

REQUIRED YOUTH CURRICULUM

[Pistol Skills Checklist \(#45410\)](#), 2015

[4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

SUPPLEMENTAL RESOURCES

[National 4-H Shooting Sports STEM Lessons](#)

[Pistol Member Record Book](#) (Ohio State, #753)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.
	Complete at least five (5) new items from the Pistol Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
	Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website. <ul style="list-style-type: none"> Record the activities completed in the Project Information and Activity Log section of your record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> Junior: 5-8 minutes Intermediate: 8-10 minutes Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> A poster (14" x 22") or display showing something you learned in the project this year. A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.) Something you built or made related to the project (ex: target holder) A labeled photo story showing you or someone else engaged in a pistol/handgun activity
	Note: For safety reasons, shooting sports exhibits CANNOT include live ammunition, broadheads, knives, or functional firearms.

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Enroll in ZSuite Under this Project Name: OR-SHOOTING SPORTS-Rifle

Approved for 2023-24 Project Year

Project Description: Youth will learn firearm safety and the rules of the shooting range. They will experience shooting a rifle from different firing positions, target scoring, and how to care for, transport, and safely store a rifle.

REQUIRED YOUTH CURRICULUM

[Rifle Skills Checklist](#) (#45510), 2018

[4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

SUPPLEMENTAL RESOURCES

[National 4-H Shooting Sports STEM Lessons](#)

[Rifle Member Record Book](#) (Ohio State #750)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.
	Complete at least five (5) new items from the Rifle Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
	Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website. <ul style="list-style-type: none"> • Record the activities completed in the Project Information and Activity Log section of your record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") or display showing something you learned in the project this year. • A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.) • Something you built or made related to the project (ex: rifle sling, target holder) • A labeled photo story showing you or someone else engaged in a rifle activity
	Note: For safety reasons, shooting sports exhibits CANNOT include live ammunition, broadheads, knives, or functional firearms

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Enroll in ZSuite Under this Project Name: OR-SHOOTING SPORTS-Shotgun

Approved for 2023-24 Project Year

Project Description: Whether you want to shoot trap, skeet, or shoot ducks from a blind, firearm safety comes first! In this project, youth practice 10 basic shotgun safety rules, learn range etiquette and commands, how to care for a shotgun, and compete in sanctioned shooting events.

REQUIRED YOUTH CURRICULUM

[Shotgun Skills Checklist](#) (#45610), 2018

[4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

SUPPLEMENTAL RESOURCES

[National 4-H Shooting Sports STEM Lessons](#)

[Shotgun Member Record Book](#) (Ohio State, #752)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.
	Complete at least five (5) new items from the Shotgun Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
	Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website. <ul style="list-style-type: none"> • Record the activities completed in the Project Information and Activity Log section of your record book.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") or display showing something you learned in the project this year. • A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.) • Something you built or made related to the project (ex: shell holder or casings pouch, target holder) • A labeled photo story showing you or someone else engaged in a shotgun activity
	Note: For safety reasons, shooting sports exhibits CANNOT include live ammunition, broadheads, knives, or functional firearms

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Enroll in ZSuite Under this Project Name: TECS-AEROSPACE-Lv 1: Pre-Flight

Approved for 2023-24 Project Year

Project Description: This is a Cloverbud level activity curriculum. Please see other side of this sheet for details on the Cloverbud Program.

REQUIRED YOUTH CURRICULUM

[Pre-Flight Activity Guide](#) (06842), 2003

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Flight Crew Helper's Guide](#) (06846), 2003

SUPPLEMENTAL RESOURCES

[Cloverbuds Memory Book](#) (#63013), 2009



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	<p>Cloverbuds is an educational program that introduces younger youth to 4-H in a fun, non-competitive way.</p> <p>The Cloverbud program is non-competitive; Therefore, there are no project requirements for this curriculum. At this stage in a young person's emotional development, "losing" is tied to their personal feelings of self and identity. Cloverbuds should be encouraged to try new things, but with an emphasis on experiences rather than finished products or accomplishments.</p> <p>Cloverbuds may enter exhibits at a County Fair, but these exhibits will not compete or be judged, and all participants should receive equal recognition for their participation. They may be given advice and taught new things to continue to improve their knowledge and skills, but in a supportive and positive manner.</p> <p>Cloverbuds are not eligible to participate in state contests or events.</p> <p>For more information on the Cloverbud program within Idaho 4-H, please refer to the Idaho 4-H Cloverbuds Handbook.</p>

