

2003-2004 Pick-A-Project



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CITIZENSHIP & CIVIC EDUCATION

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:

- 4H 1330 Family Folklore

For Leaders:

- 4H 1506 Folkpatterns Leader Guide

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:

- 4H 1329 Foodways

For Leaders:

- 4H 1506 Folkpatterns Leader Guide

Suggested Age: For all Levels

Citizenship

13402 Citizenship - Public Adventures

What you can do in this project:

- find out more about how a democracy works
- work on a community project
- learn more about stakeholders

For Leaders:

- MI 7329 Citizenship Adventure Kit
- BU 7330 Citizenship Guide's Handbook

Suggested Age: Intermediate

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 (set)

Suggested Age: For all Levels

4h.unl.edu





COMMUNICATIONS & EXPRESSIVE ARTS

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

Printed Materials:

- 4H 140 The Basics of Beginning 4-H Presentations
- 4H 141 Improving Your 4-H Presentation
- 4H 142 Presentations for a Purpose
- As You Speak: 4-H Public Speaking Contest Guidelines
4h.unl.edu/calendarfiles/pdf/AsYouSp.pdf

For Leaders:

- 4H 143 Nebraska 4-H Presentations Program

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:

- 4H 23 Say It With Posters

Suggested Age: For all Levels

16102 Theater Arts 2

What you can do in this project:

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

Printed Materials:

- CCS 6871 Theater Arts 2: Soaring Into Action

For Leaders:

- CCS 6874 Theater Arts Helper's Guide
(no Extension Specialist for this project)

Suggested Age: Intermediate

16202 Theater Arts 3

What you can do in this project:

- try improvisation
- learn about puppets from around the world
- see how body language communicates

Printed Materials:

- CCS 6872 Theater Arts 3: Quest for Expression

For Leaders:

- CCS 6874 Theater Arts Helper's Guide
(no Extension Specialist for this project)

Suggested Age: Intermediate

16302 Theater Arts 4

What you can do in this project:

- visit a hospital with a puppet
- understand and practice good diction
- create and present a short performance

Printed Materials:

- CCS 6873 Theater Arts 4: Voyaging Beyond

For Leaders:

- CCS 6874 Theater Arts Helper's Guide
(no Extension Specialist for this project)

Suggested Age: Advanced

Photography

18002 Adventures with Your Camera — A

What you can do in this project:

- use basic camera skills
- find out how a camera works
- use different kinds of film

Printed Materials:

- IS 301 Adventures with Your Camera — A

For Leaders:

- IS 305 Photography Leader Guide

Suggested Age: Beginner

18102 Adventures with Your Camera — B

What you can do in this project:

- learn to select the proper film
- explore the principles of composing a picture
- learn to achieve special effects

Printed Materials:

- IS 302 Adventures with Your Camera — B

For Leaders:

- IS 305 Photography Leader Guide

Suggested Age: Intermediate

18202 Adventures With Adjustable Cameras

What you can do in this project:

- learn to use adjustable cameras
- learn to control focus and depth of field
- practice shooting in natural and low light
- take stop-action pictures
- get close-ups

Printed Materials:

- IS 310 Adventures with Adjustable Cameras

For Leaders:

- IS 305 Photography Leader Guide

Additional Materials:

- 4HF 38 Pocket Field Snap Index
- 4HF 5 Photography Record Book
- 4HF 6 Photography Record Book 3 and 4*

Suggested Age: Advanced



CONSUMER & FAMILY SCIENCES

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:

- 4H 266 The Sitter (Newly revised)

For Leaders:

- 4H 266 The Sitter (Newly revised—manuals are combined)
- 4H 300 The Sitter's Card

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:

- 4H 309 The Toddler

For Leaders:

- 4H 311 Infant and Toddler Leader Guide

Suggested Age: For all Levels

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:

- 4H 310 The Infant

For Leaders:

- 4H 311 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:

- 4H 325 The Preschooler

For Leaders:

- 4H 327 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:

- 4H 326 Middle Childhood

For Leaders:

- 4H 327 The Preschooler and Middle Childhood Leader Guide

Additional Materials:

- 4H 181 Communicating with Young Children

Suggested Age: For all Levels

20632 Growing On My Own

What you can do in this project:

- learn how you grow and learn
- understand feelings, responsibilities and family chores
- learn about safety

Printed Materials:

- BU7139 Growing On My Own

For Leaders:

- BU7142 Growing All Together — Helper's Guide

Suggested Age: Beginner

20642 Growing With Others

What you can do in this project:

- learn about responsibilities and privileges, friendships, family rules, safety at home and away, and family trees

Printed Materials:

- BU7140 Growing With Others

For Leaders:

- BU7142 Growing All Together — Helper's Guide

Suggested Age: Intermediate

20652 Growing With Communities

What you can do in this project:

- learn about growing physically, emotionally, socially, spiritually and mentally
- learn about overcoming obstacles
- learn about your own growth and development

Printed Materials:

- BU7141 Growing With Communities

For Leaders:

- BU7142 Growing All Together — 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:

- 4H 167 Sewing for Fun
- 4H 169 Sewing for Fun Packet

For Leaders:

- 4H 168 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:

- 4H 223 Clothing 1

For Leaders:

- 4H 225 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:

- 4H 224 Clothing 2

For Leaders:

- 4H 225 Clothing 1 and 2 Leader Guide

Suggested Age: Beginner to Intermediate

Clothing References, Forms and Supplies

- Let's Sew: A Beginning Sewing Guide by Nancy Zieman (for sale from National 4-H Supply. Call (301) 961-2934 or e-mail 4hstuff@fourhcouncil.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:

- 4H 335 Tailoring

Additional Clothing Materials:

- PNW 197 Quality Standards in Clothing Construction

Suggested Age: 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

For Leaders:

- In revision

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:

- 4H 449 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:

- 4H 435 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:

- 4H 406 ABC of Crochet for Right-handed People
- 4H 407 ABC of Crochet for Left-handed People

For Leaders:

- 4H 370 4-H Crochet Leader Guide (This guide is for all levels.)
- 4H 39 Criteria for Evaluating a Crochet Exhibit

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:

- 4H 413 ABC of Knitting - Right Hand
- 4H 414 ABC of Knitting - Left Hand
- 4H 415 Knitting Made Easy CD-Rom
- 4H 416 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:

- 4H 449 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:

- 4H 435 Shopping in Style

Suggested Age: Intermediate to Advanced (12 and over)

24602 Becoming Money Wise (New Project)

What you can do in this project:

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

Printed Materials:

- 4H 813 Becoming Money Wise

For Leaders:

- 4H 813 Becoming Money Wise

Suggested Age: Beginner

24702 Money FUNdamentals (New Project)

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:

- BU 7710 Money FUNdamentals

For Leaders:

- BU 7712 Personal Finance Helper's Guide

Suggested Age: Intermediate



24802 Money Moves (New Project)

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:

- BU 7711 Money Moves

For Leaders:

- BU 7712 Personal Finance Helper's Guide

Suggested Age: Advanced

Home Environment

26002 Celebrate Art Unit 1

What you can do in this project:

- learn art elements and apply them to media such as paper, fiber, textiles, wood and glass
- create wood sculptures
- make sand castings
- work with leather

Printed Materials:

- 4H 635A Celebrate Art Unit 1

For Leaders:

- 4H 635 4-H Visual Art Leader Guide
- BU 7597 A Palette of Fun with Arts Helper's Guide
(Note: This is an idea manual only)

Suggested Age: Intermediate

26102 Art in Your Future, Unit 2

What you can do in this project:

- create articles for your home
- learn screen painting
- create stained glass
- learn about marketing original art

Printed Materials:

- 4H 635B Art in Your Future Unit 2

For Leaders:

- 4H 635 Visual Art Leader Guide
- BU 7597 A Palette of Fun with Arts Helper's Guide
(Note: This is an idea manual only)

Suggested Age: 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:

- 4H 195 Home Building Blocks - Year 1
- 4H 196 Home Building Blocks - Year 2
- 4H 197 Home Building Blocks - Year 3

For Leaders:

- 4H 245 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

Printed Materials:

- EC 118173 Furnishings on a Shoestring

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

Printed Materials:

- RP 272 Family Keepsakes: Principles for Conservation and Storage

Heirloom References:

- EC 407 Refinishing Furniture
- EC 117679 General Guide for Evaluating Home Environment Exhibits
- Note: A safety manual is available on the electronic Pick-a-Project: 4h.unl.edu

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:

- 4H 440 Design Decisions

Suggested Age: Intermediate to Advanced

ENVIRONMENTAL & EARTH SCIENCES

Conservation

30102 Conservation

What you can do in this project:

- learn how land is formed
- study water conservation
- learn how different kinds of plants and animals depend on each other

For Leaders:

- EC 59179 Adventures in Conservation of Natural Resources Leader Guide

Suggested Age: Intermediate to Advanced



36102 Eco-Wonders (New Project)

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:

- BU 7704 Exploring Your Environment — Eco-Wonders

For Leaders:

- BU 7707 Exploring Your Environment Helper's Guide

Suggested Age: Beginner

36202 Eco-Adventures (New Project)

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:

- BU 7705 Exploring Your Environment — Eco-Adventures

For Leaders:

- BU 7707 Exploring Your Environment Helper's Guide

Suggested Age: Intermediate

36302 Eco-Actions (New Project)

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:

- BU 7706 Exploring Your Environment — Eco-Actions

For Leaders:

- BU 7707 Exploring Your Environment Helper's Guide

Suggested Age: Advanced

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:

- 4H 332 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

Printed Materials:

- EC 171180 Plant a Tree

Designed for use in classrooms or groups

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:

- 4H 430 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:

- 4H 30 Using Nebraska Range

Range References:

- EC 170 Nebraska Range and Pasture Grasses
- EC 118 Nebraska Range and Pasture Forbes and Shrubs
- EC 113 A Guide for Planning and Analyzing a Year-Round Forage Program

Suggested Age: Advanced

Wildlife

34002 Wildlife Conservation

What you can do in this project:

- learn wildlife management terms such as "travel lanes" and "predation"
- make a nature diorama
- take plaster casts of animal tracks

Printed Materials:

- 4H 125 Wildlife Conservation (Photocopied manuals are available until revised manuals are completed.)

Suggested Age: Beginner



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:

- EC 59381 Bird Behavior

Suggested Age: Beginner

34202 Homes for Wildlife

What you can do in this project:

- learn about animals' homes
- find out how to improve or develop habitat

Printed Materials:

- EC 51375 Homes for Wildlife

Suggested Age: Beginner

34302 Fishing

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:

- EC 51582 Fishing
- BU 7598 Sportsfishing 1
- BU 7599 Sportsfishing 2
- BU 7600 Sportsfishing 3

For Leaders:

- BU 7601 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:

- MF 2266 Wildlife Habitat Evaluation Handbook

For Leaders:

- MF 2265 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:

- 4HF 92 Shooting Sports Record Book*

For Leaders:

- The 4-H Shooting Sports Leader Guide is available to leaders who attend certification seminars.
- 4H 124 Outdoor Education and Natural Resources Leader Guide

Suggested Age: For all Levels

Project Codes

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

HEALTHY LIFESTYLE EDUCATION

Food and Nutrition

40202 Meals!

What you can do in this project:

- plan, prepare and serve meals and snacks
- create a grocery list
- set a table attractively
- figure the cost of recipes

Printed Materials:

- 4H 412 Meals!
- 4H 122 Meats Project Manual

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

Printed Materials:

- 4-H Food Preservation Fact Sheets are available from your Extension office.

