

4-H PROJECTS

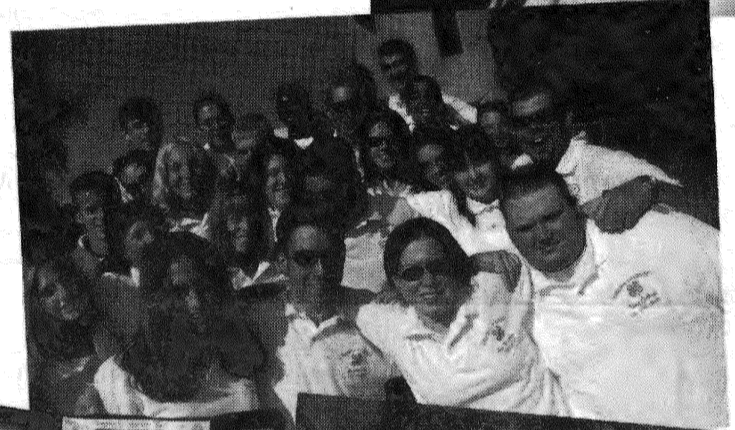
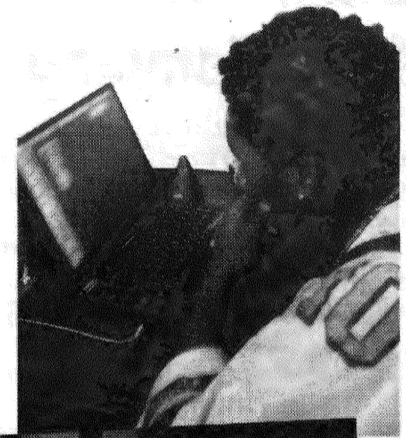
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**Virginia
Cooperative
Extension**

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DO YOU KNOW THAT:

- ✿ The four H's stand for head, heart, hands, and health. They represent the four points of the 4-H pledge: clearer thinking, greater loyalty, larger service, and better living.
- ✿ Nearly one in every six Virginia youth age 5-18 is in 4-H, making it the largest youth organization in the state.
- ✿ Through 4-H over 181,000 Virginia youth and 19,700 adult and teen volunteers join in local, county, state, national, and international educational opportunities.
- ✿ 4-H is the largest voluntary co-educational youth program in the world!
- ✿ 4-H members live in towns, cities, suburbs and on farms in every county in Virginia.
- ✿ About half of Virginia 4-H'ers are boys, half are girls.
- ✿ The average age of Virginia 4-H'ers is 11 years old; about 15 percent are senior members age 14-19.
- ✿ No county or state dues are required to join 4-H.
- ✿ The average member conducts 2 projects each year.
- ✿ Over 22,000 Virginia youth attended 4-H camps, either week-long sessions at district 4-H Educational Centers or local day camps.
- ✿ Members have a choice of projects in 10 different curriculum areas.
- ✿ 4-H is the youth segment of Virginia Cooperative Extension, an off-campus program, conducted by Virginia Tech and Virginia State Universities.
- ✿ 4-H programs are available to all youth regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation.



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JOIN 4-H! BE PART OF THE ACTION!

4-H is for all youth between the ages of 5 and 18. Members enroll in a project, participate in activities, and help with community service. They have fun while learning and utilize the latest research information from Virginia Tech and Virginia State Universities.

Each 4-H'er conducts one or more projects of his or her choice. A project is a series of learn-by-doing activities. 4-H members also have opportunities to participate in camping,

presentations and talks, fairs and field trips, community service, exchange visits, workshops, clinics, fairs, parades, and more.

Organized 4-H clubs provide opportunities for members to learn to conduct meetings, plan activities, practice parliamentary procedure, take on committee responsibilities and develop leadership abilities. A local 4-H club is democracy in action!

4-H Motto
To Make the Best Better

4-H Colors
Green and White

4-H Emblem
A green four leaf clover with
a white H on each leaf

4-H Pledge

*I pledge:
My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service and
My health to better living
For my club, my community,
my country, and my world.*

For More Information About 4-H Contact:



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

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VIRGINIA STATE UNIVERSITY



4-H Camping

Did you know that Virginia has the one of the largest 4-H camping program in the nation? With classes such as canoeing / kayaking, computer science, forestry, aquatic science, swimming, and many more, 4-H camp can help you to create your own "outdoor magic." Come see what 4-H camp has to offer you, and make friends that will last a lifetime!

4-H CAMP IS OPEN TO EVERY BOY AND GIRL IN VIRGINIA!

Virginia offers 4 different types of 4-H camps:

- * Residential 4-H Camps...provide learning and recreational opportunities. They last for 2-5 days, with campers staying in cabins or lodges.
- * Special Interest 4-H Camps...provide learning experiences with a specific theme or programmatic focus. These camps can be overnight or day camps.
- * Day 4-H Camps...allow campers to participate in learning activities during the day without staying overnight.
- * Cloverbud 4-H Camps...are camps designed for kids ages 5-8 years old. These camps are usually 2-3 days in length and provide learning and recreational opportunities.