ADDITIONAL LOCAL REQUIREMENTS	



Enroll in ZSuite Under this Project Name: TECS-AEROSPACE-Lv 2: Lift Off

Approved for 2023-24 Project Year

Project Description:

REQUIRED YOUTH CURRICULUM

[Lift-Off: Stage 2 Aerospace Activity Guide \(#06843\)](#), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Flight Crew Helper's Guide \(#06846\)](#), 2003

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Special Directions for Aerospace Exhibits: 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.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> • An item you made in this project. Include building plans in the exhibit. Some examples include: <ul style="list-style-type: none"> ○ Rocket made from a kit (Skill Level 1 or 2) ○ Handmade Kite ○ Model airplane from a kit ○ A beginner-level model rocket or airplane not built from a kit • A poster (14"x22") or display illustrating something you learned in this project this year. • A report of things you researched and learned this year.

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Enroll in ZSuite Under this Project Name: TECS-AEROSPACE-Lv 3: Reaching New Heights

Approved for 2023-24 Project Year

Project Description: Youth will continue their hands-on aerospace studies through making a shuttle on a string, Japanese kite, hang glider, and more. They will also learn about aircraft control panels.

REQUIRED YOUTH CURRICULUM

[Reaching New Heights: Stage 3 Aerospace Activity Guide](#) (#06849), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Flight Crew Helper's Guide](#) (#06846), 2003

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Special Directions for Aerospace Exhibits: 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.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> • An item you made in this project. Include building plans in the exhibit. Some examples include: <ul style="list-style-type: none"> ○ Rocket made from a kit (Skill Level 2 or 3) ○ Fighter kite that can roll, pitch, and yaw ○ Model airplane from a kit ○ An intermediate-level model rocket or airplane not built from a kit • A poster (14"x22") or display illustrating something you learned in this project this year. • A report of things you researched and learned this year.

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Enroll in ZSuite Under this Project Name: TECS-AEROSPACE-Lv 4: Pilot in Command

Approved for 2023-24 Project Year

Project Description: Complete your aerospace 4-H experience through creating an altitude tracker, determining fuel efficiency for commercial aircraft, exploring pilot certification, evaluating navigation systems and more!

REQUIRED YOUTH CURRICULUM

[Pilot in Command: Stage 4 Aerospace Activity Guide](#) (#06845), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Flight Crew Helper's Guide](#) (#06846), 2003

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Special Directions for Aerospace Exhibits: 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.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> • An item you made in this project. Include building plans in the exhibit. Some examples include: <ul style="list-style-type: none"> ○ Rocket made from a kit (Skill Level 3 or 4) ○ Handmade Box Kite ○ Remote control airplane from a kit ○ An advanced-level model rocket or airplane not built from a kit • A poster (14"x22") or display illustrating something you learned in this project this year. • A report of things you researched and learned this year.

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Enroll in ZSuite Under this Project Name: TECS-ELECTRICITY-Lv 1: Magic of Electricity

Approved for 2023-24 Project Year

Project Description: Youth explore why certain things insulate from electricity better than others and the effect that magnetism has on certain substances. They build a flashlight, a compass, an electromagnet, and an electric motor.

REQUIRED YOUTH CURRICULUM

[Electric 1: Magic of Electricity \(#06848\)](#), 2002

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Electric Group Helpers Guide \(#06852\)](#), 2002

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Member Guide (this is a 3 year project make a delineation of what items are completed each year)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of a Leadership activity or circuits made or being tested. • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ Homemade Flashlight ○ Simple Switch ○ Circuit with two batteries and one light bulb ○ Compass ○ Electromagnet ○ Galvanometer ○ Electric Motor
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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Enroll in ZSuite Under this Project Name: TECS-ELECTRICITY-Lv 2: Investigating Electricity

Approved for 2023-24 Project Year

Project Description: Youth build circuits and test voltages, build a rocket launcher, and build a burglar alarm as they practice decision-making and communication. This curriculum is designed for youth who have already completed the Magic of Electricity project.

