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Idaho 4-H

Project Requirements Handbook

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

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Citizenship and Civic Education

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KYG

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Projects & Materials	Requirements	Exhibit Requirements
Exploring Citizenship, My Government (KYG) **Grades 8-9** **Youth Materials:** • *Exploring Citizenship, My Government Project Manual (#11002)* • *4-H Know Your Government County Government Day Activity (#11007)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Exploring Citizenship My Government Project Manual (#11002)*	Note: This project is designed to be a two-year project. 1. Attend the 4-H Know Your Government (KYG) Conference and complete the KYG project 2. Select which workshop to attend (either Legislative or Judicial) *Example -if Legislative selected that would be 1st year project then Judicial would be 2nd year* 3. Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project 4. Work through the Exploring Citizenship My Government Project Manual (#11002). Complete study questions and at least one suggested activity for each section **First Year** – Complete the four sections ➢ Local Government ➢ Legislative Branch **OR** Judicial Branch ➢ Executive Branch **OR** Who Influences Our Government **OR** News Media ➢ First Year Follow-up Plan and Activities (see page 64 in Manual) **Second Year** – Complete the four sections ➢ Legislative Branch **OR** Judicial Branch (the section you did not do last year) ➢ Executive Branch **AND/OR** Who Influences Our Government **AND/OR** News Media (Complete the two you did not complete last year) ➢ Second Year Follow-up Plan and Activities (see page 65 in Manual) 5. Complete Idaho 4-H Record Book (#91950) 6. Complete 4-H Involvement Report (#91910)	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002) • A poster (14”x 22”), or display illustrating something you learned in this project this year.

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

Support Materials:
Idaho 4-H KYG page: https://www.uidaho.edu/extension/4h/events/know-your-government
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: http://www.sos.idaho.gov/elect/bluebook.htm
Idaho State Constitution: https://legislature.idaho.gov/idstat/IC/Title003.htm
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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KYG PLANNING COMM.

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

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

Support Materials:
Idaho 4-H KYG page: https://www.uidaho.edu/extension/4h/events/know-your-government
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: http://www.sos.idaho.gov/elect/bluebook.htm
Idaho State Constitution: https://legislature.idaho.gov/idstat/IC/Title003.htm
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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KYG SR TEEN PLANNING COMMITTEE

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

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

Support Materials:
Idaho 4-H KYG page: https://www.uidaho.edu/extension/4h/events/know-your-government
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: http://www.sos.idaho.gov/elect/bluebook.htm
Idaho State Constitution: https://legislature.idaho.gov/idstat/IC/Title003.htm
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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POWER OF THE PRESS

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Projects & Materials	Requirements	Exhibit Requirements
Power of the Press **Youth Materials:** • *Power of the Press (KYG Reporter Workshop) (#11006)* • *Step Up To Leadership, My Portfolio, Grades 9-12 (#07907)* *Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Step Up To Leadership, Mentor Guide, Grade 6-12 (#07904)*	For 4-H Know Your Government Conference Reporters: • Complete pre-conference assignments. • Participate in the summer planning meeting. • Develop a Plan of Action for carrying out your leadership responsibilities. Use Plan of Meetings and Activities (#91612) or develop your own planning form. • Attend the KYG Conference and carry out reporter responsibilities. • Complete the reporter workshop activities in each section of Power of the Press. ➢ **Section 1:** What is News? (Activities 1-5) ➢ **Section 2:** Getting to Know the Media (Activities 6-7). ➢ **Section 3:** Gathering and Writing the News (Activities 8-11). ➢ **Section 4:** Record and Handouts (include information from workshops and tours). • Evaluate your experiences as a KYG reporter before, during, and after the Conference. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project and/or show the KYG News Video if one was produced. Complete the following: • *4-H Involvement Report (#91910)* • *Power of the Press (KYG Reporter Workshop) (#11006)* • *4-H Project Record Book (#91950)* • *Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)*	Binder with the following items: • 4-H Project Record Book (#91950) with Plan of Action attached. • Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010). • 4-H Involvement report (#91910) • A copy of the KYG Newsletter, which you helped produce. • A poster (14”x 22”), or display illustrating something you learned in this project this year. ***Optional***: If one was produced, arrange to show the KYG News Video as part of your exhibit.

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

Support Materials:
Idaho 4-H KYG page: https://www.uidaho.edu/extension/4h/events/know-your-government
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: http://www.sos.idaho.gov/elect/bluebook.htm
Idaho State Constitution: https://legislature.idaho.gov/idstat/IC/Title003.htm
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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SR. REPORTER COMM.

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Projects & Materials	Requirements	Exhibit Requirements
Senior Reporter Committee (4th year KYG News Editor/Video Producer) **Youth Materials:** • *Power of the Press (KYG Reporter Workshop) (#11006)* • *Exploring Citizenship, My Government Project Manual (#11002)* • *Step Up To Leadership, My Portfolio, Grades 9-12 (#07907)* • *Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Step Up To Leadership, Mentor Guide, Grade 6-12 (#07904)*	For 4-H Know Your Government Conference Reporters: • Complete pre-conference assignments, including meeting with the Reporter Workshop Coordinator in the fall to discuss plans for the Reporter Workshop • Participate in the summer planning meeting. • Develop a Plan of Action for carrying out your leadership responsibilities. Use Plan of Meetings and Activities (#91612) or develop your own planning form. • Complete one of the suggested activities for each section from the *Exploring Citizenship, My Government Project Manual (#11002)* – for a total of six activities that you did not complete in previous years. • Attend the KYG Conference and carry out reporter responsibilities. • Help develop the news video and/or KYG Newsletter (involves extra hours during Conference) • Evaluate your experiences as a KYG reporter before, during, and after the Conference. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project and/or show the KYG News Video if one was produced. Complete the following: • *4-H Involvement Report (#91910)* • *Power of the Press (KYG Reporter Workshop) (#11006)* • *4-H Project Record Book (#91950)* • *Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010)*	Binder with the following: • 4-H Project Record Book (#91950) with Plan of Action attached. • Completed study questions and signed off suggested activities from Exploring Citizenship My Government Project Manual (#11002) • Step Up To Leadership Event Planning Optional Focus Area Skills Checklist (#64010). • 4-H Involvement report (#91910) • A copy of the KYG Newsletter, which you helped produce. • A Display illustrating something you learned in this project this year, including showing the KYG News Video as part of your exhibit.

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

Support Materials:
Idaho 4-H KYG page: https://www.uidaho.edu/extension/4h/events/know-your-government
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: http://www.sos.idaho.gov/elect/bluebook.htm
Idaho State Constitution: https://legislature.idaho.gov/idstat/IC/Title003.htm
Idaho Department of Labor: https://labor.idaho.gov
Association of Idaho Cities: http://www.idahocities.org
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CWF

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Projects & Materials	Requirements	Exhibit Requirements
Exploring Citizenship, National Focus (CWF) **Ages 15 to 18** **Youth Materials:** • *Exploring Citizenship-National Focus Workbook (#11003)* • *Citizenship Washington Focus Delegate Handbook (updated annually)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	For Citizenship-Washington Focus Delegates, ages 15 to 19 years. • Attend Citizenship-Washington Focus. • Upon returning from Citizenship-Washington Focus trip: ➢ Develop a plan of action to share your experiences and make a contribution in your community. Use Plan of Meetings and Activities (#91612) or develop your own planning form. Initiate your plan and report on your progress. ➢ Give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Exploring Citizenship, National Focus Workbook (#11003)*	• Exploring Citizenship, National Focus Workbook (#11003) with Plan of Action attached • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x 22”), or display illustrating something you learned in this project this year.

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

Support Materials:
Idaho 4-H CWF page: https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus
National 4-H CWF Website: http://4-h.org/parents/citizenship-washington-focus/

Communication and Expressive Arts

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DRAMA/THEATRE

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Projects & Materials	Requirements	Exhibit Requirements

Spurrin' the Words Cowboy Poetry
 	
Youth Materials:
• **Montana State Manual** *Spurrin' the Words Member's Manual* (*#MSU* 5308)
• *4-H Involvement Report (#91910)*
• *4-H Project Record Book (#91950)*
 	
Volunteer Materials:
• **Montana State Manual** *Spurrin' the Words Volunteer's Guide (#MSU 5309)*
	In the member's Montana State Manual:
	• Complete the required activities in Sections 1-4
	• Write at least 3 original poems composed of at least four-line stanzas
	• Demonstrate a specific rhyme pattern in your original verse
	• Complete at least 3 of the additional activities listed on a page
	• Give an oral presentation (poem, speech, demonstration or illustrated talk) related to this project.
	
	Complete the following:
	• *4-H Involvement Report (#91910)*
	• *4-H Project Record Book (#91950)*
		• 4-H Project Record Book (#91950)
		• 4-H Involvement Report (#91910)
		
		Exhibits may include **one** of the following:
		• Display for one or more original poems
		• Educational display about some of the classic cowboy poets
		• Educational display about some of the back or Indian cowboys of the past
		• Educational display about Western culture or history
		• Performance of your poems in exhibit buildings at special times
		• Performance of your poems as part of your annual 4-H achievement banquet
		  o Entertainment for donors or fair sponsors
		  o Perform your own original poetry at local, regional or national "gatherings"
		  o Recite someone else's cowboy verse at a public gathering

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

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

Communication and Expressive Arts

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LEATHERCRAFT

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Projects & Materials	Requirements	Exhibit Requirements
Leathercraft: Beginner **Youth Materials:** • *Leathercraft Supplement/Skills Checklist (#23102)* • *ABC's of Leathercraft (#23103)* • *Leather Crafting (#23104)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	Project Requirements: • Complete a rounder or square of tooled practice leather (3" x 4"). • Learn to use three of six basic tools: beveler, veiner, pear shader, camouflage, backgrounder, and seeder. • Learn how to prepare leather for tooling (casing). • Learn how to transfer a design. • Learn to edge and finish leather articles. • Learn to apply different types of protective finishes. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Optional: • Learn to use stamps such as the alphabet, 3-D, etc. • Learn to use a swivel knife. • Do basic edge lacing such as the whipstitch, running stitch, or hand stitching. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Leathercraft Supplement/Skills Checklist (#23102)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Leathercraft Supplement/Skills Checklist (#23102) • One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer. ***Optional Exhibit***: • Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work. ***Note***: Precut kits may be used as long as the expected learning experience for that level can be performed.

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

Support Materials:
Idaho 4-H Leathercraft page: https://www.uidaho.edu/extension/4h/projects/leathercraft

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LEATHERCRAFT (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Leathercraft: Intermediate **Youth Materials:** • *Leathercraft Supplement/Skills Checklist (#23102)* • *ABC's of Leathercraft (#23103)* • *Leathercrafting (#23104)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	Project Requirements: • Complete a rounder or square of tooled practice leather (3" x 4"). • Choose three new skills to demonstrate in your project. • Improve your skills from Unit 1 by learning to use 3 additional tools and stamps: beveler, veiner, pear shader, camouflage, backgrounder, seeder, and modeling tools. • Learn to carve by using a swivel knife. • Learn lacing skills such as whipstitch, running stitch, handstitch, decorative stitches and splicing. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Optional: • Learn to use rivets, eyelets, snaps, grommets, and clasps. • Learn to apply leather dyes. • Learn assembly skills: lining, skiving, folding, and creasing. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Leathercraft Supplement/Skills Checklist (#23102)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Leathercraft Skills Checklist (#23102) • One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer. ***Optional Exhibit:*** • Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work. ***Note***: Precut kits may be used as long as the expected learning experience for that level can be performed.

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

Support Materials:
Idaho 4-H Leathercraft page: https://www.uidaho.edu/extension/4h/projects/leathercraft

Communication and Expressive Arts

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Projects & Materials	Requirements	Exhibit Requirements
Leathercraft: Advanced **Youth Materials:** • *Leathercraft Supplement/ Skills Checklist (#23102)* • *ABC's of Leathercraft (#23103)* • *Leathercrafting (#23104)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	Project Requirements: • Complete a rounder or square of tooled practice leather (3" x 4"). • Learn two new skills or techniques from the following: • Add new skills not previously mastered from Units I and II. • Learn figure carving. • Learn inverted leather carving. • Learn to apply dyes using techniques such as block, solid color, background dyeing, or antique stains. • Learn to filigree. • Assemble a filigreed article with a suitable colored background. • Learn advanced lacing skills such as backstitch, buckstitching, or Florentine. • Design your own project using advanced techniques. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Leathercraft Supplement/Skills Checklist* (#23102)	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Leathercraft Supplement/ Skills Checklist (#23102) • One article you made, which shows the skills expected for your unit. Articles may be chosen from the suggested articles list in each unit, or articles may be substituted with the approval of your Volunteer. ***Optional Exhibit:*** • Members may enter up to three optional exhibits that are an outgrowth of the project level in which you are enrolled. Each optional exhibit must focus on a different skill than your required exhibit and must be emphasizing a different area in your Leathercraft project work. ***Note***: Precut kits may be used as long as the expected learning experience for that level can be performed.

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

Support Materials:
Idaho 4-H Leathercraft page: https://www.uidaho.edu/extension/4h/projects/leathercraft

Optional Supporting Materials:

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

Possible Instructor's Manuals:
- *Leatherwork Manual*
- *Adventures in Leather Instructor's Manual*

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

Communication and Expressive Arts

ART

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Projects & Materials	Requirements	Exhibit Requirements
Sketchbook Crossroads **Youth Materials:** • **National 4-H Curriculum** *Sketchbook Crossroads (#08140)* • Recommended Materials: *Elements & Principles Design Card (#23112)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Sketchbook Crossroads (#08140)* • *Elements & Principles Design Card (#23112)*	About the Project: • Sketchbook Crossroads is designed for middle through high school age youth and may be used in a variety of youth development and academic settings. Youth may work with an adult helper or independently. It consists of three units: Drawing, Fiber Arts and Sculpting. • All the activities focus on teaching the elements and principles of design and encouraging the development of skills for a lifetime. The Brain Joggers test problem solving ability. Connections may be made locally through artistic community service or service learning opportunities. Youth knowledge is tested through cultural and historical art experiences that are interwoven throughout the activities. The learning indicators at the end of each activity help youth evaluate the learning process. • Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity. Youth are encouraged to explore the *Project Online* connections and information to enhance the art experience. In the member's Manual: • Complete five activities from one unit; complete five activities from the three units; or complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. • (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.) • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Two completed original artworks. **AND/OR** • A poster (14"x 22"), or display illustrating something you learned in this project this year. ***Note***: Attach a 4 x 6-inch index card to each artwork with the following information: • Artist name, unit, activity, and title. • Original artwork title, element of design used, principle of design used, and life skill. • On the back of the card explain how you used these elements and principles in your artwork.

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

Supporting Materials:
Idaho 4-H Sketchbook Crossroads page: https://www.uidaho.edu/extension/4h/projects/sketchbook-crossroads
To order National 4-H Curriculum visit: http://www.4-hmall.org/Product/creatve-visual-arts/08140.aspx

Communication and Expressive Arts

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ART (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Portfolio Pathways **Youth Materials:** • **4HCCS Manuals** *Portfolio Pathways (#23114)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • Recommended Materials: *Elements & Principles Design Card (#23112)* **Volunteer Materials:** • **4HCCS Manuals** *Portfolio Pathways (#23114)* • *Elements & Principles Design Card (#23112)*	About the Project: • Portfolio Pathways is designed for middle through high school age youth and may be used in a variety of youth development and academic settings. Youth may work with an adult helper or independently. It consists of three units: Painting, Printing and Graphic Design. • All the activities focus on teaching the elements and principles of design and encouraging the development of skills for a lifetime. The Brain Joggers test problem solving ability. Connections may be made locally through artistic community service or service learning opportunities. Youth knowledge is tested through cultural and historical art experiences that are interwoven throughout the activities. The learning indicators at the end of each activity help youth evaluate the learning process. • Youth will be most successful and prepared when you are familiar with the life skill, elements and principle of design, and background information provided in each activity. Youth are encouraged to explore the *Project Online* connections and information to enhance the art experience. In the member's Manual: • Complete five activities from one unit • Complete five activities from the three units **OR** • Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity. (Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.) • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Two completed original artworks. **AND/OR** • A poster (14"x 22") or display illustrating something you learned in this project this year. ***Note***: Attach a 4 x 6-inch index card to each artwork with the following information: • Artist name, unit, activity, and title. • Original artwork title, element of design used, principle of design used, and life skill. • On the back of the card explain how you used these elements and principles in your artwork.

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

Support Materials:
Idaho 4-H Portfolio Pathways page: https://www.uidaho.edu/extension/4h/projects/portfolio-pathways
To order National 4-H Curriculum visit: http://www.4-hmall.org/Product/creatve-visual-arts/08141.aspx

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Projects & Materials	Requirements	Exhibit Requirements
!Qué! Rico! LaCultura – Latino Cultural Arts **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *!Qué! Rico! LaCultura –Latino Cultural Arts: Bilingual Group Activities for Youth K-8 (#BU-08180)*	About the Project: • ¡Qué Rico! La Cultura – Latino Cultural Arts is designed to teach youth about the world around them and their culture. ¡Qué Rico! is organized into four chapters of activities, each focusing on a different type of art: performing arts, visual arts, textile arts, and celebrations. Each activity is designed to focus on a different aspect of Latino culture, and on a different part of the Latino world. Each activity lists the appropriate age range for which it was designed. There are sufficient activities for youth to take this project for several years. In the ¡Qué Rico! Helper's Guide: • Complete five age appropriate activities each year, including working through the questions in the "Let's Talk/ Hablemos" section of each activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • One completed artwork from an activity you completed. **AND/OR** • A poster (14"x 22") or display illustrating something you learned in this project this year.

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

Support Materials:
Idaho 4-H Latino Cultural Arts page: https://www.uidaho.edu/extension/4h/projects/latino-cultural-arts
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/latino-cultural-arts.aspx

Communication and Expressive Arts

HANDWORK FROM OUR HERITAGE

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Projects & Materials	Requirements	Exhibit Requirements
Handwork from Our Heritage **Youth Materials:** • *Handwork From Our Heritage (#23120)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Handwork From Our Heritage Volunteer's Guide (#23122)* *NOTE: QUILTING is now a standalone project under the Family and Consumer Sciences see page 41*	Choose one AREA and set at least three goals that you want to achieve in this project. You are not limited to the AREAS listed here. You may pursue other subjects such as those listed in AREA "N" in the member manual. Project focus areas are the following: • Embroidery or Crewel • Specialty Embroidery • Needlepoint • Applique • Rug Making • Macramé • Tole Painting • Ceramics • Beadwork • Wheat Weaving • Origami • Dried Flower Art • Alternatives • Develop those skills necessary to accomplish your goals. • Learn the skills needed to complete this project by using the knowledge of a person in your community who has this skill, such as a 4-H Volunteer, grandparent, or any interested persons, and by finding and using written materials about your subject area. • Write a history of the handwork you choose as your project area. Include when and where the handwork started, what it was used for, and how and where it came to this country. Each year you do this project area, expand your history to include materials used through the years, changes in the art, major influences, etc. Be sure to cite your sources. • Complete the specific unit requirements within the AREA chosen as a project. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Report on background or history of the handwork art you chose. **AND** • Finished item(s) as listed in the exhibit requirements under the area and unit you chose.

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

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

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PHOTOGRAPHY

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Projects & Materials	Requirements	Exhibit Requirements
Focus on Photography: Level 1 A beginning level project designed for youth with no prior experience in photography. **Youth Materials:** • **National 4-H Curriculum** *Focus on Photography, Project Book and Photo journal, Level 1 (#23400)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None* ***Note***: This project may be taken more than one year, do not repeat activities or challenges you have already completed. Use the Challenges to enrich your project.	Standard film camera, one-use camera, or digital camera may be used in this project. Project Requirements: • Explore the four Project Areas: Equipment, Lighting, Composition, and Skill Building in the member manual (#23400). • Complete at least seven (7) activities each year. Select activities in each of the four project areas listed above. Record progress in Step 1, p. 4. Complete the Photo Journal and Review Question sections throughout the manual for the activities selected. • Complete two of the Organized Project Experiences each year, one of which will be to give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Each year complete one of the Leadership/ Citizenship activities listed in Step 3. • Complete a Project Review each year. Complete the following: • 4-H Involvement Report (#91910) • 4-H Project Record Book (#91950) Record step 2 and step 3, "Project experiences and leadership/citizenship activities" in project record book. • Member manual (#23400)	An album or three-ring binder containing the following items: • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Member manual (#23400) • Photo journal pages from your project manual for the activities you completed, or your own album pages labeled with the activity title and techniques shown. • 8x10 photo mounted on 11x14 board or matted with an 11x14 board **Exhibit Instructions:** Exhibit your required pictures in your project manual, a photo album or three-ring binder with heavy paper. The binder need not be fancy or expensive. It is used simply to keep all your photography materials in one neat, orderly place. You may decorate the binder or album cover as you wish. ***Note***: Photos should be printed on photographic paper. ***Do not crop or trim the photos when you mount them in your exhibit album, unless instructed to do so for an activity.*** Cropping or trimming photos can enhance a scrapbook or gift album, but uncropped photos are needed in your exhibit album to show your composition skills and techniques.

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

Support Materials:
Idaho 4-H Photography page: https://www.uidaho.edu/extension/4h/projects/photography
To purchase National 4-H Curriculum visit:http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx

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

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

Support Materials:
Idaho 4-H Photography page: https://www.uidaho.edu/extension/4h/projects/photography
To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Mastering Photography: **Level 3** An advanced project designed for youth with experience in photography and those who have completed Controlling the Image, the second book in this series. **Youth Materials:** • **National 4-H Curriculum** *Mastering Photography Project Book and Photo journal, Level 3 (#23402)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None* ***Note***: This project may be taken more than one year, do not repeat activities or challenges you have already completed. Use the Challenges to enrich your project.	Film camera or digital camera with adjustable settings, a variety of interchangeable lenses, and filters that fit on those lenses. Project Requirements: • Explore the four Project Areas (Equipment, Lighting, Composition, and Skill Building) in the member manual (#23402). • Complete at least seven (7) activities each year. Select activities in each of the four project areas listed above. Record progress in Step 1, p. 4. Complete the Photo Journal and Review Question sections throughout the manual for the activities selected. • Complete two of the Organized Project Experiences each year, one of which will be to give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Each year complete one of the Leadership/ Citizenship activities listed in Step 3. • Complete a Project Review each year. Complete the following: •*4-H Involvement Report (#91910)* •*4-H Project Record Book (#91950) Record step 2 and step 3, "project experiences and leadership/citizenship activities" in project record book.* •*Member manual (#23402)*	An album or three-ring binder containing the following items: • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Member manual (#23402) • Photo journal pages from your project manual for the activities you completed, or your own album pages labeled with the activity title and techniques shown. • 8x10 photo mounted on 11x14 board or matted with an 11x14 board **Exhibit Instructions:** Exhibit your required pictures in your project manual, a photo album or three-ring binder with heavy paper. The binder need not be fancy or expensive. It is used simply to keep all your photography materials in one neat, orderly place. You may decorate the binder or album cover as you wish. ***Note***: Photos should be printed on photographic paper. ***Do not crop or trim the photos when you mount them in your exhibit album, unless instructed to do so for an activity.*** Cropping or trimming photos can enhance a scrapbook or gift album, but uncropped photos are needed in your exhibit album to show your composition skills and techniques.

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

Support Materials:
Idaho 4-H Photography page: https://www.uidaho.edu/extension/4h/projects/photography
To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-photography.aspx

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PUBLIC SPEAKING

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Projects & Materials	Requirements	Exhibit Requirements
Express Yourself **Level 1; Grades 3-5** **Youth Materials:** • **National 4-H Curriculum** *Picking Up the Pieces (#08156)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Express Yourself: Communications Helper's Guide (#08159)* • *Communications Toolkit (#4H1560)*	In *Picking Up the Pieces* member manual: • Complete a minimum of 7 activities from the lessons and upgrades. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14"x22") or display illustrating a skill or skills learned in this project. **OR** • A scrapbook, portfolio or journal notebook showing activities and skills learned this year.

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

Support Materials:
Idaho 4-H Express Yourself page: https://www.uidaho.edu/extension/4h/projects/express-yourself
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/communication-books.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Express Yourself: Level 2 **Grades 6-8** **Youth Materials:** • **National 4-H Curriculum** *Putting it Together (#08157)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Express Yourself: Communications Helper's Guide (#08159)* • *Communications Toolkit (#4H1560)*	In *Putting it Together* member manual: • Complete a minimum of 7 activities from the lessons and upgrades. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14"x22") or display illustrating a skill or skills learned in this project. **OR** • A scrapbook, portfolio or journal notebook showing activities and skills learned this year.