Virginia has six 4-H educational centers that provide 4-H camps. In order to attend a 4-H camp at the 4-H educational center in your service area, or to find out about other 4-H camping experiences, contact your local Virginia Cooperative Extension Office* for specific details on registration, cost, and deadlines.

WANT TO LEARN MORE ABOUT 4-H AND 4-H CAMPING?

<http://www.va4-h.org>

VISIT THE 4-H CENTERS AT THE WEBSITES OR CALL THEM!

Airfield 4-H Educational Center	http://www.ext.vt.edu/resources/4h/airfield/	(757) 899-4901
Holiday Lake 4-H Educational Center	http://www.ext.vt.edu/resources/4h/holiday/	(434) 248-5444
Jamestown 4-H Educational Center	http://www.ext.vt.edu/resources/4h/jamestown/	(757) 253-4931
Northern Virginia 4-H Educational Center	http://www.ext.vt.edu/resources/4h/northern/	(540) 635-7171
Smith Mountain Lake 4-H Educational Center	http://www.ext.vt.edu/resources/4h/smithmt/	(540) 721-2759
Southwest 4-H Educational Center	http://www.ext.vt.edu/resources/4h/southwest/	(276) 676-6180

* 4-H is the youth development program of Virginia Cooperative Extension. There are 107 city/county Extension offices in Virginia. Look for Cooperative Extension in your local telephone directory under "City/County Government" offices to find the office that serves you.

EXPERIENCE THE WORLD THROUGH 4-H INTERNATIONAL PROGRAMS

4H/Japanese Summer Exchange: Establish lifelong friendships by hosting a Japanese "brother" or "sister" for a month in the summer. Travel to Japan for a month the following summer and live with a host family.

Japanese High School Exchange: Japanese students attend high school while living with host families. Students arrive in August and stay until school year ends in June. Host families provide "room and board."

IFYE: The flagship program of the 4-H international experience, IFYE is an in-depth learning experience in which 4-H'ers and 4-H alumni live in another country with host families.

Virginia-Costa Rica Exchange: The Virginia-Costa Rica 4-H Exchange Program is an exciting, cross-cultural experience for high-school youth with an interest in natural resources. The exchange is conducted much like a traditional interstate 4-H exchange, where a



4-H group in one state contacts a 4-H group in another state, and the two agree to host one another in their homes. The result is a rich experience that centers on youth interaction and total immersion in a new culture.

(FLEX) Future Leaders Exchange Program: The Future Leaders Exchange (FLEX) is a federal government program which provides opportunities for high school students (ages 15-17) from the New Independent States (NIS) of the former Soviet Union to spend a year in the United States, living with a family and attending an American High School.

FIND A PROJECT TO FIT YOUR INTERESTS

A project focuses on a particular subject and involves a variety of learn-by-doing activities.

Look at all the 4-H projects listed in this guide. How do you know which ones to take?

Make a list of things you like to do. Talk over your list with parents and friends.

Now, look in this guide to find the projects that will help you do the things you want to do or learn about. Remember to keep 4-H fun and get your parents and friends involved as helpers. And don't forget your 4-H leader. 4-H leaders are the people who make 4-H happen.

This guide is intended to help Virginia 4-H leaders assist members in selecting and planning their 4-H projects.

Descriptions with each project are not project requirements. The choice of project work should be the result of individual planning. Ages listed for project units are only suggestions, except for Cloverbuds. There are strict age requirements for animal projects and some other project participation for Cloverbuds.

If a project has more than one unit, a member is not always required to take the first unit of a project. In some projects one unit naturally progresses to the next, so 4-H'ers may want to take the units in progression, but it is not a requirement.

Examples:

1. A 10- or 11-year old with no previous sewing experience normally would enroll in the first clothing unit, PACT Level 1.
2. A 12- or 13-year old who has not taken Level 1 of Clothing may or may not enroll in the first unit, depending upon previous sewing experience, natural ability, personal preferences, and the judgment of parents and leaders.
3. Youth can spend more than one year in some project units. There may be enough ideas in the literature to span two or three years.

To enroll in 4-H, each member and leader completes a 4-H enrollment form. These forms are sent to the county or city Extension office. The Extension Agent will then send you the necessary project bulletins and records for your project.

NEIGHBORS VOLUNTEER TO TEACH

Over 16,000 adult and teen volunteers assist 4-H clubs in Virginia. As leaders, they help 4-H'ers organize clubs, elect officers, and plan club meetings. They help 4-H'ers select their projects, set goals, develop skills, keep project records, and plan group activities.

Volunteer leaders multiply Extension staff resources and represent the Extension 4-H program in their communities.

WAYS TO JOIN 4-H

Young people, age 5-18, have a variety of ways to join 4-H. Different kinds of groups offer flexibility and meet the needs of different communities. These include:

Organized 4-H Club - An organized group of youth with volunteer leaders, elected officers, and a planned program that is carried on throughout all or several months of the year. They include:

- **Community Clubs** - Meet in homes or public buildings and offer several different 4-H projects.
- **Project Clubs** are similar to community clubs except that they offer one major project.
- **School clubs** meet in school on school time.

