



4-H

## Healthy Lifestyles Education

Youth interested in these 4-H projects may be interested in the following careers:

- Counseling and Mental Health Services
- Extension Educator
- Family and Community Services
- Food Chemist
- Food Safety Inspector
- Restaurant and Food/Beverage Services
- Therapeutic Services

### Food and Nutrition

#### 40402 Fast Foods!

*What you can do in this project:*

- learn how to cook nutritious meals, using the MyPyramid, quickly and with few ingredients
- find out more about nutrition, substitutions, food equivalencies, tools and terms involved with cooking
- explore the art of menu planning

*Printed Materials:*

- 4H5000 Fast Foods!

*Other Materials:*

- 4H5050 Fast Foods! CD-ROM
- Fast Foods! Web site — [www.4h.unl.edu/FastFoods](http://www.4h.unl.edu/FastFoods)
- For online interactive resources, please visit our Cyber Fair Web site at [www.4h.unl.edu/cyberfair](http://www.4h.unl.edu/cyberfair)

**Suggested Age: Intermediate**

#### 40702 Food Preservation

*What you can do in this project:*

- learn how to dry, freeze, can and preserve foods for future use
- can fruits and vegetables
- make jams and jellies

*Food Preservation References:*

- Criteria for Judging 4-H Food Preservation Entries\*
- Let's Preserve: Canning Basics\*
- Let's Preserve: Vegetables and Vegetable Products\*
- Let's Preserve: Fruits and Fruit Products\*
- Let's Preserve: Tomatoes and Tomato Products\*
- Let's Preserve: Fermented and Pickled Products\*
- Let's Preserve: Jams, Jellies and Preserves\*
- USDA Complete Guide to Home Canning\*

**Suggested Age: For all Levels**

#### 40301 Road to Good Cooking

*What you can do in this project:*

- identify names and functions of kitchen utensils
- learn to measure ingredients properly
- read and follow recipes
- use food safety and cleanliness principles while preparing food
- set the table for family meals

*Printed Materials:*

- 4H155 The Road to Good Cooking

*For Leaders:*

- 4H166 The Road to Good Cooking Helper's Guide

**Suggested Age: Beginner**

#### 40902 Six Easy Bites — Level A

*What you can do in this project:*

- learn about the MyPyramid
- discover the basics of microwaving
- make muffins, cookies and quick breads
- make your own cola

*Printed Materials:*

- CCS7144 Six Easy Bites

*For Leaders:*

- CCS7730 Foods Group Helper's Guide

**Suggested Age: Beginner**

#### 41002 Tasty Tidbits — Level B

*What you can do in this project:*

- find out about sports nutrition
- make a main dish in the oven or on the stove
- freeze vegetables
- understand the role of a food scientist

*Printed Materials:*

- CCS7146 Tasty Tidbits

*For Leaders:*

- CCS7730 Foods Curriculum Helper's Guide

**Suggested Age: Intermediate**

#### 41102 You're The Chef — Level C

*What you can do in this project:*

- find out about fad diets and eating disorders
- make an oven-baked chicken dinner
- understand the action of yeast
- can fruits and vegetables

*Printed Materials:*

- CCS7148 You're the Chef

*For Leaders:*

- CCS7730 Foods Curriculum Helper's Guide

**Suggested Age: Advanced**

\*Available online at

[4h.unl.edu/programs/curriculum/pickaproject](http://4h.unl.edu/programs/curriculum/pickaproject)

or

<http://4hcurriculum.unl.edu>



## 41202 Foodworks — Level D

*What you can do in this project:*

- alter recipes to make them more nutritious
- make a double-crust apple pie
- learn what to do when the freezer stops
- make jelly and peanut butter

**Printed Materials:**

- CCS7150 Foodworks

**For Leaders:**

- CCS7730 Foods Curriculum Helper's Guide

**Suggested Age:**                      **Advanced**

## Physical Fitness

### 47602 YOUth in Motion

*What you can do in this project:*

- learn about resting and working heart rates
- discover fun ways to incorporate exercise into your daily routine
- find out about helpings, servings, healthy drinks, and healthy snacking using the MyPyramid

**Printed Materials:**

- 4H5100 YOUth in Motion

**Suggested Age:**                      **Intermediate**

## Lifetime Sports

### 43102 Bowling

*What you can do in this project:*

- learn the basics of bowling

**Printed Materials:**

- United States Bowling Congress\*

**Suggested Age:**                      **For all Levels**

### 43202 Golf

*What you can do in this project:*

- learn the basics of golf

**Printed Materials:**

- U.S. Golf Association\*

**Suggested Age:**                      **For all Levels**

### 43302 Tennis

*What you can do in this project:*

- learn the basics of tennis

**Printed Materials:**

- International Tennis Federation\*
- U.S. Tennis Association\*

**Suggested Age:**                      **For all Levels**

## Safety

### 44002 Safety

*What you can do in this project:*

- learn how to report an emergency
- learn basic first aid
- find out how to stock a first aid kit
- discover strategies for safety at home and away