Food Preservation References:

- F90977 Criteria for Judging 4-H Food Preservation Entries
- EC 434 Let's Preserve: Canning Basics
- EC 435 Let's Preserve: Vegetables and Vegetable Products
- EC 436 Let's Preserve: Fruits and Fruit Products
- EC 437 Let's Preserve: Tomatoes and Tomato Products
- EC 443 Let's Preserve: Fermented and Pickled Products
- Nutrition, Fitness and Youth
Web site: <http://deal.unl.edu/NFY>

Suggested Age: For all Levels

*Available online at
4h.unl.edu/programs/curriculum/pickaproject



40902 Six Easy Bites — Level A

What you can do in this project:

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

Printed Materials:

- 4H 791 Six Easy Bites

For Leaders:

- 4H 801a Six Easy Bites Leader 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:

- 4H 792 Tasty Tidbits

For Leaders:

- 4H 801b Tasty Tidbits Leader 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:

- 4H 793 You're the Chef

For Leaders:

- 4H 801c You're the Chef Leader Guide

Suggested Age: Advanced

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:

- 4H 794 Foodworks

For Leaders:

- 4H 801d Foodworks Leader Guide

Suggested Age: Advanced

Lifetime Sports

43102 Bowling

What you can do in this project:

- learn the basics of bowling

Printed Materials:

- American Bowling Congress
http://www.bowl.com/bowl/abc/common/static.html?page=bowl_bowlingrulebook_index

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
www.usga.org/rules/

Suggested Age: For all Levels

43302 Tennis

What you can do in this project:

- learn the basics of tennis

Printed Materials:

- International Tennis Federation
<http://www.itftennis.com/>
- U.S. Tennis Association
<http://www.usta.com>

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:

- 4H 425 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:

- 4H 195 Home Building Blocks — Year 1

For Leaders:

- 4H 245 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:

- ATV 002 Group Project Manual
- ATV 003 Safety Rider Handbook

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:

- 4H 348 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:

- BU 7504 Bicycle Adventures 2

For Leaders:

- BU 7506 Bicycle Helper's Guide

Suggested Age: Beginner to Intermediate

45602 Bicycle Adventures 3

What you can do in this project:

- learn how to fix a flat
- learn to ride safely at night or in stormy weather
- find out how to make emergency turns

Printed Materials:

- BU 7505 Bicycle Adventures 3

For Leaders:

- BU 7506 Bicycle Helper's Guide

Other Materials:

- BU 7505 Bicycle Fix It Video

Suggested Age: Intermediate to Advanced

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.

Printed Materials:

- 4H 210 Tractor Operation and Safety Manual (in revision)

Tractor Reference:

- EC 75677 Tractor Operators Contest
- 4H 211 Tractor Safety Operation CD

Suggested Age: Intermediate to Advanced

Health

47202 Health A

What you can do in this project:

- make ice cream
- see how smoke affects your lungs
- practice saying "no"

Printed Materials:

- BU 6858 Health A - Discovering Myself

For Leaders:

- BU 6862 Health Helper's Guide

Suggested Age: Beginner

47302 Health B

What you can do in this project:

- determine the effects of alcohol
- find out how to start a conversation and keep it going
- learn a process for making decisions

Printed Materials:

- BU 6859 Health B - Fun with Friends

For Leaders:

- BU 6862 Health Helper's Guide

Suggested Age: Beginner

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

Printed Materials:

- BU 7205b Health C - Teen Talk

For Leaders:

- BU 6862 Health Helper's Guide

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

Printed Materials:

- BU 6861 Health D - Piecing It Together

For Leaders:

- BU 6862 Health Helper's Guide

Suggested Age: **Advanced**

PERSONAL DEVELOPMENT & LEADERSHIP

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:

- EC 210181 Serving as a Junior Leader*
- 4HF 14 Junior Leader Record Form

Suggested Age: **Intermediate to Advanced**

50302 Leadership Skills You Never Outgrow, Unit 1

What you can do in this project:

- develop a project plan
- practice communicating
- find out how to learn what you want to know
- think through how to make decisions

Printed Materials:

- 4H 230 Leadership Skills You Never Outgrow, Unit 1

For Leaders:

- 4H 228 Leadership Skills You Never Outgrow Leader Guide
- 4H 240 Leadership Skills You Never Outgrow Helper's Guide

Suggested Age: **Beginner**

50402 Leadership Skills You Never Outgrow, Unit 2

What you can do in this project:

- learn to deal with conflict
- put together a resource file
- learn to plan a productive meeting

Printed Materials:

- 4H 229 Leadership Skills You Never Outgrow, Unit 2

Leadership References:

- 4H 200 Teen Organization Guide
- 4H 45 Cooperation Between Adults and Young People

For Leaders:

- 4H 228 Leadership Skills You Never Outgrow Leader Guide
- 4H 240 Leadership Skills You Never Outgrow Helper's Guide