Cloverbuds Groups - Small groups of youth between the ages of 5-8 who are introduced to 4-H through special activities designed especially for them.

Special Interest Groups - Usually short-term groups offering one project.

School Enrichment - Classroom groups which utilize 4-H project materials to complement and supplement the school curriculum.

Individual Members - Youth doing 4-H project work, with parental guidance, where no organized 4-H program is available.

Extension Agents and 4-H adult volunteers provide leadership for organizing 4-H groups to fit the needs of each community.

Young Children Enjoy "Learning by Doing" in Cloverbuds



Cloverbuds, a 4-H program designed for children five to eight years of age, gives young children an introduction to 4-H through special activities developed to meet their interest and learning levels.

Cloverbuds are small, out of school clubs led by adult volunteers. Activities are noncompetitive with members progressing at their own speeds. Experiences are hands-on, learn-by-doing, with parent support and involvement.

After one to four years of Cloverbud participation, children enroll in the familiar 4-H program designed for 9- to 18 year old youth.

Extension Agents and University 4-H Specialists developed a Cloverbuds Program Leaders Guide for use by volunteers. A wide selection of individual lesson plans is provided. Extension Agents will provide training for volunteers and assist in organizing neighborhood groups.

FOUNDATION FORGES PRIVATE PARTNERSHIP

For more than 60 years, Virginia 4-H has been the beneficiary of a rich tradition of private financial support. Each year corporations, foundations, organizations and individuals generously contribute to enriching 4-H programs at both the state and local levels.

The Virginia 4-H Foundation provides the leadership in securing the critical private dollars needed to sustain important program initiatives including recognition awards, leadership training, scholarships to state and national events, and sponsorship of international exchange programs.

Guided by a Board of Trustees, which is comprised of business and community leaders from around the commonwealth, the Virginia 4-H Foundation is committed to actively communicating the requirements of the Virginia 4-H program and seeking the resources that will be invested in the leadership of tomorrow.

The Trustees of the Virginia 4-H Foundation invite you to participate in their efforts by making a tax deductible contribution.

For more information on how the Foundation serves 4-H, or how to make a contribution, contact the:

Virginia 4-H Foundation
Cindy Saufley Barnett
5601 Cary Street Road
Richmond, VA 23226

LEARNING SKILLS FOR EVERYDAY LIFE

4-H is the youth development program of Virginia Cooperative Extension. It is an informal education program based on the needs of youth. 4-H is a learn-by-doing program and has seven characteristics.

- 1. Community Centered** - Youth and adults of the community join together in 4-H clubs and groups, conduct individual projects, join group activities, and conduct community service. 4-H is open to all youth ages 5 to 19.
- 2. Volunteer Led** - Volunteer adults and teens provide leadership for educational projects and activities.
- 3. Extension Staff Supervised** - Professionally trained Extension staff of the

land-grant universities (Virginia Tech and Virginia State) located at state, district, and local (county or city) levels are responsible for the management of 4-H projects.

- 4. Research Based** - The subject matter for individual projects and the educational methods of 4-H are based upon research by the land-grant university system (Virginia Tech and Virginia State) and other sources.
- 5. Home and Family Oriented** - 4-H provides opportunities for parents and older adults to join together with youth in worthwhile activities. Many 4-H projects have practical applications for the home.

6. Supported by Public and Private Funds - State, local, and federal governments jointly fund 4-H in a local unique partnership. That partnership is complemented by private support at all levels.

7. Responsive to Change - The 4-H program is responsive to change in social, technical, economic, and environmental conditions.



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4-H PROJECTS

CLOVERBUDS (For Youth Age 5-8)

Cloverbuds are neighborhood clubs led by adult volunteers. Members join in special noncompetitive activities designed for 5-8 year olds. Experiences are hands-on, learn-by-doing, with parent support and involvement.

90001-CLOVERBUDS

90011-TALKING WITH T.J.
Learn teamwork and Conflict Management

90012-EXPLORING FARM ANIMALS

90014-DIGGING DOWN AND GROWING UP

82179-TEAM HELMET Bicycle Safety

55325-CLOVERBUD NUTRITION PROJECT

41135-CLEANWATER FOR THE FROG COMPUTER APPLICATION

ANIMAL SCIENCE

Do you like Dogs, Cats, Chickens, Horses, Pigs, Rabbits, Sheep, or Cows? Would you like to learn more about them? If so then this is the project for you. In the 4-H Animal Science program you will have the opportunity to learn about your favorite animals. In addition, you will have the opportunity to learn how to take care of your animals responsibly.

Each of these project areas offers opportunities for you to participate in fairs, judging contests, shows, educational bowls and presentations.

ANIMAL-HUMAN RELATIONSHIPS

Learn the basics of caring for pets, to understand their traits and habits, and how to provide a favorable environment.

16191-PETS

16252-DOG CARE & TRAINING

VETERINARY SCIENCE

Learn about the fundamentals of animal health and the broad scope of veterinary medicine. Learn

causes, control and cure of diseases, immunology, dangers to man, public health, and consumer protection. A good companion project with other animal projects.