REQUIRED YOUTH CURRICULUM

[Electric 2: Investigating Electricity](#) (#06849), 2002

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Electric Group Helpers Guide](#) (#06852), 2002

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 3 required activities and 4 optional activities from your Investigating Electricity project manual 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Member Guide (this is a 3 year project make a delineation of what items are completed each year)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of a Leadership activity or circuits made or being tested. • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ Homemade Flashlight ○ Simple Switch ○ Circuit with two batteries and one light bulb ○ Compass ○ Electromagnet ○ Galvanometer ○ Electric Motor
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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Enroll in ZSuite Under this Project Name: TECS-ELECTRICITY-Lv 3: Wired for Power

Approved for 2023-24 Project Year

Project Description: Build on skills learned in levels 1 and 2, plus learn how to measure electrical usage, replace switches, and determine electrical loads. Youth will also evaluate different light bulbs and test for electrical power.

REQUIRED YOUTH CURRICULUM

[Electric 3: Wired for Power](#) (#06850), 2002

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Electric Group Helpers Guide](#) (#06852), 2002

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 3 required activities and 4 optional activities in your Wired for Power project manual 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Wired for Power Member Manual
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display • illustrating something you learned in this project this year. • A scrapbook of pictures of a Leadership activity or circuits made or being tested. • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ Electrical tool and supply kit ○ Display of wiring/cabling symbols and their meanings ○ Display of light bulbs and the jobs they do best ○ Poster on how to read an ○ appliance nametag ○ Chart showing the electrical usage of appliances. ○ Poster on how to replace a switch
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.

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Enroll in ZSuite Under this Project Name: TECS-ELECTRICITY-Lv 4: Entering Electronics

Approved for 2023-24 Project Year

Project Description: This unit introduces the basics of solid-state electronics and provides hands-on activities for practical experience in understanding modern-day electronic equipment.

REQUIRED YOUTH CURRICULUM

[Electric 4: Entering Electronics](#) (#06851), 2002

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Electric Group Helpers Guide](#) (#06852), 2002

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least 3 required activities and 4 optional activities in your Entering Electronics project manual 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Entering Electronics project manual
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of a Leadership activity or circuits made or being tested. • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ Display of electronic parts ○ Diode ○ Transistor ○ Light emitting diode (LED) ○ LED flasher ○ Photocell alarm ○ Light Meter ○ Silicon controlled rectifier (SCR) intruder alarm ○ 6-8 Watt amplifier with integrated circuit
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.

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Enroll in ZSuite Under this Project Name: TECS-JUNK DRAWER ROBOTICS

Approved for 2023-24 Project Year

Project Description: Start with a bunch of “junk” like clothespins, paper clips, cardboard, wood scraps, popsicle sticks and nuts and bolts. Add your imagination and some elbow grease and have fun creating your own mechanical masterpieces!

REQUIRED YOUTH CURRICULUM

[Junk Drawer Robotics: Youth Robotics Notebook \(#08435\)](#), 2011

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Junk Drawer Robotics Level 1: Give Robots a Hand \(#08431\)](#), 2011

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

[Junk Drawer Robotics Level 3: Mechatronics \(#08433\)](#), 2011

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	In your Youth Robotics Notebook, complete the all the modules for each respective year <ul style="list-style-type: none"> • Year 1 = Level 1, Modules 1-3 • Year 2 = Level 2, Modules 1-4 • Year 3 = Level 3 Modules 1-5
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Youth Robotics Notebook
	One or more youth-designed and built junk drawer robots

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Enroll in ZSuite Under this Project Name: TECS-ROBOTICS TOURNAMENT TRACK-Lv 1: FIRST LEGO League Challenge

Approved for 2023-24 Project Year

Project Description: Work in teams of 2-10 youth to solve real-world problems and build LEGO-based robots to complete timed missions in FIRST LEGO League Challenge!
Please note: This project requires additional FIRST program fees not covered under 4-H Enrollment. Visit <http://www.firstinspires.org> for details.

REQUIRED YOUTH CURRICULUM

LEGO Mindstorms EV3 or SPIKE Prime kit

Computer with appropriate app to program your robot.

