



4-H BEEF PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Teach someone the important traits in selecting a breeding heifer
- Create a poster showing the beef cuts and how to prepare them
- Share a presentation on the importance of following drug labels

Citizenship

- Volunteer to do beef promotion presentations during May Beef Month
- Provide beef taste testing at a grocery store to promote local food
- Volunteer to help at the county fair weigh-in

Leadership

- Arrange a tour of your farm
- Start a beef livestock judging team with help of an adult volunteer
- Lead a beef grooming and showmanship clinic for other 4-H members

4-H
GROWING TOGETHER

Are You Into It?

In the 4-H beef project you can select from a breeding animal or a market animal. Breeding animals allow you to start your own herd while market animals produce meat products for people.

- Learn basic principles of animal science by owning, caring for, and keeping records on one or more head of livestock
- Demonstrate knowledge of sound breeding, feeding, and management practices
- Learn value of scientific research in its influence on animals and the meat industry

Here's what you can do all year!

Starting Out Basic / Level 1

- Know your beef breeds
- Select your animal
- Identify parts of the animal and cuts of meat
- Train your calf to lead
- Feed your animal
- Learn to show your animal
- Groom your animal
- Learn about all the different beef by-products
- Determine quality grades of cattle
- Recognize a healthy animal

Learning More Intermediate / Level 2

- Ramp up your judging and meat-grading skills
- Make ethical decisions
- Understand the digestive system
- Identify common external parasites and other health issues
- Understand medication uses, storage, how to administer the medication and how it relates to food safety
- Learn the appropriate handling techniques and appropriate housing for beef cattle

Expanding Horizons Advanced / Level 3

- Learn about EPD's and select a sire for your animals
- Balance a beef ration and understand feed quality
- Learn about breeding and reproduction techniques
- Identify and learn to treat common diseases
- Evaluate beef carcasses and market your product



Take Beef further!

Here are other opportunities to explore Beef:

- Visit a local feed mill and see how feed ingredients are mixed, weighed and blended to make a complete ration
- Visit a local meat locker or local grocery meat case to observe preparation and packaging
- Learn how to evaluate meat cuts, quality grade, yield grade and how these affect taste and cost
- Compare feed tags from different companies
- Ride with a local veterinarian to learn about animal health
- Attend a cattle show to listen to a judge give oral reasons and witness the differences in judging cattle
- Become a part of a youth beef team
- Exhibit or attend local, regional or national beef shows and conferences
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and take the beef track, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your County Fair beef show or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Beef www.extension.iastate.edu/4h/projects/Livestock/beef • National 4-H Beef http://4-h.org/d/Pages/Layouts/beef.html • Raising 4-H Beef Breeding Heifers (4H 253) • Beef Breeding Identification Report (4H 106B) • Bite Into Beef Level 1 (4H 252A) • Here's the Beef Level 2 (4H 252B) • Leading the Charge Level 3 (4H 252C) • Beef Guide to Youth Group Activities (4H 252LDR) 	<ul style="list-style-type: none"> • Beef Project www.extension.iastate.edu/4h/projects/livestock/beef.htm • Iowa Cattleman Association http://iacattlemen.org/ • Iowa Beef Center link www.iowabeefcenter.org/ • ISU Extension Beef www.extension.iastate.edu/livestock/beefcattle/ • Iowa State Animal Science Program link www.ans.iastate.edu/ • Iowa Jr. Beef Breed's Association www.showcattlepage.com/ijbba/homepage.htm 	<p>Market Animals</p> <ul style="list-style-type: none"> • Record Worksheet (4H 228JR) • Project Worksheet (4H 228WS) <p>Breeding Animals</p> <ul style="list-style-type: none"> • Record Worksheet (4H 229JR) • Project Worksheet (4H 229WS)

Exhibit Ideas

- Participate in the 4-H beef show
 - Breeding heifer
 - Cow-calf
 - Bucket/bottle calf
 - Market beef
 - Pen of three
 - Showmanship
 - Rate of gain
- Consider an exhibit, notebook or display showing what you've learned in a beef-related topic
 - Nutritive value of beef
 - Beef meat cuts and proper preparation
 - Feeding rations
 - Preventative vaccinations
 - Photos of different beef breeds
 - Daily routine in caring for animals
 - Making a rope halter
 - Grooming techniques
 - Developing a foundation beef herd
 - Best care techniques for newborns
 - Beef by-products
 - Impact of local foods on local economy
 - Display of feeds or ration contents or analysis
 - How to Tattoo
 - Research how beef check-off dollars are used
 - Video on fitting a steer and/or heifer

4-H CHILD DEVELOPMENT PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Read books or stories you have written to younger children
- Create a puppet show to teach children street smart safety tips
- Visit with Clover Kids members about their county fair projects

Citizenship

- Collect puzzles, games, and toys for a local child care center
- Create and deliver a coupon booklet with things you will do with a child
- Assess the safety of a community playground and work for changes

Leadership

- Organize a toy drive and donate items to children in the community
- Volunteer in your community to help with 4-H educational Clover Kids activities
- Create a family job chart

4-H
GROWING TOGETHER

Are You Into It?

This 4-H project is designed to help you explore the world of child development. From discovering how children develop to creating safe places to grow to learning leadership skills, you are bound to love all the opportunities available with child development projects!

- Learn basic skills needed as babysitters, adults, and potential parents
- Identify characteristics of children ages birth to six
- Discover more about yourself and others

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Investigate ways people grow (mentally, socially, emotionally, and physically) • Celebrate differences in yourself and others • Observe how people express emotions • Learn about responsibility and self-motivation • Identify home safety hazards • Keep children safe from toys that are choking hazards 	<ul style="list-style-type: none"> • Learn to plan fun and safe home-alone activities • Sort and select age-appropriate toys for babies, toddlers, and preschoolers • Identify children's strengths and talents to work effectively in teams • Discover healthy food choices in planning and making meals • Explore safety concerns as a home inspector • Develop street smarts 	<ul style="list-style-type: none"> • Explore careers in the child development field and job shadow professionals • Learn child guidance and discipline techniques • Learn about disabilities that create special needs for children and adults • Study a public building to evaluate accessibility for persons with disabilities • Learn about parenting roles and responsibilities • Observe a child's physical, cognitive, emotional and social skills



Take Child Development further!

Here are other opportunities to explore Child Development

- Contact your County Extension Office to participate in local child development project workshops and babysitting camps.
- Apply to be a summer staff member at the Iowa 4-H Center after you graduate from high school.
- Showcase child development exhibits at county, regional, and/or state fairs.
- Enroll in first aid training for children and babysitter training courses through the American Red Cross.
- Consult a dietician to see how to plan and prepare nutritious meals for children with special diets.
- Invite a fire chief to talk to you and your friends about fire safety at home and while babysitting.
- Start a Safe Home Project in your neighborhood with your family and friends.
- Develop your own babysitting business or organize a free one-day child care service for holiday shoppers or parents during parent-teacher conferences.
- Form a babysitter support group with your friends and classmates.
- Attend Iowa 4-H Youth Conference and participate in workshops, listen to motivational speakers, and participate in a community service project; bring ideas back to your club and community
- Interested in a college education in the area of child growth and development? Schedule a visit with Iowa State University's College of Human Sciences and the Human Development and Family Studies Department <http://www.hdfs.hs.iastate.edu/>

Exhibit Ideas

- Develop a "Me Collage" displaying pictures of you, your favorite things, and what makes you special
- Create a display of a choke-tube tester and toys that are safe and unsafe
- Illustrate how to make a Family Job Chart
- Showcase a book you have written, illustrated, and shared with children
- Prepare an age-appropriate scavenger hunt and display the results
- Demonstrate the development of a fun and safe home-alone plan/chart
- Rate the safety and appropriateness of various toys for babies, toddlers, and preschoolers
- Illustrate how to make a family tree with symbols and clay
- Demonstrate the steps involved in planning for and preparing healthy meals for children
- Show how to inspect a home using a home safety checklist
- Create a poster that rates the safety of community playgrounds
- Illustrate accommodations that could be needed for a child with a disability to participate in a classroom or child care center
- Develop a checklist for parents to use to evaluate children's television shows
- Create a portfolio that illustrates a child's developmental ages and stages
- Prepare a poster showing the pros and cons of a discipline technique

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Child Development www.extension.iastate.edu/4h/projects/childdevelopment • National 4-H Child Development http://new.4-hcurriculum.org/projects/childdevelopment/ • Growing on My Own (4H 246A) • Growing with Others (4H 246B) • Growing in Communities (4H 246C) 	<ul style="list-style-type: none"> • 4-H Kids on the Grow http://new.4-hcurriculum.org/projects/childdevelopment/index.html • CYFERnet www.cyfernet.org/ • National Network for Child Care www.nncc.org/ • Iowa State University Extension Home and Family www.extension.iastate.edu/homefamily/ • US Consumer Product Safety Commission www.cpsc.gov/cpscpub/pubs/toy_sfy.html • National Network for Child Care Babysitting Curriculum www.nncc.org/Choose.Quality.Care/babysit0.html 	<ul style="list-style-type: none"> • 4-H Yearly Summary (4H 0096) • Basic 4-H Project Record (4H 0096A) • Experienced 4-H Project (4H 0096B) • Advanced 4-H Project Record (4H 0096C) • Recordkeeping Self-Evaluation (4H 98) • All record keeping resources can be found at: www.extension.iastate.edu/4h/projects/recordkeeping

4-H CITIZENSHIP PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Give a presentation about the history of your school or town
- Make an appointment with your state legislator and share your thoughts on an issue
- Read newspapers or newsmagazines on a regular basis
- Research a community issue and share your ideas with appropriate board or governing body

Are You Into It?

Make a difference. Discover the needs of your local community and beyond! Help others! Get into Action! Citizenship is the opportunity, right, and responsibility to contribute to shaping the world around you and provide service to others.

- Explore your relationships with others: family, peers, state, nation, and world.
- Get involved! Be an active, responsible citizen.
- Take action to help others!
- Show social responsibility, respect, and respond to the needs, rights, and responsibilities of others.

Here's what you can do all year!

Starting Out Basic / Level 1

- Get to know the other people in your club and what they like to do for fun.
- Construct a family tree of relatives identifying places lived and vocations
- Interview a neighbor and identify the similarities and differences between you
- Create and carry-out a plan to help someone outside your family
- Discover the history of your school or community
- Tour city or state's hall, Courthouse or capitol
- Help pick up trash at a park

Learning More Intermediate / Level 2

- Find out the names of your local or state representatives and the committees they serve on
- Interview your principal and find out what you and your 4-H Club can do to improve the school grounds
- Collect samples of club by-laws and constitutions; compare and contrast them
- Observe a community board meeting
- Create and carry-out a plan to help someone in your community

Expanding Horizons Advanced / Level 3

- Volunteer to be a tutor or a mentor in your school
- Investigate the departments in your county government and find out what they do
- Interview someone from your local Chamber of Commerce or Economic Development Agency to learn about the goals for your community
- Identify a cause important to you and determine how to make a difference
- Map out area resources available to youth and families

Leadership

- Organize friends to clean-up a neighborhood park
- Ask your local nursing home residents how they would like to celebrate the next holiday and involve others to carry-out the plan
- Get approval and then create and conduct a survey for students on a school issue; then share the results with the administration
- Serve as a Youth Delegate to either your state Democratic or Republican Party Convention

4-H
GROWING TOGETHER



Take Citizenship further!

Here are other opportunities to explore Citizenship:

- Participate in county or regional Legislative Day activities
- Apply to be a page in the State Legislature, attend National 4-H Conference or attend National 4-H Congress
- Attend Citizenship Washington Focus
- Contact your county Extension office to participate in 4-H County Council
- Volunteer for a local, county, or state political campaign for a candidate you support
- Create a team to raise funds and participate in a benefit for a national cause you support
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in making a difference. Check out camps at the Iowa 4-H Center.
- Interested in a college education in the area of political science, sociology, public service administration in agriculture, community and regional planning, community and public health? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Citizenship www.extension.iastate.edu/4h/projects/citizenship • Me, My Family & My Friends (4H 282A) • My Neighborhood (4H 282B) • My Clubs and Groups Level 1 (4H 282C) • My Community Level 2 (4H 282D) • My Heritage Level 2 (4H 282E) • My Government Level 3 (4H 282F) • My World Level 3 (4H 282G) • Citizenship Leader Guide (4H 282LDR) 	<ul style="list-style-type: none"> • Ellis Island www.ellisland.org/ • Congress for Kids www.congressforkids.net/citizenship_intro.htm • Kids.gov www.kids.gov/ • Education World www.educationworld.com/a_curr/curr008.shtml • PBS Kids http://pbskids.org/zoom/activities/action/index.html • White House www.whitehouse.gov/about/white-house-101/ • Character Counts http://charactercounts.org/ • Kids.gov www.kids.gov/ 	<ul style="list-style-type: none"> • 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) • Livestock Recordkeeping Forms

Exhibit Ideas

- Create a poster about the best things in your community
- Create a video about your community and what visitors should know about it
- Create a "Welcome to our School" kit to be given to new families
- Map the resources for youth and families in your community
- Create a notebook explaining the Bill of Rights and examples in your everyday life
- Give a presentation about the Checks and Balances of the 3 Branches of Government and how they're important to you
- Report your exploration of an issue and define how each branch of government plays a role in its creation, interpretation and carry-out
- Video your group at a service project and interview members about what they did and what it meant to them
- Research candidates for the next Governor election and put a notebook together sharing their stance on different issues
- Create a notebook about the things you learned on Citizenship Washington Focus trip and how they impacted you
- Illustrate in a visual display the process of how a bill becomes a law
- Create a visual representation about the different branches of government and how they work together

4-H CLOTHING PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Are You Into It?

This 4-H project is designed to help you explore the world of clothing. Fashions fade – learn to make your style your own and timeless in the clothing project. Discover what looks best on your body, how to make it, where to buy it, and how to care for it.

- Express yourself through creating and planning an exciting wardrobe
- Develop skills to purchase and make clothing
- Learn how to use equipment to make and care for your clothes
- Make clothes for yourself and others

Communication

- Design a poster identifying sewing machine parts and proper care of a sewing machine
- Create a 4-H video demonstrating how to sew on a button
- Teach others how to use a sewing machine to create decorative pillows

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn sewing machine parts, sewing tools, and how to sew on buttons • Examine the cost savings of buying new versus used clothing and accessories • Discover your own style with color and line • Understand how fabrics are made from fibers • Learn to do laundry on your own 	<ul style="list-style-type: none"> • Learn how to sew garments using patterns and the elements of design • Discover your personal image through clothing and accessories • Shop and sew for your body type • Compare different fabrics, yarns, and finishes • Discover how to take part in a fashion show 	<ul style="list-style-type: none"> • Discover how to sew garments integrating the principles of design • Learn the pros and cons of different types of retail sales, various methods to pay for clothing, and techniques for assessing product advertisements • Understand the differences between natural and manmade fibers • Review personal care tools for skin and hair

Citizenship

- Donate gently used or outgrown clothing
- Volunteer to sort and clean donated clothing at second-hand stores
- Organize a community clothing drive

Leadership

- Volunteer to take responsibility for washing your family's laundry
- Assist family members in going through their closets to recycle no longer worn clothing
- Bring your family together to organize a clothing garage sale

4-H
GROWING TOGETHER



Take Clothing further!