17631-THE NORMAL ANIMAL (age level 9-18)

17632-ANIMAL DISEASES (age level 9-18)

17633-IMMUNOLOGY, ZOOZOSES (age level 9-18)

BEEF

Select, feed, provide proper facilities and health care to one or more beef animals. Training for and exhibiting in shows is an available option. Keeping appropriate management and financial records is required. Breeding, sire selection, reproduction, and care of newborns are emphasized as well as the production of top quality finished livestock. Marketing of the animals produced is an important component.

11161-MARKET BEEF I (age level 9-13)

11162-MARKET BEEF II (age level 12-18)

11163-BEEF HEIFER (age level 9-18)

11164-COW-CALF (age level 14-18; younger members may be enrolled with leader's consent)



DAIRY

Learn to identify dairy breeds, fitting and showing, and judging.

12241-DIG INTO DAIRY (Dairy I - beginner)

12242-MOOVING AHEAD (Dairy II - intermediate)

12243-LEADING THE WAY (Dairy III - advanced)

12244-DAIRY GROUP ACTIVITIES

12245-GETTING YOUR GOAT (Goat I - beginner)

12246-STEPPING OUT (Goat II - intermediate)

12247-SHOWING THE WAY (Goat III - advanced)

12248-GOAT GROUP ACTIVITIES

12249-DAIRY JUDGING

HORSE AND PONY

Select one or more of the projects listed. Emphasis is on equine selection, nutrition, management, riding, recreation, fun, and horsemanship. Horseback riding provides an outdoor sports fitness program for physical, personal, and emotional development, including confidence building. The sport can develop into a life-long hobby or business. Projects are available for youth owning or having access to horses and for youth not having access to horses (horseless horse projects).

14421-INTRODUCTION TO THE HORSE (Horseless) (age level 9-11)

14422-HORSES ARE FUN (Horseless)

14423-HORSES & HORSEMANSHIP (Horseless) (age level 12-14)

14424-HORSE SCIENCE (Horseless) (age 14 or older)

14425-BASIC HORSEMANSHIP (age level 9-11)

14426-NOVICE (age 10 or older)

14427-HORSEMAN (age level 13 or older)

14428-HORSEMASTER (age 16 or older)

14429-HORSE MANAGEMENT (age level 11 or older)

14432-SELF-DETERMINED (age level 14 or older)

14433-HORSE JUDGING

14435-HORSE BUSINESS PROJECT (age level 14 or older)

LIVESTOCK

Learn about selection, care, and feeding of livestock, animal health, importance of records; for members who don't own an animal. Livestock advancement provides opportunities to demonstrate knowledge and skill in livestock production.

11481-NON-OWNERSHIP ANIMAL SCIENCE I (age level 9-11)

11482-NON-OWNERSHIP ANIMAL SCIENCE II (age level 10-12)

11483-NON-OWNERSHIP ANIMAL SCIENCE III

11484-NON-OWNERSHIP ANIMAL SCIENCE IV

11485-LIVESTOCK JUDGING

MEATS

Meat projects develop an awareness of meat's importance in our lives. Develop decision-making skills (meat selection) based upon appropriately defined criteria. Learn principles of nutrition and economics. Science and technology are illustrated as carcasses are fabricated and products are processed. Ham curing is a specialized meat processing project.

13491-MEATS (all ages)

13492-HAM CURING

13493-MEAT JUDGING & IDENTIFICATION

POULTRY

Poultry projects are developed to help stimulate an interest in science, consumerism, and animal husbandry.

15521-RAISING AND REARING POULTRY (age level 9-18) (Includes hobby/exhibition and commercial type poultry.)

Learn responsibilities, skills, and knowledge through caring for birds and how to manage time and finances.

15523-POULTRY AND EGG CONSUMER PROJECT (age level 9-18)

Learn how to become a better consumer and increase knowledge of poultry and egg cookery.

15525-BEGINNING OF LIFE- EMBRYOLOGY (groups only)

The in-school "Beginning of Life" project uses the avian egg to teach youth scientific processes, reproduction, and respect for living things by using hands-on activities.

SHEEP

Select, feed, provide proper facilities and health care to one or more sheep. Training for and exhibiting in shows is an available option. Keeping appropriate management and financial records is required. In the breeding projects, sire selection, reproduction, and care of newborns are emphasized. The market projects emphasize the production of top quality finished livestock. Marketing of the animals produced is an important component.

11581-EWE FLOCK (age level 9-18)

11582-MARKET LAMB
(age level 9-18)

SWINE

Select, feed, provide proper facilities and health care to one or more swine. Training for and exhibiting in shows is an available option. Keeping appropriate management and financial records is required.

11611-BREEDING GILT
(age level 9-18)

11612-MARKET HOG
(age level 9-18)

11613-FEEDER PIGS
(age level 9-18)

CAREERS AND ECONOMIC EDUCATION

Are you interested in starting your own business? Do you want to learn more about the Stock Market? Are you interested in getting ready to find a job? If you are, then this is the project for you!