FIRST LEGO League Challenge Field Kit (new every year)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

You will need to register your team with FIRST to purchase the Field Kit and access the Team Dashboard, which includes additional team materials for each year's challenge.

After registering your team, you will be contacted by the local FIRST Program Delivery Organization with more information regarding tournament dates, fees, requirements, etc.

SUPPLEMENTAL RESOURCES

[FIRST Idaho Robotics website](https://firstidahorobotics.org) (<https://firstidahorobotics.org>)



PROJECT COMPLETION CHECKLIST

STATE 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
	Share your project research and solution with a community group
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Participate in at least one official FIRST LEGO League Challenge competition during the program year (contact FIRST Idaho Robotics for event details)
	You have the option to exhibit an Innovation Project Summary and/or Robot Design Executive Summary at the fair. Please contact your local extension office for information on allowable display sizes.

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Enroll in ZSuite Under this Project Name: TECS-ROBOTICS TOURNAMENT TRACK-Lv 2: FIRST Tech Challenge

Approved for 2023-24 Project Year

Project Description: FIRST Tech Challenge teams design, build, and program robots to compete in an alliance format against other teams. Teams also complete community outreach projects throughout the season, keep an engineering notebook, and present their work in an interview format at the competition.

REQUIRED YOUTH CURRICULUM

[FIRST Tech Challenge Kit of Parts](#)

First Tech Challenge Field Elements (new every year—see below)

FTC Game Manuals 1 and 2

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

You will need to register your team with FIRST to purchase the Challenge Field Elements and access the Team Dashboard, which includes additional materials for each year's challenge.

After registering your team, you will be contacted by the local FIRST Program Delivery Organization with more information regarding tournament dates, fees, requirements, etc.

SUPPLEMENTAL RESOURCES

[FIRST Idaho Robotics website](https://firstidahorobotics.org) (https://firstidahorobotics.org)

[AndyMark](http://www.andymark.com) (FTC Field Elements supplier) (www.andymark.com)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
<input type="checkbox"/>	Attend majority of club/project meetings.
<input type="checkbox"/>	Complete community outreach projects (see FTC Game Manuals for current year)
<input type="checkbox"/>	Complete your Engineering Portfolio (see FTC Game Manuals for current year)

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
<input type="checkbox"/>	Your team may wish to demonstrate their robot and/or create a display based on your accomplishments over the project year to exhibit at the fair or other 4-H events. Please contact your local 4-H office for more information regarding these opportunities.

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Enroll in ZSuite Under this Project Name: TECS-SMALL ENGINES-Lv 1: Crank It Up

Approved for 2023-24 Project Year

Project Description: Youth learn about engine parts, engine maintenance, oil grades, spark plugs, cooling systems, and safety labels.

REQUIRED YOUTH CURRICULUM

[Crank It Up, Level 1](#) (#08186), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Small Engines Helper's Guide](#) (#08189), 2005

SUPPLEMENTAL RESOURCES

[Briggs & Stratton](http://www.briggsandstratton.com) (www.briggsandstratton.com)

[Ariens](http://www.ariens.com/en-us) (www.ariens.com/en-us)

[John Deere](http://www.deere.com) (www.deere.com)

[Kohler](http://www.kohlerpower.com/en/engines) (www.kohlerpower.com/en/engines)

[Tecumseh Engines](http://www.tecumsehengineparts.com) (www.tecumsehengineparts.com)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 required/optional activities in the Crank It Up member manual 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Crank It Up Member Manual
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of an activity you conducted • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ History of Engines ○ Classifying Small Engines ○ Uses of Small Engines ○ Matching machines to the job ○ Engine operation ○ Small Engine Parts ○ Buying Small Engine Parts ○ Electrical System Operation ○ Needs for Lubrication ○ Needs for Cooling System

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Enroll in ZSuite Under this Project Name: TECS-SMALL ENGINES-Lv 2: Warm It Up

Approved for 2023-24 Project Year

Project Description: Youth explore the internal parts of engines, learn about engine sizes, compression ratios, seasoning their engines, and safety issues. Occupational and entrepreneurial possibilities are also discussed.