Here are other opportunities to explore Clothing:

- Contact your County Extension Office to participate in local clothing camps, workshops, or county/regional fairs
- If selected to represent your county at the State Fair 4-H Clothing Event, participate in the Clothing Selection, Fashion Revue, or The \$15 Challenge programs
- Consider forming a team to participate in 4-H's *Stitch This!* competition at the Iowa State Fair <http://www.extension.iastate.edu/4h/StateFair/stitchthis>
- Create your own sewing/tailoring business
- Demonstrate proper clothing care with friends and family: laundry, repair, and alterations
- Help family members to shop for clothing that best fits their different body types
- Meet others interested in clothing. Check out camps at the Iowa 4-H Center
- Attend Iowa 4-H Youth Conference and participate in workshops, listen to motivational speakers, and participate in a community service project; bring ideas back to your club and community
- Interested in a college education in the area of apparel merchandising, design, and production? Schedule a visit with Iowa State University's College of Human Sciences and the AMDP Program <http://www.aeshm.hs.iastate.edu/about.php>

Exhibit Ideas

- Demonstrate the creation of a seasonal clothing calendar and a wardrobe inventory checklist
- Evaluate cost per wear of various outfits
- Select multiple fabrics and compare what the fabrics are made of, durability, wrinkle resistance, absorbency, colorfastness, and proper care
- Identify how fibers from different countries get made into fabrics and clothing
- Show how to make basic clothing repairs with a needle and thread
- Demonstrate how different accessories compliment an outfit
- Identify the pros and cons of shopping at various types of stores (boutique, department, discount, consignment, outlet, and online)
- Illustrate how integrating design elements and principles can flatter body shapes and positively impact peoples' first impressions
- Create a poster identifying the quality of fabrics based on type of fibers, yarn, construction, finish, and coloring methods
- Describe process of sorting laundry and the effects of water temperature, detergent, bleach, and softener on fabrics
- Rate the effectiveness of different stain removers on various stains

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Clothing www.extension.iastate.edu/4h/projects/clothing • Unraveling the Mystery of Elements & Principles of Design in Clothing (4H 313) • Adventures in Clothing Level 1 (4H 315A) • Challenges in Clothing Level 2 (4H 315B) • Strategies for Clothing Level 3 (4H 315C) • Clothing Decisions: Discovering Choice (4H 317A) • Clothing Decisions: Managing Choice (4H 317B) 	<ul style="list-style-type: none"> • Iowa State Fair 4-H Clothing Event www.extension.iastate.edu/4h/projects/clothing/events • Home Sewing Association www.sewing.org/ • Butterick-McCall's-Vogue www.mccall.com • Sew-What's-New http://sew-whats-new.com/ • Fabric Link www.fabriclink.com/index.cfm • Hand Stitches http://mdg.ext.msstate.edu/sewing/index.html 	<ul style="list-style-type: none"> • 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)



4-H COMMUNICATION PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Citizenship

- Volunteer to teach Clover Kids how to do a new skill
- Try out for a part in a local community theatre production
- Construct props for a school play
- Present puppet shows at a daycare

Are You Into It?

Do you talk to friends? Take part in a school play? Write reports? Read books? If you do, you're communicating! The world of communication impacts you every day. By participating in the 4-H Communication project, you will explore the exciting world of communication, and learn more about yourself and others.

- Learn written, oral, and visual communication skills
- Develop self-confidence through public presentations
- Practice self-expression and creativity
- Demonstrate puppetry and stagecraft skills
- Learn how to organize and present information

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3	Leadership
<ul style="list-style-type: none"> • Introduce a speaker at your club meeting • Learn the basic parts of a speech • Write a thank you note • Learn about puppets used around the world • Make /Create your own puppet • Use clothing to create a character • Practice communicating with gestures • Add voice to a character 	<ul style="list-style-type: none"> • Learn and practice electronic etiquette • Learn to make good impressions • Practice using technology with presentations • Create exciting and effective visual aids • Develop listening skills; observe and record listening types at your next meeting • Learn to make props for a play • Observe others in conversation, keep a journal of your findings 	<ul style="list-style-type: none"> • Prepare for an interview by practicing with your leader • Prepare your resume • Present a persuasive speech • Learn about stage lighting • Write a play; then assemble a cast, direct and present the play at a community event • Learn to mime and perform for your club • Plan and perform a puppet show for a day care center 	<ul style="list-style-type: none"> • Write a short play for your 4-H club to perform • Help another member prepare their working exhibit or presentation • Volunteer to organize publicity for a community event • Direct a school play





Take Communications further!

Here are other opportunities to explore Communication:

- Write a short story or collection of poems. Make copies for your family and friends.
- Give a presentation or working exhibit at your club meeting and at your county communication event.
- Write thank you notes to a speaker or a donor to your club program.
- Organize making posters for display for national 4-H week.
- Record a radio ad or volunteer to be interviewed on a local radio station.
- Volunteer to read a book at library.
- Create and perform a puppet show for library.
- Teach a younger member how to give a presentation or prepare a working exhibit
- Create an electronic presentation about your 4-H club activities for members to use in community presentations.
- Write and direct a skit for a club Share The Fun act.
- Try out for a role in a school play or community theatre production.
- Write a letter to the editor about the value of 4-H for national 4-H week
- Create an improvisational comedy club/group
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Interested in a college education in the area of communication? Schedule a visit with Iowa State University's College of Journalism. www.iastate.edu

Exhibit Ideas

- Give an educational presentation, working exhibit, or extemporaneous speech
- Perform in Share The Fun
- Make a poster to demonstrate use of visual aids
- Construct a puppet theatre and puppets
- Prepare an exhibit describing steps in preparing a speech
- Write a short story. (or a novell)
- Make an audio file of sound effects to use with a play
- Prepare a poster about text messaging dos and don'ts
- Write and exhibit a collection of poems
- Make an exhibit showing make-up techniques for clowns
- Make a poster for the 4-H Poster Communication exhibit class
- Prepare a poster or presentation about social networking and use by teens

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Communication www.extension.iastate.edu/4h/projects/communication • National 4-H Communication www.n4hccs.org/projects/communications/ • How to Give a Presentation (4H 850A) • Picking Up the Pieces Level 1 (4H 848A) • Putting It Together Level 2 (4H 848B) • The Perfect Fit Level 3 (4H 848C) • LDR Leader Guide (4H 848) • 4-H Theatre Arts Project Manuals 	<ul style="list-style-type: none"> • Score with Your Posters www.extension.iastate.edu/4H/StateFair/EEHandbook/EEHScoreWithYourPosters.pdf • Effective Scientific Posters www.ncsu.edu/project/posters/NewSite/documents/QuickReferenceV2.pdf • Designing Effective Posters http://ublib.buffalo.edu/libraries/asl/guides/bio/posters.html • Check out Iowa State University at www.iastate.edu to learn more about programs in journalism and communication, communication studies, speech communication, and theatre 	<ul style="list-style-type: none"> • 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) • Achieving Goals through 4-H Record Keeping (4H-91) • Using Audio or Video for 4-H Project Record Keeping (4H-97A)

4-H CONSUMER MANAGEMENT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster comparing similar products
- Do a presentation about advertising techniques
- Talk to a group about different internet shopping sites and the value or concerns with those

Citizenship

- Give a portion of your money to a cause that you believe in
- Volunteer to help manage money at a fundraiser
- Go to a senior center and teach adults about safe online shopping

Leadership

- Help your family identify needs and wants
- Serve as the treasurer of a group
- Organize a fundraiser for a cause you believe in

4-H
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Are You Into It?

Use the Consumer Management project to get more bang for your buck! Find out how to use your money to get the things you want.

- Identify needs and wants, and how you spend your money on each.
- Make informed consumer decisions to reach your goals and to solve problems.
- Know your rights as a shopper.

Here's what you can do all year!

Starting Out Basic / Level 1

- Set a budget, make a list, and go shopping
- Make a list of your needs and your wants, and write down how you spend your money on each
- Compare costs of similar products: different stores, or generic/name-brand, or homemade/purchased, new/used
- Develop a savings plan to save for an item that you want to buy

Learning More Intermediate / Level 2

- Set goals to spend your money wisely
- Learn why you decide to buy what you do - advertising, peers, needs, priorities, and interests
- Identify the benefits of different savings account options
- Identify and make ethical decisions in earning and spending your money
- Compare return policies of different vendors—stores and on-line.

Expanding Horizons Advanced / Level 3

- Set saving, spending, and sharing goals for your money
- Identify the true cost of different kinds of credit.
- Develop a plan for the future – college, car, independent living
- Learn about consumer rights and how to use them effectively
- Compare warranty policies on different brands/stores for similar items



Take Consumer Management further!

Here are other opportunities to explore Consumer Management:

- Job-shadow at a local business in a career that interests you
- Visit a local bank and learn about savings & credit opportunities
- Help your club manage their resources by running for Club Treasurer
- Organize a prom dress re-sale or exchange program in your community or school; or organize a food or clothing pantry to benefit local residents.
- Visit a local used clothing store and learn how they evaluate and price their merchandise.
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events.
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Interested in a college education in the area of business or agricultural business? Schedule a visit with Iowa State University. www.iastate.edu.

Exhibit Ideas

- Compare the price of similar pieces of clothing (jeans for example) at a variety of places
- What happens to clothes donated to Goodwill if it doesn't sell
- Track your spending for a month and see where your money goes
- Track your spending related to a 4-H project (livestock, photography, clothing, pets)
- Track how you spend another of your resources, TIME
- Compare types of stores and places to shop
- Compare colleges, trade schools etc.
- Explore advertising influences
- Explore advertised products with various target audiences (examples include children's programs, prime time, sporting events)
- Describe the cost of fraud (shoplifting, bad check, fake id etc.)
- Describe potential problems related to privacy issues (social security numbers, credit cards, internet shopping etc.)
- Identify agencies that assist in resolving consumer complaints

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Consumer Management www.extension.iastate.edu/4h/projects/consumermanagement • Financial Champions - Money FUN-damentals, Level 2 (4H 356A) • Financial Champions - Money Moves Level 3 (4H 356B) • This is the Way I Spend My Money (4H 353) • My Money Myself Notebook Leader Guide (4H 355) • The Consumer In Me Level 1 (4H 357A) 	<ul style="list-style-type: none"> • FTC www.ftc.gov/ • My Money, Myself www.extension.iastate.edu/finances/ • Tracking Your Spending www.extension.iastate.edu/Publications/PM1918.pdf • Money Mechanics www.extension.iastate.edu/finances/personal/money/money_mechanics.htm • PBS: Don't Buy It http://pbskids.org/dontbuyit/ • Teach Younger Kids Money Skills www.creditunion.coop/pre_k/index.html 	<ul style="list-style-type: none"> • 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)

4-H CROP PRODUCTION PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Show your group the difference between a healthy plant and a sick one, and tell how that happens
- Do a presentation on sampling soil
- Develop a journal with the details of the fields you scout

Citizenship

- Help teach others about farm safety
- Join and participate in a farm commodity association
- Organize and lead an appreciation event for farmers during harvest

Leadership

- Create farm safety rules for your family and share with others
- Plan a tour of a seed corn plant for your group
- Develop a "harvest loss frame" and use it to help other farmers calculate their harvest losses

4-H
GROWING TOGETHER

Are You Into It?

Get your hands dirty in Crop Production! Find out how soils, bugs, beetles and more affect your crops. Whether it's corn, soybeans, wheat, hay or silage, 4-H crop production is for you!

- Learn how soil, seeds, weather, pests, and fertilizer affect field crops
- Learn the value and uses of field crops
- Learn how new technology can change the way field crops are grown
- Keep records of crop production

Here's what you can do all year!

Starting Out Basic / Level 1

- Plant something and watch it grow
- Find differences when you: plant seeds in different soils, use different fertilizers and control weeds & pests
- Identify what helps plants grow, and what's harmful to them
- Go through the interactive CD "Soybean and Corn" available through Extension Distribution

Learning More Intermediate / Level 2

- Take a soil sample
- Calculate growing degree days
- Scout fields for growing conditions
- Discover products that are made from field crops
- Protecting your plants from pests
- Decide what varieties of crops to plant and at what time
- Learn soil and nutrient requirements

Expanding Horizons Advanced / Level 3

- Manage your own crops based on Integrated Crop Management principles
- Explore career opportunities related to crop production
- Calculate harvest losses and their causes
- Calculate expenses and incomes to determine the profitability of field crops
- Identify how new technology impacts crop production



Take Crop Production further!

Here are other opportunities to explore Crop Production:

- Job-shadow at a local business in a career that interests you
- Attend adult Pesticide Applicator Training or Crop Advantage workshops at your county Iowa State University Extension office
- Organize a fundraiser that plants and markets a crop, donating proceeds to a worthy cause
- Attend Iowa 4-H Youth Conference and participate in CSI: Crops and other workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in crop production. Check out camps at the Iowa 4-H Center.
- Interested in a college education in the area of crop production? Schedule a visit with Iowa State University College of Agriculture and Life Sciences to explore majors. www.iastate.edu

Exhibit Ideas

- Create a booklet of all the uses of corn and soybeans
- Make a poster with a diagram of cut-off corn stalks and show the growing point
- Keep a journal of your plants, recording rainfall and other weather data, fertilizer and pesticide application, hybrid variety selection and other factors that influence the growth and development of your crop
- Produce a video about the role of legumes in fixing nitrogen in the soil
- Create a display showing potential safety hazards on a farm. Educate others on ways to prevent these hazards
- Design a poster to teach others about the information provided on seed labels
- Develop a field map showing the locations you checked for stand counts, and explain possible reasons for differences
- Create a photo journal of actual crop fields with or without a lot of weed competition
- Give an educational presentation on resources that are available to help in conservation planning
- Create a display or educational presentation comparing the financial risk associated with different types of financial agreements

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Crop Production www.extension.iastate.edu/4h/projects/cropproduction • Seedy Business with CD Level 1 (4H 381A) • Green and Growing Level 2(4H 381B) • Be'an All You Can Be Level 3 (4H 381C) 	<ul style="list-style-type: none"> • United Soybean Board www.unitedsoybean.org • Iowa Soybean Association www.iasoybeans.com • National Corn Growers www.ncga.com • Iowa Corn Growers www.iowacorn.org • Iowa Grain Quality Initiative www.extension.iastate.edu/grain/ • ISU Agronomy www.agron.iastate.edu • USDA Web Soil Survey http://websoilsurvey.nrcs.usda.gov/app/ 	<ul style="list-style-type: none"> • Crop Scouting Form (4H 382A) • Crop and Weather Report (4H 382B) • Crop Air and Soil Temperature Record (4H 382C) • Corn and Soybean Project Balance Sheet (4H 382D) • Crop Production Project Worksheet (4H 382WS)

4-H DAIRY CATTLE PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster on dairy breeds
- Take part in a quiz bowl contest
- Teach others about showmanship techniques
- Give a speech on the importance of the dairy industry

Citizenship

- Have your animal as part of a petting zoo sharing the importance of dairy
- Be a part of a dairy promotion event

Leadership

- Arrange for your class to tour a dairy farm
- Be a mentor for a younger 4-H'er
- Organize a county grooming clinic
- Attend the National Dairy Conference and encourage other youth to attend

4-H
GROWING TOGETHER

Are You Into It?

The dairy industry is one of the foundations of agriculture. There's so much more to it than just producing milk! The dairy industry has become a sophisticated business and there's a lot to learn beyond exhibiting your project.

- Acquire skills in dairy production through ownership and care of dairy animals.
- Learn marketing, processing, distribution, consumption, and use of dairy products.
- Practice principles of cleanliness and sanitation in production and care of dairy products.
- Learn nutritive value of dairy products and promote their use.

Here's what you can do all year!

Starting Out Basic / Level 1

- Know your dairy breeds
- Select your animal
- Identify parts of the animal
- Learn to evaluate your animal
- Feed your animal
- Demonstrate multiple showing techniques
- Grooming your animal
- Keep cost records
- Research on where to find answers to all your dairy questions
- Showmanship techniques

Learning More Intermediate / Level 2

- Ramp up your judging skills
- Make ethical decisions
- Identify a sick animal, how to treat it and future prevention
- Understand medication uses, storage, administering of medication and how it relates to food safety
- Learn appropriate handling techniques and housing of dairy cattle
- Evaluate feed quality and how it affects digestion
- Find a career in dairy production

Expanding Horizons Advanced / Level 3

- Learn body condition scoring
- Debate animal welfare issues
- Use records to make management decisions
- Investigate signs and causes of mastitis
- Balance a dairy ration
- Learn about breeding and reproduction techniques
- Promote the dairy industry
- Explore different career opportunities



Take Dairy Cattle further!