Each of these project areas offers opportunities for you to participate in contests, special interest training, presentations and workshops.

CAREER EXPLORATION

Learn to know yourself, to understand your abilities and interests, and the relationship of interest and ability to choosing and preparing for a successful career.

21181-LIFEPATHS JR LEVEL
(age 9-11)

**21182-LIFEPATHS
INTERMEDIATE LEVEL**
(age 12-13)

21183-LIFEPATHS SR LEVEL

CONSUMER EDUCATION AND MANAGEMENT

Learn how to set realistic goals. Learn how to make your time and money go further. Learn how to exercise your consumer rights and responsibilities. Learn how to be a better consumer.

52231-MANAGEMENT MATTERS
(age level 9-11)

**52232-CALCULATING
CONSUMER** (age level 9-18)

**52235-HIGH SCHOOL
FINANCIAL PLANNING**
(group only)

52236-CONSUMERAMA
(age level 9-18) (groups only)
(age 14-18)

ECONOMIC EDUCATION

Learn how the economic world works, test your investment skills, learn how daily news influences stock prices (10-week programs for middle and high school students).

**22185-THE STOCK MARKET
GAME** (groups only)

**22186-COMMODITY
CHALLENGE** (groups only)

YOUTH ENTREPRENEURSHIP

**23181-TIME & STRESS
MANAGEMENT**

**23184-MINDING MY OWN
BUSINESS**

23188-WILD OVER WORK
(groups only)

24189-MINI-SOCIETY (groups only
project)

CITIZENSHIP

Good citizenship involves more than understanding and participating in government. Good citizenship is important in relationships with your family, friends, and neighbors. Good citizenship is important to your 4-H club and other organizations you belong to. It means understanding and appreciating yourself and your heritage, and having respect for other people and their heritages.

**61201-ME, MY FAMILY, AND MY
FRIENDS** (age level 9-11)

61202-MY NEIGHBORHOOD
(age level 9-11)

61203-MY CLUBS AND GROUPS
(age level 9-11)

61204-MY COMMUNITY
(age level 12 and older)



61205-MY HERITAGE
(age 14 and older)

61206-MY GOVERNMENT
(age level 14 and older)

61207-MY WORLD
(age level 14 and older)

**61208-CITIZENSHIP
SCHOOL ENRICHMENT**

INTERNATIONAL

International-Cross Cultural educational experiences for developing an awareness of the world (key resources) and understanding other cultures (families, cultural heritage, customs). Case studies of children in Thailand, Venezuela, and Kenya reveal youth concerns. Customs and cultures are revealed through greetings, family traditions, foods, houses, clothing, art, and games.

61501-THE WORLD AROUND ME
(groups only project)

**61502-PEOPLE AND CUSTOMS
OF THE WORLD**
(groups only project)

**61503-INTERNATIONAL YOUTH
EXCHANGE EXPERIENCES**

COMMUNICATIONS AND EXPRESSIVE ARTS

Would you like to learn how to take pictures with your camera? Would you enjoy participating in a talent show? Would you like to learn how to perform in front of a large group or give a speech to an audience? If you have ever wanted to be a politician, movie star, actor, photographer or writer, then this is the project area for you!

Each of these project areas offers opportunities for you to participate in shows, contests, and presentations.

CREATIVE AND PERFORMING ARTS

The main objectives of this program are to help 4-H'ers understand the value of the arts and humanities experiences in the development of self and others, to recognize personal creative abilities and become skilled in sharing those abilities with others.

31571-SHARE-THE-FUN

31572-THEATRE ARTS (groups only)

PHOTOGRAPHY

Opportunities to learn photography from the beginner's level to advanced skills and slide show production. Also supports other projects—record-keeping and building personal portfolios.

**33511-ADVENTURES WITH
YOUR CAMERA** (age level 9-12)

PUBLIC SPEAKING

The Public Speaking program is that part of the 4-H Expressions Curriculum which provides Virginia 4-H'ers with the opportunity to develop their communication skills by understanding the basics of public speaking through the delivery of a speech on a chosen topic.

30531-PUBLIC SPEAKING
(age level 9-18)