REQUIRED YOUTH CURRICULUM

[Warm It Up, Level 2](#) (#08187), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Small Engines Helper's Guide](#) (#08189), 2005

SUPPLEMENTAL RESOURCES

[Briggs & Stratton](http://www.briggsandstratton.com) (www.briggsandstratton.com)

[Ariens](http://www.ariens.com/en-us) (www.ariens.com/en-us)

[John Deere](http://www.deere.com) (www.deere.com)

[Kohler](http://www.kohlerpower.com/en/engines) (www.kohlerpower.com/en/engines)

[Tecumseh Engines](http://www.tecumsehengineparts.com) (www.tecumsehengineparts.com)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 required/optional activities in the Warm It Up project manual 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Warm It Up project manual
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of an activity you conducted • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ Classifying small engines ○ Determining engine size ○ Comparison of diesel and gasoline engines ○ Alternative energy sources ○ Grades of gasoline ○ Grades of engine oil ○ Small engine parts ○ Buying engine parts ○ Air cleaner cutaway ○ Electrical system cutaway

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Enroll in ZSuite Under this Project Name: TECS-SMALL ENGINES-Lv 3: Tune It Up

Approved for 2023-24 Project Year

Project Description: Youth tear down and rebuild an engine, use diagnostic tools, research rules and regulations about using small engine machines, and learn how to select replacement engines.

REQUIRED YOUTH CURRICULUM

[Tune It Up, Level 3](#) (#08188), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Small Engines Helper's Guide](#) (#08189), 2005

SUPPLEMENTAL RESOURCES

[Briggs & Stratton](http://www.briggsandstratton.com) (www.briggsandstratton.com)

[Ariens](http://www.ariens.com/en-us) (www.ariens.com/en-us)

[John Deere](http://www.deere.com) (www.deere.com)

[Kohler](http://www.kohlerpower.com/en/engines) (www.kohlerpower.com/en/engines)

[Tecumseh Engines](http://www.tecumsehengineparts.com) (www.tecumsehengineparts.com)

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 required/optional activities in the Tune It Up project manual 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed member guide
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of an activity you conducted • One of the following items (each year it should be a different item): <ul style="list-style-type: none"> ○ Small engine cutaway ○ Small engine tools and uses ○ Troubleshooting small engines ○ Engine valve failures ○ Lawnmower blade 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

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Enroll in ZSuite Under this Project Name: TECS-THE POWER OF THE WIND

Approved for 2023-24 Project Year

Project Description: Design, create, build and test a wind-powered device that solves a problem. Youth may examine national, state, and local issues surrounding wind power or explore wind as an energy source for your community as part of this project.

REQUIRED YOUTH CURRICULUM

[The Power of the Wind Youth Guide \(#08383\), 2008](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[The Power of the Wind Facilitator Guide \(#08384\), 2008](#)

SUPPLEMENTAL RESOURCES

[The Power of the Wind Online Resources](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete all five chapters including all challenges, explorations, and investigations.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation on 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. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete an Engineering Notebook (see Facilitator's Guide for details)

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your The Power of the Wind Engineering Notebook
	One of the Challenge Activity Projects you created as part of this project.

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Enroll in ZSuite Under this Project Name: TECS-WOODWORKING-Lv 1: Measuring Up

Approved for 2023-24 Project Year

Project Description: Youth will develop skills that woodworkers use, such as measuring, squaring & cutting a board, driving nails, and using clamps & screws. We recommend all youth begin with this guide to become well-grounded in the basics before moving on to other levels.

REQUIRED YOUTH CURRICULUM

[Measuring Up, Level 1](#) (#06875), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Woodworking Helper's Guide](#) (#06879), 2003

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options. Members must select a different item to exhibit for the second and third year in the Measuring Up project. <ul style="list-style-type: none"> • A rabbit puzzle • A wood airplane • A wood box • A letter holder • A picture frame • Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions.
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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Enroll in ZSuite Under this Project Name: TECS-WOODWORKING-Lv 2: Making the Cut

Approved for 2023-24 Project Year

Project Description: Youth will measure, cut, sand, drill, use advanced hand and power tools, apply finish, use bolts and staples as they continue to build their woodworking skills.