Suggested Age: **Intermediate to Advanced**

Entrepreneurship

53002 Business Sense

What you can do in this project:

- research needs of potential customers
- make a business plan
- design business cards
- learn about business ethics

Printed Materials:

- 4H 457 Business Sense

Suggested Age: **Intermediate**

PLANTS & ANIMALS

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:

- BU 6351 Beef 1: Bite into Beef
- BU 6352 Beef 2: Here's the Beef
- BU 6353 Beef 3: Leading the Charge

For Leaders:

- BU 6354 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:

- BU 6351 Beef 1: Bite into Beef
- BU 6352 Beef 2: Here's the Beef
- BU 6353 Beef 3: Leading the Charge

For Leaders:

- BU 6354 Beef Helper's Guide
- 4H 337 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:

- BU 6351 Beef 1: Bite into Beef
- BU 6352 Beef 2: Here's the Beef
- BU 6353 Beef 3: Leading the Charge

For Leaders:

- BU 6354 Beef Helper's Guide
- 4H 337 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:

- BU 6351 Beef 1: Bite into Beef
- BU 6352 Beef 2: Here's the Beef
- BU 6353 Beef 3: Leading the Charge

For Leaders:

- BU 6354 Beef Helper's Guide
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

Livestock References and Forms

- 4H117R Beef Resource Handbooks (Ohio)
- 4H 357 Guide for Evaluating Livestock Showmanship Contests
- 4HF 93 Animal Record*
- 4HF 110 Feeder Calf and Bucket Calf Ownership Affidavit
- 4HF 105 Breeding Heifer and Ewe Ownership Affidavit
- 4HF 106 Market Beef and Market Lamb Ownership Affidavit
- 4H 122 4-H Meats Project Manual
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers
- EC 20597 Livestock Judging Guide

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:

- BU 6367 Sheep 1: Lambs, Rams and You
- BU 6368 Sheep 2: Shear Delight
- BU 6369 Sheep 3: Leading the Flock

For Leaders:

- BU 6370 Sheep Helper's Guide
- 4-H 337 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:

- BU 6367 Sheep 1: Lambs, Rams and You
- BU 6368 Sheep 2: Shear Delight
- BU 6369 Sheep 3: Leading the Flock

For Leaders:

- BU 6370 Sheep Helper's Guide
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels



Livestock References and Forms

- 4H 194R Sheep Resource Manual (Ohio State)
- 4H 357 Guide for Evaluating Livestock Showmanship Contests
- 4HF 93 Animal Record*
- 4HF 105 Breeding Heifer and Ewe Ownership Affidavit
- 4HF 106 Market Beef and Market Lamb Ownership Affidavit
- 4H 122 4-H Meats Project Manual
- EC 20597 Livestock Judging Guide
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers
- 4H 462 Guide to Identifying Meat Cuts

Swine

63402 Market Swine

What you can do in this project:

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

Printed Materials:

- BU 6158 Swine 1: Growing with Swine
- BU 6159 Swine 2: Becoming Swine Smart
- BU 6160 Swine 3: Entering the Arena

For Leaders:

- BU 6161 Swine Helper's Guide
- 4H 337 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:

- BU 6158 Swine 1: Growing with Swine
- BU 6159 Swine 2: Becoming Swine Smart
- BU 6160 Swine 3: Entering the Arena

For Leaders:

- BU 6161 Swine Helper's Guide
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

Livestock References and Forms

- 4H 134R Swine Resource Manual (Ohio State)
- 4H 357 Guide for Evaluating Livestock Showmanship Contests
- 4HF 93 Animal Record*
- 4H 122 4-H Meats Project Manual
- EC 20597 Livestock Judging Guide
- 4HF 107 Market Swine Ownership Affidavit
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers
- 4H 462 Guide to Identifying Meat Cuts

Dairy

64002 Dairy

What you can do in this project:

- find out how to care for dairy animals
- learn about dairy cattle parts and products
- calculate the cost to raise dairy animals

Printed Materials:

- BU 6154 Dairy 1: Dig into Dairy
- BU 6155 Dairy 2: Mooving Ahead
- BU 6156 Dairy 3: Leading the Way

For Leaders:

- BU 6157 Dairy Helper's Guide
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

Livestock References and Forms

- RP 593 Learning about Dairy: A Resource Guide
- RP 96 Dairy Cow Management
- RP 97 Dairy Calves and Heifers
- EC 25782 Fitting and Showing Dairy Animals
- 4HF 93 Animal Record*
- 4HF 108 Dairy Identification Affidavit
- Unified Dairy Judging Scorecard (for sale from Purebred Dairy Cattle Assoc., Inc., 1 Holstein Place, Brattleboro, VT 05302-1608; or call 1-800-952-5200)
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers



Dairy 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:

- BU 6162 Goat 1: Getting Your Goat
- BU 6163 Goat 2: Stepping Out
- BU 6164 Goat 3: Showing the Way

For Leaders:

- BU 6165 Goat Helper's Guide
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers

Suggested Age: For all Levels

Livestock References and Forms

- 4HF 93 Animal Record*
- 4HF 109 Dairy Goat Identification Affidavit
- 4H 337 Assuring Quality — A Guide for Youth Livestock Producers

Horse

66002 Horse

What you can do in this project:

- learn about horse breeds
- find out how to care for a horse
- train a horse for trail riding
- teach others to ride
- train a young horse

Printed Materials:

- BU 6355 Horse 1: Horsing Around
- BU 6356 Horse 2: Galloping Ahead
- BU 6357 Horse 3: Blazing Trails