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

Support Materials:
Idaho 4-H Express Yourself page: https://www.uidaho.edu/extension/4h/projects/express-yourself
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/communication-books.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Express Yourself: Level 3 **Grades 9-12** **Youth Materials:** • **National 4-H Curriculum** *The Perfect Fit (#08158)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Express Yourself: Communications Helpers Guide (#08159)*	In *The Perfect Fit* member manual: • Complete a minimum of 7 activities from the lessons and upgrades. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x22”) or display illustrating a skill or skills learned in this project. **OR** • A scrapbook, portfolio or journal notebook showing activities and skills learned this year.

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

Support Materials:
Idaho 4-H Express Yourself page: https://www.uidaho.edu/extension/4h/projects/express-yourself
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/communication-books.aspx

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CHILD DEVELOPMENT

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Projects & Materials	Requirements	Exhibit Requirements
Growing on My Own **Youth Materials:** • **National 4-H Curriculum** *Growing On My Own, Step 1 (#08075)* **Volunteer Materials:** • **National 4-H Curriculum** *Growing All Together Helper's Guide (#08078)*	There are no specific requirements for completing Cloverbud projects. Volunteers may work through the lessons in this manual as they wish according to the members' abilities.	• Exhibiting at the Fair is optional and non-competitive. • Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual. • The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required. • A participation ribbon or similar recognition may be given.

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

Support Materials:
Idaho 4-H Cloverbuds page: https://www.uidaho.edu/extension/4h/projects/cloverbuds
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Growing with Others **Youth Materials:** • **National 4-H Curriculum** *Growing with Others, Step 2 (#08076)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950* **Volunteer Materials:** • **National 4-H Curriculum** *Growing All Together Helper's Guide (#08078)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Develop a portfolio of notes, drawings, pictures and other things created. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Member portfolio containing items created/accomplished during this year's project. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.

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

Support Materials:
Idaho 4-H Child Development page: https://www.uidaho.edu/extension/4h/projects/child-development
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Growing in Communities **Youth Materials:** • **National 4-H Curriculum** *Growing in Communities, Step 3 (#08077)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950* **Volunteer Materials:** • **National 4-H Curriculum** Growing All Together *Helper's Guide (#08078)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Develop a portfolio of notes drawings, picture and other things created. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Member portfolio containing items created/accomplished during this year's project. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in this project book or previous levels.

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

Support Materials:
Idaho 4-H Child Development page: https://www.uidaho.edu/extension/4h/projects/child-development
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx

Optional Supporting Materials:
Worksheets available under the Resources Button at: http://cfmxtest.uwex.edu/ces/4hccs/index.html

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CLOTHING & TEXTILE

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Projects & Materials	Requirements	Exhibit Requirements
"Sew Wow", Unit 5: Skill Level - Advanced **Youth Materials:** • *"Sew Wow" Unit 5, Member's Guide and Project Requirements (#32009)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Reader's Digest Complete Guide to Sewing*	In the Member's Manual: • Choose one focus area for your project. • Complete at least 1 of the "General Advanced Activities" each year. • Learn about two "in-depth Study Topics" for the selected focus area each year. • Construct two small or one large clothing item using appropriate fabric with required advanced constructions skills from focus area. ➢ Area A – Active/Sports Wear ➢ Area B – Outdoor Wear ➢ Area C – Western Wear ➢ Area D – Formal Apparel ➢ Area E – Embellished Apparel ➢ Area F – Tailored Apparel ➢ Area G – Pattern Your Own • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Display the garment(s), outfit and/or accessory made by member using appropriate fabric with required advanced construction skills learned for this year's project focus area.

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

Support Materials:
Idaho 4-H Sew Wow page (and to download *Sew Wow*) visit: https://www.uidaho.edu/extension/4h/projects/sew-wow
To purchase the Reader's Digest Complete Guide to Sewing visit http://www.amazon.com/Readers-Digest-Complete-Guide-Sewing/dp/0895770261 or http://www.barnesandnoble.com/w/new-complete-guide-to-sewing-readers-digest/1101074138

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

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Projects & Materials	Requirements	Exhibit Requirements
Sewing For Fun **Skill Level – Beginner Suggested 2 year project** **Youth Materials:** • *Sewing For Fun (4H167)* • *Sewing Skills Checklist Sew For Fun* • *4-H Involvement Report (91910)* • *4-H Project Record Book (#91950)* • *Sewing For Fun Packet (4H169)* • *Sewing For Fun Supplements* **Volunteers Materials:** • *Sewing For Fun Volunteer's Guide (4H168)*	In the member's Activity Book: • Learn to use a sewing machine and/or a serger. • Learn to sew on woven or knit fabric. • Complete 25 of the skills listed on the sewing skills checklist each year. • Develop these three basic constructions skills: ➢ Straight seams, ➢ Sew square and/or curved corners ➢ Use plain finish on seams • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Sew For Fun Skills Checklist • Display an item from the sewing for fun packet such as: o Needle book o Square pin cushion o Pillow stripes o Patchwork pillow o Pillowback with envelope closure o Tote bag o Laundry bag o Diagonal Patchwork pillow o Railfence pillow ***Note:*** Sewing skills and techniques used should be consistent with a beginning project.

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

Support Materials:
Idaho 4-H Clothing-Textile page (and to download *Sewing for Fun* materials) visit:

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SEWING EXPRESSIONS

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Projects & Materials	Requirements	Exhibit Requirements
Under Construction, Level 1 **Record Book Version** **Youth Materials:** • **National 4-H Curriculum** *Under Construction, Level 1 (#32081)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Under Construction Skills Checklist* **Volunteer Materials:** • **National 4-H Curriculum** *Sewing Expressions Helper's Guide (#32084)*	In the member's current Manual: • Complete at least 7 required and optional activities each year • Have your project helper date (month/year) and initial each activity when it is finished. • Complete at least 10-12 skills each year from the Under Construction Skills Checklist • Have your project helper date and sign each skill from the skills checklist when completed. • Complete at least 4 *"Before and After – What do you know?"* statements (Page 3 of manual) each project year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Under Construction Skills Checklist*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Under Construction Skills Checklist • Display one clothing item including at least three new sewing skills learned in each year of taking this project **OR** • One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric including at least three new sewing skills learned in each year of taking this project **OR** • A display or a poster (14" x 22") illustrating something learned in this project year The following are examples of items you could make and exhibit in this project: **Clothing:** • **1st year** – pants, pajama pants, shorts, skirt • **2nd year** – shirt, top, t-shirt • **3rd year** – top and pants or skirt, jumper with shirt/top, dress **Non-Clothing:** • **1st year** – pillow, 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins • **2nd year** – nine patch pillow, sports bag, household items, curtain with casing heading, table cloth with ruffle or decorative hem with napkins • **3rd year** – pieced pillow, pieced wall hinging or bag, decorative accessories, household items. ***Note:*** Avoid fabrics that require more advanced knowledge or techniques.

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

Support Materials:
Idaho 4-H Sewing Expressions page (and to download *Under Construction Skills Checklist*):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions
To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Under Construction, Level 1 **<u>Portfolio Version</u>** **Youth Materials:** • **National 4-H Curriculum** *Under Construction, Level 1 (#32081)* • *4-H Involvement Report (#91910)* • *Idaho 4-H Clothing Construction Portfolio* • *Under Construction Skills Checklist* **Volunteer Materials:** • **National 4-H Curriculum** *Sewing Expressions Helper's Guide (#32084)*	In the member's current Manual: • Complete at least 7 activities, record findings and put samples in the Idaho 4-H Clothing Construction Portfolio • Complete at least 10-12 skills each year from the Under Construction Skills Checklist • Have your project helper date and sign each skill from the skills checklist when completed. • Complete at least 4 *"Before and After – What do you know?"* statements (Page 3 of manual) each project year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. Complete the following: • *4-H Involvement Report (#91910)* • *Idaho 4-H Clothing Construction Portfolio* • *Under Construction Skills Checklist* ***Note:*** When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members.	• Idaho 4-H Clothing Construction Portfolio • 4-H Involvement Report (#91910) • Under Construction Skills Checklist • Display one clothing item including at least three new sewing skills learned in each year of taking this project **OR** • One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric including at least three new sewing skills learned in each year of taking this project **OR** • A display or a poster (14" x 22") illustrating something learned in this project year The following are examples of items you could make and exhibit in this project: **<u>Clothing</u>:** • **1st year** – pants, pajama pants, shorts, skirt • **2nd year** – shirt, top, t-shirt • **3rd year** – top and pants or skirt, jumper with shirt/top, dress **<u>Non-Clothing</u>:** • **1st year** – pillow, 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins • **2nd year** – nine patch pillow, sports bag, household items, curtain with casing heading, table cloth with ruffle or decorative hem with napkins • **3rd year** – pieced pillow, pieced wall hinging or bag, decorative accessories, household items. ***Note:*** Avoid fabrics that require more advanced knowledge or techniques.

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

Support Materials:
Idaho 4-H Sewing Expressions page (to download the *Skills Checklist* and *Idaho 4-H Clothing Construction Portfolio*): https://www.uidaho.edu/extension/4h/projects/sewing-expressions

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Fashion Forward, Level 2, Intermediate **Record Book Version** **Youth Materials:** • **National 4-H Curriculum** *Fashion Forward, Level 2 (#32082)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Fashion Forward Skills Checklist* **Volunteer Materials:** • **National 4-H Curriculum** *Sewing Expressions Helper's Guide (#32084)*	In the member's current Manual**:** • Complete at least 7 required and optional activities each project year. • Have your project helper date (month/year) and initial each activity when it is finished. • Complete at least 10-12 skills each year from the Fashion Forward Skills Checklist • Have project helper date and sign each skill from the skills checklist when completed. • Complete at least 4 "*Before and After – What do you know?*" statements (Page 3 of manual) each project year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Fashion Forward Skills Checklist*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Fashion Forward Skills Checklist • Display a garment or outfit that including at least three new sewing skills learned in each year of taking this project **OR** • One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project **OR** • A display or a poster (14" x 22") illustrating something learned in this project year The following are examples of items you could make and exhibit in this project: **Clothing:** • A sewing or locker organizer, skirt with darts/waistband, blouse with buttons/buttonholes, lined vest, vest with collar, blouse with collar and cuffs, dress with zipper or other clothing items. **Non-clothing:** • Decorative pillow, windsock with decorative stitches, backpacks/duffle bags/fanny pack with zipper, box edge pillow, curtains with scalloped or tab-top heading or other non-clothing item(s).

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

Support Materials:
Idaho 4-H Sewing Expressions page (and to download the *Fashion Forward Skills Checklist*):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx

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Fashion Forward, Level 2, Intermediate **<u>Portfolio Version</u>** **Youth Materials:** • **National 4-H Curriculum** *Fashion Forward, Level 2 (#32082)* • *4-H Involvement Report (#91910)* • *Idaho 4-H Clothing Construction Portfolio* • *Fashion Forward Skills Checklist* **Volunteer Materials:** • **National 4-H Curriculum** *Sewing Expressions Helper's Guide (#32084)*	In the member's current Manual**:** • Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio. • Complete at least 10-12 skills each year from the Fashion Forward Skills Checklist. • Have your project helper date and sign each skill from the skills checklist when completed. • Complete at least 4 "*Before and After – What do you know?*" statements (Page 3 of manual) each project year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. Complete the following: • *4-H Involvement Report (#91910)* • *Idaho 4-H Clothing Construction Portfolio* • *Fashion Forward Skills Checklist* ***Note**:* When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members.	• Idaho 4-H Clothing Construction Portfolio • 4-H Involvement Report (#91910) • Fashion Forward Skills Checklist • Display a garment or outfit including at least three new sewing skills learned in each year of taking this project **OR** • One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project. **OR** • A display or a poster (14" x 22") illustrating something learned in this project year. The following are examples of items you could make and exhibit in this project: **Clothing:** • A sewing or locker organizer, skirt with darts/waistband, blouse with buttons/buttonholes, lined vest, vest with collar, blouse with collar and cuffs, dress with zipper or other clothing items. **Non-clothing:** • Decorative pillow, windsock with decorative stitches, backpacks/duffle bags/fanny pack with zipper, box edge pillow, curtains with scalloped or tab-top heading or other non-clothing item(s).

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

Support Materials:
Idaho 4-H Sewing Expressions page (and to download the *Fashion Forward Skills Checklist* and *Idaho 4-H Clothing Construction Portfolio*: https://www.uidaho.edu/extension/4h/projects/sewing-expressions

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Refine Design, Level 3, Advanced **Record Book Version** **Youth Materials:** • **National 4-H Curriculum** *Refine Design, (#32083) Level 3 (Order from 4HCCS)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Refine Design Skills Checklist* • *Supplemental Skills Checklist Sheet* **Volunteer Materials:** • **National 4-H Curriculum** *Sewing Expressions Helper's Guide (#32084)* • *Supplemental Skills Checklist Sheet*	In the member's current Manual: • Complete at least 7 required and optional activities each project year. • Have your project helper date (month/year) and initial each activity when it is finished. • Complete at least 10-12 skills each year from the Refine Design Skills Checklist. • Have your project helper date and sign each skill from the skills checklist when completed. • Complete at least 4 "*Before and After – What do you know?*" statements (Page 3 of manual) each project year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950) OR* • *Refine Design Skills Checklist*	• 4-H Project Record Book (#91950) OR Idaho 4-H Clothing Construction Portfolio • 4-H Involvement Report (#91910) • Refine Design Skills Checklist • Display a garment or outfit including at least three new sewing skills learned in each year of taking this project **OR** • One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project **OR** • A display or a poster (14" x 22") illustrating something learned in this project year. The following are examples of items you could make and exhibit in this project: **Clothing:** • Pants or skirt with flat felled seam (mock/regular), dress or skirt with lining, garment sewn with special fabric, lingerie, create your own pattern, tailored jacket, lined jacket, outdoor/action wear. **Non-clothing:** • Pleated or gathered drapery, bedspread, lined drapery or curtain, furniture slip cover, create your own fabric, embellished household item, purse, or other non-clothing item(s).

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

Support Materials:
Idaho 4-H Sewing Expressions page (and to download the *Refine Design Skills Checklist and Supplemental Skills Checklist Sheet*): https://www.uidaho.edu/extension/4h/projects/sewing-expressions
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx

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

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

Support Materials:
Idaho 4-H Sewing Expressions page (and to download the *Refine Design Skills Checklist*, the *Supplemental Skills Checklist Sheet*, and *Idaho 4-H Clothing Construction Portfolio*):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions

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Projects & Materials	Requirements	Exhibit Requirements
STEAM Clothing 1 Fundamentals **Ages 8-10** **Youth Materials:** • *STEAM Clothing 1 Fundamentals(#UN-L 4H2210)* • *STEAM Clothing: Maker's Guide (#UN-L 4H2240)* • *4-H Involvement Report (#91910)* • *4-H Clothing Construction Portfolio* • *Fundamentals Skills Checklist* **Volunteer Materials:** • *STEAM Clothing 1 Fundamentals* • *STEAM Clothing Maker's Guide*	Using the STEAM Clothing 1 Fundamentals manual: • Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio. • Complete at least 10 skills each year from the Fundamentals Skills Checklist • Have project helper date and sign each skill from the skills checklist • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Clothing Construction Portfolio* • *Fundamentals Skills Checklist* ***Note:*** When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members.	• 4-H Clothing Construction Portfolio • 4-H Involvement Report (#91910) • Fundamentals Skills Checklist • Display one item that includes at least three new sewing skills learned in each year of taking this project OR • A display or a poster (14" x 22") illustrating something learned in this project year The following are examples of items you could make and exhibit for this project: • 1st Year – pants, pajama pants, shorts or skirt • 2nd Year – shirt, top, t-shirt • 3rd Year – top and pants or skirt, jumper with shirt/top or dress • Non-clothing options: 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins, nine patch pillow, sports bag, curtain with casing heading, pieced pillow, decorative accessories. ***Note:*** *Avoid fabrics that require more advanced knowledge or techniques*

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

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

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STEAM Clothing 2 Simply Sewing **Ages 10-12** **Youth Materials:** • *STEAM Clothing 2 Simply Sewing (#UN-L 4H2220D)* • *STEAM Clothing: Maker's Guide (UN-L 4H2240)* • *4-H Involvement Report (#91910)* • *4-H Clothing Construction Portfolio* • *Simply Sewing Skills Checklist* **Volunteer Materials:** • *STEAM Clothing 2 Simply Sewing* • *STEAM Clothing Maker's Guide*	Using the STEAM Clothing 2 Simply Sewing manual: • Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio. • Complete at least 10 skills each year from the Simply Sewing Skills Checklist • Have project helper date and sign each skill from the skills checklist • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Clothing Construction Portfolio* • *Simply Sewing Skills Checklist* ***Note:*** When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members.	• 4-H Clothing Construction Portfolio • 4-H Involvement Report (#91910) • Simply Sewing Skills Checklist • Display one item that includes at least three new sewing skills learned in each year of taking this project OR • A display or a poster (14" x 22") illustrating something learned in this project year The following are examples of items you could make and exhibit for this project: • A skirt or dress with a zipper • A skirt or pants with a simple waistband • A blouse with buttons/buttonholes • A blouse with cuffs and collar • Non-clothing options: Decorative pillow, windsock with decorative stitches, backpacks/duffle bag with zipper, box edge pillow, curtains with scallops or tab top heading

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

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

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STEAM Clothing 3 A Stitch Further **Ages 12 and up** **Youth Materials:** • *STEAM Clothing 3 A Stitch Further (#UN-L 4H2230D)* • *4-H Involvement Report (#91910)* • *4-H Clothing Construction Portfolio* • *A Stitch Further Checklist* **Volunteer Materials:** • *STEAM Clothing 3 A Stitch Further*	Using the STEAM Clothing 3 A Stitch Further manual: • Complete at least 7 activities and record findings and put samples in the Idaho 4-H Clothing Construction Portfolio. • Complete at least 10 skills each year from the A Stitch Further Skills Checklist • Have project helper date and sign each skill from the skills checklist • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Clothing Construction Portfolio* • *A Stitch Further Skills Checklist* ***Note:*** When using the 4-H Clothing Construction Portfolio each member is not required to purchase a manual. One manual can be used with multiple members.	• 4-H Clothing Construction Portfolio • 4-H Involvement Report (#91910) • A Stitch Further Checklist • Display one item that includes at least three new sewing skills learned in each year of taking this project OR • A display or a poster (14" x 22") illustrating something learned in this project year The following are examples of items you could make and exhibit for this project: • Pants or skirt with flat felled seam • Dress or skirt with lining • Garment sewn with special fabric • Tailored jacket • Non-clothing options: Pleated or gathered grapery, bedspread, lined drapery or curtain, furniture slipcovers

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

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

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

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

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

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CROCHET

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Projects & Materials	Requirements	Exhibit Requirements
Crochet **Youth Materials:** • *4-H Crochet Project Guide and Requirements (#32018)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	Select the phase appropriate to your skill level and learn the skills listed in the project guide and requirement book for that unit. Units: 1. ***Let's Crochet*** – learn how to single crochet, double crochet, slip stitch, chain stitch. 2. ***More Crochet*** – learn how to half double crochet, treble crochet, and double treble crochet, make ribbing, and fringe. 3. ***Still More Crochet*** – learn how to make filet or mesh crochet, squares and ovals, tubular crochet, buttons and buttonholes, tassels and pompons. 4. ***Crochet with Color*** – learn to work with color, to do tapestry or jacquard crochet, make plaids, etc. 5. ***Advanced Crochet*** – learn to crochet with multiple stitch patterns, with thread, make and join medallions. 6. ***Crocheted Insertions and Edgings*** – Learn how to crochet scallop and picot edge finishes, how to make and attach insertions, edgings, insets and appliqué. 7. ***Modified Crochet*** – learn to do Afghan (Tunisian) crochet and variations, broomstick lace and hairpin lace. 8. ***Individualized Crochet*** – learn advance crochet techniques and garment selection, construction and fit by selecting one or more of the advanced crochet techniques/projects. • Give an oral presentation (demonstration, speech, or illustrated talk) related to this project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Two small or one large article you made using the skills learned in your phase. Include information in record book about yarn or thread, stitch and hook used. • Phases 1-7: Mount required test swatches on heavy 8 ½" X 11" paper and include with record book, label and include information about yarn or thread, stitch and hook used. ***Note*:** Make listed test swatches about 2" x 4" each.

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

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

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

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KNITTING

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

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

Support Materials:
Idaho 4-H Knitting page (and to download the *Knitting Member's Guide*):
https://www.uidaho.edu/extension/4h/projects/knitting

Optional Supporting Materials
- *Cool Stuff, Teach Me To Knit*, Leisure Arts, Inc. (Instructions geared to youth)
- *Reader's Digest, Complete Guide to Needlework* (Volunteer Reference)
- Web sites with downloadable "how-to" instructions: www.craftown.com/knitlesson.htm, www.knittinguniverse.com
- Other web sites of interest: www.anniesattic.com

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QUILTING

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Projects & Materials	Requirements	Exhibit Requirements
Quilting **Youth Materials:** • *Quilt Quest, (CD)* • *Project Block (CDs), select one* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Quilt Quest, (CD)* • *Project Block (CDs)* o *Project Block 1, Creative Corners* o *Project Block 2, Terrific Triangles* o *Project Block 3, Fantastic Fabrics* o *Project Block 4, Perfect Paper Piecing* o *Project Block 5, Elegant Embellishments* o *Project Block 6, Amazing Applique* o *Project Block 7, Outstanding Options* o *Project Block 8, Wonderful Windows*	**NOTE: Quilt Quest is a copyrighted curriculum. You may print one copy of the pages of the Quilt Quest and Project Blocks CDs for your use, but ONLY one copy.** To complete the project you will need the *Quilt Quest* CD and at least one *Project Block* CD. It is recommended that youth work closely with a knowledgeable and experienced quilter. • Select one Chapter appropriate to your skill level. It is recommended that beginners start with Chapter 1 and Project Block 1, Creative Corners. Chapters may be used for two years as long as different quilts are made showing increased skill development. Select one Quilt Quest Project Block (CD) to use with the Chapter. The Project Block may be used multiple years. *Quilt Quest Chapters:* Chapter 1, Starting Block Chapter 2, Design the Block Chapter 3, Build the Block Chapter 4, Preserve the Block Chapter 5, Beyond the Block Chapter 6, Resource Block • Complete at least two (2) activities in the Chapter each year. Future Quest activities may count as one of the activities. It is the youth's responsibility to complete enough activities and/or Future Quest to fully understand the Chapter concepts. • Make one quilt OR two smaller quilted items each year. Use Project Block CD for ideas. Quilts need to have a finished edge or binding. • Keep an *Idea Book* each year documenting your activities, drawings, design ideas, fabric samples, etc. • Give an oral presentation (demonstration, speech or illustrated talk) related to this project. • Recommended but not required – Use the Quilt Planning sheet from Chapter 1 to plan your quilt projects each year. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Exhibit one quilt ***OR*** two small quilted items you have sewn and quilted. • Include in the exhibit your *Idea Book* with activities, drawing, sketches, photographs, test blocks, design ideas, planning sheets, fabric samples, etc.