Here are other opportunities to explore Dairy Cattle:

- Participate in regional or statewide quiz bowl events and judging contests
- Market and sell project animals to other 4-H'ers
- Start your own dairy herd
- Educate communities about the dairy industry
- Attend Animal Science Roundup as part of the Iowa 4-H Youth Conference and take the dairy track
- Participate in a community service project, bringing ideas back to your community.
- Take part in the National Dairy Conference in Madison, Wisconsin
- Enjoy a summer internship working at a dairy farm
- Take a tour of the new state of the art ISU Dairy Farm
- Attend a local or state dairy show and listen to the judge give oral reasons on the classes
- Is it fair time? Consider showing in your County Fair dairy show or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine?
Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Create a poster on a dairy-related topic
 - Assemble an emergency medical kit
 - Investigate the carcass merit of dairy steers
 - Design a poster on the many dairy breeds
 - Proper selection and how to judge your animal
 - Fitting techniques for show day
 - Display on proper feed rations
 - Explain various housing and care techniques of dairy cattle
 - How artificial insemination and cloning has changed the industry
 - How to properly register and keep records on your animals
 - Compare and contrast the dairy breeds and their positive traits
- Make a scrapbook of your animal(s)
- Develop a presentation on the following:
 - Grooming your animal
 - How to start a dairy herd
 - The impact of the dairy industry on consumers
 - Comparison on the nutritive value of dairy vs. non-dairy products
 - How to properly show your animal
- Continue exhibiting the same animal(s) to show the progression and how they've changed

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Dairy Cattle www.extension.iastate.edu/4h/projects/livestock/dairy.htm • Cowabunga! Level 1 (4H 398A) • Moooving Ahead Level 2 (4H 398B) • Leading the Way Level 3 (4H 398C) • Dairy Project Leaders Guide (4H 398 LDR) • Bottle/Bucket Calf (4H 390) • Learning About Dairy (4H 392) 	<ul style="list-style-type: none"> • World Dairy Expo link www.world-dairy-expo.com/world-dairy-expo-home.cfm • National Dairy Conference http://4h.uwex.edu/events/dairyconf/index.cfm • Iowa State Dairy Science Program link www.ans.iastate.edu/centers/dairy/ • National Dairy Herd Improvement Assoc. www.dhia.org • The Dairy Site www.thedairysite.com 	<ul style="list-style-type: none"> • Dairy Animal Project Worksheet (4H 392 WS) • Dairy Animal Lifetime Record (4H 393 WS) • WS Dairy Goat Lifetime Record (4H 393A) • Dairy and Dairy Goat ID Report (4H 106A)

4-H DAIRY GOAT PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster on dairy goat breeds
- Teach others about showmanship techniques
- Give a speech on the importance of the dairy industry

Are You Into It?

The dairy industry is one of the foundations of agriculture. There's so much more to it than just producing milk! Most think of just dairy cattle that produce dairy products. Think again!!

- Acquire skills in dairy goat production through ownership and care of dairy goats.
- Learn marketing, processing, distribution, consumption, and use of dairy products.
- Discover selecting your project, to raising it, to finding a career in the industry.
- Learn nutritive value of dairy products and promote their use.

Citizenship

- Have your animal as part of a petting zoo sharing the importance of dairy
- Be a part of a dairy promotion event

Leadership

- Arrange for your class to tour a dairy goat farm
- Be a mentor for a younger 4-H'er
- Organize a county grooming clinic
- Attend a national or regional conference and encourage other youth to attend

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Know your dairy breeds • Select your animal • Identify parts of the animal • Learn to evaluate your animal • Feed your animal • Demonstrate multiple showing techniques • Grooming your animal • Keep cost records • Research on where to find answers to all your dairy questions • Showmanship techniques 	<ul style="list-style-type: none"> • Ramp up your judging skills • Make ethical decisions • Identify a sick animal, how to treat it and future prevention • Understand medication uses, storage, administering of medication and how it relates to food safety • Learn appropriate handling techniques and housing of dairy cattle • Evaluate feed quality and how it affects digestion • Find a career in dairy production 	<ul style="list-style-type: none"> • Learn body condition scoring • Debate animal welfare issues • Use records to make management decisions • Investigate signs and causes of mastitis • Balance a dairy ration • Learn about breeding and reproduction techniques • Promote the dairy industry • Explore different career opportunities

4-H
GROWING TOGETHER



Take Dairy Goats further!

Here are other opportunities to explore Dairy Goats:

- Tour a dairy goat operation
- Participate in regional or statewide quiz bowl events and judging contests
- Market and sell project animals to other 4-H'ers
- Start your own dairy goat herd
- Educate communities about the dairy goat industry
- Participate in a community service project, bringing ideas back to your community
- Enjoy a summer internship working at a dairy goat farm
- Research dairy goat by-products
- Compare the differences in dairy cattle and dairy goat milk and cheese production
- Attend a local or state dairy goat show and listen to the judge give oral reasons on the classes
- Is it fair time? Consider showing in your County Fair dairy goat show or the Iowa State Fair
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine?
Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Dairy Goat www.extension.iastate.edu/4h/projects/livestock/dairygoat.htm • Getting your Goat Level 1 (4H 396A) • Moooving Ahead Level 2 (4H 396B) • Leading the Way Level 3 (4H 396C) 	<ul style="list-style-type: none"> • Iowa Dairy Goat Association www.iowadairygoat.org • American Dairy Goat Assoc. www.adga.org • Dairy Goat Journal www.dairygoatjournal.com 	<ul style="list-style-type: none"> • Dairy Animal Project Worksheet (4H 392 WS) • Dairy Animal Lifetime Record (4H 393 WS) • WS Dairy Goat Lifetime Record (4H 393A) • Dairy and Dairy Goat ID Report (4H 106A)

Exhibit Ideas

- Create a poster on a dairy goat-related topic
 - Assemble an emergency medical kit
 - How to properly tattoo your dairy goat
 - Design a poster on the many dairy breeds
 - Proper selection and how to judge your animal
 - Fitting techniques for show day
 - A display on proper feed rations
 - Prepare a dairy goat show kit
 - Describe the proper terms when talking about dairy goats
 - How to properly register and keep records on your animals
 - Compare and contrast the dairy breeds and their positive traits
- Make a scrapbook of your animal(s)
- Develop a presentation on the following:
 - Grooming your animal
 - How to start a dairy goat herd
 - Comparison on the nutritive value of dairy vs. non-dairy products
 - How to properly show your animal
- Continue exhibiting the same animal(s) to show the progression and how they've changed

4-H DOG PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

Prepare a poster or demonstration:

- How to approach a dog safely
- How to prepare a dog for showing
- How to train a dog for exhibition
- How to select a nutritional diet
- How to select dog species for your family

Citizenship

- Clean up after your dog
- Volunteer at an animal shelter
- Write a letter to your local paper about the importance of having dogs spayed or neutered

Leadership

- Organize a dog show for your club
- Organize a fundraiser to help benefit an animal shelter
- Organize a dog therapy 4-H club in your community
- Develop a plan to foster dogs of deploying soldiers

4-H
GROWING TOGETHER

Are You Into It?

"Lions, Tigers, and Bears, oh my!" Do not make good pets but dogs do! Dogs are also used for sport and assist in working livestock. The dog project helps you explore what kind of dog fits into your family's lifestyle and how to be an excellent trainer and caretaker of your dog.

- Learn major dog breeds and identify their characteristics
- Study responsibilities of dog ownership
- Demonstrate dog care and management in feeding, handling, record-keeping, grooming and fitting
- Learn dog health regulations, first aid, and simple treatments for ailments

Here's what you can do all year!

Starting Out Basic / Level 1

- Gather information and determine the best dog for your family
- Learn about the proper care, grooming and feeding of your dog
- Learn to identify the parts of your dog for conversations with your vet
- Create a plan to prevent your dog from getting lost or finding it if it gets lost
- Purchase and use the appropriate grooming equipment and techniques
- Practice appropriate training for your dog

Learning More Intermediate / Level 2

- Plan a training and exercise program for your dog
- Prepare for participation in a dog show
- Make a decision about breeding or not breeding your dog
- Compare the labels on dog foods to make an informed decision on content and price
- Keep a diary of your dog's health and eating habits
- Research kennels facilities in your area and decide if one is right for your dog

Expanding Horizons Advanced / Level 3

- Create a trainer's diary to assist you when you work with your dog
- Interview someone who uses a service dog to assist them
- Create a dog ownership budget
- Help a friend make a decision about dog ownership
- Research diseases in dogs
- Identify symptoms and a course of action if your dog gets sick



Take Dogs further!

Here are other opportunities to explore Dogs:

- Contact your county Iowa State University Extension Office for information about local dog related events www.extension.iastate.edu/ou/offices.htm
- Learn about service animals and the process for fostering and training a service animal
- If you are interested in veterinary science and taking care of dogs, visit with Iowa State University's College of Veterinary Medicine <http://vetmed.iastate.edu/>
- Job-shadow at a local business (pet store, veterinary clinic, breeder, etc.) in a dog related career that interests you
- Go to local and area dog shows and explore the differences in dog breeds and how they are shown
- Explore health safety issues with dogs – what diseases do dogs have that might make humans ill?
- Explore what kinds of dogs make the best pets – compare breeds, inside dogs, outside dogs
- Learn how puppies are acquired by the local pet store
- Research all the kinds of parasites your dog might get and how to protect you and your dog
- Do some comparison shopping for dog supplies
- Explore what kind of restrictions and laws your community might have on dogs
- What are the requirements for licensing a dog in your community?
- Explore the subject of animal assisted therapy, how it is used and what the benefits are
- If you are in high school, consider attending the annual Iowa 4-H Youth Conference

Exhibit Ideas

- Exhibit your dog at the fair
- Make a first aid kit for a dog. Tell why and how each item is used
- Share diet and nutrition information for raising a healthy dog – teach other 4-H members how to read a nutrition label on the dog food bag
- Interview your veterinarian about a microchip to identify your dog; develop a video about options
- Attend a dog show; take photos and make a notebook about dog breeds
- Write a story about your dog for a younger sibling
- Visit a dog store and find as many pieces of dog equipment as you can. Identify necessary equipment and costs
- Make a poster on diseases your dog can get. Tell about its discovery, effects, treatments, prognosis, and outcomes
- Research jobs related to dogs; make a poster showing three jobs that interest you
- Develop a video showing the steps in training a dog
- Research the country or area your dog came from. Take special note of the people, tradition and other types of animals that live in the area. Design a poster showing your dog's origin
- Design a toy for your dog; tell about your decisions related to safety and cleanliness

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Dogs www.extension.iastate.edu/4h/projects/livestock/dogs.htm • 4H 403A Wiggles and Wags, Dog Level 1 • 4H 403B Canine Connection, Dog Level 2 • 4H 403C Pointing the Way, Dog Level 3 • 4H 403 LDR Dog Leader Guide • 4H 402AX Training Your Dog for Family Living • 4H 402BX Dog Obedience Training for Beginners, Graduate Beginners, Brace, and Team • 4H 402CX Dog Obedience Training for Novice, Graduate Novice 	<ul style="list-style-type: none"> • Service Animal http://en.wikipedia.org/wiki/Service_animal • Animal Assisted Therapy http://en.wikipedia.org/wiki/Animal-assisted_therapy • Healthy dogs http://cdc.gov/healthydogs http://vetmed.illinois.edu/dogcolumns http://avma.org/firstaid/procedures.asp http://healthy-dogs.net/ • Learn About Man's Best Friend http://4-h.org/d/Pages/Layouts/dog.html • American Kennel Club www.akc.org 	<ul style="list-style-type: none"> • 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) • Dog ID Form 4-H 106E • For additional record keeping and scorecards go to www.extension.iastate.edu/4h/projects/Livestock/pets.htm

4-H FOOD AND NUTRITION PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Teach friends how to make healthy snacks
- Tell your family about the importance of eating a variety of foods from all the food groups
- Design a poster about kitchen safety

Citizenship

- Bake with the elderly at a care center
- Volunteer at a food pantry
- Offer locally grown food sampling at grocery store

Leadership

- Take responsibility for preparing one family meal each week
- Plan and help prepare food for a special family event
- Create a club fundraiser around food

4-H
GROWING TOGETHER

Are You Into It?

This project area designed to help you do fun experiments, prepare flavor-filled recipes, and go on fact-finding missions. You'll have fun learning about food ingredients, food characteristics, and food safety.

- Use the food pyramid to make healthy food choices
- Understand principles of nutrition related to health, physical fitness, and appearance
- Learn how to prepare and store foods safely
- Understand the scientific principles of nutrition
- Acquire and demonstrate skills in planning, purchasing, preparing and serving tasty and nutritious meals

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn how to read a recipe • Learn how to use measuring equipment • Make healthy snacks • Do fun food experiments • Make homemade pizza • Make a breakfast food • Compare costs of purchased and homemade • Learn how food spoils • Learn how to keep your kitchen germ free • Learn to safely use the microwave 	<ul style="list-style-type: none"> • Prepare a grocery list and go grocery shopping • Compare food costs • Learn safety know-how in the kitchen • Learn how to safely prepare and store foods • Explore low fat alternatives • Make healthy fast food choices at home, at school and eating out • Prepare easy meals 	<ul style="list-style-type: none"> • Plan and prepare a meal • Gain skill in evaluating nutrition information • Understand the connection between eating and emotions • Learn about food additives • Learn how to preserve and dry foods • Prepare foods in healthy ways • Learn to purchase foods on a limited budget • Explore careers in the food industry



Take Food and Nutrition further!

Here are other opportunities to explore Food and Nutrition:

- Create your own food preparation business
- Organize a food drive for your community
- Create a portfolio of your favorite recipes
- Participate in 4-H Cook This! at the Iowa State Fair
- Keep a journal of foods eaten and calories consumed
- Plan menus for a week, make a grocery list and go grocery shopping
- Is it fair time? Consider taking an exhibit, a piece of your project learning to the fair for judging and to show what you have learned throughout the year. It might get selected to go to the Iowa State Fair
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in food and nutrition - Check out camps at the Iowa 4-H Center
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Interested in a college education in the area of food and nutrition or culinary science? Schedule a visit with Iowa State University's College of Human Sciences or Ag & Life Sciences. www.iastate.edu.

Exhibit Ideas

- Learn to read food labels
- Experiment with altering recipes and share results
- Compare cost of purchased vs. home made
- Plan a special meal for your family
- Make a recipe calendar for a gift - include a recipe for each month
- Assemble a set of favorite recipes
- Research sports drinks vs. water - share results via poster

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Food and Nutrition www.extension.iastate.edu/4h/projects/foodandnutrition • Fantastic Foods National 4-H Foods www.four-h.purdue.edu/foods/ • Six Easy Bites (4H 445A) • Tasty Tidbits (4H 445B) • You're the Chef (4H 445C) • Foodworks (4H 445D) • Food & Nutrition – Additional Leader & Member Guide (BU-7730) • Cook This! www.extension.iastate.edu/4h/StateFair/cookthis.htm 	<ul style="list-style-type: none"> • ISU Extension Kids & Teens Food & Nutrition www.extension.iastate.edu/kidsteens/foodnutrition/ • ISU Extension Kids & Teens Food Nutrition & Health publications www.extension.iastate.edu/store/ListItems.aspx?CategoryID=40 • Eat to Compete www.extension.iastate.edu/nutrition/sport/ • Eat smart spend smart www.extension.iastate.edu/healthnutrition/sses.htm • My Pyramid (United States of Agriculture): www.mypyramid.gov/ 	<ul style="list-style-type: none"> • 4-H Yearly Summary (4H0096) • Basic 4-H Project Record (4H0096A) • Experienced 4-H Project Record (4H0096B) • Advanced 4-H Project Record (4H0096C) • Record keeping Self-Evaluation (4H98)

4-H HEALTH PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Show club members how to treat bee and wasp stings
- Teach your club a new game to raise their heart rates
- Prepare a poster about how to stay safe in case of disaster

Are You Into It?

From treating bug bites to finding safe playgrounds to starting a Kids Walk to School program - the 4-H Health project helps you explore health and wellness in your personal life as well as your home, club, community, country, and world.

- Learn how to take care of your own physical, intellectual, emotional, and social health
- Practice a healthy lifestyle and share what you have learned with others
- Learn about health and wellness resources in your community and state
- Learn about environmental issues as they affect health
- Learn to make decisions and take action that positively affects your health, your family's health, and your community's health

Here's what you can do all year!

Citizenship

- Organize a 4-H group to assemble first aid kits
- Conduct a playground safety check in your community
- Perform a building safety check at your club meeting site

Leadership

- Volunteer to be the club health and safety officer
- Organize a 4-H health club
- Write a grant for sport safety equipment for your community
- Demonstrate how to make power snacks at a club meeting

4-H
GROWING TOGETHER

Starting Out Basic / Level 1

- Learn basic safety and first aid skills
- Learn about poisons and how to keep you and your family safe
- Develop a family safety plan
- Identify safe places to play in your community
- Learn how to be safe around pets, strange dogs, and wildlife
- Learn about fire safety
- Learn about careers in emergency medicine

Learning More Intermediate / Level 2

- Create a personal health and wellness care plan
- Learn about germs and how they affect your health
- Learn how to choose food for fuel
- Discover new ways to add physical activity to your life
- Explore new foods to keep you healthy
- Explore environmental health issues that might be in your community
- Learn about careers in the health field

Expanding Horizons Advanced / Level 3

- Learn about sports supplements and their effectiveness
- Explore how hydration affects the body
- Learn how to avoid sports injuries
- Explore what nutrient rich foods are and how they benefit your body
- Explore careers in the fitness and nutrition fields
- Investigate community health issues like: bullying, safe driving, disaster management plans



Take Health further!

