



2025-2026





PROJECT GUIDE



La Crosse County 4-H

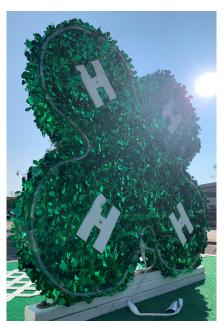




































212 6th Street N, Suite 2200 La Crosse WI 54601 608-785-9593 LaCrosseCounty4H.org lacrossecounty4h@lacrossecounty.org

WELCOME NEW FAMILIES:

There are many people in 4-H who are ready and willing to help you as a new family in the program. We are here to help:

Local 4-H Club

• Contact your club leader or another family in your club.

County 4-H Office

Contact the La Crosse County Extension office.
 Ask for 4-H Educator, Emily Crook, or the administrative staff, who are responsible for administering the county 4-H program.

County 4-H Leaders Association

 La Crosse County also has a chartered group of dedicated volunteers who support 4-H members.

There are many ways for your family to be involved in 4-H, be active in your club, participate in club meetings, events and activities. There are many county events and activities as well that your family will enjoy. Watch for information in your county 4-H Cloverline Newsletter. Just a few of the many ways to get involved include: speaking, demonstrations, camps, trips and tours, 4-H project workshops and county fair.

Youth may need adult encouragement to stay

involved in 4-H. Many adults become 4-H volunteers when their children join 4-H. All volunteers appreciate any assistance parents can give. If you decide that you do want to become a leader, you will need to be approved through the Youth Protection process which includes a background check. Ask the 4-H Program Educator or contact the Extension Office for more information.

Adults can help by:

Sharing

 Take an interest in a child's 4-H projects and activities. Listen, look and offer suggestions, but don't "take over." Learning by doing is the 4 -H way. A child learns by making mistakes and successes.

Preparing

 Help a child understand the value of projects and presentations done well and on time. Help a child understand the importance of follow through.

Being There

 A child will gain more from 4-H by regular attendance at club meetings and involvement in 4-H activities. Attend meetings with them. Get to know the 4-H club leader. Lend a hand whenever you can.

STAY CONNECTED!



Information about upcoming events, project updates, leaders meetings and more can be found in our monthly 4-H Cloverline Newsletter and on our social media pages. If you need additional assistance contact the Program Educator.

4-H Program Educator

Emily Crook 608-785-9761 (direct line) Emily.Crook@wisc.edu



608.785.9593



LaCrosseCounty4H@lacrossecounty.org



212 6th Street N, STE 2200 ,La Crosse WI, 54601



LaCrosseCounty4H.org



LaCrosseCountyUWEX

HOW DO I ENROLL IN LA CROSSE COUNTY 4-H?

All 4-H enrollments are completed by using 4HOnline (v2.4honline.com). 4-H membership is open to youth year round. However, any youth wishing to participate in any competitive event as a 4-H member must be enrolled by the event and April 1st.

All projects that youth wish to exhibit must be in their 4HOnline profile by **April 1st**. For example, if they want to exhibit jam at the Fair in July, they must be signed up for the Foods Preservation project in 4HOnline by April 1st.

However, the actual fair registration process begins in June annually. Please check lacrosseinterstatefair.com regularly for updates.

WHAT IS A PROJECT?

A "project" is simply a topic that youth can explore. On the following pages, you'll find descriptions and resources on a wide variety of major topics-art to woodworking, photography to rabbits, clothing to small engines and so much more. As youth explore a project, 4-H thinks you'll learn more than just subject matter. You'll learn life skills, too. These are valuable skills such as understanding yourself, communicating and working with others, problem solving and decision making that can be used the rest of your life.



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

ARE 4-H PROJECTS DONE INDIVIDUALLY OR AS A GROUP?

Both, since some projects like fishing or biking may be more fun when done as a group. Others, like making a dress or creating a drawing may be easier to complete individually.

ARE 4-H MEMBERS EXPECTED TO DO THEIR OWN PROJECT WORK?

Since 4-H is a "learn by doing" program, leaders, youth leaders and parents may tell or show a member how to do something, but members are expected to learn how to do things themselves.

WHY SHOULD I BE A 4-H PROJECT LEADER?

4-H is a great opportunity to become involved in your child's development as a 4-H Leader or Volunteer. For more information on how to sign up as an Extension 4-H volunteer, visit our online website at https://lacrosse.uwex.edu/4-h-youth-development/volunteers/.

HOW DO I ORDER PROJECT LITERATURE?

In the following pages, suggested project literature is listed for each project. **4-H members may receive free pieces of literature** as part of their membership. Any online resources will not count. Anything that does not have a link is a piece of literature you can request.

It is important that you do not use 4HOnline to order your literature, as it does not allow us to apply the discount. After making your selections using this guide, fill out the Project Literature Request Form at https://tinyurl.com/LaCrosseLit to order your literature. To review the literature pieces, please visit https://shop4-h.org/ and click on curriculum.



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Self Determined

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How Do My Project Selections Match Up With the Fair Guide? AND What Do I Select in 4-HOnline for My Project? (Pages 29-32)



Agriculture & Animal Science



Beef

Beginner:

 Identify different beef breeds, learn proper feeding of cattle, prepare a project animal for show by leading it and setting up its feet, learn how to groom a beef animal, identify common beef cuts of meat, identify how a healthy calf looks and acts.

Intermediate:

 Learn the appropriate handling techniques and housing for beef cattle, explore the difference between yield grade and quality grade, learn the various methods of cooking different beef cuts, explore a ruminant digestive system.