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

Support Materials:
To purchase the Quilt Quest curriculum, visit: https://marketplace.unl.edu/ne4h/4h1310.html
Idaho 4-H Quilting page: https://www.uidaho.edu/extension/4h/projects/quilting
International Quilt Study Center: www.quiltstudy.org

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CONSUMER EDUCATION

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

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

Support Materials:
Idaho 4-H Consume Savvy page: https://www.uidaho.edu/extension/4h/projects/consumer-savvy
To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx

Family and Consumer Science

CONSUMER EDUCATION (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Consumer Savvy, Level 2: Consumer wise **Youth Materials:** • **National 4-H Curriculum** *Consumer Wise, Level 2 (#08031)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Consumer Group Activity Guide (#08033)*	In the member's current Manual: • Complete at least five Consumer Wise activities and three Savvy Challenges each project year. • Complete at least 21 activities within three years to complete the Consumer Wise Achievement Program. • Have your project helper date and initial each activity as you complete it. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14" x 22"), or display illustrating something you learned in this project this year. ***Example***: personal values shield, a chart that shows comparison shopping information, create an advertisement for a product
County Requirements: Check with your County Extension office for details.		
Support Materials: Idaho 4-H Consumer Savvy page: https://www.uidaho.edu/extension/4h/projects/consumer-savvy To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx		

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Consumer Savvy, Level 3: Consumer Roadmap **Youth Materials:** • **National 4-H Curriculum** *Consumer Roadmap, Level 3 (#08032)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Consumer Group Activity Guide (#08033)*	In the member's current Manual: • Complete at least seven of the required activities and two Savvy Challenges each project year. • Complete at least 21 activities within three years to complete the Consumer Roadmap Achievement Program. • Have your project helper date and initial each activity as you complete it. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14" x 22"), or display illustrating something you learned in this project this year. ***Example***: a research report on another country's economic system, advertising slogans, a complaint letter
County Requirements: Check with your County Extension office for details.		
Support Materials: Idaho 4-H Consumer Savvy page: https://www.uidaho.edu/extension/4h/projects/consumer-savvy To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx		

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ECOLOGY

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Projects & Materials	Requirements	Exhibit Requirements
Ecology **Youth Materials:** • **National 4-H Curriculum** *Exploring Your Environment-Earth's Capacity (#08411)* • *Exploring Your Environment-Ecosystems Services (#08410)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Exploring your Environment, Facilitator's Guide (#08412)*	In the member's current Manual: • Complete a minimum of 7 achievement activities and 2 Leadership experiences each project year • Finish all 4 steps of the Planning Guide. • Keep an Eco-Wonders journal throughout the project. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Display Eco-Wonders Journal • A poster (14" x 22"), or display illustrating something you learned in this project this year. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.

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

Support Materials:
Idaho 4-H Ecology page: https://www.uidaho.edu/extension/4h/projects/ecology
To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-exploring-your-environment.aspx

Optional Supporting Materials:
- *Ecology Skills Checklist* (#42500) *https://www.uidaho.edu/extension/4h/projects/ecology*

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FORESTRY

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Projects & Materials	Requirements	Exhibit Requirements
Forestry **Youth Materials:** • **National 4-H Curriculum** *Follow the Path, Level 1 (#08038)* • *Reach for the Canopy, Level 2 (#08039)* • *Explore the Deep Woods, Level 3 (#08040)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Forestry Helper's Guide (#08041)*	In the member's current Manual: • Complete a minimum of 6 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year. • Finish at least 20 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14" x 22"), or display illustrating something you learned in this project this year. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.

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

Support Materials:
Idaho 4-H Forestry page: https://www.uidaho.edu/extension/4h/projects/forestry
To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-forestry.aspx

Optional Supporting Materials:
• *Forestry Skills Checklist (#44150) https://www.uidaho.edu/extension/4h/projects/forestry*

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GEOLOGY

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Projects & Materials	Requirements	Exhibit Requirements
Geology **Youth Materials:** • *Geology, Level 1(#PU 4-H-985)* • *Geology, Level 2(#PU 4-H-986)* • *Geology, Level 3(#PU 4-H-987)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Geology, Helper's Guide(#PU 4H-988-W)* *See page 48 for information to obtain Support Materials.*	In the member's current project Manual: • Complete a minimum of (6) six required activities and/or journal corners each year. • Have your project volunteer date (month and year) and initial each activity when it is complete. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Any supplemental forms required at the county level.*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Display a poster or exhibit box based on one of the following activities: **Level 1**: • The Rock Cycle – explain the rock cycle in both pictures and words. • Rock Types – display rocks from the three major types: igneous, sedimentary, and metamorphic. • Earth Processes – color and display the picture in your book or draw and color your own on your poster. Briefly describe the earth processes that are shown. • Rock Artwork – display your rock artwork and the story that you created. • Collections – display & identify 6 rocks. • Making Crystal Models – display the crystal forms characteristic of most minerals (cubic, tetragonal, hexagonal, orthorhombic, monoclimic, triclinic) in a display box with their name and mineral in this form. You may paint, color or use markers on your crystal models. • Molds and Casts – display three molds and/or casts in a display box. Describe the steps that you followed to create a mold or cast. • Other suitable exhibit approved by your County Extension Office.

		<u>Level 2:</u> • Rocks with Different Textures – identify and display six rocks with three different textures (two rocks of each general type). Include three grades of sandpaper and show how the differences in sandpaper are similar to the differences in rock texture. • Mineral Properties and Tests – explain the characteristics: crystal form, cleavage, hardness, appearance and streak. Explain tests used in identifying specimens. Examples you might include are streak, acid, hardness, chemical analysis, and specific gravity. • How We Use Minerals – Show 10 common products that contain minerals. Explain the minerals that are contained in these products and the characteristics that make them useful. • Geologic Time – Create a display to show the major geologic eras. Indicate the names, specific features, and approximately length of each. • Field Trip – Describe a geology field trip that you took. Describe where you went and what you learned. Include photographs (if possible) or sketch what you saw. • Collections – Display and identify one of the following: 8-16 minerals, fossils, or 4-8 of each (half minerals and half fossils). You may exhibit a new collection in subsequent years, but not one you have already exhibited. • Other suitable exhibit approved by your County Extension Office.

		Level 3: • Geology Research: Prepare a display to teach others about the topic you studied. Include an appropriate title, abstract (brief description of your topic) and photographs, drawings, charts, or graphs to help explain your topic. This activity may be repeated if a new topic is chosen in subsequent years. • Lapidary and Jewelry – Show how stones and minerals are turned into polished stones and jewelry. Show and explain the steps involved. • Miniatures – Display five miniatures in a display box and explain the benefits of collecting miniatures and how they are prepared. • Idaho's State Parks and Forests – Create a matching game of Idaho's State Parks or Forests and a brief description. • Idaho, U.S. or World Geology – Teach others about one Idaho, U.S. or World Geology topic through a poster. • Career Exploration – Prepare a display that explains your interview with someone who needs an understanding of geology to do their job. • Other suitable exhibit approved by your County Extension Office.

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

Support Materials:
Idaho 4-H Geology page at https://www.uidaho.edu/extension/4h/projects/geology
To purchase Purdue University Extension manuals and download the Helper's guide visit:
https://mdc.itap.purdue.edu/subcategory.asp?subCatID=362&CatID=16
Further project information visit: https://mdc.itap.purdue.edu/subcategory.asp?subCatID=362&CatID=16

Optional Supporting Materials:
- *Websites for Geology Project tipsheet at https://www.uidaho.edu/extension/4h/projects/geology*

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WILDLIFE

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Projects & Materials	Requirements	Exhibit Requirements
Wildlife **Youth Materials:** • *4-H Wildlife, Level A(#PU 4-H-903)* • *4-H Wildlife, Level B(#PU 4-H-904)* • *4-H Wildlife, Level C(#PU 4-H-905)* • *4-H Wildlife, Level D(#PU 4-H-906)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *4-H Wildlife Project, Volunteer's Guide (#PU 4-H-907-W)*	Requirements: • Complete a minimum of 7 activities each year in the Level (A, B, C, D) the member is at. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus **one** of the following: • A scrapbook of labeled native plants, wildlife or aspects of wildlife ecology. • A display of 5 or more native or introduced wildlife. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • A poster (14" x 22"), or display illustrating something you learned in this project this year. • Other suitable exhibit approved by your County Extension Office.
County Requirements: Check with your County Extension office for details.		
Support Materials: Idaho 4-H Wildlife page: https://www.uidaho.edu/extension/4h/projects/wildlife To purchase Purdue University Extension manuals and download the Helper's guide visit: https://mdc.itap.purdue.edu/subcategory.asp?subCatID=408&CatID=16		

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SPORTFISHING

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Projects & Materials	Requirements	Exhibit Requirements
Sport Fishing **Youth Materials:** • **National 4-H Curriculum** *Take the Bait, Level 1 (#07598)* • **National 4-H Curriculum** *Reel in the Fun, Level 2 (#07599)* • **National 4-H Curriculum** *Cast into the Future, Level 3 (#07600)* • *Fishing: A Lifetime Sport, Member Manual (#44351)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Sport Fishing Project Helper's Guide (#07601)* • *Idaho General Fishing Season Regulations.* • *4-H Wildlife Bulletins, #SW 442, SW 439, and SW 451 (pdf's)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus **one** of the following: • A display or poster (14"x22") showing something learned this year. • A scrapbook of labeled pictures. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • Other suitable exhibit approved by the County Extension Office. • Select a different item to exhibit for the second and third year within a given book. ***Note***: Exhibits must utilize only skills, tools, and techniques taught in that project book or previous levels.

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

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

Optional Supporting Materials:
- *Sport Fishing Skills Checklist* (#44371) available at *https://www.uidaho.edu/extension/4h/projects/sportfishing*
- "*The Curtis Creek Manifesto*," by Sheridan Anderson, an illustrated guide to fly fishing. *https://www.uidaho.edu/extension/4h/projects/sportfishing*

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ADVENTURE / CHALLENGE

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Projects & Materials	Requirements	Exhibit Requirements
Cross Country Skiing **Youth Materials:** • *Cross-Country Skiing Adventures Manual (2004) #45120* • *4-H Project Record Book (#91950)* • *4-H Involvement Report (#91910)* **Volunteer Materials:** • *Cross-Country Skiing Adventures Manual (2004) #45120* ***Note***: Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.	• Set goals for your project • Complete Cross-Country Skiing Adventures Manual (see guidelines for each year) • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project Complete the following: • *Cross-Country Skiing Adventures Manual (#45120)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• Cross-Country Skiing Adventures Manual (#45120) • 4-H Project Record Book (91950) • 4-H Involvement Report (#91910) Plus **one** of the following: • A poster (14x22) or display illustrating something you learned in the project this year • A scrapbook of labeled pictures related to the project • A photo story depicting something related to the project

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

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

Optional Supporting Materials:

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

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OUTDOOR ADVENTURES

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Projects & Materials	Requirements	Exhibit Requirements
Hiking/Camping Backpacking **Youth Materials:** • **National 4-H Curriculum** Hiking Trails, Level 1 (#08043) • **National 4-H Curriculum** Camping Adventures, Level 2 (#08044) • **National 4-H Curriculum** Backpacking Expeditions, Level 3 (#08045) • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** Outdoor Adventures Helpers Guide (#08046)	In the member's current Manual: • Complete a minimum of (7) seven required/optional activities, plus the required number of Learning Experiences (pg.3) each year. • Finish at least 20 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus **one** of the following: • A scrapbook of labeled outdoor adventure activities. • A display of 5 or more types of outdoor hiking, backpacking & camping equipment. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • A poster (14" x 22") or display illustrating something you learned in this project this year. • Other suitable exhibit approved by your County Extension Office.
County Requirements: Check with your County Extension office for details.		
Support Materials: Idaho 4-H Outdoor Adventures page: https://www.uidaho.edu/extension/4h/projects/outdoor-adventures To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx		

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SHOOTING SPORTS

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Projects & Materials	Requirements	Exhibit Requirements
Archery **Youth Materials:** • *Archery Skills Checklist (#45310)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *STEM Connections (Colorado)* **Volunteer Materials:** • *Provided to volunteers at Shooting Sports Workshops*	• Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Complete at least 5 new items from the Archery Skills Checklist each year • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Archery Skills Checklist (#45310) Plus **one** of the following: • A poster (14”x 22”) or display showing something you learned in this project this year. • A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.) • Something you built or made (i.e., rifle sling, target holder, archery equipment etc.). • A labeled photo story showing you or someone else engaged in some Shooting Sports activity. • **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.

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

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

Optional Supporting Materials:
4-H Archery Member Record Book (#751) (Ohio State)
http://estore.osu-extension.org/Archery-Member-Record-Book-P408.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Pistol/Handgun **Youth Materials:** • *Pistol Skills Checklist (#45410)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *STEM Connections (Colorado)* **Volunteer Materials:** • *Provided to volunteers at Shooting Sports Workshops*	• Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Complete at least 5 new items from the Pistol Skills Checklist each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Pistol Skills Checklist (#45410) Plus **one** of the following: • A poster (14”x 22”) or display showing something you learned in this project this year. • A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.) • Something you built or made (i.e., rifle sling, target holder, archery equipment etc.). • A labeled photo story showing you or someone else engaged in some Shooting Sports activity. • **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.

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

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

Optional Supporting Materials:
Pistol Member Record Book (#753) (Ohio State) –
http://estore.osu-extension.org/Pistol-Member-Record-Book-P308.aspx

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SHOOTING SPORTS (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Rifle **Youth Materials:** • *Rifle Skills Checklist (#45510)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *STEM Connections (Colorado)* **Volunteer Materials:** • *Provided to volunteers at Shooting Sports Workshops*	• Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Complete at least 5 new items from the Rifle Skills Checklist each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Rifle Skills Checklist (#45510) Plus **one** of the following: • A poster (14”x 22”) or display showing something you learned in this project this year. • A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.) • Something you built or made (i.e., rifle sling, target holder, archery equipment etc.). • A labeled photo story showing you or someone else engaged in some Shooting Sports activity. • **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.

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

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

Optional Supporting Materials:
Rifle Member Record book (#750)(Ohio State) –
http://estore.osu-extension.org/Rifle-Member-Record-Book-P142.aspx

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SHOOTING SPORTS (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Shotgun **Youth Materials:** • *Shotgun Skills Checklist (#45610)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *STEM Connections (Colorado)* **Volunteer Materials:** • *Provided to volunteers at Shooting Sports Workshops*	• Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Complete at least 5 new items from the Shotgun Skills Checklist each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 activities from the STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Shotgun Skills Checklist (#45610) Plus **one** of the following: • A poster (14”x 22”) or display showing something you learned in this project this year. • A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.) • Something you built or made (i.e., rifle sling, target holder, archery equipment etc.). • A labeled photo story showing you or someone else engaged in some Shooting Sports activity. • **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.

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

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

Optional Supporting Materials:
Shotgun Member Record Book (#752) (Ohio State) –
http://estore.osu-extension.org/Shotgun-Member-Record-Book-P143.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Muzzleloader/Black Powder **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *STEM Connections (Colorado)* **Volunteer Materials:** • *Provided to volunteers at Shooting Sports Workshops*	• Muzzleloader/Black Powder is restricted to youth ages 11-18, for safety reasons. • Members may enroll in shooting sports only under the direction of an adult 4-H volunteer who has completed a 4-H Shooting Sports Workshop sanctioned by University of Idaho 4-H Youth Development. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Complete 2 activities from STEM Connections workbook each year; list the activities completed in the Project Activity Log of your record book. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus **one** of the following: • A poster (14”x 22”) or display showing something you learned in this project this year. • A scrapbook of labeled pictures (e.g., wildlife species, types of firearms or archery equipment, being a responsible hunter, etc.) • Something you built or made (i.e., rifle sling, target holder, archery equipment etc.). • A labeled photo story showing you or someone else engaged in some Shooting Sports activity. • **Note:** For safety reasons, exhibits cannot include live ammunition, broadheads, knives, or functional firearms.

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

Support Materials:
Idaho 4-H Muzzleloader page (and to download the *STEM Connections*):
https://www.uidaho.edu/extension/4h/projects/muzzleloader-black-powder

Optional Support Materials:
Muzzleloader Member Record Book (#755) (Ohio State) –
http://estore.osu-extension.org/Muzzleloader-Member-Record-Book-P145.aspx

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

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

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

Optional Supporting Materials:
Hunting/Wildlife Member Record Book (#754) (Ohio State) –
http://estore.osu-extension.org/HuntingWildlife-Member-Record-Book-P144.aspx

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FOOD, CULTURE, READING

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Projects & Materials	Requirements	Exhibit Requirements
Food, Culture, and Reading **Youth Materials:** • **National 4-H Curriculum** *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Food ,Culture, and Reading Facilitator's Guide(#08379)* May be used multiple years.	About the Project: • *Food, Culture and Reading* is designed for 4th through 6th grade youth in all 4-H group settings. • *Food, Culture and Reading* uses children's books to teach about food, nutrition, healthy living, and world cultures. Featured countries are United States, Mexico, Russia, Kenya, Greece, and Japan. • Each of the six units includes five activities based on a single culture, a featured book, and a food group from ChooseMyPlate.gov. Each unit includes the following activities: reading, nutrition, cooking, physical activity, cultural experience and take-home activity. The Family Take-home sheet provides nutritional information, activities and recipes for families to do at home. Family Take-home sheets are also available in Spanish. • Most books may be easily borrowed from a local library. Alternate books are suggested. • The helper/adult Volunteer guides the youth through a minimum of 2 activities from each unit for a total of 12 activities. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14"x 22") featuring 3 of the countries, showing the activities you did. Photos, artwork and items may be used on the poster.

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

Support Materials:
Idaho 4-H Food, Culture, Reading page: https://www.uidaho.edu/extension/4h/projects/food-culture-reading
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-food-culture-reading.aspx

Optional Supporting Materials:
- Food, Culture, and Reading resources http://4-h.org/parents/curriculum/food-culture-reading/#!resources
- A world map
- Other resources found at: www.choosemyplate.gov

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TEENS ENTERTAIN

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Projects & Materials	Requirements	Exhibit Requirements
Teens Entertain, Ages 14-18 **Youth Materials:** • *Teens Entertain (#KY 4JG-06PC)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None* *Update Food Pyramid Information at: www.choosemyplate.gov*	Project Requirements: • Complete all activities and parties in this project manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3”x5” or a 4”X6” recipe card. **OR** • A poster (14”x22”) or display illustrating what you learned in this project this year. ***Note:*** Foods such as breads, cookies, cakes, and quick breads display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Teens Entertain page: https://www.uidaho.edu/extension/4h/projects/teens-entertain
To download the curriculum, visit: http://www2.ca.uky.edu/agc/pubs/4jg/4jg06pc/4jg06pc.pdf

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FANTASTIC FOODS

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Projects & Materials	Requirements	Exhibit Requirements
Six Easy Bites, Level A, Ages 8-10 **Youth Materials:** • **National 4-H Curriculum** *Six Easy Bites, Level A (#53065)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Food Curriculum Helper's Guide (#53069)* *Update Food Pyramid Information at: www.choosemyplate.gov*	In the member's current Manual: • Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level. • Complete manual for activities selected. • Have your project helper date (month and day) each activity when it is finished p. 47). • Give an oral presentation (speech, demonstration or illustrated talk) related to this project • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as granola bars, brownies, pancakes, colossal cookies, or muffins display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Fantastic Foods page: https://www.uidaho.edu/extension/4h/projects/fantastic-foods
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx
Additional recipes "Fantastic Foods" at http://www.youthlearningnet.org/

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FANTASTIC FOODS

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Projects & Materials	Requirements	Exhibit Requirements
Tasty Tidbits, Level B, Ages 11-13 **Youth Materials:** • **National 4-H Curriculum** *Tasty Tidbits, Level B (#53066)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Food Curriculum Helper's Guide (#53069)* *Update Food Pyramid Information at: www.choosemyplate.gov*	In the member's current Manual: • Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level. • Complete manual for activities selected. • Have your project helper date (month and day) each activity when it is finished p. 51). • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, neatly written (or typed) on a 3"x5", or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as muffins, dry cocoa mix, pretzels, biscuits, or cookies display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Fantastic Foods page: https://www.uidaho.edu/extension/4h/projects/fantastic-foods
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx
Additional recipes "Fantastic Foods" at http://www.youthlearningnet.org/

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Projects & Materials	Requirements	Exhibit Requirements
You're the Chef, Level C, Ages 14-16 **Youth Materials:** • **National 4-H Curriculum** *You're the Chef, Level C (#53067)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Food Curriculum Helper's Guide (#53069)* *Update Food Pyramid Information at: www.choosemyplate.gov*	In the member's current Manual: • Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level. • Complete manual for activities selected. • Have your project helper date (month and day) each activity when it is finished p. 47) • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, neatly written (or typed) on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as quick breads, yeast breads, or bread sticks or canned items: salsa, jam or pickles (must follow USDA canning guidelines). Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Fantastic Foods page: https://www.uidaho.edu/extension/4h/projects/fantastic-foods
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx
Additional recipes "Fantastic Foods" at http://www.youthlearningnet.org/

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Projects & Materials	Requirements	Exhibit Requirements
Foodworks, **Level D, Ages 17-18** **Youth Materials:** • **National 4-H Curriculum** Foodworks, Level D *(#53068)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Food Curriculum Helper's Guide (#53069)* *Update Food Pyramid Information at:* *www.choosemyplate.gov*	In the member's current Manual: • Complete a minimum of 7 activities. Finish at least 21 of the required activities within 3 years to pass each level. • Complete manual for activities selected. • Have your project helper date (month and day) each activity when it is finished p. 51). • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, neatly written (or typed) on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as baked baklava or foods from other cultures. Canned beans or jelly (must follow USDA canning guidelines). Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Fantastic Foods page: https://www.uidaho.edu/extension/4h/projects/fantastic-foods
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx
Additional recipes "Fantastic Foods" at http://www.youthlearningnet.org/

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COOKING SERIES

NEW 09-16

Projects & Materials	Requirements	Exhibit Requirements
Cooking 101 **Skill Level – Beginner** **Suggested 2 year project** **Youth Materials:** • **National 4-H Curriculum** *4-H Cooking 101 Manual (#01512Y)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *4-H Cooking 101 Manual (#01512Y)* • **National 4-H Curriculum** *4-H Cooking Helper's Guide (#01516F)*	In the member's Manual: • Must complete 2 learning activities or experiments from manual. • Prepare 1-2 dishes from each of the recipe sections: snacks, side dishes, quick breads, main dishes, desserts. • Complete the project checklist on page 6 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe **OR** • A poster (14"x22") or a display illustrating what you learned in this project this year. ***Note:*** Foods such as brownies, pancakes, cookies, muffins display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/healthy-cooking.aspx

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COOKING SERIES

NEW 09-16

Projects & Materials	Requirements	Exhibit Requirements
Cooking 201 **Skill Level – Beginner/Intermediate** **Suggested 2 year project** **Youth Materials:** • **National 4-H Curriculum** *4-H Cooking 201 Manual (#01513Y)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *4-H Cooking 201 Manual (#01513Y)* • **National 4-H Curriculum** *4-H Cooking Helper's Guide (#01516F)*	In the member's Manual: • Must complete 2 learning activities or experiments from manual. • Prepare 1-2 dishes from each of the recipe sections: snacks, side dishes, quick breads, main dishes, desserts. • Complete the project checklist on page 7 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe **OR** • A poster (14"x22") or a display illustrating what you learned in this project this year. ***Note:*** Foods such as quick breads, muffins, biscuits, scones, cakes or cookies display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/healthy-cooking.aspx

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COOKING SERIES

NEW 09-16

Projects & Materials	Requirements	Exhibit Requirements
Cooking 301 **Skill Level – Intermediate/Advanced** **Suggested 3 year project** **Youth Materials:** • **National 4-H Curriculum** *4-H Cooking 301 Manual (#01514Y)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *4-H Cooking 301 Manual (#01514Y)* • **National 4-H Curriculum** *4-H Cooking Helper's Guide (#01516F)*	In the member's Manual: • Must complete 2 learning activities or experiments from manual. • Prepare 1-2 dishes from each of the recipe sections: snacks, side dishes, quick breads, main dishes, desserts. • Plan and complete a party each year of the project. • Complete the project checklist on page 7 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe **OR** • A poster (14"x22") or a display illustrating what you learned in this project this year. ***Note:*** Foods such as breads, rolls, pretzels, granola, cookies or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/healthy-cooking.aspx

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COOKING SERIES

NEW 09-16

Projects & Materials	Requirements	Exhibit Requirements
Cooking 401 **Skill Level – Advanced** **Suggested 3 year project** **Youth Materials:** • **National 4-H Curriculum** *4-H Cooking 401 Manual (#01515Y)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *4-H Cooking 401 Manual (#01515Y)* • **National 4-H Curriculum** *4-H Cooking Helper's Guide (#01516F)*	In the member's Manual: • Must complete 2 learning activities or experiments from manual or a self-developed activity written up in detail for project manual. • Prepare 1-2 dishes from each of the recipe sections: snacks, side dishes, quick breads, main dishes, desserts. • Plan and complete a celebration meal each year of project. • Complete the project checklist on page 7 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Project Manual with completed activities and/or experiments • A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe **OR** • A poster (14"x22") or a display illustrating what you learned in this project this year. ***Note:*** Foods such as breads, muffins, candy, pie or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/healthy-cooking.aspx

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FROZEN DOUGH

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Projects & Materials	Requirements	Exhibit Requirements
Creative Ideas Using Frozen Bread Dough Ages 5-12 **Youth Materials:** • *Creative Ideas, Using Frozen Dough (#53121)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Creative Ideas, Using Frozen Dough, Volunteer's Guide, (2 pages) (#53122)* *Please use Choose MyPlate at: www.choosemyplate.gov*	In the member's Manual: • Complete 5 of the 6 lessons and the review lesson. • Prepare foods for the selected units. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A baked frozen bread product you have learned about by taking this project. Include the recipe, neatly written (or typed) on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or a display illustrating what you learned in this project this year. ***Note:*** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Frozen Bread Dough page (and to download volunteer materials):
https://www.uidaho.edu/extension/4h/projects/frozen-bread-dough

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DUTCH OVEN COOKING

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Projects & Materials	Requirements	Exhibit Requirements
Dutch Oven Cooking Level 1, Ages 12-18 **Youth Materials:** • *Dutch Oven Cooking, Unit I (#53144)* • *Recipes for Dutch Oven Cooking (#53150)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	In the member's current manual: • Complete all reflection questions • Complete 3 Beyond Cooking activities • Prepare one item from each of these categories: o Soup or stew o "One-dish" meal o Vegetable o Quick bread o Dessert o Breakfast o Cooking on the lid • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit project Complete the following: • *4-H Involvement Report* (#91910) • *4-H Project Record Book* (#91950)	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Dutch oven recipe file or book with a minimum of 11 recipes. Plus one of the following: • A non-perishable dessert you have learned about by taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as breads or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

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

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BAKING

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Projects & Materials	Requirements	Exhibit Requirements

Baking 1
 	
First year baking members. Biscuits, muffins, pancakes and cookies.
 	