Here are other opportunities to explore Health:

- Create a recreation/activity plan for your club and lead the activities
- Evaluate on-line resources related to health and fitness – are they trustworthy?
- Visit with your county risk management office and learn how prepared your county is for a natural disaster
- Encourage your fellow club members to enroll in Red Cross First Aid and CPR classes
- Lead age-appropriate physical activity sessions at your local senior center
- Explore how mental and emotional health are connected to physical health
- Is it fair time? Consider taking some of your health project learning to the fair for judging and demonstrate what you have learned through the year
- Learn about the Kids Walk to School program and begin one in your community
- Explore careers in the health and wellness field
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in health; Check out camps at the Iowa 4-H Center
- Interested in a college education related to health? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Create first aid kits for your home and club
- Develop a self health plan
- Make a poster on water hydration and exercise
- Make a poster on sports injury
- Give a demonstration on wrapping to prevent or after sports injury
- Design a poster on farm safety
- Design a poster on dental care for babies and toddlers
- Give a demonstration about careers in the health field
- Make a poster on the pros and cons of antibacterial soap
- Give a demonstration on bicycle safety
- Create a poster about how nutrients affect your body
- Demonstrate how to use protective gear for outdoor sports
- Create a skit about what to do in an emergency situation
- Create a share the fun skit that gets the audience up and moving to raise their heart rate
- Prepare a selection of nutrient rich foods and provide samples for your fellow club members to try. Explain how the foods help your body function at top performance
- Teach proper stretching exercises and techniques to your club members

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Health www.extension.iastate.edu/4h/projects/health • National 4-H Health http://new.4-hcurriculum.org/projects/health/HealthCurriculum.htm • First Aid in Action (4H 480A) • Staying Healthy (4H 480B) • Keeping Fit (4H 480C) 	<ul style="list-style-type: none"> • Girls Health www.girlshealth.gov/ • Young Men's Health www.youngmenshealthsite.org/ • Kid's Health http://kidshealth.org/kid/ • Kid's Safety www.cpsc.gov/kids/kidsafety/index.html • Stop Bullying Now www.stopbullyingnow.hrsa.gov/kids/ • Careers in Public Health www.uhl.uiowa.edu/education/outreach/didyousee/that/index.xml • National Program for Playground Safety www.uni.edu/playground/safety/ 	<ul style="list-style-type: none"> • 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)

4-H HOME IMPROVEMENT PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Share with friends how to select a color scheme for their bedroom
- Develop a step-by-step checklist showing how to cover a headboard using padding and fabric
- Create a video showing how to be energy efficient in homes

Citizenship

- Assist an elderly person with painting their living room
- Share with family and friends how to keep living spaces safe
- Show local museum staff how to properly arrange, protect, and display historical items

Leadership

- Show siblings how a shared space can be divided using furniture placement
- Teach adults proper disposal methods of refinishing materials
- Work with a non-profit in creating a functional meeting space floor plan

4-H
GROWING TOGETHER

Are You Into It?

Have fun learning how to design your space while being kind to the environment. If you are interested in creating a new color scheme, selecting new accessories for a room, or choosing new floor and window covers, this is the project for you.

- Master the elements and principles of design to make your house a home
- Plan home living spaces in keeping with the needs of family members
- Develop your skill in caring for home furnishings and accessories
- Explore opportunities for environmentally friendly choices in your home

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn the language of home improvement: design elements and principles • Plan and design your own space with new techniques • Uncover and compare costs to design and accessorize your space • Practice choosing wall treatments, window coverings, and floors • Discover how paint, wall treatments, flooring, and window coverings create different effects in a room 	<ul style="list-style-type: none"> • Get the 411 on furniture styles • Plan your space using needs, wants, and timelines to make choices • Create design boards to visualize living spaces • Learn helpful strategies for developing shopping lists • Coordinate fabrics and patterns • Effectively reduce clutter and stash your stuff • Take care of your furniture possessions 	<ul style="list-style-type: none"> • Select fun accessories for the finishing touch • Showcase favorite room accessories • Install bright lighting ideas • Create personality in a shared space • Use natural resources effectively • Be in the know with energy efficient products • Examine environmentally friendly practices: reduce, reuse, recycle, and rethink



Take Home Improvement further!

Here are other opportunities to explore Home Improvement:

- Contact your County Extension Office to participate in local home improvement camps and workshops
- Consider taking an exhibit, a piece of your project learning, to the county fair for judging and show friends and family what you learned throughout the year - you might get selected to attend the Iowa State Fair
- Explore online design career fields such as interior design, landscape architecture, professional organization, home staging, community and regional planning, marketing, publishing, and advertising
- Job shadow professionals concerned with home environmental issues: energy, lighting, landscape, recycling, and eco-friendly cleaning products
- Design, create, and market soft furnishing accessories to sell at local craft shows
- Gather a group of friends interested in interior design and volunteer to redesign and rearrange a room at your school to make the area more functional
- Work with local partners to establish a community day for the free disposal of paint materials and solvents
- Start a wood salvage shop where old wood furnishings and wood scraps are available to the public for reusing and repurposing
- Interested in a college education in the area of design? Schedule a visit with Iowa State University's College of Design to explore potential majors <http://www.design.iastate.edu/>

Exhibit Ideas

- Take photos of home decoration that demonstrates the use of design elements and principles
- Compare the pros and cons of sponging, rag-rolling, stenciling, and stamping walls
- Refinish a family antique chair, table, stand, or dresser
- Illustrate how various wall coverings and flooring have different effects in living spaces
- Create a poster that provides examples of elements of different furniture styles
- Develop a design board showing how an existing floor plan can be transformed to a more functional floor plan
- Compare the effectiveness of different products in removing stains from hard and soft home furnishings
- Illustrate the different effects of light quality based on bulb type, shade size, lamp height, and wall color
- Identify the pros and cons of starting an organizational business to help clients develop spaces for items they use and need
- Use a model kit to build a solar home showing how the sun's energy can be used to heat a home
- Showcase a home improvement item you created in your first, second, and third year in the project describing new skills learned and used

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Home Improvement www.extension.iastate.edu/4h/projects/homeimprovement.htm • Design Decisions (4H 491) • Pulling it Together (4H 292) • Design: Exploring the Elements and Principles (4H 634) • Color Wheel (4H 633) 	<ul style="list-style-type: none"> • Design Decisions www.4h.unl.edu/designdecisions • Iowa State University Extension Home and Family www.extension.iastate.edu/homefamily/housing/ • Careers in Interior Design www.careersininteriordesign.com • ArtsConnectEd http://artsconnected.org/toolkit • Google SketchUp http://sketchup.google.com/ • American Coatings Assoc. www.paint.org • Ecological Footprint www.myfootprint.org/en/ 	<ul style="list-style-type: none"> • 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)

4-H HORSE AND PONY PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Present about parts of a horse
- Send a Letter to the Editor describing your opinion regarding an ethical horse situation
- Present a riding safety session at your county 4-H horse workouts prior to county fair

Citizenship

- Assist with the 4-H horse show at the county fair
- Participate in the local saddle club charitable benefit
- Ask friends to always wear a helmet when riding horses

Leadership

- Lead a trail ride for your fellow 4-H horse project members
- Work with a horseless horse member to care for a horse
- Conduct a show horse grooming clinic
- Organize a tack swap for 4-H members

4-H
GROWING TOGETHER

Are You Into It?

Horse and Pony is an exciting 4-H project area because you can participate whether you own a horse or not! Discover all the aspects about raising and riding horses.

- Appreciate riding as recreation
- Learn horsemanship skills and understand breeding, training, and raising of horses as a business
- Acquire skills in horse management by owning and being responsible for an animal
- Acquire safety skills to prevent injury to persons and animals

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn about basic horse care • Identify parts of a horse • Learn breeds of horses • Learn the gaits of the horse • Understand horse reproduction parts • Learn about genetics and heredity of horses • Investigate horse diseases • Learn how to control parasites • Discover causes of colic • Practice vaccinations • Learn the function of different horse tack 	<ul style="list-style-type: none"> • Learn the basics of trail riding • Check horse vital signs • Learn how to mount and dismount safely • Etiquette to ride safely as a group • Communicate with your horse • Practicing horsemanship maneuvers • Improve your riding style 	<ul style="list-style-type: none"> • Research and purchase show clothing • Improve a show horse's appearance • Improve your showmanship pattern • Riding patterns • Understand the quarter's system • Evaluating ethics in competitive situations



Take Horse and Pony further!

Here are other opportunities to explore Horse and Pony:

- Attend a horse show, rodeo, or other horse event
- Visit a horse farm, horse training facility, horse boarding facility, etc.
- Participate in a horse riding camp
- Visit a local tack shop or horse supply store
- Check out horse events on television to learn about different type of horse shows and events
- Attend the Iowa Horse Fair to watch horse shows and observe clinicians
- Create a collection of horse showmanship and horsemanship patterns
- Keep a diary of your practices each week
- Research horse-related careers
- Attend the Iowa 4-H Horse Jamboree
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and take the horse track, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider riding in your County Fair horse show or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine?
Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Horse coloring/marketing patterns
- Horse body parts
- Safety around horses
- Horse health chart
- History of horses
- Horse body language
- Parts-of-a-horse matching game
- Horse-breed comparison chart
- Horse-stable designs
- Knots used with horses
- Tagging a horse
- How to groom a horse
- Supplies price chart
- Horse skeleton diagram
- Display of horse diseases
- Growth chart for your horse
- Dental problems of horses
- How to shoe a horse
- Horse reproductive system
- Pasture management practices
- Horse life cycle poster
- Identify saddle, bridle and tack
- Create a horse first aid kit
- Pre-show fitting techniques
- How-to display for judging horsemanship
- Present a horse using "Quarter System"
- Design your own showmanship pattern
- Create a scrapbook or collage of photos from your horse project

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Horse and Pony www.extension.iastate.edu/4h/projects/Livestock/horse.htm • Giddy Up and Go Horsemanship Level 1 • Head, Heart, and Hooves Horsemanship Level 2 • Stable Relationships Horsemanship Level 3 • Riding the Range Horsemanship Level 4 • Jumping to New Heights Horsemanship Level 5 • Horsemanship Leader Guide • Horse Science • Horseless Horse Project • Basic Horse Safety Manual 	<ul style="list-style-type: none"> • American Youth Horse Council (AYHC) www.ayhc.com/resources.htm • Iowa Horse Council www.iowahorsecouncil.org/ • Iowa Horse Judges Directory www.extension.iastate.edu/4h/projects/livestock/horse.htm • Suggestions for Selecting Horse Judges www.extension.iastate.edu/4h/projects/livestock/horse.htm • Iowa Horse Show Judges Evaluation Form www.extension.iastate.edu/4h/projects/livestock/horse.htm 	<ul style="list-style-type: none"> • Horse and Pony Worksheet Record Keeping (4H 512 WS) • Horse and Pony ID Form (4H 106C) • Horse Lease Agreement (4H 106C L)

4-H HORTICULTURE PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Give a presentation on garden tools or techniques
- Make a video on how to make a water garden
- Teach your club how to identify common garden weeds

Citizenship

- Plant a flower bucket for the fairgrounds
- Adopt a flower bed at a park
- Make a compost bed for a community garden
- Help an elderly or disabled person by planting flowers in their yard

Leadership

- Organize a flower/vegetable sale to raise money for a special cause or for your 4-H club
- Teach a WIC class on using garden produce
- Volunteer to host a stop on a garden tour

4-H
GROWING TOGETHER

Are You Into It?

How does your garden grow? You will learn to plant it, dig it, grow it, show it and eat it.

- Learn to plan, care for, and manage vegetable and/or flower gardens, lawns, or commercial horticultural crops.
- Learn about pest management.
- Learn basic facts about plants and soils
- Apply knowledge by experimenting with plants in a laboratory or in the field.
- Learn about landscaping and water gardens.

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Identify different types of gardens • Grow and maintain a garden • Plant seeds • Learn pest management techniques • Learn how to harvest crops • Examine parts of a plant and discover the function of the parts • Learn to identify and use common garden tools 	<ul style="list-style-type: none"> • Learn about garden fertilizer and nutrients plants need to grow • Plant bulbs in the fall for spring blooms • Learn to divide plants and transplant favorite specimens • Make a container garden • Learn about compost and make a simple compost bin • Discover different ways to prepare and use garden produce • Sell produce at a farmers market 	<ul style="list-style-type: none"> • Start an herb garden • Learn about food preservation methods • Take a soil sample and have it tested for nutrients • Learn about Integrated Pest Management for the yard or garden • Experiment with organic production • Design an experiment • Test different varieties or management techniques • Design a landscape plan for your home



Take Horticulture further!

Here are other opportunities to explore horticulture:

- Expand your garden and sell produce at farmers markets or to local restaurants
- Learn about locally grown foods
- Design an experiment and share the results at your school science fair.
- Collect seeds and gardens supplies, and then donate them to a local organization.
- Help children plant a garden at a local daycare or school
- Job-shadow at a local nursery or farm to explore careers that interests you
- Attend Iowa 4-H Youth Conference and participate in CSI: Crops and other workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in horticulture. Check out camps at the Iowa 4-H Center.
- Interested in a college education in the area of horticulture or landscape design? Schedule a visit with Iowa State University to explore those majors: www.hort.iastate.edu or www.design.iastate.edu

Exhibit Ideas

- Exhibit vegetables, herbs or flowers at the county or state fair.
- Make a poster about parts of a plant.
- Build a compost bin or rain barrel.
- Prepare an exhibit on how to use fresh herbs in cooking.
- Create a notebook of common plants for a butterfly garden.
- Create design a landscape for home.
- Compare pepper varieties. Keep a record and show the results in a display.
- Make planters for accessible gardening.
- Prepare a poster showing proper harvest times for vegetables.
- Display different types of mulch for the garden.
- Make a cost comparison of starting your own seeds vs. buying transplants. Show the results on a poster.
- Create your own garden calendar.
- Conduct a taste comparison of different varieties.

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Harvesting and Preparing Vegetables for Exhibit (4H 462) • Preparing Cut Flowers and Houseplants for Exhibit (4H 464) • See them Sprout, Gardening Level 1(4H 465A) • Let's Get Growing, Gardening (Level 2 4H 465B) • Take Your Pick, Gardening Level 3 (4H 465C) • Growing Profits, Gardening Level 4 (4H 465D) • Vegetable Gardening Leader Guide (4H 465 LDR) 	<ul style="list-style-type: none"> • Home Landscape Planning Worksheet: 12 Steps to a Functional Design (PM 612) • Perennials for Shade (PM 1913) • Perennials for Sun (PM 1914) • Iowa State University Extension Hortline (515) 294-3108 or email hortline@iastate.edu • ISU Master Gardener www.mastergardener.iastate.edu • Connecting, Learning & Living • Composting Just for Kids • Kidsgardening.com 	<ul style="list-style-type: none"> • Record your garden's progress in a journal or log • Keep a calendar – include planting dates, weather, pest management applications, fertilizers, etc. • 4H 462 WS Vegetable Garden Project Worksheet • 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)

4-H LEADERSHIP PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Notify families about club activities
- Give a presentation on parliamentary procedure or other decision-making methods
- Create a club web page
- Write a letter to an elected official about an issue that's important to you or your community
- Conduct Club Officer training
- Create a video to promote 4-H

Are You Into It?

Leaders influence and support others in a positive manner for a shared goal. Leaders aren't just elected. You can be a member of committees, small groups and teams. Learning about yourself and how you work with others is a key part of developing leadership skills.

- Understand roles, attitudes, tasks and functions necessary for effective leadership.
- Strengthen local 4-H units in leadership responsibility and encourage other youth.
- Participate in program planning, development, and implementation; help recruit new members and leaders.

Here's what you can do all year!