For Leaders:

- BU 6358 Horse Helper's Guide

Suggested Age: For All Levels

Livestock References and Forms

- 4H 458 Horse Project Member Manual
- 4H 426 Horse Project Advancement Levels
- 4H 373 Nebraska 4-H Horse Show and Judging Guide
- F29777 Horse Identification Certificate
- 4HF 93 Animal Record*
- 4H 408 Beginning Horseman Certificate
- 4H 409 Intermediate Horseman Certificate
- 4H 410 Horseman Level 3 Certificate
- 4H 411 Horseman Level 4 Certificate
- F2-96-74 Light Horse Project Record Book
- 4H 427 4-H Horse Program in Nebraska Brochure
- Youth Leaders Manual by the American Youth Horse Council (for sale for \$39.95—call 301-961-2934, or 800-952-5813)

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:

- BU 6363 Poultry 1: Scratching the Surface
- BU 6364 Poultry 2: Testing Your Wings
- BU 6365 Poultry 3: Flocking Together

For Leaders:

- BU 6366 Poultry Helper's Guide

Suggested Age: For all Levels

Poultry References and Forms

- 4H 460 National Poultry Judging
- 4H 191 Selecting and Grooming 4-H Exhibition Poultry
- 4H 308 Market Broilers
- 4HF 93 Animal Record*

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:

- BU 6069 Rabbit 1: What's Hopping?
- BU 6070 Rabbit 2: Making Tracks
- BU 6071 Rabbit 3: All Ears

For Leaders:

- BU 6072 Rabbit Helper's Guide

Suggested Age: For all Levels

Rabbit References and Forms

- 4H 339 Rabbits, Rabbits, Rabbits
- 4H 257 Judging 4-H Rabbit Shows
- 4HF 93 Animal Record*
- 4HF 103 Rabbit Identification Certificate

*Available online at
4h.unl.edu/programs/curriculum/pickaproject



Cat

69002 Cat

What you can do in this project:

- learn about cat breeds
- find out how to care for a cat
- train and show a cat
- discuss animal welfare and animal rights

Printed Materials:

- BU 6146 Cat 1: Purrfect Pals
- BU 6147 Cat 2: Climbing Up!
- BU 6148 Cat 3: Cat Connections

For Leaders:

- BU 6149 Cat Helper's Guide

Suggested Age: For all Levels

Cat References and Forms

- RP 254 Your Cat and You
- 4H 341 4-H Show Guidelines for Cats and Small Animals
- 4HF 100 Record Book for Companion Animals*
- 4H 336 Dogs and Cats Need Responsible Owners
- 4H 340 The Veterinarian's Way of Selecting a Proper Pet

Dog

70002 Dog

What you can do in this project:

- learn how to care for a dog
- learn to socialize a dog
- learn about the alpha dog
- become familiar with the role of service dogs

Printed Materials:

- BU 6150 Dog 1: Wiggles 'n Wags
- BU 6151 Dog 2: Canine Connection
- BU 6152 Dog 3: Leading the Pack

For Leaders:

- BU 6153 Dog Helper's Guide

Suggested Age: For all Levels

Dog References and Forms

- 4H 419 Guidelines for Nebraska 4-H Dog Shows
- CO 801 Training Your Dog for Family Living
- CO 802 Dog Obedience Lessons for Beginners
- CO 803 Dog Obedience Training Novice, Graduate Novice
- 4H 291 Dog Judging Contest Guide
- 4H 402EX Dog and Puppy Care
- 4HF 100 Record Book for Companion Animals*
- 4H 336 Dogs and Cats Need Responsible Owners
- 4H 340 The Veterinarian's Way of Selecting a Proper Pet

Pets

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:

- BU 6359 Pet 1: Pet Pals
- BU 6360 Pet 2: Scurrying Ahead
- BU 6361 Pet 3: Scaling the Heights

For Leaders:

- BU 6362 Pet Helper's Guide

Suggested Age: For all Levels

Pet References and Forms

- 4H 340 The Veterinarian's Way of Selecting a Proper Pet
- 4H 279 Small Animals - Cage Bird
- 4H 276 Small Animals - Guinea Pig
- 4H 278 Small Animals - Pocket Pet
- 4H 280 Small Animals -Tropical Fish
- 4H 341 Show Guidelines for Cats and Small Animals
- 4HF 100 Record Book for Companion Animals*

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

Printed Materials:

- 4H 46 Field Crops

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:

- 4H 417 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:

- EC 126177 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:

- 4H 418 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:

- 4H 334 Everyone a Gardener

Horticulture References and Forms:

- 4H 226 Selecting and Preparing Vegetables and Herbs for Exhibit
- 4HF 77 Horticulture Record*

Suggested Age: For all Levels

77402 Gardening, Unit 1

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:

- BU 7162 See Them Sprout, Gardening A

For Leaders:

- BU 7166 Gardening Leader/Helper's Guide

Suggested Age: Beginner

77502 Gardening Unit 2

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:

- BU 7163 Let's Get Growing!, Gardening B

For Leaders:

- BU 7166 Gardening Leader/Helper's Guide

Suggested Age: Intermediate

77602 Gardening Unit 3

What you can do in this project:

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

Printed Materials:

- BU 7164 Take Your Pick, Gardening C

For Leaders:

- BU 7166 Gardening Leader/Helper's Guide

Suggested Age: Intermediate

77702 Gardening Unit 4

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:

- BU 7165 Growing Profits, Gardening D

For Leaders:

- BU 7166 Gardening Leader/Helper's Guide

Suggested Age: Advanced

SCIENCE & TECHNOLOGY

Entomology

80102 Entomology Unit 1

What you can do in this project:

- set traps and collect insects
- explore ways insects communicate
- compare insects with their relatives

Printed Materials:

- CCS 6853 Creepy Crawlies, Entomology 1

For Leaders:

- CCS 6856 Entomology Group Helper's Guide

Suggested Age: Beginner

80202 Entomology Unit 2

What you can do in this project:

- investigate careers in entomology
- create an insect display
- find out what types of sugar bees like
- observe an insect as it changes stages

Printed Materials:

- CCS 6854 What's Bugging You?, Entomology 2

For Leaders:

- CCS 6856 Entomology Group Helper's Guide

Suggested Age: Intermediate



80302 Entomology 3

What you can do in this project:

- manipulate bees' behavior
- plant a butterfly garden
- study insect mouth types
- make a collection of insect wings

Printed Materials:

- CCS 6855 Dragons, Houses and Other Flies, Entomology 3

For Leaders:

- CCS 6856 Entomology Group Helper's Guide

Suggested Age: Advanced

Entomology References, Forms and Supplies

- 4H 26 Entomology Manual
- 4H 342 Introduction to the Insects Unit 1
- 4H 343 Insect Growth and Development Unit 2
- 4H 344 Beneficial and Harmful Insects Unit 3
- 4H 345 Special Interest Projects Unit 4
- 4HF 13 Insect Collection Labels (bond paper)
- F160678 Insect Collection Labels (cardstock)
- Insect pins: www.completenaturalist.com/Catalog_asp_files/pins.asp

Veterinary Science

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 (Newly revised)

For Leaders:

- 4H 192 Vet Science Leader Guide

Suggested Age: Intermediate to Advanced

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:

- 4H 48 Animal Disease (in revision)

For Leaders:

- 4H 192 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:

- 4H 133 Animal Health and Its Relationship to Our World (Newly revised)

For Leaders:

- 4H 192 Vet Science Leader Guide

Suggested Age: Advanced

Aerospace

85202 Aerospace Unit 2

What you can do in this project:

- build your own rocket
- learn to identify a variety of aircraft
- make a paper helicopter

Printed Materials:

- BU 6843 Lift-Off Stage 2

For Leaders:

- BU 6846 Aerospace Group Activity Guide
- BU 6847 Community Organizer's Guide 3
- BU 7605 Aerospace CD Rom (This CD contains the five aerospace manuals.)

Suggested Age: Beginner

85302 Aerospace Unit 3

What you can do in this project:

- build and fly a model airplane
- build a controllable glider
- build a Nagasaki Hata Fighter kite

Printed Materials:

- BU 6844 Reaching New Heights Stage 3

For Leaders:

- BU 6846 Aerospace Group Activity Guide
- BU 6847 Community Organizer's Guide
- BU 7605 Aerospace CD Rom (This CD contains the five aerospace manuals.)

Suggested Age: Intermediate

85402 Aerospace Unit 4

What you can do in this project:

- build and launch a rocket
- build and fly a model plane
- design and fly a box kite

Printed Materials:

- BU 6845 Pilot in Command Stage 4

For Leaders:

- BU 6846 Aerospace Group Activity Guide
- BU 6847 Community Organizer's Guide
- BU 7605 Aerospace CD Rom (This CD contains the five aerospace manuals.)

Suggested Age: Advanced



Computers

86102 Computer Mysteries Unit 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:

- BU 7509 Booting Up: Interacting with Computers

For Leaders:

- BU 7512 Computer Mysteries Helper's Guide

Suggested Age: Beginner

86202 Computer Mysteries Unit 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:

- BU 7510 Adding On: Hardware and Software Magic

For Leaders:

- BU 7512 Computer Mysteries Helper's Guide

Suggested Age: Intermediate

86302 Computer Mysteries Unit 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:

- BU 7511 Reaching Beyond: The Advanced User

For Leaders:

- BU 7512 Computer Mysteries Helper's Guide

Suggested Age: Advanced

Electricity

87002 Electricity Unit 1

What you can do in this project:

- make a simple electric switch
- find out about magnetism and build a compass
- build a galvanometer

Printed Materials:

- BU 6848 Magic of Electricity

For Leaders:

- BU 6852 Electric Group Activity Guide

Suggested Age: Beginner

87102 Electricity Unit 2

What you can do in this project:

- use a Volt-Ohm meter
- build a circuit and measure voltages
- build a burglar alarm

Printed Materials:

- BU 6849 Investigating Electricity

For Leaders:

- BU 6852 Electric Group Activity Guide

Suggested Age: Beginner to Intermediate

87202 Electricity Unit 3

What you can do in this project:

- learn to decipher the symbols on wires and cables
- measure electricity usage of appliances
- determine if outlets are grounded
- replace a switch

Printed Materials:

- BU 6850 Wired for Power

For Leaders:

- BU 6852 Electric Group Activity Guide

Suggested Age: Intermediate

87302 Electricity Unit 4

What you can do in this project:

- control light bulb brightness with a transistor
- show how a photocell reacts to light and dark and activates an alarm
- build a 6 - 8 watt amplifier to power a speaker

Printed Materials:

- BU 6851 Entering Electronics

For Leaders:

- BU 6852 Electric Group Activity 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:

- 4H 445 4 Wheelin' in 4-H

Suggested Age: Beginner to Intermediate



Small Engines

89002 Small Engines 1

What you can do in this project:

- learn the names of the external parts of engines
- find out more about tools for maintaining and repairing small engines
- discover the importance of cooling systems