Youth Materials:
• *Baking 1 Manual (#ND EC111)*
• *4-H Involvement Report (#91910)*
• *4-H Project Record Book (#91950)*
 	
Volunteer Materials:
• *Baking 1 Manual (#ND EC111)*
	In the member's Baking 1 manual:
	
	• Review the Eating Well and Getting Ready to Bake sections with your Volunteer.
	• Make baking powder biscuits; evaluate your product with the judging sheet provided on page 15.
	• Make at least one type of muffin; evaluate your product with the judging sheet provided on page 19.
	• Make at least one type of cookie; evaluate your product with the judging sheet provided on page 28.
	• Become involved in at least one Service/Leadership activity.
	• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.
	
	Complete the following:
	
	• *4-H Involvement Report (#91910)*
	• *4-H Project Record Book (#91950)*
		• Baking 1 Manual
		• 4-H Project Record Book (#91950)
		• 4-H Involvement Report (#91910)
		• Plus one of the following:
		  o Three biscuits
		  o Three plain muffins
		  o Three chocolate chip cookies
		  o Three sugar cookies-round, plain, un-iced
		  o Three oatmeal cookies
		  o Three peanut butter cookies
		• Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card.
		OR
		• A poster (14"x22") or display illustrating what you learned in this project this year.
		
		Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Baking page: https://www.uidaho.edu/extension/4h/projects/baking
To download curriculum please visit: https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf

Optional Supporting Materials:
Spanish version of *Make Half Your Grains Whole* at: http://www.choosemyplate.gov/ten-tips-make-half-your-whole-grains-whole

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BAKING (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Baking 2 **Quick Breads and Cookies** **Youth Materials:** • *Baking 2 Manual (#ND EC112)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Baking 2 Manual (#ND EC112)*	In the member's Baking 2 Manual: • Review the Eating Well and Getting Ready to Bake, Let's Talk About Ingredients, Let's Look at Equipment and More Baking Terms sections with your Volunteer. • Make at least one quick loaf bread; evaluate your product with the judging sheet provided on page 22. • Make at least one coffee cake; evaluate your product with the judging sheet provided on page 26. • Make at least one type of cookie or bar; evaluate your product with the judging sheet provided on page 35. • Make gingerbread • Make corn bread. • Become involved in at least one Service/Leadership activity. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• Baking 2 Manual • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Plus **one** of the following: o Basic nut bread (one loaf) o Banana nut bread (one loaf) o Zucchini bread (one loaf) o Quick coffeecake (2 3"x3" squares) o Fruit-filled coffeecake (2 wedges) o Three brown sugar nut cookies o Gingerbread (2 3x3" squares) o Three jam thumbprint blossom cookies. o Three peanut butter blossom cookies o Plain brownies (three 3x3" squares) o Corn bread (two 3"x3" squares) o Butterscotch bars (three 3"x3" squares) • Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Baking page: https://www.uidaho.edu/extension/4h/projects/baking
To download curriculum please visit: https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf

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BAKING (cont.)

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Projects & Materials	Requirements	Exhibit Requirements

Baking 3
Baking Yeast Breads
 	
Youth Materials:
• *Baking 3 Manual (#ND EC113)*
• *4-H Involvement Report (#91910)*
• *4-H Project Record Book (#91950)*
 	
Volunteer Materials:
• *Baking 3 Manual (#ND EC113)*
	In the member's Baking 3 manual:
	
	• Review the Teen Health and The Goodness of Bread sections.
	• Make at least one loaf of Fast French Bread.
	• Make at least one type of bread rolls.
	• Make at least one type of yeast bread; evaluate your product with the judging sheet provided on page 27.
	• Make at least one type of microwave bread.
	• If equipment is available, make at least one type of bread with a bread machine.
	• Become involved in at least one Service/Leadership activity.
	• Give an oral presentation (speech, demonstration, or illustrated talk) related to this project.
	
	Complete the following:
	
	• *4-H Involvement Report (#91910)*
	• *4-H Project Record Book (#91950)*
		• Baking 3 Manual
		• 4-H Project Record Book (#91950)
		• 4-H Involvement Report (#91910)
		• Plus **one** of the following:
		  o Fast French Bread (one loaf)
		  o Three basic yeast rolls, any shape
		  o Three refrigerator rolls, any shape
		  o White wheat yeast bread (one loaf)
		  o Dakota bread (one loaf)
		  o Three bread sticks
		  o Shaped bread, such as bears, lions or owls (one loaf)
		  o Microwave bread (one loaf)
		  o White wheat bread using bread machine (one loaf)
		  o Whole wheat bread using bread machine (one loaf)
		• Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card.
		OR
		• A poster (14"x22") or display illustrating what you learned in this project this year.
		
		Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Baking page: https://www.uidaho.edu/extension/4h/projects/baking
To download curriculum please visit: https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf

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BAKING (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Baking 4 **Cakes, Pies and Pastries** **Youth Materials:** • *Baking 4 Manual (#ND EC114)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Baking 4 Manual (#ND EC114)*	In the member's Baking 4 manual: • Review the Eating Well and Cake Science sections. • Conduct at least one Cake Science experiment (page 10 and 11), record your findings and answer the questions in the manual about the experiment. • Make at least one yellow, sponge or oatmeal cake with frosting. • Make at least one cake using a packaged mix and compare with your "scratch" cake using the criteria on page 18. • Become involved in at least one Service/Leadership activity. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• Baking 4 Manual • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus **one** of the following: • Frosted yellow cake • Frosted or unfrosted sponge cake • Frosted or unfrosted oatmeal cake • Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Baking page: https://www.uidaho.edu/extension/4h/projects/baking
To download curriculum please visit: https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf

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BAKING (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Baking 4 **Pies** **Youth Materials:** • *Baking 4 Manual (#ND EC114)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Baking 4 Manual (#ND EC114)*	In the member's Baking 4 manual: • Review the Eating Well and Basic Recipe for Pastry sections. • Make a one-crust baked pie crust and rate it with the score sheet on page 25. • Conduct at least one of the following: 1. ***Pastry-Let's Experiment:*** activity on pages 26-28, record your findings and answer the questions in the manual about the experiment. 2. ***Filling-Let's Experiment:*** activity on pages 31-34, record your findings and answer the questions in the manual about the experiment. 3. ***Thickening Agent-Let's Experiment:*** activity on pages 35-37, record your findings and answer the questions in the manual about the experiment. 4. ***Pie Comparison:*** Purchase a frozen ready-to-bake pie and compare to your "scratch" pie using the criteria on page 58. • Make at least one type of cream pie with meringue; evaluate your product with the judging sheet provided on page 46. • Make at least one type of fruit pie with a double crust; evaluate your product with the judging sheet on page 50. • Make at least one type of empanada or turnover; evaluate your product with the judging sheet on page 54. • Become involved in at least one Service/Leadership activity. • Complete at least one Career Exploration activity on page 19. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• Baking 4 Manual • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus **one** of the following: • One 8 or 9 inch fruit pie • Two fruit-filled empanadas or turnovers • Poster (14"x22") or display about one of the experiments or activities you chose to complete (pages 26, 31, 35, or 37) • Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Baking page: https://www.uidaho.edu/extension/4h/projects/baking
To download curriculum please visit: https://www.ndsu.edu/fileadmin/4h/Projects/FoodNutrition.pdf

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MICROWAVE FOODS

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Projects & Materials	Requirements	Exhibit Requirements
Bag of Tricks Microwave Magic A; Grades 3-4 **Youth Materials:** • **National 4-H Curriculum** *Bag of Tricks Level A Member Manual (#08087)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Microwave Magic - Project Helper Guide (#08091)*	In the member's current Manual: • Complete six activities from each of the four "bite" categories (6 activities each year). Finish all activities within 2 years to pass level A. • Complete manual for activities for activities selected. • Have your project helper date (month and day) each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3"x5" or a 4"X6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as popcorn, granola mix, and fudge display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/all-microwave-magic.aspx

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MICROWAVE FOODS (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Micro Magicians Microwave Magic B; Grades 5-6 **Youth Materials:** • **National 4-H Curriculum** *Micro Magicians, Level B, Member Manual (#08088)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Microwave Magic-Project Helper Guide (#08091)*	In the member's current Manual: • Complete six activities from each of the four "bite" categories (6 activities each year). • Finish all activities within 2 years to pass level B. • Complete manual for activities for activities selected. • Have your project helper date (month and day) each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3"x5" or a 4"X6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as a bar cookie, cake, brownies, display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/all-microwave-magic.aspx

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MICROWAVE FOODS (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Amazing Rays Microwave Magic C; Grades 7-9 **Youth Materials:** • **National 4-H Curriculum** *Amazing Rays Level C Member Manual (#08089)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Microwave Magic - Project Helper Guide (#08091)*	In the member's current Manual: • Complete six activities from each of the four "bite" categories (6 activities each year). Finish all activities within 2 years to pass level C. • Complete manual for activities for activities selected. • Have your project helper date (month and day) each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3"x5" or a 4"X6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as candy and coffee cake display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/all-microwave-magic.aspx

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MICROWAVE FOODS (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Presto Meals Microwave Magic D; Grades 10-12 **Youth Materials:** • **National 4-H Curriculum** *Presto Meals Level D Member Manual (#08090)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Microwave Magic - Project Helper Guide (#08091)*	In the member's current Manual: • Complete six activities from each of the four "bite" categories (6 activities each year). Finish all activities within 2 years to pass level D. • Complete manual for activities for activities selected. • Have your project helper date (month and day) each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950*)	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3"x5" or a 4"X6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. ***Note:*** Foods such as cake, toasted nuts, and jam or jelly display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/all-microwave-magic.aspx

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CAKE DECORATING

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Projects & Materials	Requirements	Exhibit Requirements
Cake Decorating **Level I, Ages 8-11** **Skill Level – Beginner (suggested 2 yr project)** **Youth Materials:** • *Wilton Method of Cake Decorating Course 1, Building Buttercream Skills* • *Wilton Cake Decorating Skills Checklist Course 1* • *4-H Cake Decorating Portfolio* • *4-H Involvement Report (#91910)* **Volunteer Materials:** • *Wilton Method of Cake Decorating Course 1, Building Buttercream Skills* • *Wilson Cake Decorating Skills Checklist Course 1*	• Must complete project portfolio with a minimum of six skills learned/documented in the portfolio • Complete the Course 1 Skills Checklist with at least 10 skills completed each year • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Cake Decorating Portfolio* • *Wilton Cake Decorating Skills Checklist Course 1*	• 4-H Project Portfolio • 4-H Involvement Report (#91910) • Completed Wilton Cake Decorating Skills Checklist Course 1 **Level One** • Decorated single layer 9 or 10 inch cake, or may use specialty shaped single layer cake pan, using two or three decorating skills learned this year. **OR** • A display (12" x 16") or poster (8 ½" x 16") about what was learned in this project. Note: The cake must be baked by 4-H member. Commercial cake mix can be used because it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Cake Decorating page (and to download the Cake Decorating Portfolio and Checklist):
https://www.uidaho.edu/extension/4h/projects/cake-decorating
To purchase the Wilton Course 1 Student Guide visit amazon.com, Walmart, Michael's, or JoAnne Fabrics

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Projects & Materials	Requirements	Exhibit Requirements
Cake Decorating Level II, Ages 12-14 **Skill Level – Intermediate (suggested 2 year project)** **Youth Materials**: • *Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751))* • *Wilton Cake Decorating/Food Garnishing Skills Checklist, Course 2* • *4-H Involvement Report (#91910)* • *4-H Cake Decorating Portfolio* **Volunteer Materials:** • *Wilton Method of Cake Decorating, Course 2, Flowers and Cake Design (#53402 or (902-9751))* • *Wilton Cake Decorating/Food Garnishing Skills Checklist, Course 2*	• Must complete project portfolio with a minimum of six skills learned/documented in the portfolio • Complete a Course 2 Skills Checklist with at least 10 skills completed each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Project Portfolio* • *4-H Involvement Report (#91910)* • *Wilton Cake Decorating Skills Checklist Course 2*	• 4-H Project Portfolio • Completed Wilton Cake Decorating Skills Checklist Course 2 • 4-H Involvement Report (#91910) Level One: • Decorated 2 layer 10" round or 2 layer oval decorated cake using (4) skills learned in this year's project. **OR** • A display (12" x 16") or poster (8 ½" x 16") about what was learned in this project. Note: The cake must be baked by 4-H member. Commercial cake mix can be used because it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used..

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

Support Materials:
Idaho 4-H Cake Decorating page (and to download the Cake Decorating Portfolio and Checklist):
https://www.uidaho.edu/extension/4h/projects/cake-decorating
To purchase the Wilton Course 2 Student Guide visit amazon.com, Walmart, Michael's, or JoAnne Fabrics

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Projects & Materials	Requirements	Exhibit Requirements
Cake Decorating Level III, Ages 15-18 **Skill Level – Advanced (suggested 2 year project)** **Youth Materials**: • *Wilton Method of Cake Decorating. Course 3, Fondant & Gum Paste* • *Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3* • *4-H Involvement Report (#91910)* • *4-H Cake Decorating Portfolio* **Volunteer Materials:** • *Wilton Method of Cake Decorating. Course 3, Fondant & Gum Paste* • *Wilton Cake Decorating/Food Garnishing Skills Checklist Course 3*	• Must complete project portfolio with a minimum of six skills learned/documented in the portfolio. • Complete a Course 3 Skills Checklist with at least 10 skills completed each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Project Portfolio* • *4-H Involvement Report (#91910)* • *Wilton Cake Decorating Skills Checklist Course 3*	• 4-H Project Portfolio • Completed Wilton Cake Decorating Skills Checklist Course 3 • 4-H Involvement Report (#91910) Level One: • One two tiered cake covered and decorate with fondant and gum paste. Use at least 6 skills learned this year. **OR** • A display (12” x 16”) or poster (8 ½” x 16”) about what was learned in this project. Note: The cake must be baked by 4-H member. Commercial cake mix can be used because it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Cake Decorating page (and to download the Cake Decorating Portfolio and Checklist):
https://www.uidaho.edu/extension/4h/projects/cake-decorating
To purchase the Wilton Course 3 Student Guide visit amazon.com, Walmart, Michael’s, or JoAnne Fabrics

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PATHWAYS TO CULINARY SUCCESS

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Projects & Materials	Requirements	Exhibit Requirements
Pathways to Culinary Success **Youth Materials**: • *Ohio State Manual* Pathways to Culinary Success (4-H 476 - #53655) • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	In the Members Guide: • Complete the Planning Section (Step 1) • Explore each area of the project (Chapters 1-6) and complete all of the required activities and recipes in each section (Step 2). • Select and make complete different garnish for each recipe that you prepare. • Take part in at least three Learning Experiences (Step 3). • Become involved in at least one Leadership/Citizenship/Career activity (Step 4). • Maintain a journal for each of your project experiences. When possible, include pictures of the meals you have prepared. Use Journal Pages 77-80 or record your findings on separate sheets. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Pathways to Culinary Success (4-H 476 - #53655) Plus one of the following: • Poster (14" x 22") or story board (14" x 22") describing one of the experiences you completed. **OR** • Display a food product you made in this project. **OR** • Display and label some of the equipment you used to complete this project. **OR** • Exhibit a set table including centerpiece, table setting, napkins and descriptive labels.

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

Support Materials:
Idaho 4-H Pathways to Culinary Success page: https://www.uidaho.edu/extension/4h/projects/pathways-culinary-success
To order Ohio curriculum visit: http://estore.osu-extension.org/Pathways-to-Culinary-Success-P183.aspx

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FOOD SCIENCE

Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
Science Fun With Dairy Foods **Youth Materials:** • *Science Fun With Dairy Foods, Member's Guide (#OH 490)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Science Fun With Dairy Foods, Member's Guide (#OH 490)*	In the Member's Guide: • Complete the Planning Section (Steps 1 through 4). • Conduct four of the nine project experiments. • After each experiment, answer the Discovery Questions and complete at least one Digging Deeper activity. • Take part in at least two Learning Experiences. • Become involved in at least two Citizenship/Leadership activities. • Maintain a journal on each of your project experiments. Record your observations and draw conclusions from your findings. Use the Journal of Experiments section on pages 37 through 42 or record your findings on separate sheets. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• Science Fun With Dairy Foods, Members Guide (OH 490 - #53201) • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus **one** of the following: ➢ Poster (14 x 22) or story board (14 x 22) describing one of the experiments you completed **OR** ➢ Display a dairy product you made in this project (**only with proper refrigeration may dairy products be used as a fair display)** **OR** ➢ Display and label some of the equipment you used to complete this project • Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

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

Support Materials:
Idaho 4-H Science Fun With Dairy Foods page: https://www.uidaho.edu/extension/4h/projects/science-fun-dairy-foods
To order Ohio curriculum visit: http://estore.osu-extension.org/Science-Fun-with-Dairy-Foods-The-Case-of-the-Missing-Milk-P329.aspx

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WHAT'S ON YOUR PLATE? SERIES

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Projects & Materials	Requirements	Exhibit Requirements
What's On Your Plate? Exploring Food Science, The Secrets of Baking **Grades 6-8** **Youth Materials:** • **National 4-H Curriculum** *Exploring Food Science, The Secrets of Baking* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *What's On Your Plate?, Exploring Food Science, The Secrets of Baking Facilitator Guide*	About the Project: • What's on your plate is a mixture of chemistry, biology, and physics exploration while baking. It is the first in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Secrets of Baking is for youth grades 6-9 but maybe adapted for younger and older learners. Requirements: • Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • *Exploring Food Science, The Secrets of Baking* Youth Science Journal • A poster (14"x22") or display illustrating what you learned in this project this year.

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

Support Materials:
Idaho 4-H What's On Your Plate? page:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/whats-on-your-plate.aspx

Optional Support Materials:
Exploring Food Science, The Secrets of Baking: http://4-h.org/parents/curriculum/food-science/

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WHAT'S ON YOUR PLATE? SERIES

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Projects & Materials	Requirements	Exhibit Requirements
What's On Your Plate? Exploring Food Science Unit 2, The Power of Protein Chemistry **Grades 6-8** **Youth Materials:** • **National 4-H Curriculum** *Exploring Food Science, the Power of Protein Chemistry* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *What's On Your Plate?, Exploring Food Science, the Power of Protein Chemistry Facilitator Guide*	About the Project: • What's on your plate is the food science and food technology behind every bite. The Power of Protein Chemistry explores the basic building blocks of protein in the kitchen laboratory, looking at cooking and using eggs and making fresh cheese. It is the second book in the Food Science series and includes the Youth Science Journal to record your food science experiments. The Power of Protein Chemistry is for youth grades 6-9 but maybe adapted for younger and older learners. Requirements: • Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • *Exploring Food Science, The Power of Protein Chemistry* Youth Science Journal • A poster (14"x22") or display illustrating what you learned in this project this year.

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

Support Materials:
Idaho 4-H What's On Your Plate? page:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/whats-on-your-plate.aspx

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

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WHAT'S ON YOUR PLATE? SERIES

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Projects & Materials	Requirements	Exhibit Requirements
What's On Your Plate? Exploring Food Science Unit 3, The Inner Mysteries of Fruits and Vegetables **Grades 6-8** **Youth Materials:** • **National 4-H Curriculum** *Exploring Food Science, The Inner Mysteries of Fruits and Vegetables* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *What's On Your Plate?, Exploring Food Science, The Inner Mysteries of Fruits and Vegetables Facilitator Guide*	About the Project: • What's on your plate delves into the causes and solutions to fruits and vegetable browning; and looks at preparing, preserving and cooking fruits and vegetables using science techniques. The Inner Mysteries of Fruits and Vegetables is the third book in the Food Science series and includes the Youth Science Journal to record your food science experiments. It is for youth grades 6-9 but maybe adapted for younger and older learners. Requirements: • Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • *Exploring Food Science, The Power of Protein Chemistry* Youth Science Journal • A poster (14"x22") or display illustrating what you learned in this project this year.

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

Support Materials:
Idaho 4-H What's On Your Plate? page:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/whats-on-your-plate.aspx

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

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WHAT'S ON YOUR PLATE? SERIES

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Projects & Materials	Requirements	Exhibit Requirements
What's On Your Plate? Exploring Food Science Unit 4, Be a Food Scientist! **Grades 6-8** **Youth Materials:** • **National 4-H Curriculum** *Exploring Food Science, Be a Food Scientist!* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *What's On Your Plate? Exploring Food Science, Be a Food Scientist! Facilitator Guide*	About the Project: • What's on your plate, Be a Food Scientist lets you explore being a food scientist, make a new beverage, and experiment with sugar. It is the fourth book in the Food Science series and includes the Youth Science Journal to record your food science experiments. It is for youth grades 6-9 but maybe adapted for younger and older learners. Requirements: • Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • *Exploring Food Science, Be a Food Scientist!* Youth Science Journal • A poster (14"x22") or display illustrating what you learned in this project this year.

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

Support Materials:
Idaho 4-H What's On Your Plate? page:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/whats-on-your-plate.aspx

Optional Support Materials:
Exploring Food Science, Be a Food Scientist!: http://4-h.org/parents/curriculum/food-science/#!food-scientist

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FOOD PRESERVATION

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Projects & Materials	Requirements	Exhibit Requirements
Drying **Youth Materials:** • *Food Preservation Drying Manual (PNW #651)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	From the manual: • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* *Optional: Complete a menu plan using food preserved in this project.*	• Food Preservation Drying Manual (PNW #651) • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus one of the following: • A poster (14”x 22”) illustrating something you learned in this project this year. • A photo journal showing how to dry a food from start to finish. • A display (12”x12”x12”) and label some of the equipment you used to complete this project. • Two dried fruits, in a proper storage container with a correctly completed label. • Two dried vegetables, in a proper storage container with a correctly completed label. • Two dried herbs, in a proper storage container with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project.

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

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

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

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FOOD PRESERVATION (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Freezing **Youth Materials:** • *Food Preservation Freezing Manual (PNW #650)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	From the manual: • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* *Optional: Complete a menu plan using food preserved in this project.*	• Food Preservation Freezing Manual (PNW650) • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus one of the following: • A poster (14”x22”) illustrating something you learned in this project this year. • A photo journal showing how to freeze a food from start to finish. • A display (12”x12”x12”) and label some of the equipment you used to complete this project. • An empty freezer container with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project.

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

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Boiling Water Canning **Youth Materials:** • *Food Preservation Boiling Water Canning Manual (PNW #652)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	From the manual: • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* *Optional: Complete a menu plan using food preserved in this project.*	• Food Preservation Boiling Water Canning Manual (PNW #652) • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus one of the following: • A poster (14”x22”) illustrating something you learned in this project this year. • A photo journal showing how to do a boiling water canning of food from start to finish. • A tomato product, in a proper storage container with a correctly completed label. • A fruit product, in a proper storage container with a correctly completed label. • A jam or jelly, in a proper storage container with a correctly completed label. • An acidified pickled product, in a proper storage container with a correctly completed label. • A display (12”x12”x12”) and label some of the equipment you used to complete this project. • Recipes and a menu plan using foods you preserved in this project.