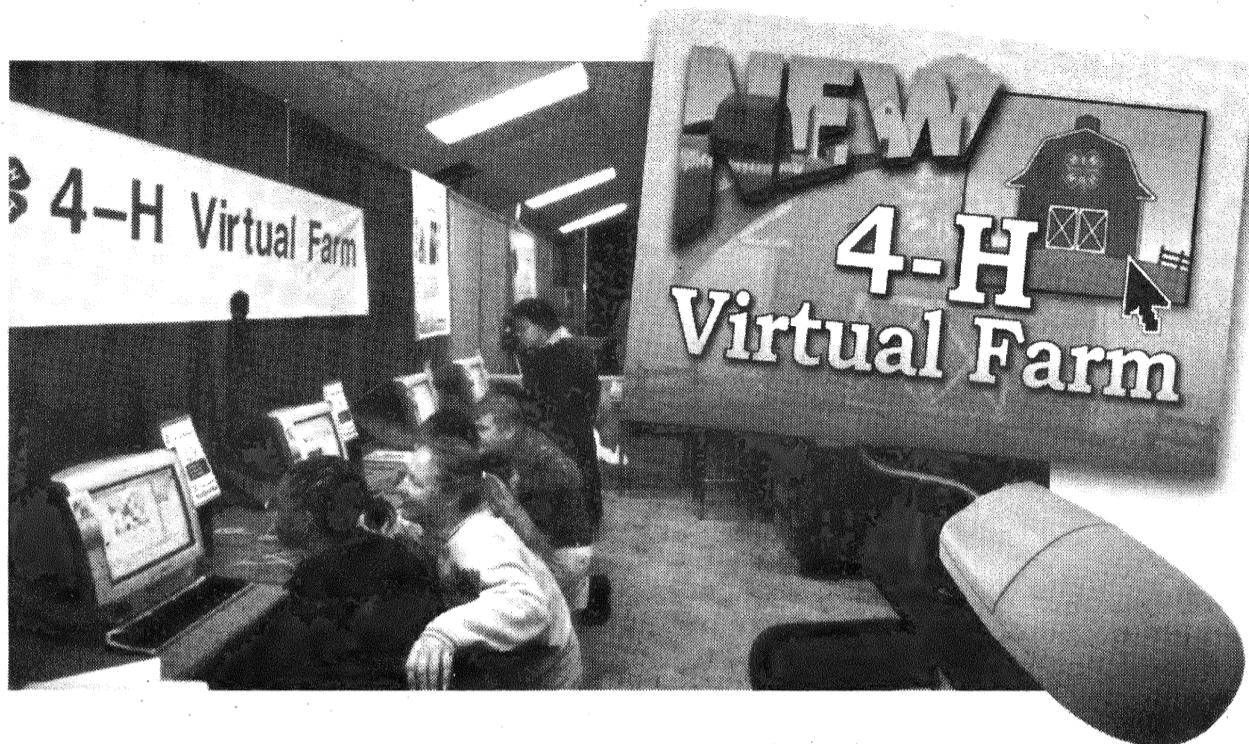
FAMILY SCIENCES

Are you interested in the latest fashions? Does starting your own baby-sitting neighborhood program appeal to you? Do you like to redecorate your room? If so then this is the project area for you!

Each of these project areas offers opportunities for you to participate in contests, shows, educational bowls and presentations..

CLOTHING AND TEXTILES

4-H PACT (4-H Personal Appearance, Clothing and Textiles)



covers the areas of Clothes and People, Grooming, Fabrics and Textiles, Buying and Care of Clothes, Wardrobe Planning, Construction Skills.

51211-4-H PACT- Level 1

51212-4-H PACT- Level 2

51213-4-H PACT- Level 3

51214-4-H PACT- Level 4

51215-FABRICS & FASHION,
CLOTHING CONSTRUCTION
(beginner)

51216-FABRICS & FASHION,
CLOTHING CONSTRUCTION
(intermediate)

51217-FABRICS & FASHION,
CLOTHING CONSTRUCTION
(senior)

51218-FABRICS & FASHION,
CONSUMER EDUCATION

51219-FABRICS & FASHION,
TEXTILE SCIENCE

51221-FASHION REVIEW

FAMILY LIFE

Learning to care for small children safely prepares 4-H members for babysitting and care of younger brothers and sisters.

53291-CHILDCARE I, BEFORE
BABYSITTING

53292-CHILDCARE II,
BABYSITTING BASICS
(groups only)

From older adults, 4-H'ers learn about what life was like when they were young and develop friendships.

53293-LEARNING ABOUT
OLDER ADULTS (age level 9-12)

Strong Families-Competent Kids gets you ready for the times you will care for yourself. You will have a variety of things to do that will give you "hands-on" experience in this project. You will learn how to manage when you are alone, prepare snacks, manage creepy situations, handle emergency and non-emergency situations. Knowing how to look out for yourself makes you feel grown-up.

53296-STRONG FAMILIES/
COMPETENT KIDS
(age level 9-12) (groups only)

HOME ENVIRONMENT

In "Home Building Blocks," 4-H'ers explore and learn how to help make their homes safe, comfortable, and attractive. Discovering design, caring for the home, and using tools and materials safely are included.

54411-HOME BUILDING
BLOCKS- YEAR ONE
(age level 10-12)

54412-HOME BUILDING
BLOCKS- YEAR TWO
(age level 10-12)

54413-HOME BUILDING
BLOCKS- YEAR THREE
(age level 10-12)

FOODS, NUTRITION, AND HEALTH

Do you like to eat healthy food? Do you like to cook? Have you ever wondered why there is a date stamped on foods you buy? Have you ever wanted to know what all that stuff is that is printed on the food labels and what it means? Do you like to look at germs under a microscope? If you can answer yes to any of these questions, then this is the project area for you!

Each of these project areas offers opportunities for you to participate in fairs, contests and presentations.

FOODS AND NUTRITION

Learn to select foods that supply the nutrients needed for health. Learn to buy, prepare, store, preserve, and serve a variety of foods.

