



2008-2009 Pick-A-Project

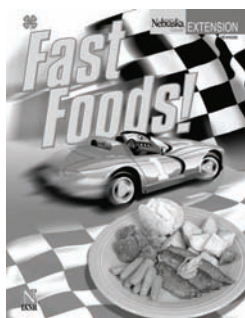
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Fast Foods — Quick and Easy Meals

The objectives of this Nebraska 4-H curriculum are:

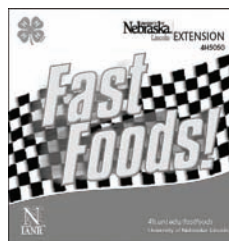
- Help children develop basic cooking skills.
- Assist families in getting nutritious meals on the table.
- Develop the enjoyment of cooking and eating good food.



4H5000

Fast Foods Manual

- MyPyramid
- Fast Recipes
- Portion Distortion
- Meal Planning
- Much More



4H5050

Fast Foods CD-ROM

- Demo Videos
- Full-Color Photos of Cooks Tools
- Substitutions
- Educator Resources

More information on Nebraska 4-H Curriculum may be found at <http://4hcurriculum.unl.edu>





4-H

Animal Science

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

- Agribusiness Manager
- Animal Nutrition
- Biotechnology Research and Development
- Business Financial Management
- Extension Educator
- Farm/Ranch Management
- Travel and Tourism

Beef

60412 Bucket Calf

What you can do in this project:

- learn how to care for young beef or dairy animals
- learn what kind of records should be kept for animal projects

Printed Materials:

- CCS8143 Beef 1: Bite into Beef
- CCS8144 Beef 2: Here's the Beef
- CCS8145 Beef 3: Leading the Charge

For Leaders:

- CCS8146 Beef Helper's Guide
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

60502 Market Beef

What you can do in this project:

- learn about beef cattle parts
- calculate the cost to raise a market beef animal
- learn how to select project animals

Printed Materials:

- CCS8143 Beef 1: Bite into Beef
- CCS8144 Beef 2: Here's the Beef
- CCS8145 Beef 3: Leading the Charge

For Leaders:

- CCS8146 Beef Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

60602 Breeding Beef

What you can do in this project:

- learn about beef cattle breeds
- learn how to care for beef animals
- learn to make buying decisions based on performance and visual evaluation

Printed Materials:

- CCS8143 Beef 1: Bite into Beef
- CCS8144 Beef 2: Here's the Beef
- CCS8145 Beef 3: Leading the Charge

For Leaders:

- CCS8146 Beef Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

60702 Feeder Calf

What you can do in this project:

- learn about beef cattle parts
- find out how to feed beef animals to achieve a reasonable amount of gain

Printed Materials:

- CCS8143 Beef 1: Bite into Beef
- CCS8144 Beef 2: Here's the Beef
- CCS8145 Beef 3: Leading the Charge

For Leaders:

- CCS8146 Beef Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

Livestock References and Forms

- 4H117R Beef Resource Manual (Ohio State)
- 4H357 Guide for Evaluating Livestock Showmanship Contests
- 4HF110 Feeder Calf and Bucket Calf Ownership Affidavit*
- 4HF105 Breeding Heifer and Ewe Ownership Affidavit*
- 4HF106 Market Beef and Market Lamb Ownership Affidavit*
- EC20597 Livestock Judging Guide
- Guide to Identifying Meat Cuts [for sale through the National Cattlemen's Beef Association, (800) 368-3138]
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Sheep

62302 Market Sheep

What you can do in this project:

- learn about sheep parts and products
- calculate the cost of raising sheep
- find out how to care for sheep

Printed Materials:

- BU6367 Sheep 1: Lambs, Rams and You
- BU6368 Sheep 2: Shear Delight
- BU6369 Sheep 3: Leading the Flock

For Leaders:

- BU6370 Sheep Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels



62402 Breeding Sheep

What you can do in this project:

- learn about sheep breeds
- find out how to prevent, diagnose and cure sheep health problems
- set production goals for your flock

Printed Materials:

- BU6367 Sheep 1: Lambs, Rams and You
- BU6368 Sheep 2: Shear Delight
- BU6369 Sheep 3: Leading the Flock

For Leaders:

- BU6370 Sheep Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: **For all Levels**

Livestock References and Forms

- 4H194R Sheep Resource Manual (Ohio State)
- 4H357 Guide for Evaluating Livestock Showmanship Contests
- 4HF105 Breeding Heifer and Ewe Ownership Affidavit*
- 4HF106 Market Beef and Market Lamb Ownership Affidavit*
- EC20597 Livestock Judging Guide
- Guide to Identifying Meat Cuts [for sale through the National Cattlemen's Beef Association, (800) 368-3138]
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Swine

63402 Market Swine

What you can do in this project:

- learn about hog body parts
- calculate the cost to raise pigs
- find out how to care for pigs

Printed Materials:

- CCS8065 Swine 1: The Incredible Pig
- CCS8066 Swine 2: Putting the Oink in Pig
- CCS8067 Swine 3: Going Whole Hog

For Leaders:

- CCS8068 Swine Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: **For all Levels**

63502 Breeding Swine

What you can do in this project:

- learn about pig breeds
- discover how to market products
- find out how to prevent, diagnose and treat swine health problems

Printed Materials:

- CCS8065 Swine 1: The Incredible Pig
- CCS8066 Swine 2: Putting the Oink in Pig
- CCS8067 Swine 3: Going Whole Hog

For Leaders:

- CCS8068 Swine Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: **For all Levels**

Livestock References and Forms

- 4H134R Swine Resource Manual (Ohio State)
- 4H357 Guide for Evaluating Livestock Showmanship Contests
- EC20597 Livestock Judging Guide
- 4HF107 Market Swine Ownership Affidavit*
- 4H459 Nebraska Pork Quality Assurance
- Guide to Identifying Meat Cuts [for sale through the National Cattlemen's Beef Association, (800) 368-3138]
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Dairy Cattle

64002 Dairy Cattle

What you can do in this project:

- explore dairy cattle breeds, select calves, and identify parts
- focus on housing, hay quality, milking, and health of dairy cattle
- select cattle through records, promote dairy products, and explore careers

Printed Materials:

- CCS8161 Dairy 1: Cowabunga!
- CCS8162 Dairy 2: Mooving Ahead
- CCS8163 Dairy 3: Rising to the Top

For Leaders:

- CCS8164 Dairy Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: **For all Levels**

Livestock References and Forms

- RP593 Learning about Dairy: A Resource Guide
- RP96 Dairy Cow Management
- RP97 Dairy Calves and Heifers
- 4HF108 Dairy Identification Affidavit*
- 4H463 Unified Dairy Judging Scorecard [also for sale through the Purebred Dairy Cattle Association, (608) 224-0400]
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

*Available online at

4h.unl.edu/programs/curriculum/pickaproject
or
<http://4hcurriculum.unl.edu>



Goat

65002 Dairy Goat

What you can do in this project:

- learn about goat parts and breeds
- figure the cost to raise goats
- find out how to care for goats

Printed Materials

- CCS8352 Goat 1: Getting Your Goat
- CCS8353 Goat 2: Stepping Out
- CCS8354 Goat 3: Showing the Way

For Leaders:

- CCS8355 Goat Helper's Guide
- 4H337 Assuring Quality — A Guide for Youth Live-stock Producers

Suggested Age: For all Levels

Livestock References and Forms

- 4HF109 Dairy Goat Identification Affidavit*
- 4HF111 Goat Ownership Affidavit*
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