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

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

Optional Support Materials:
- *Canning Fruits (PNW #199)*
- *Canning Tomatoes and Tomato Products (PNW #300)*
- *Pickling Vegetables (PNW #355)*
- *Salsa Recipes for Canning (PNW #395)*
- *USDA Complete Guide to Home Canning (Ag. Bull. #539)*
- *So Easy to Preserve (University of Georgia Extension)*
- *National Center for Home Food Preservation available at: http://www.uga.edu/nchfp/how/freeze.html*

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Pressure Canning **Ages 14 - 18** **Youth Materials:** • *Food Preservation Pressure Canning Manual (PNW #653)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	From the manual: • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* *Optional: Complete a menu plan using food preserved in this project.*	• Food Preservation Pressure Canning Manual (PNW653) • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Plus one of the following: • A poster (14”x22”) illustrating something you learned in this project this year. • A photo journal showing how to pressure can a food from start to finish. • A vegetable product, in a proper storage container with a correctly completed label. • A meat product, in a proper storage container with a correctly completed label. • A combination product, in a proper storage container with a correctly completed label. • A tomato product, in a proper storage container with a correctly completed label. • A display (12”x12”x12”) and label some of the equipment you used to complete this project. • Recipes and a menu plan using foods you preserved in this project.

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

Support Materials:
To download the Food Preservation Pressure Canning manual visit:
http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/pressurecanning

Optional Support Materials:
- *PNW 172 - Canning Vegetables*
- *PNW 300 – Canning Tomatoes and Tomato Products Ag.*
- *Bull. #539 - USDA Complete Guide to Home Canning*
- *So Easy to Preserve (University of Georgia Extension)*
- *National Center for Home Food Preservation available at: http://www.uga.edu/nchfp/how/freeze.html*

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HEALTH & FITNESS

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Projects & Materials	Requirements	Exhibit Requirements
First Aid in Action: Keeping Fit and Healthy Level 1, Grades 3-5 **Youth Materials:** • **National 4-H Curriculum** *Keeping Fit and Healthy First Aid in Action, (#08174)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	In *First Aid in Action* youth guide: • Complete a minimum of 7 activities from the lessons. • Assemble a first aid kit. • Give an illustrated talk, demonstration or speech on any topic of choice related to health. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book #91950 • 4-H Involvement Report (#91910) • First Aid kit, assembled by youth. Plus **one** of the following: • A poster (14”x22”) or display illustrating a skill or skills learned in this project. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

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

Support Materials:
To order National 4-H Curriculum visit: www.4-hmall.org/Category/health-and-fitness.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Staying Healthy Keeping Fit and Healthy Level 2, Grades 6-8 **Youth Materials:** • **National 4-H Curriculum** *Keeping Fit and Healthy Staying Healthy, (#08175)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	In *Staying Healthy* youth guide: ➢ Complete a minimum of 7 activities from the lessons. ➢ Complete a self-assessment of personal talents. • Give an illustrated talk, demonstration or speech on any topic of choice related to health. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book #91950 • 4-H Involvement Report (#91910) Plus **one** of the following: • A poster (14”x22”) or display illustrating a skill or skills learned in this project. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

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

Support Materials:
To order National 4-H Curriculum visit: www.4-hmall.org/Category/health-and-fitness.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Keeping Fit **Keeping Fit and Healthy Level 3, Grades 9-12** **Youth Materials:** • **National 4-H Curriculum** *Keeping Fit and Healthy Keeping Fit, (#08176)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** *None*	In *Keeping Fit* youth guide: • Complete a minimum of 7 activities from the lessons. • Complete a personal fitness plan. • Give an illustrated talk, demonstration or speech on any topic of choice related to health. • Exhibit Project Complete the following: • *4-H Involvement Report (#91910)* *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Personal Fitness Plan Plus **one** of the following: • A poster (14”x22”) or display illustrating a skill or skills learned in this project. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

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

Support Materials:
To order National 4-H Curriculum visit: www.4-hmall.org/Category/health-and-fitness.aspx

Healthy Living
Choose Health: Food, Fun and Fitness

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PROJECT OPTION

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Projects & Materials	Requirements	Exhibit Requirements
Choose Health: Food, Fun and Fitness **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Choose Health: Food, Fun and Fitness, www.4-hmall.org/* ***OR*** *download at http://fnec.cornell.edu/for-partners/curricula/chfff/order-information/*	About the Project: ***Note***: Choose Health is a group curriculum, led by an adult. May be used multiple years. Requirements: • Complete at least one activity from each of the six sections. • Include one physical activity and one snack activity at each meeting. • Share one newsletter with family members. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x22”) or labeled display (12”x 12”x12”) illustrating something you learned during this project year. Examples for poster/display: • Choose My Plate poster with healthy food choices for each section. • Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate. • Reading package labels. • Recipe book of healthy snack items from a gas-&-go store. • Eating–out using healthy strategies.

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

Support Materials:
Choose My Plate: www.choosemyplate.gov

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GROUP HEALTH & FITNESS

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Projects & Materials	Requirements	Exhibit Requirements
Up for the Challenge Lifetime Fitness, Healthy Decisions http://extension.umd.edu/4-h/4-h-program-areas/challenge **Note:** May be used multiple years. It is recommended that the adult/teen Volunteer be familiar with the following sites: *Choose My Plate* www.choosemyplate.gov	Up for the Challenge, Lifetime Fitness, Healthy Decisions addresses wellness for elementary, middle and high school aged youth. It works best in group settings. Recommended key topics to cover include but are not limited to My Plate, physical activities, hand washing, food safety, dairy, think-your-drink, proteins and legumes, healthy snacks and breakfast, whole grains, label reading and portion size, and eating out. • Complete a minimum of 10 activities. • Give an illustrated talk, demonstration or speech on any topic of choice. Must be on a different topic each year, if used multiple years. Optional - deliver a youth directed skill-a-thon focused on topic from curriculum. • Exhibit Project at fair or a community event. Youth complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* *Display poster/exhibit at community event*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) Create a poster (14" x 22") or exhibit display. Poster should differ each year, if project is used multiple years. Photos, artwork and items may be used on the poster. Examples of poster/exhibit display topics: • Choose My Plate poster with healthy food choices for each section. • Physical activity that work key muscle groups (cycling with quadriceps) • Reading package labels • Recipe book of healthy snacks • Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate • 5-10 healthy snacks items from a gas-&-go store Create a grocery store or farmer's market treasure hunt.

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

Optional Supporting Materials:
Choose My Plate: www.choosemyplate.gov

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ELEMENTARY FINANCIAL MANAGEMENT

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Projects & Materials	Requirements	Exhibit Requirements
Reading Makes Cents **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Reading Makes Cents, Helper's Guide (#08389DD)* ***Note**: May be used multiple years.*	About the Project: • *Reading Makes Cents* is designed for 3rd through 5th grade youth in afterschool programs, although it may be used in all 4-H group settings. • It consists of seven sections: 1. The History of Money 2. Managing Money 3. Earning Money 4. Spending Money 5. Saving and Investing Money 6. Sharing and Giving Money 7. Borrowing and Lending Money. • Each section has 5 - 8 activities. Each activity features a children's book that ties reading to financial literacy. Plus, there are Family Time Activities (in English and Spanish). The curriculum emphasizes that saving is not an option, but a necessary part of all budget practices. • The children's books are used multiple times in different activities. Most books may be easily borrowed from a local library. Additional resource books are listed at the end of each section. • The helper/adult Volunteer guides the youth through a minimum of two activities from each section for a total of 14 activities. *Word Searches* build vocabulary but are not considered an "activity." • It is recommended but not required that the first activity be the *Reading Makes Cents* Journal. Project Requirements: • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Display the Exhibit Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • *Reading Make Cents* Journal showing the activities completed and books read.

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

Support Materials:
Idaho 4-H Elementary Financial Management page: https://www.uidaho.edu/extension/4h/projects/elementary-financial-management
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-reading-financial-literacy.aspx

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WORKFORCE DEVELOPMENT

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Projects & Materials	Requirements	Exhibit Requirements
Build Your Future **Youth Materials:** • **National 4-H Curriculum** *Build Your Future: Choices.Connections. Careers. Youth Career Journal Grades 8-12 (08561)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Build Your Future: Choices.Connections. Careers. Facilitator Guide (08562)*	Requirements for Workforce Development Members: • Set personal goals for the year. • Complete nine activities in the Build Your Future: Youth Career Journal. • Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Build Your Future: Youth Career Journal*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Build Your Future: Youth Career Journal Plus **one** of the following: • A poster (14”x22”) or display illustrating a skill or skills learned in this project. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project

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

Support Materials:
Idaho 4-H Build Your Future page: https://www.uidaho.edu/extension/4h/projects/build-your-future
To order National 4-H Curriculum visit: http://www.4-hmall.org/Product/4-hcurriculum-workforce-readiness/build-yr-future-set-5-youth-1-facili/08564.aspx

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FINANCIAL DEVELOPMENT

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Projects & Materials	Requirements	Exhibit Requirements
My Financial Future **Youth Materials:** • **National 4-H Curriculum** *My Financial Future; Youth Notebook – Beginner (#01441Y) Youth Notebook – Advanced (#1442Y)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *My Financial Future; Facilitator Guide (01443F)*	Requirements: Project may be used for multiple years if desired. Beginning Notebook should be completed before starting the Advanced Notebook. Beginning Notebook: • Each year choose at least three of the eleven activities from the My Financial Future Youth Notebook and complete the assignment for each activity • Each year, give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project Advanced Notebook: • Each year choose at least two of the five modules from the My Financial Future Youth Notebook and complete the assignments for each activity • Each year, give an oral presentation (speech, demonstration, or illustrated talk) on a topic related to this project Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *My Financial Future; Youth Notebook*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • My Financial Future; Youth Notebook Plus **one** of the following: • A Poster (14”x 22”) illustrating something you learned about financial management this year. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Financial Champions, Money Fundamentals, Level 1 **Youth Materials:** • **National 4-H Curriculum** *Money Fundamentals, Level 1 (#07710DD)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Financial Champions Helper's Guide (#07112DD)*	In member's current Manual: • Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27). • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Note:*** Designed to be finished in a single year.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Money Fundamentals manual • Poster (14"x 22") illustrating something you learned about financial management this year.

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

Support Materials:
Idaho 4-H Financial Champions page: https://www.uidaho.edu/extension/4h/projects/financial-champions
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Financial Champions, Money Moves, Level 2 **Youth Materials:** • **National 4-H Curriculum** *Money Moves, Level 2 (#07711DD)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Financial Champions Helper's Guide (#07712DD)*	In member's current Manual: ➢ Complete all 6 required activities, 2 optional activities, plus 2 Leadership Experiences (pg. 27). ➢ Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Note:*** Designed to be finished in a single year.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Money Moves Manual • Poster (14"x 22") illustrating something you learned about financial management this year.

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

Support Materials:
Idaho 4-H Financial Champions page: https://www.uidaho.edu/extension/4h/projects/financial-champions
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx

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ENTREPRENEURSHIP

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Projects & Materials	Requirements	Exhibit Requirements
Entrepreneurship – Be the E, Level 1 **Youth Materials:** • **National 4-H Curriculum** *Love It! Exploring Entrepreneurship, Level 1 (#08035)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Entrepreneurship Helper's Guide (#08036)* ***Note***: All three levels are inclusive in one book	In the member's current Manual: • Do at least 7 of the Love It! And More E Challenges activities each year. • Complete at least 21 activities of the Love It! And More E Challenges within 3 years to complete the Achievement Program. • Have your project helper date and initial each activity as you complete it. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Be the E, Manual Choose an activity that you completed to display • **Example**: The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product **OR** • Make an educational poster (14" x 22") or display that illustrates what you learned in the project.

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

Support Materials:
Idaho 4-H Entrepreneurship page: https://www.uidaho.edu/extension/4h/projects/entrepreneurship
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx

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

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

Support Materials:
Idaho 4-H Entrepreneurship page: https://www.uidaho.edu/extension/4h/projects/entrepreneurship
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx

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Projects & Materials	Requirements	Exhibit Requirements
Entrepreneurship – Be the E, Level 3 **Youth Materials** • **National 4-H Curriculum** *Do It! Planning Your Business, Level 3 (#08035)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials** • **National 4-H Curriculum** *Group Activities Helper's Guide (#08036)* ***Note***: All three levels are inclusive in one book	In the member's current Manual: • Do at least 7 of the Do It! And More E Challenges activities each year. • Complete at least 21 activities of the Do It! And More E Challenges within 3 years to complete the Achievement Program. • Have your project helper date and initial each activity as you complete it. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Be the E, Manual Choose an activity that you completed to display • **Example**: Marketing strategy, cash flow forecast **OR** • Make an educational poster or display that illustrates what you learned in the project.

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

Support Materials:
Idaho 4-H Entrepreneurship page: https://www.uidaho.edu/extension/4h/projects/entrepreneurship
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx

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FINANCIAL PLANNING

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Projects & Materials	Requirements	Exhibit Requirements
High School Financial Planning Program **Youth Materials:** • *High School Financial Planning Program Student Modules* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* (Order from NEFE HSFPP website) **Volunteer Materials:** *www.hsfpp.org* *For questions contact:* *Lyle Hansen* *University of Idaho* *Extension Educator* *Ada County* *(208) 377-2107* *lhansen@uidaho.edu*	4-H Youth are encouraged to begin with the first module and work themselves through all six, completing one or two per year. For High School aged youth. • Learn basic personal finance concepts and show how these concepts apply to everyday life. • Fully complete one of the six student modules. • Learn about the financial planning process. Apply the process through activities provided. • Learn effective use of all financial resources. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *High School Financial Planning Program Student Modules.*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • High School Financial Planning Program Student Modules.

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

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

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CLOVERBUDS

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Projects & Materials	Curriculum Choices	Exhibit Options
Cloverbuds **Ages 5-7** **Youth Materials:** • **Cloverbud Memory Book** (#63013) **Volunteer Materials:** • **4-H Cloverbud Program: Series I** (#OH710GPM) • **Cloverbuds: a 4-H Discovery Program for six to eight year olds** *(#MN2810000084638)*	The approved Cloverbuds curriculum is developmentally appropriate for this age; activity oriented; non-competitive; focused on life skills taught through a broad spectrum of subject matters; and involves cooperative learning. There are no specific requirements for completing Cloverbuds projects. Fair exhibits by Cloverbuds are optional and non-competitive. Curriculum Choices: • **National 4-H Curriculum Pre-Flight, Stage 1** – Youth Materials: *Pre-Flight Stage 1 Project Activity Guide (#06842)*, Volunteer Materials: *Aerospace Adventures- Helper's Guide (#06846)* • **National 4-H Curriculum - Exploring the Treasures of 4-H** – Youth Materials: *Exploring the Treasures of 4-H (#08171)*, Volunteer's Materials: *Exploring the Treasures of 4-H Helper's Guide (#08172)*	• Exhibiting at the Fair is optional and non-competitive. • Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual. • The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required. • A participation ribbon or similar recognition may be given. • A poster (14"X22") or display illustrating something learned in this project year.

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

Support Materials:
To order Ohio Cloverbud Program Manual – Series 1
http://estore.osu-extension.org/Ohio-Cloverbud-Program-Manual-Series-I-P91.aspx
To order Minnesota Cloverbuds Manual
http://www.bookstores.umn.edu/viewProduct.cgi?categoryID=6752&productID=35571#.VgMOxpdXeap
Idaho 4-H Cloverbuds Page (Cloverbud Memory Book is here):
https://www.uidaho.edu/extension/4h/projects/cloverbuds

Optional Supporting Materials:
WSU 4-H Snacking Healthy
http://4h.wsu.edu/em2778cd/familyconsumersciences/foodsnutrition.htm
National 4-H Curriculum – Pre-Flight, Stage 1
http://www.4-hmall.org/Product/4-hcurriculum-aerospace/06842.aspx
National 4-H Curriculum - Exploring 4-H - Treasures of 4-H
http://www.4-hmall.org/Product/4-hcurriculum-exploring-4-h/08171.aspx

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LEADERSHIP

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Projects & Materials	Requirements	Exhibit Requirements
Leadership **Grades 3-5** **Youth Materials:** • **National 4-H Curriculum** *Step Up to Leadership, My Workbook, Grades 3-5 (#07905)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Step Up to Leadership, Mentor Guide for Grades K-5 (#07903)*	In the member's current Manual: • Complete a minimum of 7 of the required or optional activities outlined in Step Up to Leadership, My Workbook, *(#64001)* for the current year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Optional***: Select an Optional Focus Area based on Leadership goals for the year. Complete the Optional Focus Area Checklist for selected Leadership goal. Optional Focus Areas are: Officer, Ambassador, Camp Counselor, Project or Club Teen Volunteer, Service Learning, or Event Planning/Facilitation.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Optional Focus Area Checklist if selected as project goal. • A poster (14"x22") or display illustrating something you learned in this project this year, **OR** • A notebook, scrapbook or portfolio of your Leadership experiences.

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Leadership **Grades 6 - 8** **Youth Materials:** • **National 4-H Curriculum** *Step Up to Leadership, My Journal for Grades 6-8 (#07906)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Step Up to Leadership, Mentor Guide for Grades 6-12 (#07904)*	In the member's current Manual: • Complete a minimum of 7 of the required or optional activities outlined in Step Up to Leadership, My Portfolio *(#64003)* for the current year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Optional***: Select an Optional Focus Area based on Leadership goals for the year. Complete the Optional Focus Area Checklist for selected Leadership goal. Optional Focus Areas are: Officer, Ambassador, Camp Counselor, Project or Club Teen Volunteer, Service Learning, or Event Planning/Facilitation.	• 4-H Project Record Book (#91950)\ • 4-H Involvement Report (#91910) • Optional Focus Area Checklist if selected as project goal. • A poster (14"x22") or display illustrating something you learned in this project this year, **OR** • A notebook, scrapbook or portfolio of your Leadership experiences.

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Leadership **Grades 9 - 12** **Youth Materials:** • **National 4-H Curriculum** *Step Up to Leadership, My Portfolio, Grades 9-12 (#07907)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Step Up to Leadership, Mentor Guide for Grades 6-12 (#07904)*	In the member's current Manual: • Complete a minimum of 7 of the required or optional activities outlined in Step Up to Leadership, My Portfolio *(#64003)* for the current year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Optional***: Select an Optional Focus Area based on Leadership goals for the year. Complete the Optional Focus Area Checklist for selected Leadership goal. Optional Focus Areas are: Officer, Ambassador, Camp Counselor, Project or Club Teen Volunteer, Service Learning, or Event Planning/Facilitation.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Optional Focus Area Checklist if selected as project goal. • A poster (14"x22") or display illustrating something you learned in this project this year, **OR** • A notebook, scrapbook or portfolio of your Leadership experiences.

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

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

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

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LLAMA/ALPACA

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

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

Support Materials:
Idaho 4-H Llama/Alpaca page and to download the Llama/Alpaca Activities checklists visit:
https://www.uidaho.edu/extension/4h/projects/llama-alpaca
To download the Volunteer Manual visit:
https://pubs.wsu.edu/ItemDetail.aspx?ProductID=14175&SeriesCode=&CategoryID=&Keyword=EM4891

Optional Supporting Materials:
- *Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 1(#4-H 996)*
- *Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 2(#4-H 997)*
- *Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Book 3(#4-H 998)*
- *Indiana 4-H Lamas: Llamas & Alpacas (Indiana); Helper’s Guide(#4-H 999-W)*
  - *To order: https://extension.purdue.edu/4h/Pages/project.aspx?proj=8*
- *Llama & Alpaca Resources Handbook (Ohio) – http://estore.osu-extension.org*
- *Rocky Mountain Llama Association 4-H Manual – www.rmla.com*

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

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

Support Materials:
Idaho 4-H Llama/Alpaca page and to download the Llama/Alpaca Activities checklists visit:
https://www.uidaho.edu/extension/4h/projects/llama-alpaca
To download the Volunteer Manual visit:
https://pubs.wsu.edu/ItemDetail.aspx?ProductID=14175&SeriesCode=&CategoryID=&Keyword=EM4891

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

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BEEF

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Projects & Materials	Requirements	Exhibit Requirements
Market Beef **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Beef Resource Handbook OH (#117R)* • *4-H Animal Science Lessons*	Project Requirements: • Choose one or more steers or heifers for your Market Beef project. • Individually identify each animal with an ear tag and/or tattoo. • Weigh and provide primary care for all animals on a uniform county feeding period, 130-150 days. • Provide one or more forms of positive ownership such as: Brand Inspection, Recorded Iron Brand, or Bill of Sale for each project animal for at least 150 days. • Provide appropriate documentation, which includes a brand inspection, and/or a bill of sale. Check with local Extension Office for exact forms required and the deadline for turning in those forms. • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Any supplemental forms required at the county level.* ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Any supplemental forms required at the county level, submitted to county Extension office by date specified. • 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.

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

Support Materials:
To order Ohio Materials: http://estore.osu-extension.org (Beef Resource Handbook)
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects
Idaho 4-H Beef page: https://www.uidaho.edu/extension/4h/projects/beef

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Breeding Beef: Purebred or Commercial **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* • *4-H Animal Science Lesson Checklist* **Volunteer Materials:** • *Beef Resource Handbook OH (#117R)* • *4-H Animal Science Lessons*	Project Requirements: • Choose one or more heifers, cows, or bulls for your Breeding Beef project. Bulls must be less than one (1) year of age by fair date to be exhibited at a 4-H show. • Individually identify each animal with an ear tag and/or tattoo. • Provide one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal at least 90 days. • **If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.** • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal • *Any supplemental forms required at the county level.* ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • Supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit and/or have project animal(s) evaluated at a county Extension approved show, exhibition, or field day. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Beef Fitting and Showing class.

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

Support Materials:
To order Ohio Materials: http://estore.osu-extension.org (Beef Resource Handbook)
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects
Idaho 4-H Beef page: https://www.uidaho.edu/extension/4h/projects/beef

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Stocker-Feeder **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Beef Resource Handbook OH (#117R)* • *4-H Animal Science Lessons*	Project Requirements: • Choose one or more beef animals for your Stocker-Feeder project. • Individually identify each animal with an ear tag and/or tattoo. • Provide primary care during wintering and/or summer grazing period for at least 90 days. • Provide one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal. • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • Any supplemental forms required at the county level. ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit fitted or unfitted animal(s) at home tour, show, sale, or other County Extension approved event. • Display performance data on exhibit or stall card. Should have beginning weight, ending weight, total gain, cost/lb, and ADG.

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

Support Materials:
To order Ohio Materials: http://estore.osu-extension.org (Beef Resource Handbook)
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects
Idaho 4-H Beef page: https://www.uidaho.edu/extension/4h/projects/beef

Optional Supporting Materials:

- *Market Beef Growth Chart (#72110)*
- *Youth Beef Quality Assurance (#72203)*
- *Selecting 4-H Market Livestock Project Animals (#72007)*
- *Idaho 4- Livestock Cost & Return Estimates - Market Steer Project (#72295)*
- *Beef Showmanship DVD (#72999)*

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Beef **Non-Animal** **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Beef Resource Handbook OH (#117R)* • *4-H Animal Science Lessons*	Project Requirements: • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • Any supplemental forms required at the county level. ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x22”) or display illustrating something you learned in this project this year.

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

Support Materials:
To order Ohio Materials: http://estore.osu-extension.org (Beef Resource Handbook)
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects
Idaho 4-H Beef page: https://www.uidaho.edu/extension/4h/projects/beef

Optional Supporting Materials:
- *Youth Beef Quality Assurance (#72203)*
- *Idaho 4-H Livestock Cost & Return Estimates - Market Steer Project (#72295)*
- *Idaho 4-H Beef page: http://www.uidaho.edu/extension/4h/projects/projects/plant-and-animal-projects/beef*
- *Beef Showmanship DVD (#72999)*

***To order Ohio Materials**: http://estore.osu-extension.org*

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

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BIRDS AND POULTRY

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Projects & Materials	Requirements	Exhibit Requirements
Market Broilers/Fryers **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* **Volunteer Materials:** • *4-H Market Broilers (#UNL 4H308)*	Project Requirements: • Must own and provide primary care, proper housing, and feed for your animal(s) for no less than eight (8) weeks. • Minimum requirement is five (5) broilers. • Complete a minimum of 7 activities from supporting materials for Birds & Poultry. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)*	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Exhibit three (3) birds as uniform as possible. **OR** • A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity. ***Note***: Meat birds will not be shown in showmanship. The 4-H’er can participate in showmanship by standing by his/her caged bird and answering questions by the judge.