Starting Out Basic / Level 1

- Job shadow or interview a local leader
- Take responsibility for a weekly chore in your home
- Plan and present a fun club activity
- Identify non-verbal communication behaviors
- Create a weekly schedule for you and your family
- Organize a space in your home

Learning More Intermediate / Level 2

- Make a list of what motivates you; interview others to find out what motivates them and compare the lists
- Identify characteristics of a good leader and how leaders develop trust
- Practice and deliver a presentation
- Identify talents in your club, group or community
- Work with members to establish ground rules for club meetings
- Experiment with different group decision making techniques

Expanding Horizons Advanced / Level 3

- Plan and present a project workshop
- Run for office in your club
- Create a list of your strengths and weaknesses
- Practice interviewing with an adult
- Write a personal vision and mission statement
- Plan a meeting
- Develop and implement a school survey of students, teachers and administrators
- Identify various leadership styles

Citizenship

- Make arrangements for your club's next service project
- Investigate a historical leader and share their accomplishments
- Volunteer to serve on a committee for your next town celebration
- Mentor a younger member with record-keeping and preparing exhibits for fair
- Join a political campaign for a candidate you support
- Serve on a local board that deals with youth issues

4-H
GROWING TOGETHER



Take Leadership further!

Here are other opportunities to explore Leadership:

- Volunteer to serve on your county 4-H Youth Committee
- Conduct a workshop at the State 4-H Volunteer Retreat
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events.
- Meet others interested in leadership. Check out camps at the Iowa 4-H Center.
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Apply for National 4-H Congress, National 4-H Conference, State 4-H Council, a Counselor-In-Training position at the Iowa 4-H Center, a Page position at the State Legislature, volunteer or paid positions at the Iowa State Fair
- Interested in a college education in the area of political science, business administration, teaching, public service administration in agriculture or community and regional planning? Schedule a visit with Iowa State University and explore those majors

Exhibit Ideas

- Make a poster with a timeline to demonstrate a historic leader's rise and accomplishments
- Exhibit a calendar or log of weekly responsibilities in your home
- Create before and after photos of a room you organized, focusing on the development of your organizational skills
- Give a presentation on the elements of an effective meeting
- Develop a graphic organizer to showcase the talents in your club or community
- Visually represent on a display the timeline and your process of leading a community service project
- Create a poster sharing a club contract your group has created and share how your group came up with it
- Create a series of workshops teaching other 4-Hers a project skill. Video tape and put them up on the web so others have access
- Take a personal inventory to analyze your leadership style and share a journal or display about what you learned and how it affects your work in groups
- Create a scrapbook showing your leadership roles in the clubs or organizations you participate in
- Create a resume showcasing your skills, strengths

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Leadership www.extension.iastate.edu/4h/projects/leadership • Step Up to Leadership Level 1 (4H 531A) • Step Up to Leadership Level 2 (4H 531B) • Step Up to Leadership Level 3 (4H 531C) • Step Up to Leadership Leader Guide K-5 (4H 530 LDR) • Step Up to Leadership Leader Guide 6-12 (4H 531 LDR) • 4-H Leadership Brochure (4H 4003B) 	<ul style="list-style-type: none"> • Vibrant 4-H Club Brochure www.extension.iastate.edu/4h/Volunteers/Documents/4h4004vibrant.pdf • 4-H Club Committee Resource www.extension.iastate.edu/4H/Volunteers/Documents/ClubCommitteeMember.pdf • Youth on Board www.youthonboard.org/site/c.ihLUJ7PLKsG/b.2039165/k.BE6D/Home.htm • Team Builder Resources http://karlrohnke.com/index.html • 4-H Recreation Ideas www.extension.iastate.edu/clay/info/recreation.htm 	<ul style="list-style-type: none"> • 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)

4-H MEAT GOAT PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster on parts of the animal
- Participate in a judging contest giving oral reasons
- Explain the cuts of meat and how to prepare them

Citizenship

- Volunteer your goat for a community petting zoo
- Hand out food samples at your local grocery store
- Volunteer to help at the county fair market goat weigh-in

Leadership

- Invite other 4-H members to tour your farm
- Teach others how to safely handle goats
- Lead a meat goat selection and feeding clinic

4-H
GROWING TOGETHER

Are You Into It?

In the meat goat project you can learn about breeds, health care, grooming, production, reproduction, management, showmanship, marketing, and careers! Learn about the fastest growing livestock project area in the country!

- Learn the basic principles of animal science by owning, caring for, and keeping records on one or more head of livestock
- Gain knowledge of sound breeding, feeding, and management practices
- Identify quality in wholesale and retail cuts of meat to understand the relationship to management principles

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Look at healthy and sick animals • Be a good sport when showing your animals • Produce a healthy and safe meat product • Identify different breeds • Locate and name parts of a goat • Learn proper feeding of goats • Tell the difference between milk-type and meat-type goats 	<ul style="list-style-type: none"> • Learn about body condition scoring • Identify and record the types of plants on your property • Develop a predator control program • Determine breeding dates • Learn about manure management programs • Research goat meat markets • Construct a model of a soil profile 	<ul style="list-style-type: none"> • Measure level of parasite infestation in your herd • Conduct a judging clinic • Select a herd sire • Judge with oral reasons • Formulate a ration • Measure your pasture's productivity • Examine meat goat products • Investigate land zoning issues • Prevent reproductive diseases



Take Meat Goats further!

Here are other opportunities to explore Meat Goats:

- Contact your county ISU Extension office for other local workshops, activities, and events
- Tour a meat goat operation
- Attend a meat goat show
- Participate in a meat goat judging team
- Design a business plan to market goat meat directly to retailers, restaurants, or private customers
- Design a business card or marketing brochure for your farm or imaginary farm
- Write an educational article about some aspect of goat production for your newspaper
- Watch a vet do a c-section on a goat with pregnancy ketosis
- Write a children's book called "My Visit to a Goat Farm"
- Research goat by-products
- Research other cultures that rely solely on goats for meat consumption
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and participate in one of the livestock tracks, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your County Fair meat goat show or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine?
Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resource

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Meat Goats www.extension.iastate.edu/4h/projects/Livestock/goat.htm • Just Browsing Level 1 (4H 650A) • Growing with Meat Goats Level 2 (4H 650B) • Meating the Future Level 3 (4H 650C) • Meat Goat Leader Guide (4H 650 LDR) • Meat Goat Verification Form (4H 106G) 	<ul style="list-style-type: none"> • Iowa Meat Goat Association www.iowameatgoat.com/ • American Meat Goat Association www.meatgoats.com • American Boer Goat Association www.abga.org • United States Boer Goat Association www.usbga.org 	<ul style="list-style-type: none"> • Market Animals <ul style="list-style-type: none"> - Record Worksheet (4H 228JR) - Project Worksheet (4H 228WS) • Breeding Animals <ul style="list-style-type: none"> - Record Worksheet (4H 229JR) - Project Worksheet (4H 229WS)

Exhibit Ideas

- Participate in the 4-H meat goat show
 - Breeding does
 - Market goats
 - Showmanship
 - Rate of gain
- Consider an exhibit, notebook or display showing what you've learned in a meat goat-related topic
 - Nutritive value of meat goats
 - Meat cuts and proper preparation
 - Feeding rations
 - Preventative vaccinations
 - Photos of different breeds
 - Daily routine in caring for animals
 - Grooming techniques
 - Developing a breeding herd
 - Participate in a meat goat fitting contest
 - Identification techniques
 - Growth of the meat goat industry
 - Develop a project income/expense sheet
 - Meat goat body parts
 - Proper terminology when describing meat goats
 - How to select and judge a meat goat
 - Describe proper feed rations



4-H MECHANICS PROJECT



Step It Up!

Are You Into It?

The Mechanics project examines a range of areas linked to practical applications of power, energy, and electricity. The project includes practical applications based on understanding the basic principles. Experience the technology firsthand while increasing technical and scientific literacy, communications and decision-making skills.

- Learn skills and techniques to construct or repair needed items
- Develop the knowledge of safe practices and procedures
- Develop an understanding of the basic principles and theories of electricity.
- Increase knowledge and concern regarding the generation, transmission, and distribution of electric energy
- Gain experience in Science, Engineering, and Technology abilities

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Present safety information related to mechanical systems
- Demonstrate the workings of a mechanical system
- Teach how to construct or repair a mechanical system

Here's what you can do all year!

Citizenship

- Promote safety related mechanical systems in your community
- Do a small engine repair for the community
- Check friends' homes for electrical safety issues

Leadership

- Organize a safety workshop
- Organize a lawnmower tune-up clinic
- Host a safe/responsible driving presentation
- Give a demonstration on winter driving tips

Starting Out Basic / Level 1

- Understanding safety and equipment used in welding
- Learn about electricity and electronics as they fit into your daily life
- Identify small engines in your home and garage
- Discover how engine work and how they are used in different machines
- Understand the risks and importance of safety related to all mechanical systems

Learning More Intermediate / Level 2

- Learn about different methods of welding and what materials are best suited for each type of welding
- Learn the different types of circuits and how they are compare and how to construct each
- Learn about the parts of your lawn mower and how to make adjustments to the fuel and ignition systems
- Diagnose engine problems and repair engines
- Identify and eliminate risks in using mechanical systems

Expanding Horizons Advanced / Level 3

- Experiment with different welds and beads for joints for constructing product
- Discover how electrical systems supply power to your home
- Practice safe operation of engines and engine driven systems including tractors, combines, mowers, and other applications
- Restore, repair, modify or use engine and drive system knowledge in practical ways with tractors

4-H
GROWING TOGETHER



Take mechanics further!

Here are other opportunities to explore mechanics:

- Visit companies that have mechanical departments
- Go online to use mechanics simulations to explore more
- Host an antique tractor show in your community
- Start your own business using what you learn in mechanics
- Start a "Fix This" competition in your club or county
- Explore apprenticeships and internships to learn more about your mechanical interests
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in mechanics. Check out camps at the Iowa 4-H Center.
- Interested in a college education in the area of mechanics or engineering? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Restore an automobile
- Present or create display on safe/responsible driving
- Prepare poster on "How to Drive Cheaper and Smarter"
- Display comparing properties of gasoline and diesel engines
- Exhibit small engine project
- Give small engine demonstration
- Wind generator design exhibit
- Design a circuit
- Electricity safety poster/display
- Tractor restoration (body)
- Restore a tractor engine
- Tractor safety poster [to keep in the same form----Construct (or create or display) a safety poster]
- GPS guided information poster
- Prepare an educational exhibit on welding safety
- Prepare welding project

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Exploring 4-H Automobile Restoration Opportunities (4H 232) • Online 4-H Small Engine Project http://new.4-hcurriculum.org/projects/smallengines/ • Magic of Electricity Level 1 (4H 410A) • Investigating Electricity Level 2 (4H 410B) • Wired for Power Level 3 (4H 410C) • Entering Electronics Level 4 (4H 410D) • Crank It Up Level 1 (4H 715A) • Warm It Up Level 2 (4H 715B) • Tune It Up Level 3 (4H 715C) 	<ul style="list-style-type: none"> • The Fabricator www.thefabricator.com • "How-to" Books • Shop Manuals for model you are working on • Classic Motorbooks • Hemming Motor News • Univ. of Wisconsin Electricity http://4h.uwex.edu/onlinpro/electricity.cfm#links • Electrical Worker's Union www.ibew.org/ • The Iowa Energy Center www.energy.iastate.edu • Service Manuals • Equipment magazines • Gas Engine Magazine 	<ul style="list-style-type: none"> • 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)

4-H MUSIC PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Are You Into It?

Music rocks! It's all around us. It's in movies, TV, radio, i-pods, computers, school, concerts, and well, just about everywhere! Music sets the mood and is the focus for voice or instrumental performances. Challenge yourself to learn or increase your skill level!

- Enhance your performance skills
- Explore various types of music
- Compose or arrange music
- Make your own musical instruments

Communication

- Create a poster to promote musical performance
- Write a review of a musical performance for your school or local newspaper
- Write a poem and set it to music

Citizenship

- Perform at community events or a nursing home
- Assist with Sunday school music at your church, temple, etc.
- Volunteer to sing the national anthem at community sporting events

Leadership

- Organize a talent show to increase awareness of the musical talents of other 4-H'ers
- Organize a club outing to a musical performance
- Volunteer to teach or lead music at a 4-H day camp

Here's what you can do all year!

Starting Out Basic / Level 1

- Perform your music in different places; compare how location affects your sound
- Interview members of your family about their favorite music
- Investigate the role of a music conductor or director
- Identify an event or place you'd like to perform (4-H share-the-fun, senior center, service clubs, or shopping mall); plan out your performance and perform

Learning More Intermediate / Level 2

- Dig into the works by a single composer or performer (solo or group)
- Seek out music you usually do not listen to; compare with music you usually listen to
- Discover what it takes for a group of musicians to stay together for a long time
- Survey radio stations in your area and find out how they decide what music to play
- Trace a musical style such as jazz or baroque

Expanding Horizons Advanced / Level 3

- Compare and contrast different arrangements of the same piece of music
- Write your own piece of music and have someone else test it out
- Compose lyrics for an existing melody
- Trace the history of an instrument that interests you
- Explore the size, shape and materials of different instrument classes (woodwinds and brass) or instruments within a class (viola and violin)

4-H
GROWING TOGETHER



Take Music further!

Here are other opportunities to explore Music:

- Participate in your county's Share-the-Fun event and compete for the opportunity to participate at the Iowa State Fair
- Perform with a community band or chorus
- Find a 4-H Song book and learn about the history of 4-H songs
- Tour a recording studio and learn about producing a musical recording
- Record your own performance!
- Visit a music museum and learn about the history of an artist, instrument, or musical style
- Is it fair time? Consider taking an exhibit, a piece of your project learning to the fair for judging and to show what you have learned throughout the year. It might get selected to go to the Iowa State Fair
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in music! Check out camps at the Iowa 4-H Center
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, even participate in the talent show.
- Interested in a college education in the area of music? Schedule a visit to Iowa State University's Music Department. www.music.iastate.edu/

Exhibit Ideas

- Develop your musical abilities and perform music
- Learn about and report on a particular style of music and its history
- Compose or arrange music
- Report on a particular composer
- Report on how a musical instrument is made and how it affects sound
- Make a poster listing common musical notations
- Trace the history of an instrument over time and changes made - exhibit a timeline
- Interview an organizer of musical performances about how advertising affects attendance; create a display about what you learned
- Organize and participate in Share the Fun with other club members
- Report on how music is used to add meaning or heighten emotions in films or TV shows
- Report on the relationship of music to movement, such as in dance, marching, or ice skating
- Record yourself performing; Exhibit your recording

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Music www.extension.iastate.edu/4h/projects/music • Music Project Guide (4H 620 MP) 	<ul style="list-style-type: none"> • Play Music.org www.playmusic.org/ • NY Philharmonic www.newyorkphilharmonic.org/ • Music Theory www.musictheory.net/ • Kennedy Center's ArtsEdge http://artsedge.kennedy-center.org/artsedge.html • Blank Sheet Music www.blanksheetmusic.net/ • Instrument Encyclopedia www.si.umich.edu/CHICO/instrument/ • Music Resources www.lib.iastate.edu/collections/eresourc/music.html 	<ul style="list-style-type: none"> • 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)

4-H OUTDOOR ADVENTURES



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Do a presentation on benefits of biking
- Create a "How to tie knots" poster
- Do a working demonstration on how to set up a tent or equip a safe bike
- Create a blog on hot spots for fishing or great places to canoe

Citizenship

- Volunteer to clean up community campgrounds or trails
- Help out at your local County Park
- Serve as a camp counselor
- Plan an event at your local park
- Map trees in city parks using GPS

Leadership

- Clean up a pond or lake in your area to help the fish environment
- Help catch fish for a fish fry to raise money for a charity
- Plan an adventure for kids in your community
- Teach younger kids how to bait and cast a line

4-H
GROWING TOGETHER

Are You Into It?

Do you like being outdoors? Outdoor adventures are funny, sunny, sometimes rainy, slimy, and silly great times. You can become the ultimate explorer by designing your own outdoor adventure! Choose from backpacking, biking, camping, canoeing, fishing or hiking or create your own adventure in the outdoors.