65592 Meat Goat

What you can do in this project:

- learn and practice important life skills, such as decision making, record keeping, marketable skills, planning and organizing, and self responsibility
- demonstrate good caretaking of the animals, land, and other resources involved
- help to spread knowledge about meat goat products and the meat goat industry

Printed Materials:

- CCS7909 Meat Goat 1: Just Browsing
- CCS7910 Meat Goat 2: Get Growing with Meat Goats
- CCS7911 Meat Goat 3: Meating the Future

For Leaders:

- CCS7912 Meat Goat Helper's Guide

Suggested Age: For all Levels

Meat Goat References:

- 4HF111 Goat Ownership Affidavit*
- 4-H Meat Goat Guide, Texas A&M*
- Meat Goat Selection & Care, Mississippi State University*
- Market Goat Showmanship, Mississippi State University*

Horse

66002 Horse

What you can do in this project:

- discover the basics of horse behavior, breeds, and safety
- learn about acquiring, selecting, and raising a horse
- build a financial plan
- learn basic riding and horsemanship skills
- explore leadership and ethics

Printed Materials:

- CCS8053 Horse 1: Giddy Up & Go
- CCS8054 Horse 2: Head, Heart & Hooves
- CCS8055 Horse 3: Stable Relationships
- CCS8056 Horse 4: Riding the Range
- CCS8057 Horse 5: Jumping to New Heights

For Leaders:

- CCS8058 Horse Helper's Guide

Suggested Age: For All Levels

Livestock References and Forms

- 4H458 Horse Project Member Manual
- 4H426 Horse Project Advancement Levels
- 4H373 Nebraska 4-H Horse Show and Judging Guide
- F29777 Horse Identification Certificate*
- 4H408 Horseman Level 1 Certificate*
- 4H409 Horseman Level 2 Certificate*
- 4H410 Horseman Level 3 Certificate*
- 4H411 Horseman Level 4 Certificate*
- 4H427 4-H Horse Program in Nebraska Brochure
- Youth Leaders Manual by the American Youth Horse Council [for sale through HorseBooksEtc.com]
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Poultry

67002 Poultry

What you can do in this project:

- find out how to care for poultry
- select breeding pens
- learn to process a chicken
- learn about poultry breeds

Printed Materials:

- BU6363 Poultry 1: Scratching the Surface
- BU6364 Poultry 2: Testing Your Wings
- BU6365 Poultry 3: Flocking Together

For Leaders:

- BU6366 Poultry Helper's Guide

Suggested Age: For all Levels

Poultry References and Forms

- 4H460 National Poultry Judging
- 4H308 Market Broilers

4-H is a community of young people

**who are learning leadership,
citizenship, and life skills**



Rabbit

68002 Rabbit

What you can do in this project:

- learn about rabbit breeds
- learn how to care for a rabbit
- learn to tattoo a rabbit
- learn about genetics and rabbit breeding

Printed Materials:

- CCS8080 Rabbit 1: What's Hoppening?
- CCS8081 Rabbit 2: Making Tracks
- CCS8082 Rabbit 3: All Ears

For Leaders:

- CCS8083 Rabbit Helper's Guide

Suggested Age: For all Levels

Rabbit References and Forms

- 4H339 Rabbits, Rabbits, Rabbits
- 4H257 Judging 4-H Rabbit Shows
- 4HF103 Rabbit Identification Certificate*

Cat

69002 Cat

What you can do in this project:

- select a cat, identify breeds, and name cat parts
- prepare health care budget for a cat
- train a cat for show
- explore veterinary procedures, community laws, and animal welfare/rights

Printed Materials:

- CCS8148 Cat 1: Purr-fect Pals
- CCS8149 Cat 2: Climbing Up!
- CCS8150 Cat 3: Leaping Forward

For Leaders:

- CCS8151 Cat Helper's Guide

Suggested Age: For all Levels

Cat References and Forms

- RP254 Your Cat and You
- 4H340 The Veterinarian's Way of Selecting a Proper Pet
- 4H341 4-H Show Guidelines for Cats and Small Animals

Dog

70002 Dog

What you can do in this project:

- learn basic skills for dog care and training
- explore dog health, nutrition, care, showmanship, and training
- investigate responsible breeding, diseases, dog roles, and careers

Printed Materials:

- CCS8166 Dog 1: Wiggles and Wags
- CCS8167 Dog 2: Canine Connection
- CCS8168 Dog 3: Leading the Pack

For Leaders:

- CCS8169 Dog Helper's Guide

Suggested Age: For all Levels

Dog References and Forms

- 4H419 Guidelines for Nebraska 4-H Dog Shows
- 4H402EX Dog and Puppy Care
- 4H340 The Veterinarian's Way of Selecting a Proper Pet

Companion Animal

71002 Pets

What you can do in this project:

- find out what it costs to have a pet
- learn about animal digestion
- learn to keep a pet healthy
- consider careers with animals

Printed Materials:

- BU6359 Pet 1: Pet Pals
- BU6360 Pet 2: Scurrying Ahead
- BU6361 Pet 3: Scaling the Heights

For Leaders:

- BU6362 Pet Helper's Guide

Suggested Age: For all Levels

Pet References and Forms

- 4H340 The Veterinarian's Way of Selecting a Proper Pet
- 4H341 Show Guidelines for Cats and Small Animals
- Record Book for Companion Animals*

Veterinary Science

84502 Veterinary Science

What you can do in this project:

- understand animals basic needs
- keep health records
- learn about future veterinary science technology

Printed Materials:

- CCS8048 Veterinary Science 1: From Airedales to Zebras
- CCS8049 Veterinary Science 2: All Systems Go!
- CCS8050 Veterinary Science 3: On the Cutting Edge
- CCS8051 Veterinary Science Helper's Guide

Suggested Age: Beginner to Intermediate

*Available online at

4h.unl.edu/programs/curriculum/pickaproject
or
<http://4hcurriculum.unl.edu>



84002 The Normal Animal

What you can do in this project:

- take an animal's temperature and pulse
- recognize healthy skin and membranes
- clean and disinfect animals' quarters

Printed Materials:

- 4H131 The Normal Animal (Leader Guide Included)

84102 Animal Disease

What you can do in this project:

- study bacteria, viruses and parasites
- learn about diseases' relationship to nutrition, stress, heredity and poison
- learn basic disease prevention techniques

Printed Materials:

- 4H48 Animal Disease

For Leaders:

- 4H192 Vet Science Leader Guide

Suggested Age: Intermediate to Advanced

84202 Animal Health and its Relationship to Our World

What you can do in this project:

- study environmental influences on animal health
- learn about maintaining animal health
- explore veterinary medicine as a career

Printed Materials:

- 4H133 Animal Health and Its Relationship to Our World

For Leaders:

- 4H192 Vet Science Leader Guide

Suggested Age: Advanced

Communications

15102 Presentations

What you can do in this project:

- prepare oral communications
- gain poise while speaking
- participate in a county, district or state speaking contest

Online Materials:

Communication Series Resources — <http://4h.unl.edu/programs/communication>

- The Versatile 4-H Presentation*
- The Four P's of Planning a Presentation*
- Getting Ready to Give a 4-H Presentation*
- Presentation Visuals*
- Using PowerPoint in 4-H Presentations*
- Evaluating a 4-H Presentation*
- How to Prepare a Multimedia Presentation*
- How to Prepare a 4-H Radio Public Service Announcement*