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

Support Materials:
To purchase Nebraska curriculum, visit:
https://marketplace.unl.edu/ne4h/curriculum/animalscience/market-broilers.html
Idaho 4-H Market Broiler Page: https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers

Optional Supporting Materials:
- *4-H Poultry Showmanship Questions available at: http://www.cals.uidaho.edu/edComm/detail.aspx?IDnum=1800&category1=4-H%20Youth%20Development&category2=NULL*
- *Feeding Meat-type Chickens available at: http://www.cals.uidaho.edu/edComm/detail.aspx?IDnum=1804&category1=Animals&category2=Poultry%20and%20Rabbits*
- *4-H Market Broilers (#72301) listed under optional materials at: https://www.uidaho.edu/extension/4h/projects/market-broilers-fryers*

National 4-H Curriculum:
http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx
- *Scratching the Surface, Level 1 (#06363)*
- *Testing Your Wings, Level 2 (#06364)*
- *Flocking Together, Level 3 (#06365)*
- *Poultry Helper’s Guide (#06366)*

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Projects & Materials	Requirements	Exhibit Requirements
Pullets/Laying Hens **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Egg Production Record (#72310)* • *Permanent Individual Animal Record (#72101)* **Volunteer Materials:** *None*	Project 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 a minimum of 7 activities from supporting materials for Birds & Poultry. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Egg Production Record (#72310)* • *Permanent Individual Animal Record (#72101)* – one for your flock	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Egg Production Record (#72310) • Permanent Individual Animal Records (#72101) • Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production. **OR** • A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity. ***Optional***: You may choose to participate in a Poultry Fitting & Showing (pre-registration required).

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

Support Materials:
Idaho 4-H Pullets page (and to download the Individual Animal Record and Egg Production Record):
https://www.uidaho.edu/extension/4h/projects/pullets

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

National 4-H Curriculum:
http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx
- *Scratching the Surface, Level 1 (#06363)*
- *Testing Your Wings, Level 2 (#06364)*
- *Flocking Together, Level 3 (#06365)*
- *Poultry Helper’s Guide (#06366)*

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Family Flock: Domestic Poultry, Gamebirds, Pigeons or Waterfowl **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* **Volunteer Materials:** *None*	Project Requirements: • Must own and provide primary care, proper housing, and feed for your animal(s) for at least 90 days. • Complete a minimum of 7 activities from supporting materials for Birds & Poultry. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* – one for your flock	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Record (#72101) • Exhibit 1 or a pair of birds. **OR** • A display or poster (14”x22”) that shows something new you learned this year related to a completed project activity. ***Optional***: You may choose to participate in a Poultry Fitting & Showing (pre-registration required).

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

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

Optional Supporting Materials:
- *Selecting & Grooming 4-H Exhibition Poultry (#72306) and Poultry Judging (#72307) available at: https://www.uidaho.edu/extension/4h/projects/family-flock*

National 4-H Curriculum:
http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx
- *Scratching the Surface, Level 1 (#06363)*
- *Testing Your Wings, Level 2 (#06364)*
- *Flocking Together, Level 3 (#06365)*
- *Poultry Helper’s Guide (#06366)*

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BIRDS AND POULTRY (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Poultry **Non-Animal** **Youth Materials:** • **National 4-H Curriculum** *Scratching the Surface, Level 1* (#06363) • **National 4-H Curriculum** *Testing Your Wings, Level 2* (#06364) • **National 4-H Curriculum** *Flocking Together, Level 3* (#06365) • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Poultry Helper's Guide (#06366)*	In the member's current Project Manual: • Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished ➢ Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14" x 22") or a display illustrating what you learned in this project this year.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-poultry.aspx
Idaho 4-H Family Flock page: https://www.uidaho.edu/extension/4h/projects/family-flock

Optional Supporting Materials:
- *Selecting & Grooming 4-H Exhibition Poultry (#72306) and Poultry Judging (#72307) available at: https://www.uidaho.edu/extension/4h/projects/family-flock*

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CAT

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Projects & Materials	Requirements	Exhibit Requirements
Cat **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* **Volunteer Materials:** *None*	Project Requirements: ➢ Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days. ➢ Complete a minimum of 7 activities from supporting materials for Cat. ➢ On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. ➢ Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: ➢ *4-H Involvement Report (#91910)* ➢ *4-H Animal Project Record Book (#91940)* ➢ *Permanent Individual Animal Record (#72101)*	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Record (#72101) • A poster (14" x 22") or a display illustrating what you learned in this project this year. **AND/OR** • Exhibit your project animal in a Cat Fitting and Showing class.

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

Support Materials:
Idaho 4-H Cat page: https://www.uidaho.edu/extension/4h/projects/cat

Optional Supporting Materials:

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

- *Purr-fect Pals!, Book 1 (#08148)*
- *Climbing Up!, Book 2 (#08149)*
- *Leaping Forward, Book 3 (#08150)*

Cat Helper's Guide (#08151)

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

- *4-H Cat Project, Unit 1*
- *4-H Cat Project, Unit 2*
- *Cat Anatomy & Physiology, Unit 3*

Cat Fitting and Showing

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

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-cat.aspx
Idaho 4-H Cat page: https://www.uidaho.edu/extension/4h/projects/cat

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CAVY

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Projects & Materials	Requirements	Exhibit Requirements
Cavy **Youth Materials:** • *4-H Cavy Advancement Program, Step One Checklist (#72781)* • *4-H Cavy Advancement Program, Cavy Step Two Checklist (#72782)* • *4-H Cavy Advancement Program, Cavy Step Three Checklist (#72783)* • *4-H Cavy Advancement Program, Cavy Step Four Checklist (#72784)* • *4-H Cavy Advancement Program, Cavy Step Five Checklist (#72785)* • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* **Volunteer Materials:** • *PNW 4-H Cavy Project Volunteers Guide (#72780)*	Project Requirements: • Provide proper housing, food and primary care for your Cavies for at least 90 days. • Members must work in the Cavy Advancement Program Step 1, 2, 3, 4 or 5. • Members can take up to 2 years to complete a specific Step Check List. • Members will complete Skills Options and Personal Development Options each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)*	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Record (#72101) • A poster (14”x22”) or display illustrating something you learned in this project this year. **AND/OR** • Exhibit your project animal in a Cavy Fitting and Showing class.

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

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

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

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CAVY (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Cavy **Non-Animal** **Youth Materials:** • *4-H Cavy Advancement Program, Step One Checklist (#72781)* • *4-H Cavy Advancement Program, Cavy Step Two Checklist (#72782)* • *4-H Cavy Advancement Program, Cavy Step Three Checklist (#72783)* • *4-H Cavy Advancement Program, Cavy Step Four Checklist (#72784)* • *4-H Cavy Advancement Program, Cavy Step Five Checklist (#72785)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *PNW 4-H Cavy Project Volunteers Guide (#72780)*	Project Requirements: • Members must work in the Cavy Advancement Program Step 1, 2, 3, 4 or 5. • Members can take up to 2 years to complete a specific Step Check List. • Members will complete Skills Options and Personal Development Options each year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x 22”) or display illustrating something you learned in this project this year.

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

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

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

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DAIRY

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Projects & Materials	Requirements	Exhibit Requirements
Dairy Cattle **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* **Volunteer Materials:** • *Dairy Resource Handbook OH (#127R)*	Project Requirements: • Care for l 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 a minimum of 5 activities from supporting materials for Dairy. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal. • *Any supplemental forms required at the county level.* ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • Supplemental forms required at the county level, submitted to county extension office by date specified. • Exhibit project animal at community, county, or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Dairy Cattle Fitting and Showing class.

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

Support Materials:
To order Ohio Materials: http://estore.osu-extension.org (Dairy Resource Handbook)
Idaho 4-H Dairy Cattle page:
https://www.uidaho.edu/extension/4h/projects/dairy-cattle

Optional Supporting Materials:
National 4-H Curriculum http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx

- *Cowabunga!, Book 1, Grades 3-4 (#08161)*
- *Mooving Ahead, Book 2, Grades 5-7 (#08162)*
- *Rising to the Top, Book 3, Grades 6-9 (#08163)*
- *Dairy Cattle Helper's Guide (#08164)*

- *4-H Dairy Cattle Project (Michigan State University)* http://www.msue.anr.msu.edu/uploads/236/65884/MI-4-HDairySnapshot.pdf
- *Dairy Heifer Growth Chart (#72120)*
- *Monitoring Dairy Heifer Growth*, Penn State, 1988 (see Calves & Heifer Mgt.) – www.extension.psu.edu/animals/dairy/health/nutrition/heifers

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Projects & Materials	Requirements	Exhibit Requirements
Dairy Cattle **Non-Animal** **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Dairy Resource Handbook OH (#127R*	Project Requirements: • Members must complete a minimum of 5 activities from supporting materials for Dairy. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • Any supplemental forms required at the county level. ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x22”) or display illustrating something you learned in this project this year.

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

Support Materials:
To order Ohio Materials: http://estore.osu-extension.org
Idaho 4-H Dairy Cattle page:
https://www.uidaho.edu/extension/4h/projects/dairy-cattle

Optional Supporting Materials:
National 4-H Curriculum - http://www.4-hmall.org/Category/4-hcurriculum-dairy-cattle.aspx

- *Cowabunga!, Book 1, Grades 3-4 (#08161)*
- *Mooving Ahead, Book 2, Grades 5-7 (#08162)*
- *Rising to the Top, Book 3, Grades 6-9 (#08163)*
- *Dairy Cattle Helper’s Guide (#08164)*

- *4-H Dairy Cattle Project (Michigan State University)* http://www.msue.anr.msu.edu/uploads/236/65884/MI-4-HDairySnapshot.pdf

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DOG

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Projects & Materials	Requirements	Exhibit Requirements
Dog **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* **Volunteer Materials:** • *Dog Resource Handbook OH (#201R)*	Project Requirements: • Provide primary care for and train l 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 a minimum of 7 activities from supporting materials for Dog. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • Exhibit dog you trained in appropriate obedience class according to experience and development as follows: Dog in Training: o Unit l – Subnovice o Unit 2 – Novice o Unit 3 – Graduate Novice o Unit 4 – Open Class o Unit 5 – Open Challenge o Unit 6 – Utility **OR** • Exhibit one of your project animals in a Dog Fitting and Showing class. ***Note***: Some counties may require both.

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

Support Materials:
To Order Ohio Materials: – http://estore.osu-extension.org
Idaho 4-H Dog page: https://www.uidaho.edu/extension/4h/projects/dog

Optional Supporting Materials:

National 4-H Curriculum: www.4-hmall.org/Category/4-hcurriculum-dog.aspx
- *Wiggles 'n' Wags, Level 1 (#08166)*
- *Canine Connection, Level 2 (#08167)*
- *Leading the Pack, Level 3(#08168)*
- *Dog Helper's Guide (#08169)*

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

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

Support Materials:
To order National 4-H Curriculum visit: www.4-hmall.org/Category/4-hcurriculum-dog.aspx
Idaho 4-H Dog page: https://www.uidaho.edu/extension/4h/projects/dog

Optional Supporting Materials:
Dog Resource Handbook (Ohio) – http://estore.osu-extension.org

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GOATS

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Projects & Materials	Requirements	Exhibit Requirements
Meat Goat **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Goat Resource Handbook OH (#135R)* • *4-H Animal Science Lessons*	Project 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. • Weigh and provide primary care for all animals on a uniform county feeding period of 55-65 days. • Provide one or more forms of positive ownership for a minimum of 70 days. • Provide appropriate documentation, which includes a brand inspection and/or a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms. • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Any supplemental forms required at the county level.*	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Supplemental forms required at the county level, submitted to county Extension office by date specified. • Display performance data on exhibit or stall card. • Exhibit project animal at community, county, or other county Extension approved livestock show. • Exhibit one of your project animals in a Goat Fitting and Showing class.

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

Support Materials: To Order Ohio Materials: *http://estore.osu-extension.org* (Goat Resource Handbook)
Idaho 4-H Meat Goat page: https://www.uidaho.edu/extension/4h/projects/meat-goat
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects

Optional Supporting Materials:
- *4-H Meat Goat Fact Sheets; NY 4-H website: www.ansci.cornell.edu/4H/meatgoats/*
- *Idaho 4-H Livestock Cost and Returns Estimate – Market Goat Project (#72596)*

National 4-H Curriculum: *http://www.4-hmall.org/Category/4-hcurriculum-meat-goat.aspx*
For Youth: *Just Browsing, Level 1 (#07909), Get Growing with Meat Goats, Level 2 (#07901), Meating the Future, Level 3 (#07911)*
For Volunteers*: Meat Goat Helper's Guide (#07912)*

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

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

Support Materials:
To order Ohio materials visit: *http://estore.osu-extension.org* (Goat Resource Handbook)
Idaho 4-H Dairy goat page: https://www.uidaho.edu/extension/4h/projects/dairy-goat

Optional Supporting Materials:
National 4-H Curriculum: *http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx*
For Youth:
- *Getting Your Goat, Book 1 (#08352)*
- *Stepping Out, Book 2 (#08353)*
- *Showing the Way, Book 3 (#08354)*

For Volunteers:
- *Dairy Goat Helper's Guide (#08355)*

Iowa Dairy Goat Project information:
http://www.extension.iastate.edu/4hfiles/projects/hotsheets/dairygoathotsheet.pdf

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Projects & Materials	Requirements	Exhibit Requirements
Pack Goat **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal **Volunteer Materials:** *None*	Project Requirements: ➢ Own and care for at least l 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 a minimum of 7 activities from supporting materials for Pack Goat. ➢ On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. ➢ Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • Exhibit project animal at community, county or other livestock show. • Exhibit one of your project animals in a goat fitting and showing class. • Display requested data on exhibit or stall card. • Participate in a class that demonstrates skills learned in the project. **OR** • A poster (14" x 22") or display illustrating something you learned in the project this year.

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

Support Materials:
Idaho 4-H Pack Goat page: https://www.uidaho.edu/extension/4h/projects/pack-goat

Optional Supporting Materials:
- *Goat Resource Handbook (Ohio) – http://estore.osu-extension.org*

National 4-H Curriculum: *http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx*
For Youth:
- *Getting Your Goat, Book 1 (#08352)*
- *Stepping Out, Book 2 (#08353)*
- *Showing the Way, Book 3 (#08354)*
- *Pack Goat Skills Checklist (#72580)*

For Volunteers:
- *Dairy Goat Helper's Guide (#08355)*
- *Pack Goat Skills Checklist (#72580)*

Pack Goat website: www.northwestpackgoats.com

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Projects & Materials	Requirements	Exhibit Requirements
Pet/Pygmy Goat **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal **Volunteer Materials:** *None*	Project Requirements: • Own and care for at least l 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 a minimum of 7 activities from supporting materials for Pet/Pygmy Goat. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101*) for each project animal	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • 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.

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

Support Materials:
Idaho 4-H Pet/Pygmy Goat page: https://www.uidaho.edu/extension/4h/projects/pet-pygmy-goat

Optional Supporting Materials:

- *Goat Resource Handbook (Ohio) – http://estore.osu-extension.org*
- *Individual Pygmy Goat Information (#72595)*
- *National Pygmy Goat Website: www.npga-pygmy.com*
- *Pygmy Goat Youth Project Guide* (order from National Pygmy Goat website)
- *Youth Project Guide Advisors Manual* (order from National Pygmy Goat website)
- *Goat Resource Handbook* (Ohio) – *http://estore.osu-extension.org*

National 4-H Curriculum http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx

For Youth:

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

For Volunteers:

- *Dairy Goat Helper's Guide (#08355)*

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GOATS (cont.)

Rev. 09-15

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

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-dairy-goat.aspx
Idaho 4-H Goat, Non-animal page: https://www.uidaho.edu/extension/4h/projects/goat-non-animal

Optional Supporting Materials:
- *Individual Pygmy Goat Information (#72595)*
- *Pygmy Goat Website: www.npga-pygmy.com*
- *Youth Project Guide Advisors Manual* (order from National Pygmy Goat website)
- *Pygmy Goat Youth Project Guide* (order from National Pygmy Goat website)
- *Goat Resource Handbook (Ohio) – http://estore.osu-extension.org*

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HORSE

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Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
Horse **Youth Materials:** • *PNW #587: The 4-H Horse Project (#72676)* • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent 4-H Horse Identification and Health Record (#72650)* for each project animal • *Basic Horse Safety Manual (#72673)* **Volunteer Materials:** • *PNW #587: The 4-H Horse Project (#72676)* *PNW#587* *https://catalog.extension.oregonstate.edu/4-h130*	Project Requirements: • Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) **at least 90 days** before exhibiting. • **If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.** • Keep record of expenses, health care, plus participation in shows and related horse activities/events. • Learn and practice safety precautions necessary to prevent injury to you and your horse. • Complete a minimum of 7 activities from supporting materials for Horse. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent 4-H Horse Identification and Health Record (#72650)* for each project animal • *Any supplemental forms required at county level.*	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent 4-H Horse Identification and Health Record (#72650) • Any supplemental forms required at the county level submitted to county Extension office by date specified. • Exhibit your horse in a show, fair, or other Extension • 4-H/Youth program approved event.

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

Support Materials: Idaho 4-H Horse page: https://www.uidaho.edu/extension/4h/projects/horse

Optional Supporting Materials:
- *Horses and Horsemanship (#CO-200)*
- *Horse Science (#CO-201)*
- *4-H Horse Judging Manual (#72672)*
- *Hunt Seat Manual (#72681)*
- *PNW #574: 4-H Horse Contest Guide (#72675)* *https://catalog.extension.oregonstate.edu/pnw574*
- *PNW #229: 4-H Driving Manual (#72682)* *https://pubs.wsu.edu/ListItems.aspx?Keyword=4-H%20Driving%20Manual*
- *Horse Safety Guidelines (Order from American Youth Horse Council at: http://ayhc.com)*

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

National 4-H Curriculum

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

For Volunteers:
- *Horse Helper's Guide (#08058)*

Plants and Animal

HORSE (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Horse **Non-Animal** **Youth Materials:** • **National 4-H Curriculum** • *Giddy Up & Go, Level 1 (#08053)* • *Head, Heart & Hooves, Level 2 (#08054)* • *Stable Relationships, Level 3 (#08055)* • *Riding the Range, Level 4 (#08056)* • *Jumping to New Heights, Level 5 (#08057)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Horse Safety Guidelines or Horseless Horse (OH) – order from http://estore.osu-extension.org* **Volunteers Materials:** • *Horse Helper's Guide (#08058)*	Project Requirements: • Complete a minimum of 7 activities from supporting materials for Horse. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Any supplemental forms required at the county level.*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Any supplemental forms required at the county level submitted to county Extension office by date specified. • A poster (14"x22") or display illustrating something you learned in this project this year.

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

Support Materials: Idaho 4-H Horse page: https://www.uidaho.edu/extension/4h/projects/horse

Optional Supporting Materials

- *Horses and Horsemanship (#CO-200)*
- *Horse Science (#CO-201)*
- *4-H Horse Judging Manual (#72672)*
- *Basic Horse Safety Manual (#72673)*

To order Ohio Materials: – http://estore.osu-extension.org

- *Horseless Horse (OH)*
- *Horse Nutrition (OH)*
- *Horse training: How to talk to your Horse (OH)*

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RABBIT

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

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

Support Materials:
To order from Ohio: http://estore.osu-extension.org (Rabbit Resource Handbook)
Idaho 4-H Rabbit page: https://www.uidaho.edu/extension/4h/projects/rabbits

Optional Supporting Materials:
- *The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc.*
- *American Rabbit Breeders Association (ARBA) Standard of Perfection, and*
- *American Rabbit Breeders Association (ARBA) Official Guide Book, "Raising Better Rabbits & Cavies".*
- *American Rabbit Breeders* arbapost@aol.com or www.arba.net

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

For Volunteers:
- *Rabbit Helper's Guide (#08083)*

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RABBIT (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Breeding Rabbit **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal **Volunteer Materials:** • *Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects OH (#228R)*	Project Requirements: • Own l or more does for at least 90 days and have access to the appropriate number of bucks (purebred commercial breeds are recommended but crossbreeds may be used). • Raise at least 1 litter per doe, and keep or market the young. • Provide proper housing, feed and primary care for your rabbits. • Keep breeding pedigree, performance and production records on your rabbits. • Learn how to fit and show a rabbit. • Complete a minimum of 7 activities from supporting materials for Rabbit. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • One project rabbit (select from a junior doe, senior doe, junior buck or senior buck). • Exhibit one of your project animals in a Rabbit Fitting and Showing class.

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

Support Materials:
To order from Ohio: http://estore.osu-extension.org (Rabbit Resource Handbook)
Idaho 4-H Rabbit page: https://www.uidaho.edu/extension/4h/projects/rabbits

Optional Supporting Materials:
- *The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc.*
- *American Rabbit Breeders Association (ARBA) Standard of Perfection, and*
- *American Rabbit Breeders Association (ARBA) Official Guide Book, "Raising Better Rabbits & Cavies".*
- *American Rabbit Breeders* arbapost@aol.com or www.arba.net

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

For Volunteers:
- *Rabbit Helper's Guide (#08083)*

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RABBIT (cont.)

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

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

Support Materials:
To order from Ohio: http://estore.osu-extension.org (Rabbit Resource Handbook)
Idaho 4-H Rabbit page: https://www.uidaho.edu/extension/4h/projects/rabbits

Optional Supporting Materials:
- *The Rabbit Handbook by Karen Gendron (2000) Barron’s Ed Series, Inc.*
- *American Rabbit Breeders Association (ARBA) Standard of Perfection, and American Rabbit Breeders Association (ARBA) Official Guide Book, “Raising Better Rabbits & Cavies”.*
- *American Rabbit Breeders* arbapost@aol.com or www.arba.net

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

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

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RABBIT (cont.)

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

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

Support Materials:
To order National 4-H Curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-rabbit.aspx
Idaho 4-H Rabbit page: https://www.uidaho.edu/extension/4h/projects/rabbits

Optional Supporting Materials:
- *The Rabbit Handbook by Karen Gendron (2000) Barron's Ed Series, Inc.*
- *American Rabbit Breeders Association (ARBA) Standard of Perfection, and American Rabbit Breeders Association (ARBA) Official Guide Book, "Raising Better Rabbits & Cavies"*
- *American Rabbit Breeders* ARBAPOST@aol.com or http://www.arba.net/
- *Rabbit Resource Handbook (Ohio) - http://estore.osu-extension.org*

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SHEEP

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Projects & Materials	Requirements	Exhibit Requirements
Market Lamb **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Sheep Resource Handbook for Market and Breeding Projects OH (#194R)* • *4-H Animal Science Lessons*	Project Requirements: • Choose at least one wether or ewe for your Market Lamb project. • Comply with current USDA Scrapie requirements. • Provide one or more forms of positive ownership (70 days) for each project animal. • Weigh and provide primary care for all animals on a uniform county feeding period, approximately 55-65 days. • Individually identify each animal with an ear tag, tattoo or ear notch. • Provide appropriate documentation, which includes a brand inspection, and/or a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms. • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Any supplemental forms required at the county level.* ***Note***: Each member is strongly encouraged to participate in a livestock judging contest.	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Any supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit project animal(s) at a community, county or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Sheep Fitting and Showing class.

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

Support Materials: To order Ohio State Materials: http://estore.osu-extension.org (Sheep Resource Handbook)
Idaho 4-H Sheep page: https://www.uidaho.edu/extension/4h/projects/sheep
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects

Optional Supporting Materials:
- *Market Lamb Growth Chart (#72130)*
- *Sheep Showmanship DVD (#72898)*
- *Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project (#72895)*

National 4-H Curriculum: http://www.4-hmall.org/Category/4-hcurriculum-sheep.aspx
For Youth: *Lambs, Rams and You*, Level 1 (#06367), *Shear Delight*, Level 2 (#06368), *Leading the Flock*, Level 3 (#06369)
For Volunteers: *Sheep Helper's Guide (#06370)*

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SHEEP (cont.)

Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
Breeding Sheep **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Sheep Resource Handbook for Market and Breeding Projects OH (#194R)* • *4-H Animal Science Lessons*	Project Requirements: • Choose and provide primary care for one or more ewes for your Breeding Sheep project. • Comply with current USDA Scrapie requirements. • Provide one or more forms of positive ownership (90 days) for each project animal. • Individually identify each animal with a ear tag, tattoo or ear notch. • **If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.** • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal • *Any supplemental forms required at the county level.* ***Note***: Each member is strongly encouraged to participate in a livestock judging contest.	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • Any supplemental forms required at the county level, submitted to county Extension office by date specified. • Exhibit project animal(s) at a community, county or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Sheep Fitting and Showing class.