- Develop skills in the adventure area you choose (backpacking, biking, camping, canoeing, fishing, hiking or other)
- Plan an outdoor adventure for your club, friends and/or family
- Learn how to be a good environmental steward while engaging in your adventure
- Impress your friends and family with your knowledge, skills and wisdom

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Choose your adventures (biking, camping, canoeing, fishing, hiking, etc.) • Learn about the proper gear for your adventure • Attend a summer camp at the Iowa 4H Center or with your local 4H club • Plan an outing for you and a friend or family member • Learn about first aid and safety with the adventure you choose • Find out what "Leave no Trace" means • Practice survival skills in different environments 	<ul style="list-style-type: none"> • Route your adventure using technology like a compass or geospatial mapping • Learn about equipment maintenance for various types of outdoor adventures • Learn Cast on in many situations • Become an Outdoor Iron Chef (learn how to cook outdoor meals) • Plan an overnight outdoor adventure for your family, friends or club • Practice good outdoor manners using Leave no Trace principles 	<ul style="list-style-type: none"> • Teach others about Leave no Trace adventure ethics • Learn to prepare for emergencies in remote areas • Prepare for a big adventures such as RAGBRAI, or backpack/canoe trips away from home • Start your own geo-caching or earth caching adventure with your friends



Take Outdoor Adventures further!

Here are other opportunities to explore Outdoor Adventures:

- Register for an Iowa 4-H Center Camp: Pack and Paddle, X-treme Camp, Hike and Canoe, Inside Out Camp; High Adventure Camp www.extension.iastate.edu/4hcenter/
- Take a Wilderness Trip to Isle Royale or Boundary Waters or Rocky Mountains with other 4-Hers www.buchanancountyparks.com/camps.php
- Look for opportunities with your County Conservation Board www.mycountyparks.com/
- Volunteer for Iowa DNR: Keepers of the Land www.iowadnr.gov/volunteer/index.html
- Apply for a camp counselor position at the Iowa 4H Center www.extension.iastate.edu/4hcenter/
- Schedule a visit with Iowa State University and explore the following majors: www.admissions.iastate.edu/majors.php
 - The Environment
 - Education
 - Sports and Exercise Sciences (Health and Fitness, Community and Public Health, Performing Arts, etc).

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Outdoor Adventures www.extension.iastate.edu/4hprojects/outdoor • Cooking Over Campfire Coals (4H 802) • Club Camping (4H 803) • Hiking Trails Level 1 (4H 805A) • Camping Adventures Level 2 (4H 805B) • Backpacking Expeditions Level 3 (4H 805C) • Bicycling for Fun Level 1 (4H 689A) • Bicycle Adventures Level 2 (4H 689B) • Bicycle Adventures Level 3 (4H 689C) 	<ul style="list-style-type: none"> • Leave No Trace www.lnt.org/ • National Park Service www.nps.gov/index.htm • National Wildlife Federation www.nwf.org/ - Pledge to spend more time outside! 	<ul style="list-style-type: none"> • 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)

Exhibit Ideas

- Develop a presentation showing how to set up and take down a tent (even in the rain!)
- Present on Cooking Outdoors
- Can you start a fire with just one match? Try it! Make a poster showing how you did it
- Can pizza be cooked over a campfire? Find out!
- Investigate the types of fish that are found in your area
- Develop a workshop that shows others how to make knots
- Write and illustrate a cookbook about catching and cooking fish
- Create an original piece of artwork using fish prints or other natural objects or dyes; start a working exhibit
- Plan an overnight camping trip- what to take, where to go; make a poster to share your plan
- Develop a display or notebook on water and boating safety. What things should you know before you go?
- Create a display or notebook to share common wildlife and plants that you will encounter hiking, biking or camping in your county
- Create a notebook on knowing where you are when hiking, biking and camping using a handheld GPS or Maps and compass
- Investigate and present on safety measures if you were to get lost or caught out in a storm

4-H PETS PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- How to approach a pet safely
- How to prepare a pet for showing
- How to train a pet for exhibition
- How to select a nutritional diet
- How to select a cat, gerbil, hamster, etc. as a pet
- How to make a carrying cage

Citizenship

- Clean up after your pet
- Volunteer at an animal shelter
- Write a letter to your local paper about the importance of having household pets spayed or neutered

Leadership

- Organize a pet show for your club
- Organize a fundraiser to help benefit an animal shelter
- Research and share with others why it's not a good idea to keep wild animals as pets
- Develop a plan to foster pets of deploying soldiers

4-H
GROWING TOGETHER

Are You Into It?

"Lions, Tigers, and Bears, oh my!" Do not make good pets but many other animals do. The 4-H pet project helps you explore what kind of pet fits into your family's lifestyle and how to be an excellent caretaker of your pet.

- Identify breeds and animal species and their characteristics.
- Learn about the selection, care, needs of pets and basic principles of pet behavior
- Demonstrate care and management in feeding, handling, grooming and fitting/showing
- Explore health regulations, first aid, and simple treatments for ailments
- Learn and practice animal ownership responsibilities

Here's what you can do all year!

Starting Out Basic / Level 1

- Gather information and determine the best pet for your family
- Learn about the proper care, grooming and feeding of your pet
- Learn to identify the parts of your pet for conversations with your vet
- Create a plan to prevent your pet from getting lost or finding it if it gets lost
- Purchase and use the appropriate grooming equipment and techniques
- Practice appropriate training for your pet

Learning More Intermediate / Level 2

- Plan a training and exercise program for your pet
- Prepare for participation in a cat or pet show
- Make a decision about breeding or not breeding your pet
- Compare the labels on pet foods to make an informed decision on content and price
- Keep a diary of your pet's health and eating habits
- Do some comparison shopping for setting up an aquarium

Expanding Horizons Advanced / Level 3

- Develop a business plan for a pet care or pet sitting business
- Assess careers related to pets and pet business
- Help a friend make a decision about pet ownership
- Research diseases in pet mammals, birds, and fish
- Identify symptoms and a course of action for a disease in your pet
- How do pets affect the environment



Take Pets further!

Here are other opportunities to explore Pets:

- Contact your county Iowa State University Extension Office for information about local pet related events www.extension.iastate.edu/ouroffices.htm
- Learn about service animals and how they compare and contrast to pets
- If you are interested in veterinary science and taking care of pets, visit with Iowa State University's College of Veterinary Medicine <http://vetmed.iastate.edu/>
- Job-shadow at a local business (pet store, veterinary clinic, breeder, etc.) in a career that interests you
- Explore health safety issues with cats and pets – what diseases do cats and pets have that might make humans ill?
- Explore what kinds of birds make the best pets
- Learn how pet birds and fish arrive at the local pet store. Do breeders in the United States raise them or are they imported from other countries?
- Research all the kinds of parasites your pet might get and how to protect you and your pet
- Research the difference between fresh water fish tanks and salt water tanks
- Sometimes people give bunnies and chicks for presents at Easter – explore the pros and cons
- Explore what kind of restrictions your community might have on pets? Can a pet owner keep a large snake in their backyard – or call a chicken or pot-bellied pig a pet?
- Explore the subject of animal assisted therapy, how it is used and what the benefits are
- If you are in high school, consider attending the annual Iowa 4-H Youth Conference

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Pets www.extension.iastate.edu/4h/projects/livestock/pets.htm • The Veterinarian's Way of Selecting a Proper Pet (4H 560A) • Pet Pals Level 1 (4H 563A) • Scurrying Ahead Level 2 (4H 463B) • Scaling the Heights Level 3 (4H 463C) • Pet Leader Guide (4H 563 LDR) 	<ul style="list-style-type: none"> • Service Animal http://en.wikipedia.org/wiki/Service_animal • Animal Assisted Therapy http://en.wikipedia.org/wiki/Animal-assisted_therapy • Healthy pets http://www.cdc.gov/healthypets http://vetmed.illinois.edu/petcolumns http://www.avma.org/firstaid/procedures.asp • For Cat Fanciers http://kids.cfa.org/index.html • Cats and Wildlife: a Conservation Dilemma http://wildlife.wisc.edu/extension/caffy3.htm 	<ul style="list-style-type: none"> • 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)

Exhibit Ideas

- Exhibit your cat or pet at the fair
- Make a first aid kit for a pet. Tell why and how each item is used
- Share diet and nutrition information for raising a healthy pet
- Interview your veterinarian about a microchip to identify your pet; develop a video about options
- Attend a pet show; take photos and make a notebook about pet breeds
- Write a story about famous pets for a younger sibling (Garfield, Lassie, Snoopy)
- Visit a pet store and find as many pieces of cat or pet equipment as you can. Identify necessary equipment and costs
- Make a poster on diseases your pet can get. Tell about its discovery, effects, treatments, etc.
- Research jobs related to pets; make a poster showing three jobs that interest you
- Develop a video showing the steps in training a pet
- Research the country or area your pet came from. Take special note of the people, tradition and other types of animals that live in the area. Design a poster showing your pet's origin
- Design a toy for your pets; tell about your decisions related to safety and cleanliness

4-H PHOTOGRAPHY PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Tell your friends about the different types of cameras
- Interview a professional photographer
- Demonstrate how to properly present your photos

Citizenship

- Photograph your club activities and make an album to share
- Volunteer to take photos for a community event
- Help archive historical photos

Leadership

- Show your friends how to create trick photography
- Arrange for a guest photographer to present to your club
- Organize a photo shoot for a local organization or your school

4-H
GROWING TOGETHER

Are You Into It?

This 4-H project is designed to help you explore the world of photography. From learning about camera equipment to capturing great images and sharing what you have learned with others, you are bound to love photography!

- Discover how to take fascinating photographs
- Learn about photography as an art, a science and a communication tool
- Observe and enjoy your surroundings in a photographic world
- Explore photography as a hobby or profession

Here's what you can do with it

Starting Out Basic / Level 1

- Get to know your camera
- Use tripods and bracing to steady and level camera
- Try various lighting techniques
- Use flash for fill and solving red-eye
- Study photo composition
- Use different viewpoints
- Take photos of places, people and pets
- Tell a story with photos
- Learn to evaluate photos

Learning More Intermediate / Level 2

- Use shutter speeds and t-stops (aperture)
- Adjust the depth of field
- Capture hard and soft light to create moods
- Manipulate light using flash techniques
- Evaluate composition using the Rule of Thirds, the Golden Triangle and the Golden Rectangle
- Use photos to tell a story
- Take candid photos to capture a moment in time

Expanding Horizons Advanced / Level 3

- Use wide-angle and telephoto lenses
- Use filters and special film
- Use light meter readings
- Practice with light sources
- Use viewpoints, framing and lines to lead the eye
- Use symmetry, shape, pattern, and texture to capture creative photos
- Use specialized equipment and advance techniques



Take photography further!

Here are other opportunities to explore photography:

- Check out books at the library or visit online sources to learn more about technique, about composition, about copyright and privacy laws, and about the history and future of photography
- Create a portfolio of your best photographs (Take note of what other professionals have done)
- Enter a photography contest or exhibit at an open class exhibition
- Enter a National 4-H photo contest
- Is it fair time? Consider taking an exhibit, a piece of your project learning to the fair for judging and to show what you have learned throughout the year. It might get selected to go to the Iowa State Fair
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in photography- Check out photography camps at the Iowa 4-H Center
- Apply to participate in Camera Corps, an Iowa 4-H independent photography study
- Join the Iowa 4-H Youth Technology Team
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Interested in a college education in the area of photography? Schedule a visit with Iowa State University's College of Design or Greenlee School of Journalism. www.iastate.edu.

Exhibit Ideas:

- Identify the parts of a camera
- Select, mount, matte a photograph
- Photograph various subject matter
 - Portrait
 - Self Portrait
 - Pets/Wildlife
 - Landscape
 - Panorama
 - Buildings/Structures
 - Night time
 - Reflective
 - Action/Sports
 - Still life
- Experiment with color variation
 - Black/white
 - Sepia
 - Bright color
- Use a computer to render photos
 - Color enhancements
 - Spot color
 - Filters
 - Distortion
 - Type treatment
- Create a photo series
- Present a poster about matting and framing
- Share your photography journal
- Demonstrate enlargement and cropping
- Prepare a display about flash techniques
- Compare types of cameras
- Describe the differences in photo formats (.jpg, .tiff, .eps, .png)
- Create a PowerPoint of event photos or a series of photos
- Produce a short video
- Use photo-editing software
- Give a presentation showing how to edit images
- Analyze lighting techniques

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Photography www.extension.iastate.edu/4h/projects/photography • National 4-H Photography www.4-HPhotography.org • Focus on Photography Level 1 (4H 640A) • Controlling the Image Level 2 (4H 640B) • Mastering Photography Level 3 (4H 640C) • Create Your Own Project (4H 696) 	<ul style="list-style-type: none"> • Kodak www.kodak.com • Focus on Photography www.fodors.com/focus • Professional Photographers of Iowa www.ppiowa.com/ • Iowa State Fair Photography www.iowastatefair.org/competition/fineart-photo.php • Kodak Pocket Guide to Digital Photography (available from your favorite bookseller) 	<ul style="list-style-type: none"> • Photography Worksheet (4H 643WS) • Photo portfolio including artist statements • Photo slideshow or video • Photography scrapbook • 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)

4-H POULTRY PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster on parts of the animal
- Participate in a judging contest giving oral reasons
- Explain the cuts of meat and how to prepare them

Citizenship

- Volunteer your bird for a community petting zoo
- Hand out food samples at your local grocery store
- Volunteer to help at the county fair poultry show

Leadership

- Invite other 4-H members to tour your farm
- Teach others how to safely handle poultry
- Lead a poultry selection and feeding clinic

4-H
GROWING TOGETHER

Are You Into It?

In the poultry project you can learn about selection and raising your birds, but also dive into health issues, poultry products and careers!

- Learn the basic principles of animal science by owning, caring for, and keeping records on one or more head of poultry
- Explore knowledge of sound breeding, feeding, and management practices
- Investigate current issues facing the industry and how you can start a career in the poultry business

Here's what you can do all year!

Starting Out Basic / Level 1

- Learn the different types of birds and what they're used for
- Produce a healthy and safe meat product
- Identify different breeds
- Locate and name parts of a bird
- Learn proper feeding techniques
- Be a good sport when showing your animals

Learning More Intermediate / Level 2

- More about nutrients and poultry products
- Compare poultry carcasses and grading
- Explore the difference between class, breed and variety
- Discover how eggs are made
- Candling eggs
- Describe signs of a healthy bird
- Learn effective advertising

Expanding Horizons Advanced / Level 3

- Conduct a judging clinic
- Managing your flock
- Investigate DNA and genetics
- Poultry processing
- Food safety from farm to table
- Learn proper cooking techniques
- Ethics in the poultry business
- Starting a career in poultry



Take Poultry further!

Here are other opportunities to explore Poultry:

- Contact your county ISU Extension office for other local workshops, activities, and events
- Tour a poultry farm
- Attend a poultry show and observe the judge and their techniques
- Attend a poultry project meeting
- Design a business card or marketing brochure for your farm or imaginary farm
- Write an educational article about some aspect of poultry production for your newspaper
- Participate in a poultry skillathon
- Organize a poultry showmanship contest
- Attend a national poultry conference
- Ride with a local veterinarian to learn about animal health
- Visit a local grocery store to learn proper meat handling techniques
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and participate in one of the livestock tracks, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your County Fair poultry show or the Iowa State Fair.
- Interested in a college education in animal science or veterinary medicine?
Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resource

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Poultry www.extension.iastate.edu/4h/projects/Livestock/poultry.htm • Scratching the Surface Level 1 (4H 656A) • Testing your Wings Level 2 (4H 656B) • Flocking Together Level 3 (4H 656C) • Poultry Leader Guide (4H 656 LDR) 	<ul style="list-style-type: none"> • Iowa Poultry Association www.iowapoultry.com • Iowa Egg Council www.iowaegg.org • National Poultry Improvement Plan • National Poultry Registry • Pullorum-Typhoid • Poultry Judging CD • Avian Influenza Site • Dept. of Agriculture – Avian Flu 	<ul style="list-style-type: none"> • Poultry Project Worksheet • 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)

Exhibit Ideas

- Participate in the 4-H poultry show
 - Breeding birds
 - Chickens
 - Ducks
 - Geese
 - Turkeys
 - Market broilers
 - Egg production
 - White egg layers
 - Brown egg layers
 - Showmanship
- Consider an exhibit, notebook or display showing what you've learned in a poultry-related topic
 - Nutritive value of poultry
 - Meat cuts and proper preparation
 - Feeding rations
 - Preventative vaccinations
 - Photos of different breeds
 - Daily routine in caring for animals
 - Grooming techniques
 - Developing a breeding herd
 - Video interview with a poultry producer
 - Best care techniques for newborns
 - Poultry by-products
 - Locally grown foods

4-H RABBIT PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster on parts of the animal
- Participate in a judging contest and give oral reasons
- Explain the use of rabbits for meat production

Citizenship

- Volunteer your rabbit for a community petting zoo
- Hand out food samples at your local grocery store
- Volunteer to help at the county fair rabbit show

Leadership

- Invite other 4-H members to tour your farm
- Teach others how to safely handle rabbits
- Lead a rabbit selection and feeding clinic



Are You Into It?