REQUIRED YOUTH CURRICULUM

[Making the Cut, Level 2 \(#06876\)](#), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Woodworking Helper's Guide \(#06879\)](#), 2003

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 required/optional Measuring Up Achievement Program activities and 2 Leadership experiences each year.
	Complete all four steps of the Making the Cut project manual—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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Making the Cut Project Manual
	One of the following exhibit items. Youth must select a different item to exhibit for the second and third year of the Making the Cut project. <ul style="list-style-type: none"> • A display of wood types • A tool box • A bird house • A sawhorse • A wood whistle • A foot stool • Any other item made from other plans, books or resources must include a copy of the building plans with dimensions.
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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Enroll in ZSuite Under this Project Name: TECS-WOODWORKING-Lv 3: Nailing it Together

Approved for 2023-24 Project Year

Project Description: In this project, youth will build additional woodworking skills including measuring angles, cutting dado and rabbet joints, using saws, and smoothing lumber with a hand planer.

REQUIRED YOUTH CURRICULUM

[Nailing It Together, Level 3 \(#06877\)](#), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Woodworking Helper's Guide \(#06879\)](#), 2003

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 required/optional Nailing It Together Achievement Program activities and 2 Leadership experiences each year.
	Complete all four steps of the Nailing It Together 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Nailing It Together Project Manual
	One of the following exhibit items; select a different item to exhibit for each year in the Nailing It Together project: <ul style="list-style-type: none"> • A boomerang • A belt buckle • A simple puzzle • A book shelf • Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions.
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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Enroll in ZSuite Under this Project Name: TECS-WOODWORKING-Lv 4: Finishing Up

Approved for 2023-24 Project Year

Project Description: Complete your woodworking journey! Youth will use a router, portable planer and jointer, make blind mortise and tenon joints, make dovetail joints, and experiment with adhesives and various chemical wood strippers.

REQUIRED YOUTH CURRICULUM

[Finishing Up, Level 4](#) (#06878), 2003

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Woodworking Helper's Guide](#) (#06879), 2003

SUPPLEMENTAL RESOURCES

none

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PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 required/optional Finishing Up Achievement Program activities and 2 Leadership experiences each year.
	Complete all four steps of the Finishing 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.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Finishing Up Project Manual
	One (1) item from the list below; select a different item to exhibit for the second and third year in the Finishing Up project <ul style="list-style-type: none"> • A wood vehicle • A tabletop hockey game • A step stool or chair • A toy dog • A door knocker • Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions.
	Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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Enroll in ZSuite Under this Project Name: SELF - SELF-DETERMINED PROJECTS

Approved for 2023-24 Project Year

Project Description: See Additional Information section below

REQUIRED YOUTH CURRICULUM

[You Decide! Decision Making Guide for Self-Determined Projects \(#91001\), 2020](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Helping Them Decide! Mentor’s Guide for Self-Determined Projects \(#91002\), 2020](#)

ADDITIONAL INFORMATION

The Idaho 4-H Self-Determined project option is only available to youth 12-18 years of age.

The Self-Determined project option is designed for members to explore appropriate educational interests in subject areas where either: (1) no Idaho-approved 4-H curriculum exists, or (2) members have completed all levels of the approved curriculum and desire to continue learning about that subject in greater depth. At no time shall it be used to substitute for currently approved Idaho 4-H curriculum.

For safety and liability reasons all proposed Self-Determined project plans must be submitted to local Extension 4-H Professional for review and approval before members begin their project. The Extension 4-H Professional may require plan modifications and/or deny approval of the proposed plan if they foresee potential safety issues or if it does not comply with the parameters set forth above.

Because of inherent risk management issues, Self-Determined Projects related to the 4-H Shooting Sports program are not permitted under any circumstances.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Fully complete the planning process outlined on pages 1-10 of the member manual. Submit the plan to your local 4-H Extension office and work with your local 4-H Professionals to obtain approval to proceed with the project.
	Complete required activities in the You Decide! Decision Making Guide for Self-Determined Projects (#91001) including a project report.
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	You Decide! Decision Making Guide for Self-Determined Projects (#91001)
	Finished Project Report using one of the methods included in the guide. This report must include the following elements: <ul style="list-style-type: none"> • A written description of your project idea • Goals you set for the project • Methods used to meet your goals • What you learned • Any observations you made from the process • A conclusion reflecting on your project • A self-evaluation of the project

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