55311-SIX EASY BITES (age 10-11)

55312-TASTY TIDBITS (ages 12-13)

55313-YOU'RE THE CHEF
(age 14-16)

55314-FOODWORKS (ages 17-19)

55315-NOW YOU'RE COOKING

55316-FIT FOR LIFE (group only)

55317-BEEF AMBASSADOR

55318-EFNEP INDIVIDUAL

55319-EFNEP FAMILY

55325-PYRAMID CHEF
CIRRULUM

55321-4-H SCHOOL
ENRICHMENT FOODS

55328-STEPPING UP TO THE
PLATE COMPUTER GAME

55329-FOOD SECURITY
SIMULATION

HEALTH

Learn to recognize the value of good health, the relationship between good health practices and your own health, and that growth is unique for each individual.

56401-EXPLORING MY BODY
(cloverbud) (groups only)

56402-DISCOVER MYSELF
(grades 3-4) (groups only)

56403-FUN WITH FRIENDS
(grades 5-6) (groups only)

56404-TEEN TALK (groups only)

56405-FITTING THE FOOD &
NUTRITION PIECES TOGETHER

56406-A SMILE TO KEEP

56407-FIRST AID & SAFETY

56408-PROTECT YOUR HEALTH

LEADERSHIP AND PERSONAL DEVELOPMENT

Do you want to become a better leader? Do you want to learn skills that help you be a good leader? Are you interested in topics like: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship? Do you have an interest in developing your conflict resolution skills? Would you like to learn more about teamwork? If any of these topics interest you then the 4-H Leadership and Personal Development Program is for you.

Each of these project areas offers opportunities for you to participate in contests, presentations, town meetings, special interest workshops and training sessions.

The leadership life skills are learned while a 4-H member is serving in a particular role.

61461-GROUP DYNAMITE
(groups only)

61465-EXPLORING 4-H
LEADERSHIP



PERSONAL DEVELOPMENT

Select a subject, not necessarily included in a 4-H project, and develop a plan to pursue it in your special way. It may serve as a career exploratory program, involve interviews, work with special people, and develop a positive attitude toward making up your own mind.

60001-CHARACTER COUNTS!
(groups only)

62561-MAKE UP YOUR OWN
MIND (age level 14-18)

NATURAL RESOURCES AND ENVIRONMENTAL EDUCATION

Do you like to fish? Have you ever wanted to learn more about making sure that our earth has clean water and air? Do you like to camp in the great outdoors? Have you ever wanted to learn about all the wildlife that lives in the forests? Have you ever wondered which tree leaves turn red, orange, and yellow in the fall? Are you interested in participating in a hunter education program? If any of this sounds interesting to you, then the 4-H Environmental Education and Natural Resources Project is for you!

Each of these project areas offers opportunities for you to participate in training, specialty camps, contests, workshops, field days and presentations.

FORESTRY

Learn to identify trees; learn characteristics of forests; measure standing timber, conduct forest evaluations; demonstrate compass and pacing skills; receive free pine seedlings for open land and Christmas Tree plantings; participate in research by planting chestnuts and reporting survival rates of the seedlings.

43301-TREE IDENTIFICATION

43302-PINE SEEDLING PROJECT

43303-FOREST HEALTH

43304-TREES IN YOUR BACKYARD

43305-FORESTRY JUDGING

43306-FORESTRY OUTREACH

43307-BIG TREE PROGRAM

43308-FORESTRY SCHOOL ENRICHMENT (group activities)

43309-PROJECT LEARNING TREE (group activities)

OUTDOOR ADVENTURE

Backpacking, camping, canoeing, climbing and other adventure activities. Skill development and group dynamics are emphasized.

44651-OUTDOOR ADVENTURE (Restricted to units with trained personnel) (group project only)

SHOOTING EDUCATION

4-H members learn the safe handling and use of firearms and archery equipment under the competent leadership of specially trained adult volunteers. This

program is designed to be a family centered, outdoor activity.

45585-SHOOTING EDUCATION (available only to units with recognized program)

WATER AND ENERGY CONSERVATION

Learn ways to save water and energy in your home, learn about water in the environment, getting water to our homes, efficient heating, and how water meters work.

47641-BE WATER WISE (age 9-14)

WILDLIFE & FISHERIES

Interests and activities involving wildlife and fisheries can start at beginning, intermediate and senior levels.

47661-VIRGINIA 4-H WILDLIFE PROJECT

47671-WILDLIFE HABITAT EVALUATION (WHEP)

47672-PROJECT W.I.L.D. & PROJECT AQUATIC W.I.L.D. (groups only)

47678-NATIONAL WILDLIFE & FISHERIES PROJECT SERIES

4-H AQUATIC AND MARINE SCIENCE

Learn about major types, causes and effects of water pollution; how living things are classified; how adapting helps aquatic animals survive.

41133-JR. MARINE SCIENCE EDUCATION (groups only)

41134-INTERMEDIATE MARINE SCIENCE (age 12-14)

41135-CLEAN WATER FOR FROG (cloverbuds)

41142-TREE TREKKING

PLANT, SOILS, AND ENTOMOLOGY

Are you interested in growing a garden? How can you improve the soil? Do you know there are many good and useful insects? If any of these topics sound interesting, then Plant, Soil, and Entomology projects are for you.