In the rabbit project you can learn about selection and raising your animals, but also dive into health issues, management practices and careers!

- Learn the basic principles of animal science by owning, caring for, and keeping records on one or more head of rabbits
- Explore knowledge of sound breeding, feeding, and management practices
- Investigate marketing, project expansion and how you can start a career in the rabbit business

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn the different types of breeds and their ideal weight groups • Determine the use of your rabbit projects • Develop a rabbit care management plan • Identify rabbit equipment and its uses • Locate and name parts of a rabbit • Learn proper feeding techniques • Discover proper rabbit showmanship steps 	<ul style="list-style-type: none"> • Learn to judge rabbits and give oral reasons • What's the difference between 4 class and 6 class? • Explore the different rabbit body types and their function • Design a plan for preparing rabbits for show • Learn proper grooming techniques • Tattooing rabbits • Learn about diseases and environment concerns 	<ul style="list-style-type: none"> • Learn about rabbit breeding programs and genetics • Managing your rabbitry • Determine pregnancy and palpation techniques • Design a rabbitry • Identify bones on a skeleton • Evaluate rabbit health • Complete a rabbit pedigree and registration paper • Marketing your rabbits to others • Expand your project into other areas



Take Rabbits further!

Here are other opportunities to explore Rabbits:

- Contact your county ISU Extension office for other local workshops, activities, and events
- Tour a rabbit producer's farm
- Attend a rabbit show and observe the judge and their techniques
- Attend a rabbit project meeting
- Design a business card or marketing brochure for your farm
- Write an educational article about some aspect of rabbit production for your newspaper
- Participate in a rabbit skillathon
- Organize a rabbit showmanship contest
- Attend a national rabbit conference
- Ride with a local veterinarian to learn about animal health
- Learn about the different uses for rabbits; meat vs. non-meat production
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and participate in one of the livestock tracks, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your County Fair rabbit show or the Iowa State Fair.
- Interested in a college education in animal science or veterinary medicine?
Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Participate in the 4-H rabbit show
 - Standard Bred Rabbits
 - Commercial
 - Fancy
 - Market Rabbits
 - Meat Pen
 - Single Fryer
 - Roaster
 - Presentations and Posters
 - Showmanship
- Consider an exhibit, notebook or display showing what you've learned in a rabbit-related topic
 - Economic value of a rabbit
 - Preparing an emergency medical kit
 - Genetic variations and line-breeding
 - Feeding rations
 - Preventative vaccinations
 - Photos of different breeds
 - Daily routine in caring for animals
 - Grooming techniques
 - Developing a breeding herd
 - Video interview with a rabbit producer
 - Best care techniques for newborns
 - Constructing a nest box
 - How to properly tattoo a rabbit
 - Expanding your rabbit knowledge into other 4-H projects

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Rabbit www.extension.iastate.edu/4h/projects/Livestock/rabbit.htm • What's Hopping Level 1 (4H 663A) • Making Tracks Level 2 (4H 663B) • All Ears Level 3 (4H 663C) • Poultry Leader Guide (4H 663 LDR) • Rabbits, Rabbits, Rabbits (4H 662) 	<ul style="list-style-type: none"> • Iowa State Rabbit Breeders Association http://iasrba.110mb.com/ • American Rabbit Breeders Association www.arba.net • American Satin Rabbit Breeders Association www.asrba.org 	<ul style="list-style-type: none"> • Poultry Project Worksheet • 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)

4-H SEWING PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Make a poster explaining how to read care labels
- Interview a local business owner
- Do a presentation on evaluating construction quality of purchased sewn items

Citizenship

- Make pillowcases to send overseas
- Organize your group to make fleece blankets for a local shelter
- Organize your group to sew something for a community facility (ex: curtains, pillows, etc.)

Leadership

- Organize a club field trip to a fabric store to learn about appropriate fabrics for various sewing projects.
- Lead a working exhibit for your club on embellishing techniques
- Organize a prom dress exchange service at your school.

4-H
GROWING TOGETHER

Are You Into It?

Stitch This! Use your sewing skills and creativity to make clothes, pillowcases, horse blankets, or anything else you can stitch!

- Learn to sew clothing or other items for yourself and others
- Learn about fibers and fabrics
- Apply design elements and art principles to your constructed item
- Learn how to safely use sewing equipment

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn to use your sewing machine and its attachments • Sew on a button by hand • Make a pillowcase or totebag for yourself • Select fabric and a pattern for a project • Learn to read care labels on fabric items • Sew accurate seams at various widths • Learn how to safely use sewing equipment—scissors, rotary cutters, seam rippers, needles, etc. 	<ul style="list-style-type: none"> • Learn to use a serger or sew French seams as a seam finish • Explore the properties and care techniques for different types of fabric • Install a zipper, add a pocket, or use other embellishments • Dye your own fabric • Select fabric and create some pillows or other accessories for your room • Learn to sew specialty fabrics like heavy denim or upholstery fabric 	<ul style="list-style-type: none"> • Design your own pattern, using design elements and art principles • Measure windows and make curtains • Compare cost of ready-made vs. homemade items • Explore careers in the textile industry • Use a computer program to design a quilt or wall hanging • Design and make a furnishing accessory you can sell, and market your product



Take sewing further!

Here are other opportunities to explore Sewing:

- Contact your County Extension Office to participate in local sewing camps, workshops or county or regional fairs
- Visit an upholstery shop to learn how they manufacture furniture coverings from various fabrics
- Take a trip to visit a fabric mill and learn how different fabrics are woven
- View the quilts at a quilt show, making note of the use of the design elements and principles as well as the use of fabric and embellishment
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Meet others interested in sewing. Check out camps at the Iowa 4-H Center.
- Interested in a college education in the area of apparel, merchandising, design or production? Schedule a visit with Iowa State University College of Human Sciences or College of Design to explore their majors. www.iastate.edu

Exhibit Ideas

- Sewing Exhibit Projects
<http://extension.usu.edu/html/publications/by=category/category=168>
- Take a fabric and explain what it is made of, care for, and what it is used for
- Explain how woven fabrics differ from knit or felted fabrics.
- What are some new fabrics and why were they made? (bulletproof vests, antibacterial, wicking, etc)
- Describe process of laundry and special considerations.
- Why do we use detergent and how do stain removers work?
- Different ways to remove different stains.
- How to make simple repairs using only needle and thread.
- Construct a soft furnishing (pillow, quilt, comforter, curtains, etc.).
- Develop a portfolio, poster, power point or notebook of your sewing leadership project.

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Under Construction Level 1 (4H 320A) • Fashion Forward Level 2 (4H 320B) • Refine Design Level 3 (4H 320C) • Let's Sew (4H316) • Unraveling the Mystery of Design Elements and Principles in Clothing (4H 313) • Design: Exploring the Elements and Principles (4H 634) • Home Improvement Design (4H 491) 	<ul style="list-style-type: none"> • Washington St. University 4-H Clothing http://4h.wsu.edu/projects/clothing.htm • Home Sewing Assoc. www.sewing.org/ • Butterick-McCall's-Vogue patterns www.mccall.com/ • Sew-What's-New www.mccall.com/ • Fabric Link www.fabriclink.com/index.cfm • Hand Stitches http://mdg.ext.msstate.edu/sewing/threadneedle.html • Million Pillowcase Project www.allpeoplequilt.com/millionpillowcases/index.html 	<ul style="list-style-type: none"> • 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)

4-H SHEEP PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster on parts of the animal
- Participate in a judging contest giving oral reasons
- Give a shearing demonstration

Citizenship

- Volunteer your lamb for a community petting zoo
- Hand out food samples at your local grocery store
- Volunteer to help at the county sheep weigh-in

Leadership

- Invite other 4-H members to tour your farm
- Teach others how to safely handle sheep
- Lead a sheep showmanship and grooming clinic

4-H
GROWING TOGETHER

Are You Into It?

In the 4-H sheep project you can learn about breeds, selection, grooming, production, management, showmanship, marketing, and careers.

- Learn the basic principles of animal science by owning, caring for, and keeping records on one or more head of livestock
- Gain knowledge of sound breeding, feeding, and management practices
- Identify quality in wholesale and retail cuts of meat to understand the relationship to management principles

Here's what you can do all year!

Starting Out Basic / Level 1

- Learn health and care of your sheep
- Learn what you need to show your animals
- Produce a healthy and safe meat product
- Identify different breeds
- Locate and name parts of sheep
- Learn proper feeding of sheep
- Tell the difference between the age of sheep

Learning More Intermediate / Level 2

- Learn about food safety management practices
- Learn the life cycle of sheep parasites
- Judge and present your sheep
- Understand medications for health of your sheep
- Communicate with the vet for disease prevention
- Practice breeding management practices
- Care for a newborn lamb
- Explore sheep shelters for adequate protection
- Research goat meat markets

Expanding Horizons Advanced / Level 3

- Plan and organize production records
- Develop cost and expense records
- Explore sheet genetics
- Interview people in agriculture careers
- Explore sheep industry issues
- Market sheep products
- Select breeding animals
- Identify lamb cuts at the local grocery store
- Measure your pasture's productivity



Take Sheep further!

Here are other opportunities to explore Sheep:

- Tour a sheep operation
- Attend a sheep show to listen to a judge give oral reasons and witness the differences in judging sheep
- Visit a local feed mill and see how feed ingredients are mixed, weighed and blended to make a complete ration
- Ride with a local veterinarian to learn about animal health
- Participate in a judging team
- Design a business plan to market lamb meat directly to retailers, restaurants, or private customers
- Write an educational article about some aspect of sheep production for your newspaper
- Research sheep by-products
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and take the sheep track, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your County Fair sheep show or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Sheep www.extension.iastate.edu/4h/projects/Livestock/sheep.htm • Iowa 4-H Sheep Verification Form (4H 106D) • 4-H Beef, Sheep and Swine Breeding Worksheet Level 1 (4H 229 JR) • Lifetime Ewe Record (4H 229D WS) • Youth and 4-H Sheep Project (4H 702) • Rams, Lambs & You Level 1 (4H 703A) • Shear Delight Level 2 (4H 703B) • Leading the Flock Level 3 (4H 703C) 	<ul style="list-style-type: none"> • Iowa Sheep Industry Association www.iowasheep.com/ • Iowa State University Sheep Teaching Farm http://breedingsheepage.com/ISUfarm/index.htm • Iowa State Animal Science page www.ans.iastate.edu/ • American Sheep Industry Association www.sheepusa.org/ 	<ul style="list-style-type: none"> • Market Animals -Record Worksheet (4H 228JR) -Project Worksheet (4H 228WS) • Breeding Animals -Record Worksheet (4H 229JR) -Project Worksheet (4H 229WS)

Exhibit Ideas

- Participate in the 4-H sheep show
 - Breeding sheep
 - Market lambs
 - Showmanship
 - Rate of gain
- Consider an exhibit, notebook or display showing what you have learned in a sheep-related topic
 - Nutritive value of meat goats
 - Meat cuts and proper preparation
 - Feeding rations
 - Preventative vaccinations
 - Photos of different breeds
 - Daily routine in caring for animals
 - Grooming techniques
 - Developing a breeding herd
 - Best care techniques for newborns
 - How to select and judge your lamb
 - Medical show kit
 - Explain the use of FEPD's
 - Understanding carcass grading in lamb carcasses
 - Video on how to train your lamb to lead
 - Proper exercising techniques
 - Making ethically sound decisions
 - Feed additives and their proper uses



4-H SHOOTING SPORTS PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Listen to and respect range commands
- Create a poster, news release, or video
- Speak about proper handling, shooting, and types of firearms; and wildlife & hunting skills

Are You Into It?

4-H Safety and Education in Shooting Sports (SESS) uses skills and disciplines of shooting to assist young people and their leaders in obtaining knowledge and developing life skills. The disciplines include archery, rifle, shotgun, muzzleloader and wildlife skills.

- Learn safe and responsible use of firearms and archery equipment including sound decision making, self-discipline, and concentration
- Promote the highest standards of safety, sportsmanship, and ethical behavior
- Encourage understanding of our natural resources and the development of a personal environmental stewardship ethic through participation in shooting, hunting, and related activities

Citizenship

- Follow range and hunting safety rules and regulations
- Clean up the shooting range and participate in environmental projects
- Partner with local groups to promote safety and hunter ethics

Leadership

- Invite friends to participate in SESS
- Take leadership and partner with local groups to promote conservation and habitat improvement in your area
- Plan and organize a shooting match

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Identify parts, uses and care of archery equipment and rifles • Learn and practice range commands • Learn and use safety rules such as eye and ear protection and correct behavior on the range • Learn wildlife or hunting basics 	<ul style="list-style-type: none"> • Learn the differences and uses of a variety of equipment, such as types of archery equipment and rifle components • Develop shooting skills using different techniques and positions • Advance your shooting experiences by trying shotguns and muzzleloaders • Learn and use hunter safety rules and hunter ethics 	<ul style="list-style-type: none"> • Make archery equipment • Do gunsmithing • Demonstrate advanced skills by participating in higher level competitions • Do and teach about conservation practices

4-H
GROWING TOGETHER



Take Shooting Sports further!

Here are other opportunities to explore Safety & Education in Shooting Sports:

- Participate in local, regional, state and national matches. Find out more here: www.extension.iastate.edu/4h/projects/ShootingSports/sessevents.htm
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in shooting sports. Check out camps at the Iowa 4-H Center.
- Interested in a college? Schedule a visit with Iowa State University to explore a variety of majors www.iastate.edu
- Check out the Iowa State University trapshooting club
- Work with your local county conservation to improve wildlife habitat.
- Become involved in your local shooting sports related non-profit groups (i.e. NWTf, Pheasants Forever, Whitetails Unlimited, Ducks Unlimited and others).

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Safety & Education in Shooting Sports www.extension.iastate.edu/4h/projects/ShootingSports/ • National 4-H Shooting Sports www.4-hshootingsports.org/ • 4-H Shooting Sports Activities and Events www.extension.iastate.edu/4h/projects/ShootingSports/sessevents.htm 	<ul style="list-style-type: none"> • Brownells www.brownells.com/ • Iowa DNR www.iowadnr.com • National Rifle Association www.nranews.com/ • USA Shooting www.usashooting.com/ • National Muzzle Loading Rifle Association www.nmlra.org/ • Crosman www.crosman.com/airguns • Amateur Trapshooting Association www.shootata.com • National Archery Association http://usarchery.org/ • National Wild Turkey Federation www.nwtf.org/iowa/ 	<ul style="list-style-type: none"> • 4-H Yearly Summary (4H 0096) • SESS Project Record • Shooting Log • Minnesota 4-H Shooting Sports and Wildlife Journal (MI 08579, 2008)

Exhibit Ideas

- Present the proper outfit and accessories for hunting, shooting, etc.
- Give a presentation on proper gun handling, shooting skills, wildlife, hunting, types of firearms or archery equipment
- Make a poster comparing different brands of available equipment
- Give a demonstration on how to train a dog for hunting
- Present about different breeds of hunting dogs
- Make a poster comparing wildlife habitats and how humans interact with them on a daily basis
- Teach others how to prepare a dish with wild game
- Write a paper learning about general outdoors safety and orienteering skills
- Make a poster with pictures of wildlife
- Give a presentation on firearm and hunter safety
- Make a project out of used targets or shells- sculpture, painting, etc.
- Compare and contrast different brands and types of ammunition.

4-H SWINE PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Design a poster on parts of the animal
- Participate in a judging contest giving oral reasons
- Give a tail docking demonstration

Citizenship

- Volunteer your baby pig for ag-in-the-classroom at school
- Participate in a "food-for-life" project donating to food pantries
- Volunteer to help at the county livestock judging event at the swine station

Leadership

- Lead other 4-H members in participating in local pork producer events
- Teach others how to safely handle swine at a FSQA session
- Lead a swine showmanship and grooming session prior to your county fair



Are You Into It?

