Scientists in Our Everyday Lives

Are You Into It?

If you live in the world today, then you want to explore Science in our Everyday Lives. Science is a way for us to look at and try to understand the world around us. Being scientific involves being curious, observing, asking questions about how things happen and learning about how to find answers. There’s science behind what we eat, how we clean, what we do, and how we live. Discover the science, do your own research, and form your own conclusions.

- Develop an interest, understanding, knowledge, and skills related to how science, engineering, and technology impact and can be applied to our everyday lives.
- Develop problem solving and logical reasoning skills.
- Improve communication and teamwork skills by working the way scientists and engineers do - in teams.
- Develop responsible attitudes about science and technology and how they relate to the real world and people’s lives.
- Gain experience in problem solving and decision-making using science process skills.

Here’s what you can do all year!

<table>
<thead>
<tr>
<th>Starting Out</th>
<th>Learning More</th>
<th>Expanding Horizons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic / Level 1</td>
<td>Intermediate / Level 2</td>
<td>Advanced / Level 3</td>
</tr>
</tbody>
</table>

- Understand how fabrics are made from fibers
- Learn how a microchip can identify your pet
- Learn how to keep your kitchen germ free
- Compare different kinds of fabrics, yarns, and finishes
- Consider ethics and animal welfare
- Design your own experiment and enter your results in science and technology fairs
- Understand differences between natural and synthetic fibers
- Learn about food additives, how they work, and concerns about them
- Design a machine that solves a problem at home; then build, test, and improve!

Leadership

- Develop a workshop on food safety
- Plan a “science day” for families with young children so they can learn about the science behind products they use every day

Communication

- Do a presentation on keeping your kitchen germ free
- Do a working exhibit on fabric and show the audience how to distinguish natural from synthetic fabrics

Citizenship

- Present information about hand washing and germs to a local daycare class
- Develop a flyer to leave at veterinary clinics discussing the process and benefits of micro-chipping your pets

Learn more at www.extension.iastate.edu/4h/projects/science-our-everyday-lives or contact your county ISU Extension Office
Take Science in our Everyday Lives further!

Here are other opportunities to explore science in our everyday lives:

- Contact your county ISU Extension Office for local workshops, activities, and events.
  [http://www.extension.iastate.edu/content/county-offices](http://www.extension.iastate.edu/content/county-offices)
- Meet others interested in the science, engineering, and technology? Check out 4-H camps and the Iowa 4-H Center. [http://www.extension.iastate.edu/4h/camping](http://www.extension.iastate.edu/4h/camping)
- Enter your science experiment or engineering design in a local science fair or enter the State Science + Technology Fair of Iowa. [http://www.sciencefairofiowa.org/](http://www.sciencefairofiowa.org/)
- Is it county fair time? Consider taking an exhibit, a piece of your project learning to the fair for judging and to show off what you have learned. It might get selected to go to the Iowa State Fair. [http://www.extension.iastate.edu/4h/statefair](http://www.extension.iastate.edu/4h/statefair)
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community. [http://www.extension.iastate.edu/4h/StateConference/](http://www.extension.iastate.edu/4h/StateConference/)
- Interested in a college education in science, engineering, or technology? Schedule a visit with Iowa State University to explore those majors. [www.iastate.edu](http://www.iastate.edu)

Exhibit Ideas

- Make a poster on food safety in the kitchen
- Create a display on different types of fibers and their qualities
- Do a scientific investigation on fiber strength based on material and cloth structure
- Make a display explaining the difference between colored light and pigments in paint

Resources

4-H Resources

- Science Discovery Series
  [http://www.4-hmall.org/Category/4-hcurriculum-science-discovery.aspx](http://www.4-hmall.org/Category/4-hcurriculum-science-discovery.aspx)
- 4-H Sewing Curriculum
  [http://www.4-h.org/resource-library/curriculum/4-h-sewing/](http://www.4-h.org/resource-library/curriculum/4-h-sewing/)
- Contact your local Extension Office about educational kits, workshops, or activities available for check out
  [http://www.extension.iastate.edu/content/county-offices](http://www.extension.iastate.edu/content/county-offices)

More Resources

- Public Broadcasting Service (PBS) Science & Nature
  [http://www.pbs.org/topics/science-nature/](http://www.pbs.org/topics/science-nature/)
- Dragonfly TV
  [http://www.pbs.org/parents/typograms/program-dragonflytv.html](http://www.pbs.org/parents/typograms/program-dragonflytv.html)
- SciGirls
  [http://pbskids.org/scigirls/](http://pbskids.org/scigirls/)
- PBS Kids Lab
  [http://pbskids.org/lab](http://pbskids.org/lab)

Record Keeping

Find all your record keeping tools at:
[http://www.extension.iastate.edu/4h/page/record-keeping](http://www.extension.iastate.edu/4h/page/record-keeping)

- 4-H Yearly Summary (4H 0096)
- Basic 4-H Project Record (4H 0096A)
- Experienced 4-H Project Record (4H 0096B)
- Advanced 4-H Project Record (4H 0096C)
- Recordkeeping Self-Evaluation (4H 98, PDF)