Suggested Age: For all Levels

15202 Posters

What you can do in this project:

- learn the principles of effective posters
- plan and prepare a poster
- participate in a poster contest at a county or state level

Printed Materials:

- 4H23 Say It With Posters (limited supply of materials available)

Suggested Age: For all Levels

15302 Picking Up the Pieces

What you can do in this project:

- engage in nonverbal, verbal, and written activities
- learn about the meaning of symbols
- create a communications game
- make a statement through art

Printed Materials:

- CCS8156 Communications 1 — Picking Up the Pieces

For Leaders:

- CCS8159 Communications Helper's Guide

Suggested Age: Beginning

15402 Putting It Together

What you can do in this project:

- present oral reasons
- plan and present speeches
- write a press release
- learn about electronic etiquette

Printed Materials:

- CCS8157 Communications 2 — Putting It Together

For Leaders:

- CCS8159 Communications Helper's Guide

Suggested Age: Intermediate



4-H

Communications & Expressive Arts

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

- Account Planning and Management
- Advertising Copywriting
- Corporate Advertising and Marketing
- Interactive Media
- Performing Arts
- Public Relations

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

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



15502 The Perfect Fit

What you can do in this project:

- explore communication careers
- write a resume
- develop a presentation
- learn to deal with anxiety

Printed Materials:

- CCS8158 Communications 3 — The Perfect Fit

For Leaders:

- CCS8159 Communications Helper's Guide

Suggested Age: **Advanced**

16102 Theatre Arts 2

What you can do in this project:

- make various kinds of puppets
- set up your own puppet stage
- discover the purpose of puppets

Printed Materials:

- CCS8071 Theatre Arts 2: Becoming a Puppeteer!

For Leaders:

- CCS8073 Theatre Arts Helper's Guide
(no Extension Specialist for this project)

Suggested Age: **Intermediate**

16202 Theatre Arts 3

What you can do in this project:

- practice dialogue and use props
- create sound effects for a story
- design and apply makeup

Printed Materials:

- CCS8072 Theatre Arts 3: Setting the Stage!

For Leaders:

- CCS8073 Theatre Arts Helper's Guide
(no Extension Specialist for this project)

Suggested Age: **Advanced**

Photography

18002 Focus on Photography

What you can do in this project:

- learn about the importance of lighting
- basic composition using a focal point
- exploring the camera

Printed Materials:

- PC1 Focus on Photography — Level 1

Suggested Age: **Beginner**

18102 Controlling the Image

What you can do in this project:

- learn about shutter speed and aperture
- capture hard and soft light to create moods
- the rule of thirds

Printed Materials:

- PC2 Controlling the Image — Level 2

Suggested Age: **Intermediate**

18202 Mastering Photography

What you can do in this project:

- learn about selecting a lens
- learn about special effects
- master composition

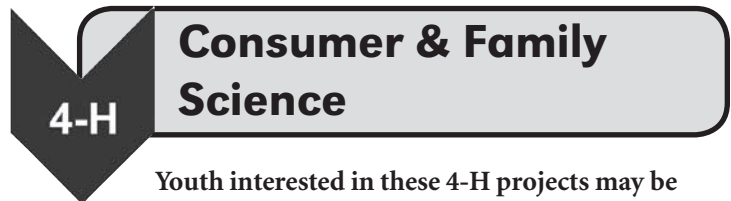
Printed Materials:

- PC3 Mastering Photography — Level 3

Suggested Age: **Advanced**

Photography Resources:

- <http://www.4hcurriculum.org/projects/photography>
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair



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

- Banking and Related Services
- Business Financial Management
- Extension Educator
- Family and Community Services
- Foods Product Development
- Professional Sales and Marketing
- Training Coordinator

Human Development

20102 The Sitter

What you can do in this project:

- learn skills and techniques of child care
- find out how to be a caring sitter
- learn to provide a safe environment for children

Printed Materials:

- 4H266 The Sitter

For Leaders:

- 4H266 The Sitter (Manuals are combined)

Suggested Age: **Beginner to Intermediate**

20202 Child Development: The Toddler

What you can do in this project:

- learn about children 18 months to 3 years old
- learn to feed and bathe a toddler
- make a toy a toddler will enjoy

Printed Materials:

- 4H309 The Toddler

For Leaders:

- 4H311 Infant and Toddler Leader Guide

Suggested Age: **For all Levels**

Pick-A-Project Online

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



20302 Child Development: The Infant

What you can do in this project:

- learn about children from birth to 18 months old
- learn to make an infant feel safe and secure
- make a toy an infant will enjoy

Printed Materials:

- 4H310 The Infant

For Leaders:

- 4H311 Infant and Toddler Leader Guide

Suggested Age: For all Levels

20402 Child Development: The Preschooler

What you can do in this project:

- learn about children from 3 to 6 years old
- learn to care for a preschooler
- choose play preschoolers enjoy

Printed Materials:

- 4H325 The Preschooler

For Leaders:

- 4H327 The Preschooler and Middle Childhood Leader Guide

Suggested Age: For all Levels

20502 Child Development: Middle Childhood

What you can do in this project:

- learn about children from 6 to 8 years old
- learn to care for children in middle childhood
- choose play 6- to 8-year-olds enjoy

Printed Materials:

- 4H326 Middle Childhood

For Leaders:

- 4H327 The Preschooler and Middle Childhood Leader Guide

Suggested Age: For all Levels

20702 Child Development, Growing All Together 1

What you can do in this project:

- explore how people grow and develop
- inspect toddler's toys
- learn about roles in life

Printed Materials:

- CCS8075 Child Development 1: Growing On My Own

For Leaders:

- CCS8078 Growing All Together Helper's Guide

Suggested Age: Beginner

20802 Child Development, Growing All Together 2

What you can do in this project:

- learn about self care, rules, responsibility and safety
- introduction to babysitting
- gain awareness of common dangers in the world

Printed Materials:

- CCS8076 Child Development 2: Growing With Others

For Leaders:

- CCS8078 Child Development Helper's Guide

Suggested Age: Intermediate

20902 Child Development, Growing All Together 3

What you can do in this project:

- explore child development careers
- gain experience as a teacher or coach
- participate in a community service project

Printed Materials:

- CCS8077 Child Development 3: Growing In Communities

For Leaders:

- CCS8078 Child Development Helper's Guide

Suggested Age: Advanced

Clothing and Textiles

22002 Sewing for Fun

What you can do in this project:

- choose, use and care for sewing equipment and sewing machine
- select fabrics and notions
- sew straight and curved seams and square corners
- make four different projects

Printed Materials:

- 4H167 Sewing for Fun
- 4H169 Sewing for Fun Packet

For Leaders:

- 4H168 Sewing for Fun Leader Guide

Suggested Age: Beginners

22202 Clothing 1

What you can do in this project:

- select a pattern
- choose fabric and notions
- sew something to wear

Printed Materials:

- 4H223 Clothing 1

For Leaders:

- 4H225 Clothing 1 and 2 Leader Guide

Suggested Age: Beginners

22302 Clothing 2

What you can do in this project:

- develop sewing skills
- explore pattern and fabric selection
- consider optical illusions of color, line and texture
- construct and model a complete outfit

Printed Materials:

- 4H224 Clothing 2

For Leaders:

- 4H225 Clothing 1 and 2 Leader Guide

Suggested Age: Beginner to Intermediate

*Available online at

4h.unl.edu/programs/curriculum/pickaproject
or
<http://4hcurriculum.unl.edu>



22402 Sewing for You

What you can do in this project:

- learn and/or improve three clothing construction skills
- work with different fabrics
- work with different patterns

Printed Materials:

- 4H304 Challenging Patterns
- 4H306 Challenging Fabrics

For Leaders:

- 4H305 Challenging Patterns Leader Guide
- 4H307 Challenging Fabrics Leader Guide

Suggested Age: Intermediate to Advanced

22602 Tailoring

What you can do in this project:

- select a pattern for a tailored garment
- construct this garment, using tailoring techniques

Printed Materials:

- 4H335 Tailoring

Additional Clothing Materials:

- PNW197 Quality Standards in Clothing Construction

Suggested Age: Advanced

Clothing References, Forms and Supplies

- CCS7198 Let's Sew: A Beginning Sewing Guide by Nancy Zieman

22902 Quilt Quest

What you can do in this project:

- Learn about design elements, design principles, and applications
- Construct a quilt from start to finish
- Explore quilt science applications in other media

Printed Materials:

- 4H1300 Quilt Quest

Suggested Age: Intermediate to Advanced

22102 Decorate Your Duds

What you can do in this project:

- develop original, wearable art designs
- use techniques such as applique, fabric painting, patchwork and tie dye

Suggested Age: For all Levels

24402 Attention, Shoppers!

What you can do in this project:

- learn to give and receive compliments
- mix and match a wardrobe for a trip
- compare three pairs of jeans
- learn to do basic clothing first aid

Printed Materials:

- 4H449 Attention, Shoppers!

Suggested Age: Beginners (under 12)

24002 Shopping in Style

What you can do in this project:

- identify your body shape and select clothing to enhance it
- learn how clothing prices are determined and how to comparison shop
- analyze advertising
- understand a clothing label
- experiment with removing stains

Printed Materials:

- 4H435 Shopping in Style

Suggested Age: Intermediate to Advanced (12 and over)

22802 Crocheting

What you can do in this project:

Beginner:

- learn stitches such as chain, slip stitch, yarn over, single and double crochet
- select yarn/thread for crocheting
- learn about blocking
- read and follow crochet patterns

Intermediate:

- learn new stitch patterns such as texture, shell and cluster
- learn to change colors
- make a matched pair

Advanced:

- learn advanced stitch patterns such as afghan, broomstick and hairpin lace
- crochet buttonholes and hems
- design a new stitch or pattern
- work with other media such as leather, wood and beads

Printed Materials:

- 4H406 ABC of Crochet for Right-handed People
- 4H407 ABC of Crochet for Left-handed People

For Leaders:

- 4H370 4-H Crochet Leader Guide (This guide is for all levels.)

Suggested Age: For all Levels

22702 Knitting

What you can do in this project:

Beginner:

- learn about types of yarn and yarn weights
- learn how to make purl and knit stitches
- develop basic knitting skills
- read and follow a knitting pattern

Intermediate:

- learn new stitch patterns such as diamond, block and twist
- learn the importance of using the correct gauge
- knit by changing yarn colors
- demonstrate your knitting skills to a beginning knitter



Advanced:

- learn advanced stitch patterns such as cable and tamerna
- knit in buttonholes
- combine knitting with garment making
- knit with double-pointed needles

Printed Materials:

- 4H413 ABC of Knitting - Right Hand
- 4H414 ABC of Knitting - Left Hand
- 4H415 Knitting Made Easy CD-Rom
- 4H416 Knit Together Leader's Guide (This guide is for all levels.)

Suggested Age: For all Levels

Consumer Management

24402 Attention, Shoppers!

What you can do in this project:

- learn to give and receive compliments
- mix and match a wardrobe for a trip
- compare three pairs of jeans
- learn to do basic clothing first aid

Printed Materials:

- 4H449 Attention, Shoppers!

Suggested Age: Beginner (under 12)

24002 Shopping in Style

What you can do in this project:

- identify your body shape and select clothing to enhance it
- learn how clothing prices are determined and how to comparison shop
- analyze advertising
- understand a clothing label
- experiment with removing stains

Printed Materials:

- 4H435 Shopping in Style

Suggested Age: Intermediate to Advanced (12 and over)

24602 Becoming Money Wise

What you can do in this project:

- develop a budget
- keep records
- find out where your money goes

Printed Materials:

- 4H813 Becoming Money Wise

For Leaders:

- 4H813 Becoming Money Wise

Suggested Age: Beginner

24702 Financial Champions 1

What you can do in this project:

- think about needs versus wants
- learn to talk about money with others
- set financial goals
- keep a spending journal

Printed Materials:

- BU7710 Financial Champions 1: Money FUNDamentals

For Leaders:

- BU7712 Financial Champions Helper's Guide

Suggested Age: Intermediate

24802 Financial Champions 2

What you can do in this project:

- explore options for handling your money
- learn the cost of using credit
- evaluate advertising to make good purchases
- learn to make good decisions while shopping

Printed Materials:

- BU7711 Financial Champions 2: Money Moves

For Leaders:

- BU7712 Financial Champions Helper's Guide

Suggested Age: Advanced

Entrepreneurship

53102 ESI: Discover the E-Scene

What you can do in this project:

- learn about entrepreneurs
- take Entrepreneur Skills Assessment
- investigate the risks

Printed Materials:

- 4H2110 ESI: Discover the E-Scene—Unit 1

For Leaders:

- 4H2140 ESI Leader's Guide

Suggested Age: 6th-8th Grade

53202 ESI: The Case of ME

What you can do in this project:

- learn about the importance of reputation
- sell your product or idea
- learn about a business plan

Printed Materials:

- 4H2120 ESI: The Case of ME—Unit 2

For Leaders:

- 4H2140 ESI Leader's Guide

Suggested Age: 6th-8th Grade

53302 ESI: Your Business Inspection

What you can do in this project:

- develop a concept
- find resources
- learn about business start up

Printed Materials:

- 4H2130 ESI: Your Business Inspection—Unit 3

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

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

**For Leaders:**

- 4H2140 ESI Leader's Guide

Suggested Age: 6th-8th Grade

Entrepreneurship Resources:

- Visit our Web site at www.4h.unl.edu/esi
- Coming soon CD-ROM with interactive activities
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Heritage

10402 Family Folklore

What you can do in this project:

- learn about the origins of a family or tradition
- find the stories in family photographs
- identify family keepsakes

Printed Materials:

- 4H1330 Family Folklore (*Manual out-of-print; limited supply of manuals available*)

Suggested Age: For all Levels

10602 Foodways

What you can do in this project:

- learn more about the traditional foods your family eats
- find out about the foods available in your community
- explore food traditions

Printed Materials:

- 4H1329 Foodways (*Manual out-of-print; limited supply of manuals available*)

Suggested Age: For all Levels

Heritage References and Forms

- PD4H748 Genealogy: Tracing Your Family Tree
Online Purdue materials at http://www.four-h.purdue.edu/4-H_search/4h_searchresult.cfm?group_letter=g
- 4H748Pbw-W Pedigree Charts
- 4H748fb-w Family Group Sheets
- 4H748ibw-W Information Worksheets
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Home Environment

26002 Sketchbook Crossroads

What you can do in this project:

- practice drawing, fiber arts, and sculpting
- develop artistic talents and skills
- understand the visual arts in relation to history and culture

Printed Materials:

- CCS8140 Sketechbook Crossroads
- BU7597 A Palette of Fun with Art Helper's Guide
(Note: This is an idea manual only)

Suggested Age: Intermediate to Advanced

26102 Portfolio Pathways

What you can do in this project:

- learn painting, printing, and graphic design techniques
- make connections between visual arts and other disciplines

Printed Materials:

- CCS8141 Portfolio Pathways
- BU7597 A Palette of Fun with Art Helper's Guide
(Note: This is an idea manual only)

Suggested Age: Intermediate to Advanced

25102 Home Building Blocks

What you can do in this project:

- apply color and design principles using different materials to make and display objects for your home
- develop original designs
- plan a comfortable, clean, attractive home

Printed Materials:

- 4H195 Home Building Blocks - Year 1
- 4H196 Home Building Blocks - Year 2
- 4H197 Home Building Blocks - Year 3

For Leaders:

- 4H245 Home Building Blocks Leader Guide

Suggested Age: Beginner

25502 Furnishings on a Shoestring

What you can do in this project:

- create a low-cost item to solve a home environment problem
- learn to get the most value from resources
- recycle or reuse items in new and creative ways

Suggested Age: Intermediate to Advanced

25602 Heirloom Treasures

What you can do in this project:

- recognize factors that make antiques valuable
- refurbish and restore heirloom or heritage furnishings and accessories
- preserve family heirlooms

Heirloom References:

- Safety in 4-H Art, Home Environment & Woodworking Projects*
- Additional Heirloom Treasures References to be announced

Suggested Age: Intermediate to Advanced

25702 Design Decisions

What you can do in this project:

- pull together an attractive color scheme
- use fabric to create a canopy, dust ruffle, coverlet or pillow for your bed
- develop a budget for redoing your space
- create a wall arrangement

Printed Materials:

- 4H440 Design Decisions

Suggested Age: Intermediate to Advanced



Home Environment Resources:

- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

4-H Environmental Education & Earth Sciences

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

- Biologist
- Extension Educator
- Natural Resources Systems
- Plant Systems
- Seed, Fertilizer, or Chemical Sales
- State and Federal Regulatory Agencies
- Travel and Tourism

Conservation

36102 Environment 1

What you can do in this project:

- learn the four elements of life
- build your own ecosystem
- construct a food web
- compost to reduce waste
- learn about habits

Printed Materials:

- BU7704 Environment 1: Eco-Wonders

For Leaders:

- BU7707 Exploring Your Environment Helper’s Guide

Suggested Age: Beginner

36202 Environment 2

What you can do in this project:

- describe the soil profile
- identify the basic parts of a flower
- explore life cycle of a product or food
- identify common animal tracks

Printed Materials:

- BU7705 Environment 2: Eco-Adventures

For Leaders:

- BU7707 Exploring Your Environment Helper’s Guide

Suggested Age: Intermediate

36302 Environment 3

What you can do in this project:

- describe the six major biomes of the world
- make and use equipment for assessing water quality
- state causes and consequences of soil erosion
- explore how your transportation choices have impact
- compare biodiversity of two sites

Printed Materials:

- BU7706 Environment 3: Eco-Actions

For Leaders:

- BU7707 Exploring Your Environment Helper’s Guide

Suggested Age: Advanced

Entomology

80102 Entomology 1

What you can do in this project:

- make an insect collection
- learn where to look for insects
- learn how to identify and classify insects

Printed Materials:

- CCS6853 Entomology 1: Creepy Crawlies

For Leaders:

- CCS6856 Entomology Helper’s Guide

Suggested Age: Beginner

80202 Entomology 2

What you can do in this project:

- complete an insect collection table
- plan an insect collection trip
- raise meal worms
- explore insect legs and collect insects with an extractor

Printed Materials:

- CCS6854 Entomology 2: What’s Bugging You?

For Leaders:

- CCS6856 Entomology Helper’s Guide

Suggested Age: Intermediate

80302 Entomology 3

What you can do in this project:

- test ant food preferences
- conduct honey bee learning experiments
- record insect observations
- identify insect mouth types

Printed Materials:

- CCS6855 Entomology 3: Dragons, Houses and Other Flies

For Leaders:

- CCS6856 Entomology Helper’s Guide

Suggested Age: Advanced

Entomology References, Forms and Supplies

- Order Insect pins*
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Forestry

32002 Tree Identification

What you can do in this project:

- learn to use a dichotomous key to classify trees
- identify common Nebraska trees

Printed Materials:

- 4H332 Tree Identification

Suggested Age: For all Levels



32102 Plant A Tree

What you can do in this project:

- collect and categorize tree seeds and fruit
- learn how seeds travel
- grow a tree from a seed
- learn how to plant seedling trees

Suggested Age: Beginner

Range

33002 Reading The Range 1

What you can do in this project:

- learn the names of range plants
- identify and collect range plants
- explore the basics of range management

Printed Materials:

- 4H430 Reading the Range

Suggested Age: Intermediate

33102 Using Nebraska Range 2

What you can do in this project:

- study Nebraska's grassland heritage
- understand plant vigor and the effects of grazing
- identify range sites
- calculate range conditions
- understand stocking rates

Printed Materials:

- 4H30 Using Nebraska Range

Range References:

- EC118 Nebraska Range and Pasture Forbes and Shrubs

Suggested Age: Advanced

Wildlife

34002 Wildlife Conservation

What you can do in this project:

- learn wildlife management terms
- make a nature diorama
- take plaster casts of animal tracks

Printed Materials:

- 4H125 Wildlife Conservation

Suggested Age: Beginner

Coming Soon:

- 4H4510 Wildlife Conservation: The Worth of Wild Roots

34102 Bird Behavior

What you can do in this project:

- learn about different types of bird behavior
- start a lifetime bird list
- find out how to attract birds to backyards

Printed Materials:

- EC59381 Bird Behavior

Suggested Age: Beginner

34302 Fishing for Adventure

What you can do in this project:

- develop angling skills
- create fishing tackle
- learn how to be a good steward of aquatic resources
- explore careers in the aquatics field

Printed Materials:

- BU7598 Fishing 1: Take the Bait
- BU7599 Fishing 2: Reel In the Fun
- BU7600 Fishing 3: Cast Into the Future

For Leaders:

- BU7601 Fishing for Adventure Helper's Guide

Suggested Age: For all Levels

34802 Wildlife Habitat Evaluation

What you can do in this project:

- learn wildlife habitat concepts and terms
- find out about the characteristics and habitat requirements of many animals
- learn to provide for the needs of wildlife through habitat management

Printed Materials:

- 4H4300 Wildlife Habitat Evaluation Handbook

For Leaders:

- MF2265 Wildlife Habitat Evaluation Leader Guide

Suggested Age: For all Levels

36002 Shooting Sports

What you can do in this project:

- learn to handle firearms safely
- find out about conservation and habitat improvement
- shoot competitively

Printed Materials:

- Shooting Sports Record Book*

For Leaders:

- The 4-H Shooting Sports Leader Guide is available to leaders who attend certification seminars.