In the 4-H swine project you can learn about breeds, health care, production, management, showmanship, marketing and careers.

- Learn the basic principles of animal science by owning, caring for, and keeping records on one or more head of livestock
- Gain knowledge of sound breeding, feeding, and management practices
- Learn nutritive value of swine products and promote their use

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn breed names and descriptions • Identify swine body parts • Learn how to judge swine • Plan a facility to keep swine safe and healthy • Learn how to feed and water your pig • Identify how a normal pig looks and acts • Name and describe pork meat cuts • Discover pork by-products • Conduct a pork cooking and tasting experiment • Prepare to show your swine at the fair 	<ul style="list-style-type: none"> • Learn differences in preparing pork cuts by cooking and tasting • Explore normal pig characteristics • Discover agriculture careers • Outline a pig health care plan • Understand swine management practices • Analyze and make decisions on how to solve swine issues • Formulate a swine ration • Plan and conduct a pork promotional activity • Help others learn each of the baby pig management practices 	<ul style="list-style-type: none"> • "Adopt" a younger person and help him or her explore the swine project • Organize a judging clinic • Plan and conduct a swine showmanship clinic for younger members • Arrange questions and hold a swine quiz bowl • Plan swine breeding • Research state or national swine organizations • Learn about swine genetics • Interview agencies about environmental issues



Take Swine further!

Here are other opportunities to explore Swine:

- Visit a local feed mill and see how feed ingredients are mixed, weighed and blended to make a complete ration
- Compare feed tags from different companies
- Visit a local meat locker or local grocery meat case to observe preparation and packaging
- Learn how to evaluate meat cuts, quality grade, yield grade and how these affect taste and cost
- Ride with a local veterinarian to learn about animal health
- Attend a swine show to listen to a judge give oral reasons and witness the differences in judging hogs
- Participate in a judging team
- Tour a hog operation
- Research swine by-products
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and take the swine track, participate in the community service project, bringing ideas back to your community.
- Is it fair time? Consider showing in your County Fair swine show or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Swine www.extension.iastate.edu/4h/projects/Livestock/swine.htm • National 4-H Swine http://4-h.org/d/Pages/Layouts/swine.html • The Incredible Pig Level 1 (4H 721A) • Hamming It Up Level 2 (4H 721B) • Going Whole Hog Level 3 (4H 721C) • Swine Leader Guide (4H 721 LDR) • 4-H Market Hog Project (4H 722) • County Swine ID Report (4H 106F) 	<ul style="list-style-type: none"> • Iowa Pork Producer's Association www.iowapork.org • National Pork Board www.pork.org • Iowa State Animal Science www.ans.iastate.edu/ • Iowa State Swine Teaching Farm www.ans.iastate.edu/centers/swine/?pg=visit • National Swine Registry www.nationalswine.com 	<ul style="list-style-type: none"> • Market Animals -Record Worksheet (4H-228JR) -Project Worksheet (4H-228WS) • Breeding Animals -Record Worksheet (4H-229JR) -Project Worksheet (4H-229WS)

Exhibit Ideas

- Participate in the 4-H swine show
 - Market Hog
 - Pen of three
 - Breeding Gilt
 - Showmanship
 - Derby show
- Consider an exhibit, notebook or display showing what you've learned in a swine-related topic
 - Nutritive value of pork
 - Pork meat cuts and proper preparation
 - Feeding rations
 - Importance of reading feed labels
 - Preventative vaccinations
 - Photos of different swine breeds
 - Daily routine in caring for animals
 - Grooming techniques
 - Best care techniques for newborns
 - Hog by-products
 - Impact of local foods on local economy
 - Pros and cons of a farrow to finish operation vs. grower operation
 - Bio-security measures for livestock farmers
 - Research where the pork checkoff dollars are used
 - Selection and how to judge a market hog or breeding gilt
 - How to register an animal with the National Swine Registry
 - Proper exercising techniques for show pigs
 - Caring for pigs in hot weather
 - Appropriate animal handling techniques
 - Explain how to read pig ear notches

4-H VETERINARY SCIENCE PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Give an educational presentation on types of injections and how to vaccinate animals
- Develop an animal health management plan with a veterinarian
- Help in presenting in a FSQA session

Citizenship

- Volunteer at a local veterinary clinic
- Volunteer at Animal Rescue League
- Start a campaign encouraging pet owners to neuter and spay their pets

Leadership

- Help members develop a health care plan for their animal projects
- Create a bio-security informational sheet and kit for 4-H members to keep at their livestock areas
- Organize a pet first aid class through your local Red Cross Chapter

4-H
GROWING TOGETHER

Are You Into It?

Do you have an animal you want to keep healthy or are you interested in a career keeping animals healthy? The 4-H Veterinary Science project helps you explore and learn more about animal health in your home, club, community, country, and world. Grow your knowledge about how animal health affects public health!

- Appreciate the importance of good management and sanitation practices in keeping animals and birds healthy
- Learn the values of scientific research and its influence on animals and their health

Here's what you can do all year!

Starting Out Basic / Level 1

- Understanding differences of species in body styles, systems, breeds and life stages.
- Explore the animal basic needs and health/safety.
- Learn how veterinarians and owners work together to keep animals healthy.
- Investigate the many careers of animal science and veterinary science.

Learning More Intermediate / Level 2

- Discover the importance of Food Safety and Quality Assurance.
- Explore biosecurity and an animal health management plan for animals.
- Consider ethics and animal welfare
- Develop and maintain accurate health records for animals and pets.
- Investigate health issues related to body systems, diseases, parasites and the importance of immunity.

Expanding Horizons Advanced / Level 3

- Incorporate science into understanding of genetics and animal reproduction and health.
- Research the use of veterinary technology and procedures
- Identify the transfer of diseases between animals and humans.
- Further explore non-veterinary, animal-related careers



Take Veterinary Science further!

Here are other opportunities to explore Veterinary Science:

- Assist with a local Food Safety Quality Assurance class for younger 4-H members
- Schedule a job shadow with your local veterinarian
- Become a youth representative on a livestock bio-security advisory group
- Set-up a local/area animal disease emergency preparedness and response team
- Attend Animal Science Round-Up as part of the Iowa 4-H Youth Conference and participate in one of the livestock areas.
- Attend the Iowa State Fair Vet Camp (registrations available online)
- Is it fair time? Consider a communications speech or develop a poster or video for your county fair or the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Interested in a college education in animal science or veterinary medicine?
Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Create a display of products which come from livestock or animals
- Compare/Contrast various health management plans for a type of animal
- Interview a veterinarian and report on the various parts of their job.
- Create a display showing the difference in animal digestive systems
- Create a poster illustrating the types of injections for animals
- Research domestic animal health issues and how they affect people
- Research wild animal health issues and how they affect people
- Create a first aid kit for large or small animals
- Make a poster showing how to care give first aid to an animal
- Make a poster about foods, plants, and/or household items that are poisonous to animals
- Take a tour of the Iowa State University Vet College
- Learn about newly approved feed additives for livestock and their uses
- Show the growth curve over an animal's lifetime
- Develop a video on proper hoof care for an animal
- Develop a video or power point on ethics in the livestock industry

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Veterinary Science www.extension.iastate.edu/4h/projects/Livestock/vetscience.htm • From Airedales to Zebras Level 1 (4H 0760A) • All Systems Go! Level 2 (4H 0760B) • On the Cutting Edge Level 3(4H 0760C) • University of Nebraska 4-H Vet Science Series • The Normal Animal (EC 29981) • Animal Disease 2 (4H 48) • Animal Health and Its Relationship to Our World 3 (4H133) 	<ul style="list-style-type: none"> • Iowa State University College of Veterinary Medicine http://vetmed.iastate.edu/ • American Veterinary Medical Association www.avma.org/ • AVMA – Pet First Aid www.avma.org/firstaid/procedures.asp • American Association of Veterinary Medical Colleges www.aavmc.org/ • Future Vet www.futurevet.net • Healthy Pets www.cdc.gov/healthypets/ 	<ul style="list-style-type: none"> • 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)

4-H VISUAL ARTS PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Create a poster, flier, or brochure
- Teach art activities at an afterschool or summer program
- Plan, conduct and evaluate an on-going workshop

Citizenship

- Volunteer at a local art event
- Donate your art for a fundraiser
- Share your art skills with others – at school, churches, synagogue, or recreation

Leadership

- Lead your family in an art project
- Offer to critique your friend or family's artwork
- Volunteer to serve on a local art council

4-H
GROWING TOGETHER

Are You Into It?

Do you want to express yourself, be creative, or make an impression? Visual Arts is for you! It may be messy, fun, strange, or unique. You will get to work with paint, chalk, metal, wood, origami, computers and much, much more. Be yourself, explore visual arts!

- Explore and experiment with endless materials to make new art
- Develop your creative skills and talents
- Be confident expressing yourself through various art forms
- Gain understanding of art history, cultures, and various technique
- Master the basics of making great art – its elements and principals
- Consider a career or life time hobby in art

Here's what you can do all year!

Starting Out Basic / Level 1

- Interview a local artist
- Create a portfolio and design idea book – for storing your great works and ideas
- Explore ways to cut and assemble paper
- Exchange art materials with friends
- Create an art or craft with a friend
- Find places to share your art with family, friends and your community
- Experiment with line and color

Learning More Intermediate / Level 2

- Identify a town or country and its local art
- Seek out a creative person you would like to learn more about
- Arrange an art trip to local art fair or farmer's market
- Experiment with various brushes and paint
- Compare different types of media
- Experiment with line, shape, color, texture and space

Expanding Horizons Advanced / Level 3

- Experiment with rhythm, proportion, emphasis, balance, and unity
- Understand and apply media techniques and processes
- Understand visual art in relationship to history and culture
- Enter your art in a local exhibition
- Be an entrepreneur – market and sell your work



Take Visual Arts further!

Here are other opportunities to explore Visual Arts:

- Explore other project areas including Photography, Clothing, Home Improvement and others.
- Check out books at the library or visit online sources to learn more about techniques, composition, copyright and privacy laws, and the history and future of art.
- Create a portfolio of your best artwork (sketches, techniques and final compositions).
- Attend local art exhibitions at museums and schools.
- Enter your artwork in a local, state or national exhibition.
- Learn about other artists, art history and techniques by visiting a library or using online resources.
- Volunteer to create a work of art for your school, church or other organization.
- Is it fair time? Consider taking an exhibit, a piece of your project learning, to the fair for judging and to show what you have learned throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your local ISU Extension Office for other local workshops, activities and events.
- Meet others interested in visual arts. Check out camps at the Iowa 4-H Center.
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Interested in a college education in the area of visual arts? Schedule a visit with Iowa State University's College of Design. www.iastate.edu

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Visual Arts www.extension.iastate.edu/4h/projects/visualart • Color Wheel (4H 633) • Design: Exploring the Elements and Principles (4H 634) • Celebrate Art Level 1 (4H 635A) • Art in Your Future Level 2 (4H 635B) • Sketchbook Crossroads; Drawing, Fiber and Sculpture (4H 638A) • Portfolio Pathways: Painting, Printing and Graphic Design (4H 638B) 	<ul style="list-style-type: none"> • Copyright Kids www.copyrightkids.org • Art Junction www.artjunction.org • Imagination Factory www.kid-at-art.com • Artcyclopedia www.artcyclopedia.com/ • The Exploratorium on the Web www.exploratorium.edu/ • The Smithsonian www.si.edu/ • Des Moines Arts Center www.desmoinesartcenter.org/ • 4-H Visual Arts Online http://new.4-hcurriculum.org/projects/visualarts/ 	<ul style="list-style-type: none"> • 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 98F) • Portfolio Guidelines (4H 97B) • Design an "Idea Book" • Create a video that showcases your design ideas

Exhibit Ideas

- Piece of original art such as charcoal drawing, watercolor, tempera or acrylic painting, pen and ink drawing, colored pencil drawing, etc.
- Portfolio about visual arts techniques such as perspective, sketching, contour drawing, shading, blending, etc.
- Display about drawing tools
- Report about a favorite artist's life or type of art
- Notebook based on an interview with a local artist or jeweler
- Report about museum visits
- An original sculpture such as cardboard, wire, plaster or clay
- Poster or display on design element(s) or art principle(s)
- Demonstrate mixing colors on a poster or display
- Portfolio of advertisements showing design elements or art principles
- Original optical illusion using shape and space
- Poster on different vegetable dyes
- Demonstrate silk-screening
- Piece of jewelry using handmade beads or ornaments
- Photo display of art found in your community or state
- Report about careers that use artistic techniques such as a jeweler or designer



4-H WOODWORKING PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Conduct a wood finishing seminar
- Prepare an exhibit that explains types of wood and best applications for each
- Give a safety demonstration for safe woodworking tool usage
- Develop an exhibit comparing different wood finishes

Citizenship

- Build a bird feeder for a neighbor
- Build toys out of wood for a homeless shelter
- Make a bench and donate it to charity
- Join a Habitat for Humanity build

Leadership

- Conduct a basic building workshop for a younger club
- Organize your club to assist older community members winterize their home
- Be a project helper for younger members in woodworking

4-H
GROWING TOGETHER

Are You Into It?

Woodworking is a valuable skill for a hobby, household repairs or even a career. Learn about types of wood, uses for various kinds of wood, how to make connections and joints, safety tips, common tools and project ideas from the very simple to impressive!

- Develop an understanding for fiber products of the forest.
- Develop skills in the selection and uses of various types of wood and wood products.
- Develop skills in the selection, care, and safe use of woodworking tools and machines.
- Learn about environmental protection and the wise use of natural resources.

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Identify tools and needs for your work area • Learn safety rules, tool safety settings and how to use safety gear • Identify what different woods look and feel like • Understand how to use a variety of hand tools • Learn how to connect wood using glue and nails • Finish wood projects by sanding and painting 	<ul style="list-style-type: none"> • Learn how to use the right hand tools • Determine which woods are good for a product • Learn to measure and cut angles • Learn the importance of proper sanding and finish application 	<ul style="list-style-type: none"> • Discover joining, clamping and connecting techniques • Using stain to emphasize the grain of wood • Understand difference between wood, laminates and veneers • Correct and safe use of power tools • Explore woodworking careers and entrepreneurial opportunities



Take Woodworking further!

Here are other opportunities to explore woodworking:

- Contact your local County Extension Office for local woodworking workshops, activities, or events
- Sign up for the distribution list
- Visit a cabinet making business to see how they apply what you are learning about woodworking
- Use online resources to learn advanced techniques
- Explore local woodworking groups and find ways to connect with them to learn more
- Visit your local community college to learn about woodworking careers and degrees
- Go to woodworking shows to learn about tools, techniques, and products
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it 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 throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in woodworking? Check out camps at the Iowa 4-H Center.
- Interested in a college education in the area of woodworking, architecture, industrial technology or engineering? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Make and finish a piece of furniture
- Build a tack box for your show animal project
- Make a toy train set out of wood
- Build a birdhouse or feeder
- Build a doghouse
- Make a design for something you would like to build - a table, a cabinet, or even a small building
- Create a poster on safety precautions when working with wood and tools
- Develop an exhibit on woodworking tool(s) and what they are used for
- Make an exhibit on various wood fasteners, where they would be used and why
- Create an exhibit on various woodworking techniques
- Make an exhibit evaluating the merits of different joinery
- Develop an exhibit on furniture repair
- Make an exhibit on "green" woodworking and sustainable wood types
- Create an exhibit comparing wood to synthetic replacements

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Woodworking http://www.extension.iastate.edu/4h/projects/woodworking • Measuring Up Level 1 (4H 745A) • Making the Cut Level 2 (4H 745B) • Nailing it Together Level 3 (4H 745C) • Finishing Up Level 4 (4H 745D) • Woodworking Leader Guide (4H 745 LDR) 	<ul style="list-style-type: none"> • DIY Network Woodworking projects www.doityourself.com/scat/woodworkingprojects • Hardwood Information www.hardwoodinfo.com/ • Online woodworking resources www.woodnet.net • Woodworker's Central www.woodworking.org/ • Fine Woodworking. Com www.finewoodworking.com/ • Woodworking Industry Information www.woodweb.com/ 	<ul style="list-style-type: none"> • 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)