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

Support Materials: To order Ohio State Materials: http://estore.osu-extension.org (Sheep Resource Handbook)
Idaho 4-H Sheep page: https://www.uidaho.edu/extension/4h/projects/sheep
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects

Optional Supporting Materials:
- *Market Lamb Growth Chart (#72130)*
- *Sheep Showmanship DVD (#72898)*

National 4-H Curriculum: http://www.4-hmall.org/Category/4-hcurriculum-sheep.aspx
For Youth: *Lambs, Rams and You*, Level 1 (#06367), *Shear Delight*, Level 2 (#06368), *Leading the Flock*, Level 3 (#06369)
For Volunteers: *Sheep Helper's Guide (#06370)*

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SHEEP (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Sheep **Non-Animal** **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** *None* *4-H Animal Science Lessons*	Project Requirements: • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • Any supplemental forms required at the county level. ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x22”) or display illustrating something you learned in this project this year.

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

Support Materials:
To order Ohio State Materials: http://estore.osu-extension.org (Sheep Resource Handbook)
Idaho Sheep 4-H page: https://www.uidaho.edu/extension/4h/projects/sheep
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects

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

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

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

Plants & Animals

SMALL ANIMAL, POCKET PETS, & OTHER ANIMALS

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Projects & Materials	Requirements	Exhibit Requirements
Pocket Pets and Other Pets **Youth Materials:** • **National 4-H Curriculum** *Pet Pals, Level 1 (#06359)* • **National 4-H Curriculum** *Scurrying Ahead, Level 2 (#06360)* • **National 4-H Curriculum** *Scaling the Heights, Level 3 (#06361)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Pet Helper's Guide (#06362)*	Project Requirements: • Members should provide proper housing, food, and primary care for their pet for at least 60 days. • In member's current Project Manual: o Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year. o Finish at least 21 of the required and optional activities within 3 years to pass each level. o Have your project helper date (month and year) and initial each activity when it is finished. o Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • A poster (14"x22") or display illustrating something you learned in this project this year. **AND/OR** • Exhibit their project animal in a corresponding species Fitting and Showing class.

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

Support Materials:
To order National 4-H Curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-pets.aspx
Idaho 4-H Pocket Pets page:
https://www.uidaho.edu/extension/4h/projects/pocket-pet

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SMALL ANIMAL, POCKET PETS, & OTHER ANIMALS

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Projects & Materials	Requirements	Exhibit Requirements
Pocket Pets and Other Animals **Non-Animal** **Youth Materials:** • **National 4-H Curriculum** *Pet Pals, Level 1 (#06359)* • **National 4-H Curriculum** *Scurrying Ahead, Level 2 (#06360)* • **National 4-H Curriculum** *Scaling the Heights, Level 3 (#06361)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Pet Helper's Guide (#06362)*	In member's current Project Manual: • Complete a minimum of 7 required/optional activities, plus the required number of Learning Experiences (pg. 3) each year. • Finish at least 21 of the required and optional activities within 3 years to pass each level. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14"x22") or display illustrating something you learned in this project this year.

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

Support Materials:
To order National 4-H Curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-pets.aspx
Idaho 4-H Pocket Pets page: https://www.uidaho.edu/extension/4h/projects/pocket-pet

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SWINE

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Projects & Materials	Requirements	Exhibit Requirements
Market Swine **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Swine Resource Handbook for Market and Breeding OH (#134R)* • *4-H Animal Science Lessons*	Project Requirements: • Choose one or more barrows or gilts for your Market Swine project. • Individually identify each animal with an ear tag, tattoo or ear notch. • Weigh and provide primary care for all animals on a uniform county feeding period, 80-100 days. • Provide one or more forms of positive ownership for at least 100 days for each project animal. • Provide appropriate documentation, which includes a bill of sale. Check with local Extension Office for exact forms required and the deadline for turning in those forms. • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record (#91940)* • *Any supplemental forms required at the county level.*	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Any supplemental forms required at the count level, submitted to county Extension office by date specified. • Exhibit project animal(s) at a community, county or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Swine Fitting and Showing class.

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

Support Materials: To order Ohio State Materials: http://estore.osu-extension.org/Swine-C1114.aspx
Idaho Swine 4-H page: https://www.uidaho.edu/extension/4h/projects/swine
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects

Optional Supporting Materials:
- *Market Swine Growth Chart (#72140)*
- *Swine Showmanship DVD (#72998)*
- *Swine Resource Handbook for Market and Breeding Projects – OH (#134R)*
- *Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)*

National 4-H Curriculum:
http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx

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

For Volunteers: *Swine Helper's Guide (#08068)*

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Projects & Materials	Requirements	Exhibit Requirements
Breeding Swine **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Animal Project Record Book (#91940)* • *Permanent Individual Animal Record (#72101)* • *4-H Animal Science Lessons Checklist* **Volunteer Materials:** • *Swine Resource Handbook for Market and Breeding OH (#134R)* • *4-H Animal Science Lessons*	Project Requirements: • Choose one or more gilt/sows for your Breeding Swine project. • Individually identify each animal with an ear tag, tattoo or ear notch. • Provide one or more forms of positive ownership for at least 90 days for each project animal. • **If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.** • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Animal Project Record (#91940)* • *Permanent Individual Animal Record (#72101)* for each project animal • *Any supplemental forms required at the county level.*	• 4-H Animal Project Record Book (#91940) • 4-H Involvement Report (#91910) • Permanent Individual Animal Records (#72101) • Any supplemental forms required at the count level, submitted to county Extension office by date specified. • Exhibit project animal(s) at a community, county or other livestock show. • Display performance data on exhibit or stall card. • Exhibit one of your project animals in a Swine Fitting and Showing class.

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

Support Materials: To order Ohio State Materials: http://estore.osu-extension.org/Swine-C1114.aspx
Idaho Swine 4-H page: https://www.uidaho.edu/extension/4h/projects/swine
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects

Optional Supporting Materials:
- *Market Swine Growth Chart (#72140)*
- *Swine Showmanship DVD (#72998)*
- *Swine Resource Handbook for Market and Breeding Projects – OH (#134R)*
- *Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project (#72995)*

National 4-H Curriculum:
http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx

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

For Volunteers:
- *Swine Helper's Guide (#08068)*

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SWINE (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Swine **Non-Animal** **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *4-H Animal Lessons Checklist* **Volunteer Materials:** *None* *4-H Animal Science Lessons*	Project Requirements: • Complete 5 Animal Science Lessons each year with one of the lessons from the Quality Assurance section. The lessons will be separated by Level 1, 2 and 3. Youth should work through the levels as they gain experience in the project. Keep track of the completed lessons by using the Animal Science Lessons checklist. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • Any supplemental forms required at the county level. ***Note***: Each member is strongly encouraged to participate in a livestock/dairy judging contest.	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14”x22”) or display illustrating something you learned in this project this year.

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

Support Materials:
Idaho Swine 4-H page: https://www.uidaho.edu/extension/4h/projects/swine
University of Idaho Extension 4-H Animal Science Lessons https://www.uidaho.edu/extension/4h/projects

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

National 4-H Curriculum:
http://www.4-hmall.org/Category/4-hcurriculum-swine.aspx

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

For Volunteers:
- *Swine Helper’s Guide (#08068)*

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Projects & Materials	Requirements	Exhibit Requirements
Small Grains **Youth Materials:** • *4-H Small Grains Production Guide (#73115)* • *4-H Small Grains Record Book (#73116)* • *4-H Involvement Report (#91910)* **Volunteer Materials:** • *4-H Small Grains Production Guide (#73115)*	Project Requirements: • Own your project with a bona-fide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your landlord, Volunteer, and, if applicable, the contracting company field man. • Plant a minimum of five acres of small grains • Attend the annual field tour of small grain projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour. • Have an up-to-date record book available for review during the field tour. • Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year. **AND** • If raising malting barley, an individual contract with the malting barley company is required. Seed source and grain variety must be approved by the malting barley contract. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Small Grains Production Guide (#73115)* • *4-H Small Grains Record Book (#73116)*	• 4-H Small Grains Production Guide (#73115) • 4-H Small Grains Record Book (#73116) • 4-H Involvement Report (#91910) • If your grain is harvested, exhibit a one-quart sample. If you grain is not harvested, display a sample of plants with grain heads attached.

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Field Beans **Youth Materials:** • *4-H Bean Production Guide (#73117)* • *4-H Bean Grower Workbook (#73118)* • *4-H Involvement Report (#91910)* **Volunteer Materials:** • *4-H Bean Production Guide (#73117)*	Project Requirements: • Own your project with a bona-fide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your landlord and Volunteer and, if applicable, the contracting company field man. • Complete a soil test on your bean field area. • Attend the annual field tour of bean projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour. • Have an up-to-date record book available for review during the field tour. • Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Bean Grower Workbook (#73118)*	• 4-H Bean Grower Workbook (#73118) • 4-H Involvement Report (#91910) • If your beans are harvested, exhibit a one-quart sample of beans prepared for exhibit as outlined in the 4-H Bean Grower Manual (#73117). If your beans are not harvested, display a sample of bean plants with pods attached.

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Sugarbeets **Youth Materials:** • *4-H Sugarbeet Grower Project and Record Book (#73120)* • *4-H Sugarbeet Growers Workbook (#73121)* • *4-H Involvement Report (#91910)* **Volunteer Materials:** *None*	Project Requirements: • Grow a minimum of one (1) acre of crop as measured by the club Volunteer or fieldman. Individual contracts with the sugar company are required. (A contract may include more than one member). • Own your project with a bonafide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your landlord, your Volunteer, and a sugar company fieldman. • Attend the annual field tour of sugar beet projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour. • Have an up-to-date record book available for review during the field tour. • Individual project weight slips or market receipts must be included with record book at project completion. This means that project beets must be weighed at the dumps separately from other beets produced on the same farm. • Close, summarize, and turn in projects to the County Extension Office on or before December 30 of the current calendar year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Sugarbeet Grower Project and Record Book (#73120)*	• *4-H Sugarbeet Grower Project and Record Book (#73120)* • 4-H Involvement Report (#91910) • Exhibit a sample of sugarbeets at the county fair according to local fair regulations (Display 3 uniform beets); or at a public exhibit other than the county fair (talk to your Volunteer and/or Extension Educator for approval).

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

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

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Projects & Materials	Requirements	Exhibit Requirements
Potatoes **Youth Materials:** • *4-H Potato Grower Workbook (#73119)* • *4-H Potato Project and Record Book (#73119a)* • *4-H Involvement Report (#91910)* **Volunteer Materials:** *None*	Project Requirements: • Own your project with a bonafide agreement with your parent or landlord covering machinery, labor, seed, share, etc. This must be signed by your parent and Volunteer. • Supply a legal description of land where you grow potatoes. • Complete a pesticide report. • Attend the annual field tour of potato projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour. • Deliver approximately 1,000 hundred (cwt) of potatoes to purchaser. • Watch your samples being graded by the USDA. The fieldman will set up the grading at a time when you are able to attend. • Close, summarize, and turn in projects to the County Extension Office on or before December 30 of the current calendar year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Potato Grower Workbook (#73119)*	• 4-H Potato Grower Workbook (#73119) • 4-H Involvement Report (#91910) • Pesticide Report • Exhibit a sample of potatoes at the county fair according to local fair regulations or at a public exhibit other than the county fair (talk to your Volunteer and/or Extension Educator for approval).

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

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

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GARDENING

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Projects & Materials	Requirements	Exhibit Requirements
Gardening **Youth Materials:** • **National 4-H Curriculum** *See Them Sprout, Level A (#07162)* • **National 4-H Curriculum** *Let's Get Growing, Level B (#07163)* • **National 4-H Curriculum** *Take Your Pick, Level C (#07164)* • **National 4-H Curriculum** *Growing Profits, Level D (#07165)* • *Suggested 4-H Garden Exhibits (#07067)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Gardening Helper's Guide (#07166)*	In the member's current Manual: • Complete the 6 designated activities for the respective year you are in the given book (first year = 1A-6A, second year = 1B-6B, etc.). • Have your project helper date (month and year) each activity when it is finished. • Complete the questions at the back of the member manual for their respective year in the project. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits (#73360)

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

Support Materials: To order National 4-H Curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-gardening.aspx
Idaho 4-H Gardening page: https://www.uidaho.edu/extension/4h/projects/gardening

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JUNIOR MASTER GARDENER

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Projects & Materials	Requirements	Exhibit Requirements
Horticulture Gardening **Youth Materials:** • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • ***Optional**: Junior Master Gardener Handbook, Level 1(#B-6082)* **Volunteer Materials:** • *Junior Master Gardener Teacher/Volunteer Guide, Level 1(#B-6083)*	Project Requirements: • Complete a minimum of 7 different JMG activities each year. • Have your project helper date (month and year) and initial a copy of each activity completed for your notebook. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Copies of the activities you have completed that are initialed by your helper (in notebook or folder). Exhibit **one** of the following: • A scrapbook of labeled plants, herbs or aspects of plant ecology. • A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants. • Something you built or made related to the project. • A labeled photo story depicting something related to the project. • A poster (14" x 22") or display illustrating something you learned in this project this year. • Other suitable exhibit approved by your County Extension Office.

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

Support Materials:
To order the Level 1 Handbook (also available in Spanish) or the Teacher/Volunteer guide visit http://www.agrilifebookstore.org/category-s/1838.htm
Idaho 4-H Junior Master Gardener page: https://www.uidaho.edu/extension/4h/projects/junior-master-gardener

Optional Supporting Materials:

- Kiefer, J., and M. Kemple (1998) Digging Deeper Integrating Youth Gardens Into Schools & Communities, American Community Gardening Association, Philadelphia, PA.
- Meche, M, Seagraves, R., Whittlesley, L. (2004) Wildlife Gardener, Junior Master Gardener, Golden Ray Series™, Texas Agricultural Extension Service, Texas A & M University, College Station, TX, www.jmgkids.org
- Operation Thistle: Seeds of Despair Plant Growth & Development, Level 2 (2002) Texas Agricultural Extension Service, Agricultural Communications, 107 Reed McDonald Building, College Station, Texas 77843-2112 , http://agpublications.tamu.edu ISBN 0-9672990-9-8
- The Michigan 4-H Guide to Herb Gardening Projects (1993) 4-H 1516, Michigan State University, East Lancing, MI
- Whittlesey, L., Seagraves, R., (2005) Literature in the Garden, Junior Master Gardener, Golden Ray Series™, Texas Agricultural Extension Service, Texas A & M University, College Station, TX, www.jmgkids.org
- Whittlesey, L., Seagraves, R., Welsh, D and G. Hall (2001) Health and Nutrition from the Garden, Junior Master Gardener, Golden Ray Series™, Texas Agricultural Extension Service, Texas A & M University, College Station, TX, www.jmgkids.org
- Krasny, M. (2005) Garden Mosaics Program Manual, Cornell University, Ithaca, NY, www.gardenmosaics.org

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ENTOMOLOGY

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Projects & Materials	Requirements	Exhibit Requirements
Teaming with Insects, Level 1 **Grades 3-5** **Youth Materials:** • *Teaming with Insects Level 1 (#08440)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Teaming with Insects Facilitators Guide (#08443)* Classification materials: • Field Guide to Insects of North Americas (Eaton/Kaufman) • Field Guide to Insects and Spiders (Evans)	Using the "Teaming with Insects" Level 1 curriculum booklet: • Complete a minimum of 5 activities per year. • Complete all 16 activities within 3 years to pass Level 1. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Note*: See "*Special Directions*" at the end of the Entomology Section for more information about this project.**	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • **1st Year**: Collection of at least 15 adult insects (consists of at least 3 orders, including the Order Lepidoptera). • **2nd Year:** Collection of at least 20 adult insects, including 15 different insects you haven't exhibited before (including at least 4 orders) • **3rd Year:** Collection of at least 25 adult insects, including 15 different insects you haven't exhibited before (including at least 5 orders). **Use at least 2 different methods of collecting.** **OR** • A report of things you have learned or researched (such as a two month long diary of observing an insect species-behavior, communication, movement, habitat, etc.). **OR** • A poster (14"x 22") or display of some activity in Level 1 (such as insect collecting and mounting equipment, a paper mache' insect model you made, etc.) **Collection**: Exhibit boxes should be approximately 18" x 12" or 25 insects or 18" x 24" for 50 insects, and about 3" to 3 ½" deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. ***Note***: All insects must be mounted, labeled and identified to order, and should be organized by order.

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

Support Materials:
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx
Idaho 4-H Entomology page: https://www.uidaho.edu/extension/4h/projects/entomology

Optional Supporting Materials:
- *Preparing Insect Specimens for Exhibit (#82358)*
- Bug Guide from Iowa State University online at: http://bugguide.net/node/view/15740
- How To Make an Awesome Insect Collection, online at: http://extension.entm.purdue.edu/401Book/default.php?page=home

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Projects & Materials	Requirements	Exhibit Requirements
Teaming with Insects, Level 2 **Grades 6-8** **Youth Materials:** • *Teaming with Insects Level 2 (#08441)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Teaming with Insects Facilitators Guide (#08443)* Classification materials: • Field Guide to Insects of North Americas (Eaton/Kaufman) • Field Guide to Insects and Spiders (Evans)	Pre-requisites: Complete Entomology Level 1 (or approval of 4-H Professional) Using the "Teaming with Insects" Level 2 curriculum booklet: • Complete a minimum of 5 activities per year. • Complete all 16 activities within 3 years to pass Level 2. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Note*: See "*Special Directions*" at the end of the Entomology Section for more information about this project.**	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • **1st Year:** Collection of at least 15 insects, including 10 different insects you haven't exhibited before. Five insects should be mounted with card-point for display. At least 7 should be identified to family, including at least 3 orders. Use of ethyl alcohol to preserve. • **2nd Year:** Collection of 20 adult insects and 5 nymphs (not necessarily the same as the adults collected), including 10 different insects you haven't exhibited before (at least 10 identified to family; including at least 5 orders). Use soft body preserving techniques. • **3rd Year:** Collection of at least 25 insects, including 15 different insects you haven't exhibited before (at least 15 identified to family; including at least 10 orders). Include 1 incomplete metamorphosis (egg-nymph-adult) Use "Rearing Cage" Collection Method. **OR** A report of things you have learned or researched (such as results of observations of insect traps, habitats, life cycle, entomology careers, etc.). **OR** A poster (14"x 22") or display relating to some activity in Level 2 (special equipment made such as a separator or extractor, arthropod collection, etc.). **Collection**: Exhibit boxes should be approximately 18" x 12" or 25 insects or 18" x 24" for 50 insects, and about 3" to 3 ½" deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.

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

Support Materials: Idaho 4-H Entomology page: https://www.uidaho.edu/extension/4h/projects/entomology
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx

Optional Supporting Materials:
- *Preparing Insect Specimens for Exhibit (#82358)*
- Bug Guide from Iowa State University online at: http://bugguide.net/node/view/15740
- How To Make an Awesome Insect Collection, online at: http://extension.entm.purdue.edu/401Book/default.php?page=home

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Projects & Materials	Requirements	Exhibit Requirements
Teaming with Insects, Level 3 **Grades 9-12** **Youth Materials:** • **National 4-H Curriculum** *Teaming with Insects 9-12(#08442)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Teaming with Insects Facilitators Guide (#08443)* Classification materials: • Field Guide to Insects of North Americas (Eaton/Kaufman)\ • Field Guide to Insects and Spiders (Evans)	Pre-requisites: Complete Entomology Level 2 (or approval of 4-H Professional) • Using the "Teaming with Insects" Level 3 curriculum booklet: • Complete a minimum of 5 activities per year. • Complete all 15 activities within 3 years to pass Level 3. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* ***Note*: *See "*Special Directions*" at the end of the Entomology Section for more information about this project.**	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • **1st Year:** Collection of at least 20 insects, including 1 incomplete and 1 complete metamorphosis and including 10 different insects you haven't exhibited before (at least 10 identified to family; including at least 10 orders) or a specific collection.* • **2nd Year:** Collection of 25 insects, including, using ethyl acetate to kil and preserve 10 different insects you haven't exhibited before (at least 10 identified to family; including at least 10 orders) or specific collections.* • **3rd Year:** Collection of 40 insects, including 1 incomplete and complete metamorphosis, and learning how to use UV light for nighttime collection, and including 15 different insects you haven't exhibited before (at least 20 identified to family; including at least 8 orders) or a specific collection.* **OR** • A report of things you have learned or researched (such as results of observations of the life cycle and behavior of the monarch butterfly, a story you wrote about an insect, etc.). **OR** • A poster (14"x 22") or display relating to some activity in Level 3 (life cycle display, spider's web, plastic mount, framed butterflies, etc.). **Collection**: Exhibit boxes should be approximately 18" x 12" or 25 insects or 18" x 24" for 50 insects, and about 3" to 3 ½" deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be organized by order.

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

Support Materials: Idaho 4-H Entomology page: https://www.uidaho.edu/extension/4h/projects/entomology
To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-entomology.aspx

Optional Supporting Materials:
- *Preparing Insect Specimens for Exhibit (#82358)*
- Bug Guide from Iowa State University online at: http://bugguide.net/node/view/15740
- How To Make an Awesome Insect Collection, online at: http://extension.entm.purdue.edu/401Book/default.php?page=home

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Special Directions:

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

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

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VETERINARY SCIENCE

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Projects & Materials	Requirements	Exhibit Requirements
Veterinary Science **Youth Materials:** • *4-H Project Record Book (#91950)* • *4-H Involvement Report (#91910)* o *The Normal Animal-Unit 1 (#82901)* o *Animal Diseases-Unit 2 (#82902)* o *Animal Health & It's Relationship to Our World-Unit 3 (#82903)* **Volunteer Materials:** o *Veterinary Science Volunteer's Guide (#82904)*	Project Requirements: • Complete a minimum of 7 activities from supporting materials for Veterinary Science. • On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* • *Veterinary Science Manual*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Veterinary Science Manual (#82901/82902/82903) • A poster (14" x 22") or display related to the project and unit.

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

Support Materials:
To purchase Nebraska curriculum, visit: http://marketplace.unl.edu/ne4h/curriculum/animalscience?p=2
Idaho 4-H Veterinary Science page: https://www.uidaho.edu/extension/4h/projects/veterinary-science

Optional Supporting Materials:

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

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

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AEROSPACE

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Projects & Materials	Requirements	Exhibit Requirements
Pre-Flight, Grades K-2 **Youth Materials:** • **National 4-H Curriculum** *Pre-Flight K-2, Project Activity Guide (#06842)* **Volunteer Materials:** • **National 4-H Curriculum** *Aerospace Adventures Helper's Guide (#06846)* • *Aerospace Adventures CD (#07605)*	There are no specific requirements for completing Cloverbud projects. Volunteers may work through the lessons in this manual as they wish according to the members' abilities.	• Exhibiting at the Fair is optional and non-competitive. • Exhibits may include an item made, a folder or notebook showing activities completed, or the completed member manual. • The Cloverbuds Memory Book (#63013) may be used with fair exhibits, but is not required. • A participation ribbon or similar recognition may be given.

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

Supporting Materials:
To order National 4-H Curriculum: http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx
Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures

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Projects & Materials	Requirements	Exhibit Requirements
Lift-Off, **Ages 8-10** **Youth Materials:** • **National 4-H Curriculum** *Lift-Off, Stage 2, Aerospace Activity Guide (#06843)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Aerospace Adventures Helper's Guide (#06846)* • *Aerospace Adventures CD (#07605)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year. • Finish at least 20 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • An item you made in this project. Suggested items: • Rocket made from a kit (Skill Level 1 or 2, include plans). • Handmade Kite (include plans). • Model airplane from a kit (include plans). • Any model rocket or airplane (beginning skill level) not built from a kit (include plans). **OR** • A poster (14"x22") or display illustrating something you learned in this project this year. **OR** • Report of things you learned or researched. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels. **** See Special Directions at end of Aerospace requirements.***.