Suggested Age: For all Levels

Project Codes

- 36012 Shotgun
- 36022 BB Gun
- 36032 Air Rifle
- 36042 22 Rifle
- 36052 Archery
- 36062 Largebore/Pistol
- 36072 Air Pistol
- 36082 Muzzleloader
- 36092 Hunt/Wild

*Available online at

4h.unl.edu/programs/curriculum/pickaproject
or
<http://4hcurriculum.unl.edu>



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
- For online interactive resources, please visit our Cyber Fair Web site at 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

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



13502 And My World

What you can do in this project:

- build an “ecosystem”
- make a family tree
- go on an international scavenger hunt
- learn to say “hello” in several languages
- have an international dinner
- find out what people wear in different parts of the world

For Leaders:

- 4H812 And My World Leader’s Guide and Activity Guide

Suggested Age: For all Levels

Plant Science

4-H

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

- Crop Management Consultant
- Elevator and Co-op Management
- Extension Educator
- Governmental Service Agencies
- Natural Resource Management
- Plant and Soil Analysis
- Soil and Water Conservation

Crop Production

75002 Field Crops

What you can do in this project:

- germinate seeds
- learn about planting and cultivating
- find out more about harvesting and marketing crops

Crop References:

- 4-H Crop Projects Level 1: Seedy Business
Item Number: 4H0381A
- 4-H Crop Projects Level 2: Green and Growing
Item Number 4H0381B
- 4-H Crop Projects Level 3: Be’an All You Can Be
Item Number: 4H0381C
- 4-H Crop Projects Level 4: Fields of Opportunity
Item Number: 4H0381LDR

All items listed above may be purchased directly from Iowa State Extension Distribution Center by shopping online at <https://www.extension.iastate.edu/store/Default.aspx> or by calling (515) 294-5247.

Suggested Age: Intermediate to Advanced

Horticulture

77002 The World of Flowers

What you can do in this project:

- learn about growing healthy plants
- grow flowers from seeds
- learn about caring for flowers

Printed Materials:

- 4H417 The World of Flowers

Suggested Age: For all Levels

77102 Annual Flowers

What you can do in this project:

- plant, grow and care for annual flowers

Printed Materials:

- EC126177 Flowers 2: All About Flowers

Suggested Age: For all Levels

77202 Houseplants

What you can do in this project:

- grow foliage and bulb plants indoors
- learn what houseplants need to stay healthy

Printed Materials:

- 4H418 Growing Great Houseplants

Suggested Age: For all Levels

77301 Everyone a Gardener

What you can do in this project:

- choose a garden site
- plan a garden
- grow vegetables
- select and purchase garden supplies
- grow transplants

Printed Materials:

- 4H334 Everyone a Gardener

Horticulture References and Forms:

- 4H226 Selecting and Preparing Vegetables and Herbs for Exhibit

Suggested Age: For all Levels

77402 Gardening A

What you can do in this project:

- plan and plant a garden
- find out how seeds germinate
- learn what different plant parts do
- harvest and use your vegetables

Printed Materials:

- BU7162 Gardening A: See Them Sprout

For Leaders:

- BU7166 Gardening Helper’s Guide

Suggested Age: Beginner

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

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



77502 Gardening B

What you can do in this project:

- transplant plants into your garden
- grow plants from plant parts
- feed your garden
- earn money by growing vegetables

Printed Materials:

- BU7163 Gardening B: Let's Get Growing!

For Leaders:

- BU7166 Gardening Helper's Guide

Suggested Age: Intermediate

77602 Gardening C

What you can do in this project:

- learn about succession planting
- grow an herb garden
- find out about photosynthesis
- identify pest damage

Printed Materials:

- BU7164 Gardening C: Take Your Pick

For Leaders:

- BU7166 Gardening Helper's Guide

Suggested Age: Intermediate

77702 Gardening D

What you can do in this project:

- use intercrop and doublecrop planting methods
- plant a computer-planned garden
- identify plant diseases
- learn about plant scientists

Printed Materials:

- BU7165 Gardening D: Growing Profits

For Leaders:

- BU7166 Gardening Helper's Guide

Suggested Age: Advanced

Aerospace

85202 Aerospace 2

What you can do in this project:

- fly kites and launch rockets
- explore space
- experience disorientation

Printed Materials:

- BU6843 Aerospace 2: Lift-Off
- 4H503 Rocket's Away

For Leaders:

- BU6846 Aerospace Helper's Guide
- BU7605 Aerospace CD-ROM

Suggested Age: Beginner

85302 Aerospace 3

What you can do in this project:

- learn to fly an airplane
- make a shuttle on a string
- control flight direction

Printed Materials:

- BU6844 Aerospace 3: Reaching New Heights
- 4H503 Rocket's Away

For Leaders:

- BU6846 Aerospace Helper's Guide
- BU7605 Aerospace CD-ROM

Suggested Age: Intermediate

85402 Aerospace 4

What you can do in this project:

- create an altitude tracker
- evaluate navigation systems
- explore pilot certification requirements

Printed Materials:

- BU6845 Aerospace 4: Pilot in Command
- 4H503 Rocket's Away

For Leaders:

- BU6846 Aerospace Helper's Guide
- BU7605 Aerospace CD-ROM

Suggested Age: Advanced

Computers

86102 Computer Mysteries 1

What you can do in this project:

- learn about hardware and software
- discuss Internet safety
- create and save data
- design a birthday card

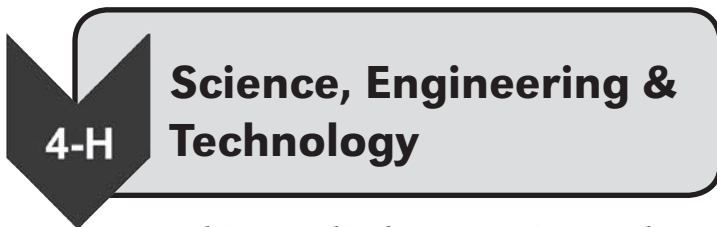
Printed Materials:

- CCS8347 CPU 1: Inside the Box

For Leaders:

- CCS8346 Newbie Know How — CPU Supplement

Suggested Age: Beginner



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

- Environmental Consulting
- Governmental Agencies
- Information Support and Services
- Printing Technology
- Programming and Software Development
- Security and Protective Services
- Telecommunications



86202 Computer Mysteries 2

What you can do in this project:

- use Internet search engines
- take apart a computer
- participate in a chat room
- create a newspaper or magazine

Printed Materials:

- CCS8348 CPU 2: Peer to Peer

For Leaders:

- CCS8346 Newbie Know How — CPU Supplement

Suggested Age: Intermediate

86302 Computer Mysteries 3

What you can do in this project:

- build your own computer system
- design a Web site
- develop a multimedia presentation
- use spreadsheets

Printed Materials:

- CCS8349 CPU 3: Teens Teaching Tech

For Leaders:

- CCS8346 Newbie Know How — CPU Supplement

Suggested Age: Advanced

Electricity

87002 Electricity 1

What you can do in this project:

- explore electrical insulation
- learn about the effects of magnetism
- build an electromagnet and an electric motor

Printed Materials:

- BU6848 Electricity 1: Magic of Electricity

For Leaders:

- BU6852 Electric Excitement Helper's Guide

Suggested Age: Beginner

87102 Electricity 2

What you can do in this project:

- decode circuit diagrams
- build circuits and test voltages
- build a rocket launcher and a burglar alarm

Printed Materials:

- BU6849 Electricity 2: Investigating Electricity

For Leaders:

- BU6852 Electric Excitement Helper's Guide

Suggested Age: Beginner to Intermediate

87202 Electricity 3

What you can do in this project:

- measure electrical usage
- replace electrical switches
- evaluate light bulbs and test for electrical power

Printed Materials:

- BU6850 Electricity 3: Wired for Power

For Leaders:

- BU6852 Electric Excitement Helper's Guide

Suggested Age: Intermediate

87302 Electricity 4

What you can do in this project:

- explore LED's and SCR's, transistors, and the construction of an SCR intruder alarm
- learn the basics of solid-state electronics
- build a "blinking" flasher and an amplifier

Printed Materials:

- BU6851 Electricity 4: Entering Electronics

For Leaders:

- BU6852 Electric Excitement Helper's Guide

Suggested Age: Advanced

4-Wheelin'

89502 4-Wheelin'

What you can do in this project:

- learn basic principles of physics, such as friction, energy, elasticity
- do experiments with a radio-controlled pickup

Printed Materials:

- 4H445 4 Wheelin' in 4-H

Suggested Age: Beginner to Intermediate

Robotics

88502 Robotics EXPLORER

What you can do in this project:

- build and program a robot to use sensors to interact with environment
- learn programming concepts using the RoboLab language
- work collaboratively as a member of a team

Printed Materials:

- CCS8364 Robotics EXPLORER

For Leaders:

- CCS8366 Robotics COACH Helper's Guide

Other Materials:

- CCS8368 Robotics and You (CD-ROM)

Suggested Age: Beginner

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

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



88602 Robotics PROBE

What you can do in this project:

- advance programming techniques
- use subroutines and variables to achieve precise robot movements
- build custom robot functions

Printed Materials:

- CCS8365 Robotics PROBE

For Leaders:

- CCS8366 Robotics COACH Helper's Guide

Other Materials:

- CCS8368 Robotics and You (CD-ROM)

Suggested Age: Intermediate

88702 Geospacial

What you can do in this project:

- learn about Geography
- learn about Geographic Information Systems (GIS)
- learn about Global Positioning Systems (GPS)

Materials:

- CD-8358 Exploring Spaces, Going Places CD

Small Engines

89002 Small Engines 1

What you can do in this project:

- focus on basic small engine knowledge
- discover tools of the trade and how small engines work
- explore uses of small engines and safety issues

Printed Materials:

- CCS8186 Small Engines 1: Crank It Up

For Leaders:

- CCS8189 Small Engines Helper's Guide

Suggested Age: Beginner

89102 Small Engines 2

What you can do in this project:

- explore the internal parts of an engine
- learn about engine sizes, compression ratios, and safety issues
- learn about occupations and starting your own business

Printed Materials:

- CCS8187 Small Engines 2: Warm It Up

For Leaders:

- CCS8189 Small Engines Helper's Guide

Suggested Age: Intermediate

89202 Small Engines 3

What you can do in this project:

- tear down and rebuild an engine
- use diagnostic tools
- research rules and regulations about small engine machines
- select replacement engines

Printed Materials:

- CCS8188 Small Engines 3: Tune It Up

For Leaders:

- CCS8189 Small Engines Helper's Guide

Suggested Age: Advanced

Woodworking

83002 Woodworking 1

What you can do in this project:

- develop skills such as measuring, squaring and cutting a board, driving nails, and using clamps and screws
- build a picture frame, a letter holder, a box, or an air-plane

Printed Materials:

- CCS6875 Woodworking 1: Measuring Up

For Leaders:

- CCS6879 Woodworking Helper's Guide

Suggested Age: Beginner

83102 Woodworking 2

What you can do in this project:

- measure, cut, sand, drill, and use advanced hand and power tools
- apply paint and use bolts and staples
- build a sawhorse, birdhouse, tool box, or a stool

Printed Materials:

- CCS6876 Woodworking 2: Making the Cut

For Leaders:

- CCS6879 Woodworking Helper's Guide

Suggested Age: Beginner

83202 Woodworking 3

What you can do in this project:

- practice measuring angles, cutting dado and rabbet joints
- use a circular saw, a table saw, and a radial arm saw
- sand and stain wood

Printed Materials:

- CCS6877 Woodworking 3: Nailing It Together

For Leaders:

- CCS6879 Woodworking Helper's Guide

Suggested Age: Intermediate

83302 Woodworking 4

What you can do in this project:

- use a router, portable planer, and a jointer
- make blind mortise, tenon joint, and dovetail joints
- experiment with adhesives and various chemical wood strippers

Printed Materials:

- CCS6878 Woodworking 4: Finishing Up

For Leaders:

- CCS6879 Woodworking Helper's Guide

Suggested Age: Advanced

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

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



Woodworking Resources:

- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Welding

88002 Arc Welding

What you can do in this project:

- learn to cut metal with an arc solder
- weld high carbon, spring steel and alloy steels
- weld in horizontal, vertical and overhead positions

Printed Materials:

- 4H680 Arcs and Sparks

Suggested Age: Intermediate to Advanced

Food and Nutrition

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 Leader's Guide
- 4H444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

Safety

45401 Bicycle Adventures

What you can do in this project:

- learn the importance of wearing a helmet
- learn how to control the bike
- practice hand signals and safe riding practices

Printed Materials:

- CCS8334 Bicycle Adventures: Bicycling for Fun
- BU7507 Bicycle Fix It Video (VHS)

For Leaders:

- CCS8336 Bicycle Helper's Guide
- 4H444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

Home Environment

25002 Create Your Corner

What you can do in this project:

- learn about design through color, texture and shape
- create a banner, collage, mobile
- make a storage piece

Online Materials:

- 4H153 Create Your Corner*
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

For Leaders:

- 4H444 Clover Kids Leader Guide

Suggested Age: Beginner

Exploring Animals

60001 Exploring Animals

What you can do in this project:

- find out about farm animals
- provide short-term care for an animal
- learn about animal feeds

For Leaders:

- BU6350 Exploring Farm Animals
 - 4H444 Clover Kids Leader Guide
- Designed for use in classrooms or groups

Suggested Age: Pre-Beginner

Clover Kids Curriculum

4-H

Citizenship

13001 Family Celebrations Around the World

What you can do in this project:

- find out about names and naming ceremonies around the world
- make a Japanese doll and celebrate Boy's Day, Japanese style
- learn a game to play during Kwanza celebration

For Leaders:

- 4H1485 Family Celebrations from Around the World Member Packet (*Manual out-of-print; limited supply of manuals available*)
- 4H444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

Communication & Expressive Arts

16001 Theatre Arts 1

What you can do in this project:

- learn about tone
- make a monologue
- overcome stage fright

Printed Materials:

- CCS8070 Theatre Arts 1: Playing the Role!

For Leaders:

- CCS8073 Theatre Arts Helper's Guide (no Extension Specialist for this project)
- 4H444 Clover Kids Leader Guide

Suggested Age: Beginner

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

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



Exploring

80001 Just Outside the Door

What you can do in this project:

- find out more about weather and appropriate clothing
- catch and examine insects
- discover properties of water and make cork sailboats

For Leaders:

- 4H1460 Just Outside the Door Leader Guide (*Manual out-of-print; limited supply of manuals available*)
- 4H444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

85101 Aerospace 1

What you can do in this project:

- make a marshmallow rocket
- learn about jobs in aviation and space
- explore how airplanes fly
- design and make a spacecraft

Printed Materials:

- BU6842 Aerospace 1: Pre-Flight

For Leaders:

- BU6846 Aerospace Helper's Guide
- BU7605 Aerospace CD-ROM
- 4H444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

34902 Project Learning Tree (PLT)

What is this project?