Each of these project areas offers opportunities for you to participate in fairs, judging contests, workshops and presentations.

LAND APPRECIATION AND SOILS JUDGING

Explore the world of Plants and Soils, learn all about plants and how to use them. Advanced projects provide opportunities to grow plants for profit. Learn to conserve the beauty of our environment.



71118-LAND APPRECIATION AND SOILS JUDGING (beginner)

71119-LAND APPRECIATION AND SOILS JUDGING (intermediate)

71121-LAND APPRECIATION AND SOILS JUDGING (senior)

ENTOMOLOGY

77272-4-H ENTOMOLOGY

GARDENING & HORTICULTURE

72446-4-H YOUTH GARDENING

72448-4-H JUNIOR MASTER GARDENER

74451-4-H HORTICULTURE SCHOOL ENRICHMENT

74454-PLANTING TREES & SHRUBS

74455-PRUNING TREES & SHRUBS

SCIENCE AND TECHNOLOGY

Are you interested in Space? Do you like to do experiments? Would you like to learn more about engines or electricity? Do computers and robotics fascinate you? If any of these sound appealing, then this is the project for you.

Each of these project areas offers opportunities for you to participate in fairs, judging events, shows, educational workshops, training sessions and presentations.

AEROSPACE

81101-AEROSPACE (groups only)

BICYCLE

Learn parts of and how to inspect your bicycle; learn rules of the road

and maintenance, and learn how to plan bicycle trips.

82171-BICYCLE BASICS (ages 9-12)

ELECTRIC ENERGY

Explore electricity and magnetism, build circuits, conduct safety audits, make an electric motor.

84262-ELECTRIC ENERGY (ages 9-18)

84265-ELECTRIC ENERGY (school enrichment)

S.E.R.I.E.S.

Science experiences and resources for informal educational settings. Hands on science lessons with snails, create your own earthquake, experiment with household chemicals. (Limited enrollment)

85406-S.E.R.I.E.S. (groups only)

WOODWORKING

Learn to identify hard and soft woods, use of different woods, how to measure, mark and cut wood, use of saws, planes, sandpaper, nails, glue; correct use of hand tools. Build wood projects, learn about the lumber industry and how trees grow.

88681-WOODWORKING (groups only)



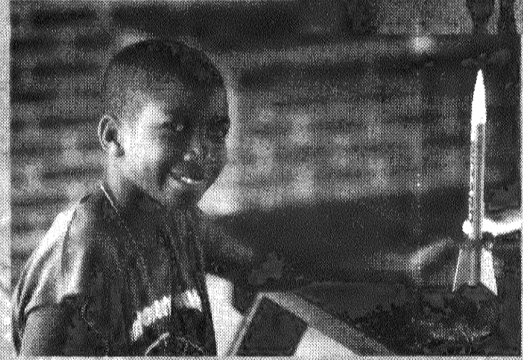
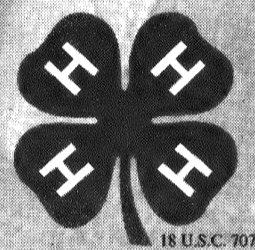
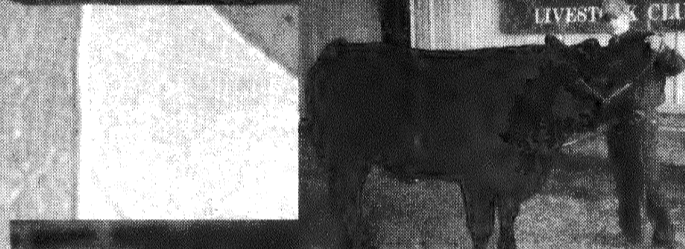
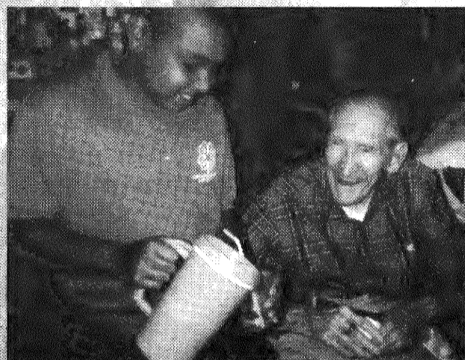
Celebrate

100 Years of 4-H 

18 U.S.C. 707



Where did you learn to do that?



2002-2003 Calendar of Events

October	6-12	National 4-H Week
November	29	National 4-H Congress, Atlanta, Georgia
February	TBA	4-H Day at the State Capital for all 4-H members and volunteers, Richmond, Virginia
February	TBA	4-H Ambassador Day at the State Capital, Richmond, Virginia
June	17-20	State 4-H Congress at Virginia Tech, Blacksburg, Virginia

For more information about these and other 4-H events and activities contact your local Extension Office.

Look for Cooperative Extension in your local telephone directory under City/County Government offices to find the office that serves you.