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

Supporting Materials:
To order National 4-H Curriculum: http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx
Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures

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AEROSPACE (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Reaching New Heights, Grades 6-8 **Youth Materials:** • **National 4-H Council** *Reaching New Heights, Stage 3, Project Activity Guide (#06849)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Council** *Aerospace Adventures Helper's Guide (#06846)* • *Aerospace Adventures CD (#07605)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year. • Finish at least 20 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • An item you made in this project. Suggested items: Rocket made from a kit (Skill Level 2 or 3, include plans). Fighter kite that can roll, pitch, and yaw (include plans). ➢ Model airplane from a kit (include plans). ➢ Any model rocket or airplane (intermediate skill level) not built from a kit (include plans). **OR** ➢ A poster (14"x22") or display illustrating something you learned in this project this year. **OR** ➢ Report of things you learned or researched. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels. **** See Special Directions at end of Aerospace requirements.***

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

Supporting Materials:
To order National 4-H Curriculum: http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx
Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures

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AEROSPACE (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Pilot In Command, Grades 9-12 **Youth Materials:** • **National 4-H Curriculum** *Pilot In Command, Stage 4, Aerospace Activity Guide (#06845)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Aerospace Adventures Helper's Guide (#06846)* • *Aerospace Adventures CD (#07605)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities, plus 3 Learning Experiences (pg.4) each year. • Finish at least 20 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • An item made in this project. Suggested items: • Rocket made from a kit (Skill Level 3 or 4, include plans). • Box kite (include plans) • Any model rocket or airplane (Advanced skill level) not built from a kit (include plans). • Remote control airplane made from a kit (include plans). **OR** • A poster (14"x22") or display illustrating something you learned in this project this year. **OR** • Report of things you learned or researched. ***Note:*** Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels. **** See Special Directions at end of Aerospace requirements.***

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

Supporting Materials:
To order National 4-H Curriculum: http://www.4-hmall.org/Category/4-hcurriculum-aerospace.aspx
Idaho 4-H Aerospace page: https://www.uidaho.edu/extension/4h/projects/aerospace-adventures

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

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BICYCLE

Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
Bicycling for Fun Grades 3-5 **Youth Materials:** • **National 4-H Curriculum** *Bicycling for Fun 3-5(#08334)* **Volunteer Materials:** • **National 4-H Curriculum** *Bicycle Group, Helper's Guide (#08336)* • *Bicycle - Don't Get Stuck: Fix It DVD (#08399)*	In the member's current Manual: • Complete a minimum of 7 (5 regular activities and 2 pedaling harder). • Finish all 4 steps of the Planning Guide. • Complete this book within 2 years. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14"x22") or display illustrating something you learned in bicycle this year. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.

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

Supporting Materials
To order materials from National 4-H Council visit: http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx
Idaho 4-H Bicycle page: https://www.uidaho.edu/extension/4h/projects/bicycle

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Projects & Materials	Requirements	Exhibit Requirements
Wheels in Motion Grades 6-8 **Youth Materials:** • **National 4-H Curriculum** *Wheels In Motion, (#08335)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Bicycle Group, Helper's Guide (#08336)* • *Bicycle - Don't Get Stuck: Fix It DVD (#08399)*	In the member's current Manual: • Complete a minimum of 7 activities (5 regular and 2 pedaling harder). • Finish all 4 steps of the Planning Guide. • Complete this book within 2 years. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14"x22") or display illustrating something you learned in bicycle this year. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.

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

Supporting Materials
To order materials from National 4-H Council visit: http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx
Idaho 4-H Bicycle page: https://www.uidaho.edu/extension/4h/projects/bicycle

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COMPUTER POWER UNLIMITED

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Projects & Materials	Requirements	Exhibit Requirements
Computer Power Unlimited **Youth Materials:** • **National 4-H Curriculum**, *"CPU Newbie Know-How," (#BU-08346)* • **National 4-H Curriculum**, *"CPU 1, Inside the Box," (BU-08347)* • **National 4-H Curriculum**, *"CPU 2, Peer to Peer," (#BU-08348)* • **National 4-H Curriculum**, *"CPU 3, Teens Teaching Tech," (BU-08349)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Located inside each curriculum book.*	In the member's current Manual: • Complete a minimum of 7 activities per. • Complete this book within 2 years. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A poster (14"x22") or display illustrating something you learned in bicycle this year. ***Note***: Exhibits should utilize only skills, tools, and techniques taught in that project book or previous levels.

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

Supporting Materials
To order materials from National 4-H Council visit:
http://www.4-hmall.org/Category/4-hcurriculum-computer.aspx
Idaho 4-H Computer Power unlimited page: https://www.uidaho.edu/extension/4h/projects/computer-power-unlimited

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ELECTRICITY

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Projects & Materials	Requirements	Exhibit Requirements

Magic of Electricity, Grades 6-8
 	
Youth Materials:
• **National 4-H Curriculum** *Magic of Electricity, Level 1 (#08648)*
• *4-H Involvement Report (#91910)*
• *4-H Project Record Book (#91950)*
 	
Volunteer Materials:
• **National 4-H Curriculum** *Electricity Excitement, Helper's Guide (#06852)*
	In the member's current Manual:
	
	• Complete at least 3 required activities and 4 optional activities each year.
	• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
	• Participation in at least two Leadership experiences a year.
	• Have your electric helper date and initial the activities as you complete them.
	• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
	
	Complete the following:
	
	• *4-H Involvement Report (#91910)*
	• *4-H Project Record Book (#91950)*
		• 4-H Project Record Book (#91950)
		• 4-H Involvement Report (#91910)
		• Member Guide (this is a 3 year project make a delineation of what items are completed each year)
		AND
		Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:
		• A poster (14"x22") or display illustrating something you learned in this project this year.
		• A scrapbook of pictures of a Leadership activity or circuits made or being tested.
		• One of the following items (each year it should be a different item):
		  o Homemade Flashlight
		  o Simple Switch
		  o Circuit with two batteries and one light bulb
		  o Compass
		  o Electromagnet
		  o Galvanometer
		  o Electric Motor
		Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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

Supporting Materials
To order materials from National 4-H Council visit:
http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx
Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power

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ELECTRIC (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Investigating Electricity **Youth Materials:** • **National 4-H Curriculum** *Investigating Electricity, Level 2 (#06849)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Electric, Group Guide (#06852)*	In the member's current 4HCCS Manual: • Complete at least 3 required activities and 4 optional activities each year. • Complete at least 21 total required and optional activities in three years or less to complete this achievement program. • Participation in at least two Leadership experiences a year. • Have your electric helper date and initial the activities as you complete them. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Member Guide (this is a 3 year project make a delineation of what items are completed each year) **AND** Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following: • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of a Leadership activity or circuits made or being tested. • One of the following items (each year it should be a different item): • Homemade Flashlight • Simple Switch • Circuit with two batteries and one light bulb • Compass • Electromagnet • Galvanometer • Electric Motor ***Note:*** Exhibits must utilize only skills, tools, and techniques taught in this project book.

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

Supporting Materials
To order materials from National 4-H Council visit
http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx
Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power

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Projects & Materials	Requirements	Exhibit Requirements
Wired for Power **Youth Materials:** • **National 4-H Curriculum** *Wired for Power, Level 3 (#06850)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Electric, Group Guide (#06852)*	In the member's current Manual: • Complete at least 3 required activities and 4 optional activities each year. • Complete at least 21 total required and optional activities in three years or less to complete this achievement program. • Participation in at least two Leadership experiences a year. • Have your electric helper date and initial the activities as you complete them. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Completed Member Guide **AND** Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following: • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of a Leadership activity or circuits made or being tested. • One of the following items (each year it should be a different item): o Electrical tool and supply kit o Display of symbols on wires and cables and their meaning o Display of light bulbs and the jobs they do best o Poster on how to read an appliance nametag o Chart showing the electrical usage of appliances o Poster on how to replace a switch ***Note:*** Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.

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

Supporting Materials
To order materials from National 4-H Council visit
http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx
Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power

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ELECTRIC (cont.)

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Projects & Materials	Requirements	Exhibit Requirements

Entering Electronics
 	
Youth Materials:
• **National 4-H Curriculum** *Entering Electronics, Level 4 (#06851)*
• *4-H Involvement Report (#91910)*
• *4-H Project Record Book (#91950)*
 	
Volunteer Materials:
• **National 4-H Curriculum** *Electric, Helper's Guide (#06852)*
	In the member's current Manual:
	
	• Complete at least 3 required activities and 4 optional activities each year.
	• Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
	• Participation in at least two Leadership experiences a year.
	• Have your electric helper date and initial the activities as you complete them.
	• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
	
	Complete the following:
	
	• *4-H Involvement Report (#91910)*
	• *4-H Project Record Book (#91950)*
		• 4-H Project Record Book (#91950)
		• 4-H Involvement Report (#91910)
		• Completed member guide
		Exhibit should be related to one of the focus activity areas in your member manual. Ideas for an exhibit include the following:
		• A poster (14"x22") or display illustrating something you learned in this project this year.
		• A scrapbook of pictures of a Leadership activity or circuits made or being tested.
		• One of the following items (each year it should be a different item):
		  o Display of electronic parts
		  o Diode
		  o Transistor
		  o Light emitting diode (LED)
		  o LED flasher
		  o Photocell alarm
		  o Light Meter
		  o Silicon controlled rectifier (SCR) intruder alarm
		  o 6-8 Watt amplifier with integrated circuit
		
		Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.

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

Supporting Materials
To order materials from National 4-H Council visit
http://www.4-hmall.org/Category/4-hcurriculum-electric.aspx
Idaho 4-H Electric Power page: https://www.uidaho.edu/extension/4h/projects/electric-power

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ENGINES, TRACTORS, FIELD EQUIPMENT

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Projects & Materials	Requirements	Exhibit Requirements
Crank It Up, Grades 3-5 **Youth Materials:** • **National 4-H Curriculum** *Crank It Up, Level 1 (#83751)* • 4-H Involvement Report (#91910) • 4-H Project Record Book (#91950) **Volunteer Materials:** • **National 4-H Curriculum** *Small Engines Helper's Guide (#83754)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • 4-H Involvement Report (#91910) • 4-H Project Record Book (#91950)	• 4-H Project Record Book #91950 • 4-H Involvement Report (#91910) • Completed Member Guide Exhibit one of the following: • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of an activity you conducted • One of the following items (each year it should be a different item): o History of Engines o Classifying Small Engines o Uses of Small Engines o Matching machines to the job o Engine operation o Small Engine Parts o Buying Small Engine Parts o Electrical System Operation o Needs for Lubrication o Needs for Cooling System ***Note***: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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

Support Materials:
To order from National 4-H Mall visit: http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx
Idaho 4-H Small Engines page: https://www.uidaho.edu/extension/4h/projects/small-engines

Optional Supporting Materials:
www.briggsandstratton.com (Briggs and Stratton)
www.ariens.com/en-us (Ariens)
www.deere.com (John Deere)
www.kohlerengines.com (Kohler)
http://www.tecumseh.com Tune (Tecumseh)

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ENGINES, TRACTORS, FIELD EQUIPMENT (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Warm It Up, Grades 6-8 **Youth Materials:** • **National 4-H Curriculum** *Warm It Up, Level 2 (#08187)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Small Engines Helper's Guide (#83754)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Completed Member Guide Exhibit one of the following: • A poster (14"x22") or display illustrating something you learned in this project this year. • A scrapbook of pictures of an activity you conducted • One of the following items (each year it should be a different item): o Classifying small engines o Determining engine size o Comparison of diesel and gasoline engines o Alternative energy sources o Grades of gasoline o Grades of engine oil o Small engine parts o Buying engine parts o Air cleaner cutaway o Electrical system cutaway ***Note:*** Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels

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

Support Materials:
To order from National 4-H Mall visit: http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx
Idaho 4-H Small Engines page: https://www.uidaho.edu/extension/4h/projects/small-engines

Optional Supporting Materials:
www.briggsandstratton.com (Briggs and Stratton)
www.ariens.com/en-us (Ariens)
www.deere.com (John Deere)
www.kohlerengines.com (Kohler)
http://www.tecumseh.com Tune (Tecumseh)

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ENGINES, TRACTORS, FIELD EQUIPMENT (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Tune It Up, Grades 9-12 **Youth Materials:** • **National 4-H Curriculum** *Tune It Up, Level 3 (#08188)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Small Engines Helper's Guide (#83754)*	In the member's current Manual: • Complete a minimum of 7 required/optional activities each year. • Finish at least 21 of the required and optional activities within 3 years to pass each book. • Have your project helper date (month and year) and initial each activity when it is finished. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book #91950 • 4-H Involvement Report (#91910) • Completed member guide • A poster (14"x22") or display illustrating something you learned in this project this year. **OR** • A scrapbook of pictures of an activity you conducted • One of the following items (each year it should be a different item): o Small engine cutaway o Small engine tools and their uses o Troubleshooting a small engine o Engine valve failures o Lawnmower blades service o Rebuild a small engine o Rebuild small engine equipment o Build equipment powered by small engines, such as log splitter, go-cart, etc. o Small engine design trends o Oil refining process ***Note***: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels.

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

Support Materials:
To order from National 4-H Mall visit:http://www.4-hmall.org/Category/4-hcurriculum-small-engines.aspx
Idaho 4-H Small Engines page: https://www.uidaho.edu/extension/4h/projects/small-engines

Optional Supporting Materials:
www.briggsandstratton.com (Briggs and Stratton)
www.ariens.com/en-us (Ariens)
www.deere.com (John Deere)
www.kohlerengines.com (Kohler)
http://www.tecumseh.com Tune (Tecumseh)

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GEOSPATIAL

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Projects & Materials	Requirements	Exhibit Requirements
Exploring Spaces, Going Places **Youth Materials:** • **National 4-H Curriculum** *Exploring Spaces, Going Places CD, (#08358)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Exploring Spaces, Going Places CD, (#08358)*	Have your project helper date (month and year) and initial each activity when it is finished. • ***1st Year:*** Complete a minimum of 4 Level 1 Activities and 3 Helper's Guide Beginner Activities. • ***2nd Year:*** Complete a minimum of 4 Level 1 Activities and 3 Helper's Guide Beginner Activities. • ***3rd Year:*** Complete a minimum of 4 Level 1 Activities and 3 Helper's Guide Beginner Activities. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Member Manual: o ***1st Year:*** Complete a minimum of 4 Level 1 Activities and 3 Helper's Guide Beginner Activities. o ***2nd Year:*** Complete a minimum of 4 Level 1 Activities and 3 Helper's Guide Beginner Activities. o ***3rd Year:*** Complete a minimum of 4 Level 1 Activities and 3 Helper's Guide Beginner Activities.

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

Supporting Materials
To order materials from National 4-H Council visit
http://www.4-hmall.org/Category/4-hcurriculum-geospatial.aspx
Note: *The CD contains activities for Level 1, 2, and 3, and a Helper's Guide.*
Idaho 4-H Geospatial Technologies page: https://www.uidaho.edu/extension/4h/projects/geospatial

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ROBOTICS

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Projects & Materials	Requirements	Exhibit Requirements
Junk Drawer Robotics **Youth Materials:** • *Junk Drawer Robotics: Youth Robotics Notebook (#08435)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *Junk Drawer Robotics, Level 1: Give Robots a Hand (#08431)* • *Junk Drawer Robotics, Level 2: Robots on the Move (#08432)* • *Junk Drawer Robotics, Level 3: Mechatronics (#08433)*	Project Requirements: • In your Youth Robotics Notebook, complete the all the modules for each respective year (Year 1 = Level 1, Modules 1-3; Year 2 = Level 2, Modules 1-4; and Year 3 = Level 3 Modules 1-5 • Give an oral presentation for each curriculum level demonstrating the designs. Presentations should include discussion of each of the Engineering Design Process stages. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• Complete Robotics Notebook (#83178) • 4-H Project Record Book (#91950) • One or more youth-designed junk drawer robots.

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

Supporting Materials:
To order materials from National 4-H Council visit:
http://www.4-hmall.org/Category/junk-drawer-robotics.aspx
Online materials from National 4-H Council: http://4-h.org/parents/curriculum/robotics/
University of Idaho Extension Robotics: https://www.uidaho.edu/extension/4h/programs/robotics
Idaho 4-H Junk Drawer Robotics page: https://www.uidaho.edu/extension/4h/projects/robotics-junk-drawer

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ROBOTICS:
Tournament Track

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Projects & Materials	Requirements	Exhibit Requirements
***FIRST*® LEGO® League (FLL)** **Youth Materials:** • *LEGO® MINDSTORMS® NXT or EV3 set and associated programming software* • *Field Setup Kit* • *FLL Challenge* **Volunteer Materials:** • *Participate in volunteer coach/mentor training by University of Idaho Extension Robotics* • *Register team with FIRST* • *FLL Coaches' Handbook Register for qualifying tournament with University of Idaho Extension Robotics*	Project Requirements: • Attend majority of club/project meetings • Complete your FLL Project: 1) identify problem; 2) create innovative solution; 3) share research and solution; 4) present at a tournament (see FLL Coaches' Handbook) • Share your project research and solution with a community group (see FLL Coaches' Handbook) • Complete and submit your project summary and robot design executive summary to UI Extension Robotics	• With your team, complete robot build and associated programming • Participate in at least one Idaho FLL Qualifying Tournament • Present your Project to a community group and to judge panel at your local FLL qualifying tournament (see FLL Coaches' Handbook)

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

Supporting Materials:
Register your FLL team and purchase materials: http://www.firstinspires.org/robotics/fll
Learn more about FIRST and FLL: http://www.firstinspires.org
University of Idaho Extension Robotics: https://www.uidaho.edu/extension/4h/programs/robotics
Idaho 4-H FLL Robotics page: https://www.uidaho.edu/extension/4h/projects/robotics-fll

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ROBOTICS: Tournament Track

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

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

Supporting Materials:
Learn about FTC and start a team: http://www.firstinspires.org/robotics/ftc
University of Idaho Extension Robotics: https://www.uidaho.edu/extension/4h/programs/robotics
Idaho 4-H FTC Robotics page: https://www.uidaho.edu/extension/4h/projects/robotics-ftc

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WIND ENERGY

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Projects & Materials	Requirements	Exhibit Requirements
Wind Energy **Youth Materials:** • **National 4-H Curriculum** *The Power of the Wind, Youth Guide (#08383)* • *Engineering Notebook (See Facilitator's Guide for directions)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • *The Power of the Wind, Facilitator Guide* (#08384)	Project Requirements: • Complete all five chapters including all challenges, explorations, and investigations. • Give an oral presentation of at least one of the activities. Presentation about one of the Challenge Activities should address most of the steps of the engineering process. Presentations about the Investigation or Exploration Activities should describe what was done, why, and what was learned. Complete the following: • *Engineering Notebook* (See Facilitator's Guide for directions) • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • Engineering Notebook • Challenge Activity Projects

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

Support Materials:
To order materials from National 4-H Council visit:
http://www.4-hmall.org/Category/wind-energy.aspx

Optional Supporting Materials:
Power of the Wind Online Component: http://4-h.org/parents/curriculum/wind-energy/

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WOOD SCIENCE

Rev. 09-15

Projects & Materials	Requirements	Exhibit Requirements
Measuring Up, Grades 2-4 **Youth Materials:** • **National 4-H Curriculum** *Measuring Up, Level 1 (#83860)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Woodworking Helper's Guide (#06879)*	In the member's Manual: • Complete a minimum of 7 required/optional *Measuring Up* Achievement Program activities and two (2) Leadership experiences each year. • Complete all four steps of the *Measuring Up* Planning Guide—Project goals, Leadership experiences, project highlights and project review. • Complete at least 21 of the required and optional activities within three years to complete this achievement program. • Have your woodworking helper date and initial the activities as you complete them. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • One (1) item from the list below; select a different item to exhibit for the second and third year. o A rabbit puzzle (p. 27). o A wood airplane (p. 28). o A wood box (p. 30). o A letter holder (p. 32). o A picture frame (p. 34). o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 10). ***Note***: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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

Supporting Materials:
To order National 4-H Woodworking curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx

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WOOD SCIENCE (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Making the Cut, Grades 4-6 **Youth Materials:** • **National 4-H Curriculum** *Making the Cut, Level 2, (#06876)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Woodworking Wonders Helper's Guide (#06879)*	In the member's current Manual: • Complete a minimum of 7 required/optional *Measuring Up* Achievement Program activities and 2 Leadership experiences each year. • Complete all four steps of the *Measuring Up* Planning Guide—Project goals, Leadership experiences, project highlights and project review. • Complete at least 21 of the required and optional activities within three years to complete this achievement program. • Have your woodworking helper date and initial the activities as you complete them. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • One (1) item from the list below; select a different item to exhibit for the second and third year. o A display of wood types (p.14). o A tool box (p. 29). o A bird house (p. 31). o A sawhorse (p. 32). o A wood whistle (p. 33). o A foot stool (p. 34). o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 11). ***Note:*** Exhibits must utilize only skills, tools, and techniques taught in this project book.

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

Supporting Materials:
To order National 4-H Woodworking curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx

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WOOD SCIENCE (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Nailing It Together, Grades 6-8 **Youth Materials:** • **National 4-H Curriculum** *Nailing It Together, Level 3 (#06877)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Woodworking Helper's Guide (#06879)*	In the member's Manual: • Complete a minimum of 7 required/optional *Measuring Up* Achievement Program activities and 2 Leadership experiences each year. • Complete all four steps of the *Measuring Up* Planning Guide—Project goals, Leadership experiences, project highlights and project review. • Complete at least 21 of the required and optional activities within three years to complete this achievement program. • Have your woodworking helper date and initial the activities as you complete them. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • One (1) item from the list below; select a different item to exhibit for the second and third year. o A boomerang (p. 26). o A belt buckle (p. 28). o A simple puzzle (p. 30). o A book shelf (p. 33). o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8). ***Note***: Exhibits must utilize only skills, tools, and techniques taught in this project book.

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

Supporting Materials:
To order National 4-H Woodworking curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx
Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking

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WOOD SCIENCE (cont.)

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Projects & Materials	Requirements	Exhibit Requirements
Finishing Up, Grades 9-12 **Youth Materials:** • **National 4-H Curriculum** *Finishing Up*, Level 4 *(#06878)* • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)* **Volunteer Materials:** • **National 4-H Curriculum** *Woodworking Helper's Guide (#06879)*	In the member's Manual: • Complete a minimum of 7 required/optional *Measuring Up* Achievement Program activities and 2 Leadership experiences each year. • Complete all four steps of the *Measuring Up* Planning Guide—Project goals, Leadership experiences, project highlights and project review. • Complete at least 21 of the required and optional activities within three years to complete this achievement program. • Have your woodworking helper date and initial the activities as you complete them. ➢ Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Complete the following: • *4-H Involvement Report (#91910)* • *4-H Project Record Book (#91950)*	• 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • One (1) item from the list below; select a different item to exhibit for the second and third year. o A wood vehicle (p. 26). o A tabletop hockey game (p. 28). o A step stool or chair (p. 31). o A toy dog (p. 33). o A door knocker (p. 34). o Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8). ***Note:*** Exhibits must utilize only skills, tools, and techniques taught in this project book.

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

Supporting Materials:
To order National 4-H Woodworking curriculum visit:
http://www.4-hmall.org/Category/4-hcurriculum-woodworking.aspx
Idaho 4-H Woodworking page: https://www.uidaho.edu/extension/4h/projects/woodworking

Develop Your Own Project

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SELF-DETERMINED

Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
NOTE: The Idaho 4-H Self-Determined project option is only available to youth 14-18 years of age. It is designed for members to explore appropriate educational interests in subject areas where either: (1) no Idaho-approved 4-H curriculum exists, or (2) members have completed all levels of the approved curriculum and desire to continue learning about that subject in greater depth. At no time shall it be used to substitute for currently approved Idaho 4-H curriculum. Furthermore, while supporting member's creativity, for safety and liability reasons all proposed Self-Determined project plans (fully completed through page 10 of the member manual) must be submitted to local Extension 4-H personnel for review and approval, before members continue with their project. Extension personnel may require plan modifications and/or deny approval of the proposed plan if they foresee potential safety issues or if it does not comply with the parameters set forth above. Because of inherent risk management issues, Self-Determined projects related to the 4-H Shooting Sports program are not permitted.		

SELF DETERMINED
Grade 9-12
 	
Youth Materials:
• *You Decide! Decision Making Guide for Self-Determined Projects (#91001)*
 	
Volunteer Materials:
• *Helping Them Decide! Volunteer's Guide for Self-Determined Projects (#91002)*
	Project Requirements:
	• Choose subject for project study.
	• Set your own project goals.
	• Develop a plan to reach project goals.
	• Carry out your plan.
	• Report your accomplishments.
	• Evaluate progress toward goals.
	• Determine changes or revisions desirable in your plan.
	• Prepare a written report.
	• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
	
	Complete the following:
	• *You Decide! Decision Making Guide for Self-Determined Projects (#91001)*
	• *4-H Involvement Report (#91910)*
		• 4-H Involvement Report (#91910)
		• *You Decide! Decision Making Guide for Self-Determined Projects (#91001)*
		• Written report showing plan and accomplishments. Include sections on:
		  o Goals you set
		  o Methods used
		  o What you learned
		  o Your conclusions or observations
		• Evaluation of your project.
		
		***Optional*:** A poster (14"x22") displaying your completed project.

County Requirements: Check with your County Extension office for more information.		
Support Materials: Idaho 4-H Self-Determined Projects page: https://www.uidaho.edu/extension/4h/projects/self-determined		

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