Focuses on land, air and water to increase understanding of our complex environment. Extension educators, please contact Tadd Barrow for more information: (402) 472-1478 or tbarrow2@unl.edu

52202 Character Counts!

What you can do in this project:

Focuses on six pillars of character:

- trustworthiness
- respect
- responsibility
- fairness
- caring
- citizenship

Extension educators, please contact Kathleen Lodl for more information: (402) 472-9012 or klodl1@unl.edu

Printed Materials:

- 4H500 Doing What Counts - A Character Counts! Tobacco-free Curriculum for 9- to 11-year-olds
- 4H501 Doing What Counts for Teens
- A Character Counts! Tobacco-free Curriculum for youth age 13 and older

82502 Wonderwise

What you can do in this project:

- use technology to explore various fields of science
- learn about women in the science professions
- explore nine fields of science

Printed Materials:

- Please visit: www.wonderwise.unl.edu

For Leaders:

- Materials are available on the Wonderwise Web site.

Suggested Age: For all Levels

Other State 4-H Projects

4-H

These state 4-H projects require specialized training and/or materials. Because various Extension units choose different priorities, some of these may not be available in your area. Contact your Extension Educator for more information.

34702 Project WET (Water Education for Teachers)

What is this project?

Project WET (Water Education for Teachers) addresses water's chemical and physical properties, quantity and quality issues, aquatic wildlife, ecosystems and management strategies. Extension educators, please contact Christina Hoyt for more information: (402) 472-1478 or choyt2@unl.edu

Printed materials:

- 4H284 Project Wet Supplement (Must be certified Project Wet instructor to use Project Wet Supplement)

School Enrichment Projects

4-H

These state 4-H projects are especially designed for use in classrooms or with groups. Some of these may not be available in schools in your area. Contact your Extension educator for more information.

Agriculture

Afterschool Agriculture

78002 Acres of Adventures 1

What you can do in this project:

- learn about agriculture
- fast food agriculture
- mystery agriculture
- plant detectives

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

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

**For Leaders:**

- CCS8330 Acres of Adventures 1

Suggested Age: 3rd-5th Grade

78102 Acres of Adventures 2**What you can do in this project:**

- agriculture gone wild
- farm physics
- frontier living
- insect invasion

For Leaders:

- CCS8331 Acres of Adventures 2

Suggested Age: 3rd-5th Grade

Citizenship & Civic Education**Heritage****10202 Folk Arts****What you can do in this project:**

- explore the folk arts of your community
- visit a folk artist
- discover family folk arts
- plan a folk art celebration

For Leaders:

- RP534 4-H Folk Arts

Suggested Age: For all Levels

Environmental & Earth Sciences**Climate Studies****88902 ANDRILL Project****What you can do in this project:**

- Theme 1: Antarctica Today
- Theme 2: Antarctica's Ice on the Move
- Theme 3: Reading Antarctica's Rock Cores
- Theme 4: Tiny Clues to Antarctica's Past
- Theme 5: Decoding Antarctica's Climate History

For Leaders:

Online curriculum may be found at <http://www.andrill.org/flexhibit/flexhibit/materials/activities/index.html>.

Extension Educators, please contact Brad Barker for more information: (402) 472-9008 or bbarker1@unl.edu.

Consumerism — Money Management**24202 Making Cents of It****Assistance provided from this resource:**

- how money is made
- value of various coins and paper currency
- how to count money and change
- design features of money to prevent counterfeiting
- difference between needs and wants
- how to set a savings goal
- the importance of saving money
- key money terms
- good consumer skills

Printed Material:

- 4H1200 Making Cents of It — Educator's Guide

Online Materials:

- Making Cents of It Web site — www.4h.unl.edu/makingcentsofit

Forestry**32302 Leafing Out****What you can do in this project:**

- learn how trees work for people
- find out how to care for the community forest in your own community
- learn about trees native to the Great Plains and the importance of diversity in the community forest

Printed Materials:

- 4H431 Leafing Out

Suggested Age: Intermediate

Healthy Lifestyles Education**Food and Nutrition****40002 Nutrition, Fitness and Youth****What you can do in this project:**

- look at family food traditions
- prepare healthy snacks
- assess your fitness level
- learn about sports training diets and fluid needs

For Leaders:

- 4H356 Nutrition, Fitness and Youth*

Suggested Age: Intermediate

Health**47002 Microbes in Food****What you can do in this project:**

- investigate some of the many places microorganisms can be found
- discover how to store food safely
- learn the importance of hand-washing for food safety

For Leaders:

- 4H432 Microbes in Food

Suggested Age: Intermediate

Leaders Resources

<http://4h.unl.edu/volunteers>



Science & Technology

Embryology

84702 Poultry Embryology

What you can do in this project:

- watch an embryo develop
- build and operate an incubator
- photograph or make displays of embryos at different stages of development

For Leaders:

- 4H433 Chick Embryology Development Poster
- Incubation for the Home Flock*
- 4H 165 The Incredible Egg: 4-H Classroom Curriculum Guide
- BU7595 Embryology in the Classroom 1
- BU7596 Embryology in the Classroom 2

Suggested Age: Pre-Beginner to Beginner

Heads-On, Hands-On: The Power of Experiential Learning

Assistance provided from this resource:

- learn more about the process of experiential learning
- illustrate how experiential learning takes place

For Leaders:

- CCS7900 Experiential Learning Video and Facilitator Guide

Latino Cultural Arts

Assistance provided from this resource:

- assist youth in discovering the Latino culture
- develop an understanding of the Latino people and their traditional art forms
- experience the celebrations that surround the holidays in the Latino culture

Printed Materials:

- CCS8180 ¡Qué Rico! La Cultural Bilingual Helper's Guide

Suggested Age: Beginner to Intermediate

Science Discovery Series

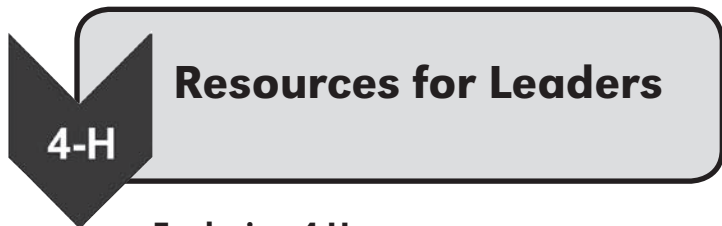
Assistance provided from this resource:

- Assist youth as they explore whales, rocks and minerals, water quality, trees and recycling
- Assist youth as they explore weather, spiders, oceanography, trees and astronomy

For Leaders:

- CCS7914 Science Discovery 1
- CCS7915 Science Discovery 2

Suggested Age: Beginner and Intermediate



Resources for Leaders

4-H

Exploring 4-H

Assistance provided from this resource:

- introduce children to the incredible world of 4-H programs
- support youth in building interest in 4-H projects
- utilize activities to display the various offerings of 4-H programs

Printed Materials:

- CCS8171 Exploring 4-H
- CCS8172 Exploring 4-H Helper's Guide

Suggested Age: Beginner

*Available online at

4h.unl.edu/programs/curriculum/pickaproject
or
<http://4hcurriculum.unl.edu>



In 2001 the 4-H Cyber Fair became a reality at the Nebraska State Fair. Through the use of hands-on, cutting-edge technology exhibits, families are encouraged to explore and interact with exhibits relating to 4-H curriculum. Be sure to visit the Nebraska 4-H Cyber Fair site at <http://4h.unl.edu/cyberfair> for additional, online educational resources. Over 100 interactive and educational Web sites are identified as additional Pick-a-Project resources.