Printed Materials:

- BU 7324 Small Engines 1: Crank It Up

For Leaders:

- BU 7327 Small Engines Helper's Guide

Suggested Age: Beginner

89102 Small Engines 2

What you can do in this project:

- learn about specialty tools for repairing small engines
- test different oil grades
- adjust a carburetor

Printed Materials:

- BU 7325 Small Engines 2: Warm It Up

For Leaders:

- BU 7327 Small Engines Helper's Guide

Suggested Age: Intermediate

89202 Small Engines 3

What you can do in this project:

- match engine sounds with problems or adjustments
- disassemble a small engine
- assemble a small engine

Printed Materials:

- BU 7326 Small Engines 3: Tune It Up

For Leaders:

- BU 7327 Small Engines Helper's Guide

Suggested Age: Advanced

Woodworking

83002 Woodworking Unit 1

What you can do in this project:

- build an airplane
- build a letter holder
- make a picture frame

Printed Materials:

- CCS 6875 Measuring Up Level 1

For Leaders:

- CCS 6879 Woodworking Group Activity Helper's Guide

Suggested Age: Pre-Beginner to Beginner

83102 Woodworking Unit 2

What you can do in this project:

- understand the differences among different kinds of wood
- use a variety of tools
- build a birdhouse

Printed Materials:

- CCS 6876 Making the Cut Level 2

For Leaders:

- CCS 6879 Woodworking Group Activity Helper's Guide

Suggested Age: Beginner

83202 Woodworking Unit 3

What you can do in this project:

- make a dado joint
- use a circular power saw
- make a variety of wood items

Printed Materials:

- CCS 6877 Nailing It Together Level 3

For Leaders:

- CCS 6879 Woodworking Group Activity Helper's Guide

Suggested Age: Intermediate

83302 Woodworking Unit 4

What you can do in this project:

- work with chemicals safely
- make dovetail joints and blind mortise and tenon joints
- build a variety of wood items

Printed Materials:

- CCS 6878 Finishing Up Level 4

For Leaders:

- CCS 6879 Woodworking Group Activity Helper's Guide

Suggested Age: Advanced

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



OTHER STATE 4-H PROJECTS

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 Brooke Levey for more information: (402) 472-1478 or blevey1@unl.edu

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 Brooke Levey for more information: (402) 472-1478 or blevey1@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:

- 4H 441 Of Course Gameboard
- 4H 442 Fair Play Gameboard
- 4H 443 Citizenship Gameboard
- 4H 500 Doing What Counts - A Character Counts! Tobacco-free Curriculum for 9- to 11-year-olds
- 4H 501 Doing What Counts for Teens — A Character Counts! Tobacco-free Curriculum for youth age 13 and older
- PR 002-007 Character Counts! trading cards
- PR 008 Character Counts! posters
- PR 008S Character Counts! posters (Spanish)
- PR 010 Character Counts! promotional brochure
- PR 010S Character Counts! promotional brochure (Spanish)
- PR 012 We Support Character Counts! mini-poster
- PR 013 Character Counts! coloring/activity book

For Leaders:

- 4H 448 Character Counts! Curriculum Box

75201 Gifts of Gold

What you can do in this project:

Kindergarten through sixth-graders learn the importance of corn as an international food. This kit includes a CCS-produced CD-Rom and workbook, and other exploratory materials. Extension educators, please contact Jill West at the Nebraska Corn Growers Association to receive a free kit: (402) 438-6459.

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 curriculum Web site.

Suggested Age: For all Levels

SCHOOL ENRICHMENT PROJECTS

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.

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:

- RP 534 4-H Folk Arts

Suggested Age: For all Levels



Consumer & Family Sciences

Human Development

20602 Care and Prepare

What you can do in this project:

- communicate with parents about expectations when you spend time at home alone
- learn skills of self-care

Printed Materials:

- 4H 380 Care and Prepare Child's Booklet

For Leaders:

- 4H 376 Care and Prepare Teacher Packet
- 4H 377 Care and Prepare Classroom Certificate
- 4H 378 Care and Prepare Child Certificate
- 4H 379 Care and Prepare Family Contract
- 4H 381 Care and Prepare Survey Evaluation
- 4H 382 Care and Prepare Student Newsletter 1
- 4H 383 Care and Prepare Student Newsletter 2
- 4H 384 Care and Prepare Student Newsletter 3

Suggested Age: Beginner

Environmental & Earth Sciences

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:

- 4H 431 Leafing Out

Suggested Age: Intermediate

Waste Management

35002 The Waste Stream

What you can do in this project:

- study solid and hazardous waste and waste water
- think about how communities can work together to solve their waste problems

Printed Materials:

- 4H 358 The Waste Stream

For Leaders:

- 4H 369 The Waste Stream Teacher Guide

Suggested Age: Beginner

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:

- 4H 356 Nutrition, Fitness and Youth Leader Guide
- Web site: <http://deal.unl.edu/NFY>

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:

- 4H 432 Microbes in Food

Suggested Age: Intermediate

Science & Technology

Plant Science

82002 Green Food Factory

What you can do in this project:

- germinate seeds and experiment with light, air and nutrient flow
- learn about the history of agriculture
- identify the growing season of various plants
- trace products from the field to the table
- learn to read food labels for nutrition content

Printed Materials:

- 4H 392 Green Food Factory tabloids

For Leaders:

- 4H 393 Green Food Factory Teacher Guide

Suggested Age: Beginner



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:

- 4H 433 Chick Embryology Development Poster
- G524 Incubation for the Home Flock
- 4H 165 The Incredible Egg: 4-H Classroom Curriculum Guide
- BU 7595 Embryology in the Classroom 1
- BU 7596 Embryology in the Classroom 2

Suggested Age: Pre-Beginner to Beginner

CLOVER KIDS CURRICULUM

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:

- 4H 1485 Family Celebrations from Around the World Member Packet
- 4H 444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

Communication & Expressive Arts

16001 Theater Arts 1

What you can do in this project:

- practice taking a bow
- make a puppet
- learn to mime

Printed Materials:

- CCS 6870 Theater Arts 1

For Leaders:

- CCS 6874 Theater Arts Helper's Guide (no Extension Specialist for this project)
- 4H 444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

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:

- 4H 155 The Road to Good Cooking

For Leaders:

- 4H 166 The Road to Good Cooking Leader's 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:

- BU 7503 Bicycle Adventures 1

For Leaders:

- BU 7506 Bicycle Helper's Guide
- 4H 444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

Health

47101 Exploring Your Body

What you can do in this project:

- learn to take care of your teeth
- talk about what makes a good friend
- learn the rules of the road

For Leaders:

- BU 6857 Exploring Your Body Helper's Guide
- 4H 444 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

Printed Materials:

- 4H 153 Create Your Corner

For Leaders:

- 4H 444 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:

- BU 6350 Exploring Farm Animals
 - 4H 444 Clover Kids Leader Guide
- Designed for use in classrooms or groups

Suggested Age: Pre-Beginner

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:

- 4H 1460 Just Outside the Door Leader Guide
- 4H 1461 Just Outside the Door Member Packet
- 4H 444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner

85101 Aerospace Unit 1

What you can do in this project:

- find out how birds and aircraft fly
- learn about jobs in aviation and space
- make a “space helmet” and use “space-suit” type gloves

Printed Materials:

- BU 6842 Pre-Flight Stage 1

For Leaders:

- BU 6846 Aerospace Group Activity Guide
- BU 6847 Community Organizer’s Guide
- BU 7605 Aerospace CD Rom (This CD contains the five aerospace manuals.)
- 4H 444 Clover Kids Leader Guide

Suggested Age: Pre-Beginner



4-H Life Skills

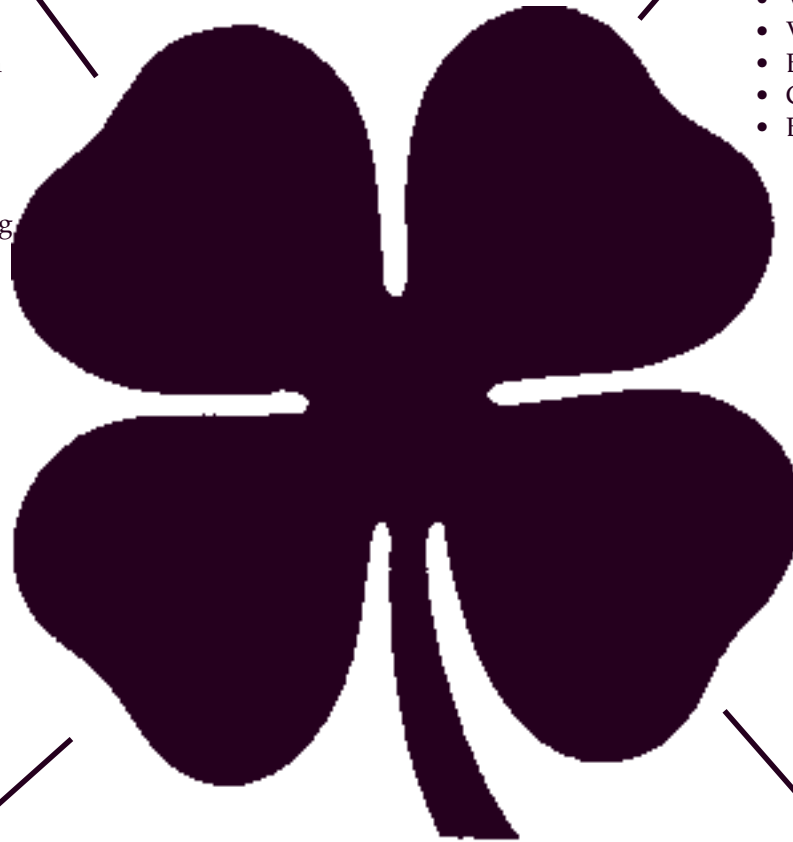
Four-Fold Youth Development Model

Head

- Utilizing scientific methods
- Processing information
- Understanding systems
- Managing resources
- Practicing creativity
- Making decisions
- Solving problems
- Visualizing information
- Learning to learn
- Reasoning
- Thinking critically
- Keeping records
- Planning and organizing
- Achieving goals
- Navigating in your environment
- Working with numbers

Heart

- Communicating
- Interacting socially
- Cooperating
- Sharing
- Resolving conflicts
- Valuing social justice
- Valuing diversity
- Building relationships
- Caring for others
- Being empathetic



Hands

- Mastering technology
- Learning through community service
- Volunteering
- Being a responsible citizen
- Working in a team
- Exercising leadership
- Completing a project/task
- Motivating yourself

Health

- Being responsible
- Developing self-esteem
- Managing yourself
- Practicing integrity and character
- Developing a sense of purpose
- Developing a positive view of future
- Utilizing resistance skills
- Being resilient
- Managing stress
- Making healthy lifestyle choices
- Preventing personal injury
- Expressing emotions positively
- Preventing disease