**Printed Materials:**

- 4H425 Citizen Safety

**Suggested Age:**                      **Beginner to Intermediate**

### 45002 Fire Safety Education

*What you can do in this project:*

- design a poster about fire safety
- learn to develop fire escape plans

**Printed Materials:**

- 4H195 Home Building Blocks — Year 1

**For Leaders:**

- 4H245 Home Building Blocks — Leader's Guide

**Suggested Age:**                      **Beginner**

### 45102 All-Terrain Vehicles (ATV)

*What you can do in this project:*

- find out how to use ATVs safely
- learn about trouble-shooting and emergency procedures
- find out about hazards of the trail
- learn how to dress appropriately when riding

**Printed Materials:**

- Available after *Rider Course* training. Contact your Extension office.

**For Leaders:**

- 4HATVLG ATV Safety Leader's Guide

**Other Materials:**

- Nebraska All-Terrain Vehicle Statutes\*

**Suggested Age:**                      **Intermediate to Advanced**

### 45302 Cycling

*What you can do in this project:*

- learn the rules of the road for safe biking
- find out how to keep bikes in good running condition

**Printed Materials:**

- 4H348 The Nebraska Bicyclist's Guide

**Suggested Age:**                      **For all Levels**

### 45502 Bicycle Adventures 2

*What you can do in this project:*

- learn about purchasing a bike
- practice basic maintenance
- discover how to read maps and plan routes
- learn how to be a safe and courteous cyclist

**Printed Materials:**

- CCS8335 Bicycle Adventures: Wheels in Motion

**For Leaders:**

- CCS8336 Bicycle Helper's Guide

**Other Materials:**

- BU7507 Bicycle Fix It Video (VHS)

**Suggested Age:**                      **Beginner to Intermediate**

**4-H Motto**

**To Make the Best Better**



### 45702 Tractor

*What you can do in this project:*

- learn to operate a tractor safely
  - understand tractor controls and safety checks
- This project is used as a training program for the 4-H Exemption of the Hazardous Occupations in Agriculture Order. The units meet the requirements for 4-H tractor material designated by the Order for 10 hours of instruction to qualify for exemption from Order No. 1, Operation of Tractors over 20-belt hp.*

**Suggested Age: Intermediate to Advanced**

## Health

### 47402 Health C

*What you can do in this project:*

- find out about preventing sexual assault
  - learn to express dating values
  - learn more about AIDS
  - find out how to help a depressed friend
  - improve your stress management skills
  - talk about your family's traditions about death
- Designed for use in classrooms or groups or by families*

**Suggested Age: Intermediate**

### 47502 Health D

*What you can do in this project:*

- write a resume
- create a violence prevention ad
- learn tolerance for people's differences

**Suggested Age: Advanced**

4-H

## Leadership & Citizenship

Youth interested in these 4-H projects may be interested in the following careers:

- Early Childhood Development
- Family and Community Services
- Foreign Service
- Professional Support Services
- Public Management and Administration
- Teaching/Training

## Leadership

### 50102 Serving as a Junior Leader

*What you can do in this project:*

- select new knowledge and skills to learn to expand your leadership ability
- practice leading younger people
- find out how to give other people the help they need

**Printed Materials:**

- EC210181 Serving as a Junior Leader
- Junior Leader Record Form\*

**Suggested Age: Intermediate to Advanced**

### 50302 Step Up to Leadership 1

*What you can do in this project:*

- learn how to communicate clearly
- build relationships
- manage a conflict

**Printed Materials:**

- CCS7905 Leadership 1: My Leadership Workbook

**For Leaders:**

- CCS7903 Leadership Mentor Guide 1

**Suggested Age: Beginner**

### 50402 Step Up to Leadership 2

*What you can do in this project:*

- learn the importance of understanding yourself as a leader
- practice teamwork
- keep a journal of leadership activities

**Printed Materials:**

- CCS7906 Leadership 2: My Leadership Journal

**For Leaders:**

- CCS7904 Leadership Mentor Guide 2

**Suggested Age: Intermediate to Advanced**

### 50502 Step Up to Leadership 3

*What you can do in this project:*

- focus on "real-life" leadership activities
- develop a portfolio of leadership experiences
- assume greater responsibilities through youth-directed activities

**Printed Materials:**

- CCS7907 Leadership 3: My Leadership Portfolio

**For Leaders:**

- CCS7904 Leadership Mentor Guide 2

**Suggested Age: Advanced**

## Citizenship

### 13402 Citizenship - Public Adventures

*What you can do in this project:*

- solve real problems in your community
- discover the possibilities of democratic citizenship
- plan and conduct a project that will create, change, or improve something valuable to people

**Printed Materials:**

- CCS8153 Citizenship Adventure Kit
- CCS8154 Citizenship Guide's Handbook

**Suggested Age: Intermediate**

\*Available online at

[4h.unl.edu/programs/curriculum/pickaproject](http://4h.unl.edu/programs/curriculum/pickaproject)  
or  
<http://4hcurriculum.unl.edu>