Advanced:

 Balance a beef ration, learn how to manage a cow and newborn calf, learn about Expected Progeny Differences (EPDs), explore the technological impacts to beef breeding and reproduction, properly identify and learn to treat common cattle diseases

Project Literature:

Beef Project Curriculum
Exploring Beef Health & Husbandry Curriculum
At the Interface between Livestock and Predators
Curriculum
Beef Project Sheet
Beef Cattle Nutrition (grades 3-8)
Wisconsin Youth Livestock Program

Cats

Beginner:

 Learn about the proper care, grooming and feeding of your cat, learn to identify the parts of a cat, create a plan to prevent your cat from getting lost and an emergency plan for if it does get lost, learn the appropriate grooming equipment and use proper grooming techniques on your cat.

Intermediate:

 Plan a training and exercise program for your cat, prepare your cat for participation in cat shows, compare the labels on cat foods to make an informed decision on content and price

Advanced:

 Create a trainer's diary to assist you when you work with your cat, create a cat ownership budget plan, help a friend make a decision about owning a cat, research diseases in cats, identify symptoms and a course of action if your cat gets sick, research career options dealing with cats.

Project Literature:

Cat Project Curriculum
Cat Project Sheet

Dairy

Beginner:

 Identify different dairy breeds, learn proper feeding of dairy cows, prepare a project animal for show by leading and caring for it, learning how to properly exhibit your dairy animal and in showmanship, identify how a healthy calf and cow looks and acts.

Intermediate:

 Learn the appropriate handling techniques and housing for a dairy animal, exploring different opportunities within the project, learning the difference between each of the breeds, exploring how the dairy cow's body works.

Advanced:

 Balance dairy cow's ration, learn how to manage a cow and a new born calf, take a calf and follow it to a cow, learn how to read a pedigree, properly identify and learn how to treat common diseases, learn how to properly fill and get your animal ready for the ring.

Project Literature:

Dairy Project Curriculum
Appearance of Your Animal and Proper Equipment
What to Wear and How to Act
Entering the Line and Posing your Animal
Entering the Showring and On Parade
Clipping Your Dairy Show Animal
Preparing to Lead
Leading to Win
PDCA Dairy Showmanship Resources
Dairy Judging Resources





Dog

Beginner:

Gather information and determine the best dog for your family, learn about the proper care, grooming, and feeding of your dog, learn to identify the parts of your dog for conversations with your vet, practice appropriate training for your dog.

Intermediate:

Plan a training and exercise program for your dog, compare the labels on dog foods to make an informed decision on content and price, keep a diary of your dog's health and eating habits, research kennels facilities in your area and decide if one is right for your dog.

Advanced:

Create a trainer's diary to assist you when you work with your dog, learn about how dogs can serve as service animals, create a dog ownership budget, research diseases in dogs, identify symptoms and a course of action if your dog gets sick.

Project Literature:

Dog Project Sheet (PDF)

4-H Dog Judging Guidelines (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H458.pdf

4-H Dog Project Health Supplement (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H369F.pdf

The Basics of Training Your Dog (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H436.pdf

Canine Connection

Dog Obedience - Novice & Beyond (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H439.pdf

Dog Resource Handbook

A Guide to Showmanship (PDF)

https://fyi.uwex.edu/wi4hprojects/files/2015/05/4H437

-A-Guide-To-Showmanship.pdf

County Fair Exhibit Ideas for the Dog Project (all grades)

American Kennel Club (all grades)

Free Conformation Course for Beginners from AKC (all

grades)

PetStation

Goats-Dairy and Meat/Other

Previously broken into these projects: Dairy Goat and Meat Goat

Beginner:

Learn basic knowledge about dairy goats, know your goat breeds, find out if owning and showing dairy and/ or meat goats is right for you, learn how to select a goat that meets the criteria for its intended use, learn to keep records, discover the differences between meat and dairy goats.

Intermediate:

Set goals related to your goat project, ramp up your judging skills, learn about goat reproduction and the kidding process, identify sick animals, treatments, and how to prevent disease, learn about disbudding, deworming, trimming, and tattooing, learn about manure management.

Advanced:

Learn body condition scoring, debate animal welfare issues, learn biosecurity prevention measures, use records to make herd management decisions, formulate a balanced ration for the type of goats you have, learn about breeding and reproduction techniques.

Project Literature:

4-H Dairy Goat Project Health Supplement (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H369E.pdf

Dairy Goat Curriculum

Getting Your Goat

Guide to Raising Healthy Goats (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A3858-

05.pdf

Dairy Goat Project Sheet

Meat Goat Project Sheet

Meat Goat Curriculum

Growing with Meat Goats

Guide to Raising Healthy Goats (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A3858-

05.pdf

Just Browsing

Meating the Future





Horse

Previously broken into these projects: Horse and **Horseless Horse**

Beginner:

Understand what your horse is telling you, demonstrate how to use grooming tools, use safe practices around horses, learn how to keep your horse healthy and well fed...

Intermediate:

Learn tooth identification and care, learn about proper nutrition for your horse, become familiar with English & Western equipment, learn proper riding skills in the arena and on trails, demonstrate how groundwork ties into riding.

Advanced:

Learn to establish your horse's health baseline, execute patterns on the ground and in the saddle, learn leadership skills and debate about horse related topics, mentor a youth in the Horse Project, demonstrate leadership skills.

Project Literature:

Horse Project Curriculum Horse Youth Project Sheet WI 4-H Horse Association Handbook eXtension Horse page Horse Project Related Links Project Enrollment Consent Form Youth Wisconsin Concussion Fact Sheet for Athletes

Pocket Pets

Beginner:

Gather information and determine the best pet for your family, learn about the proper care, grooming and feeding of your pet, learn to identify the parts of your pet for conversations with your vet, create a plan to prevent your pet from getting lost or finding it if it gets lost, purchase and use the appropriate grooming equipment and techniques.

Intermediate:

Plan a training and exercise program for your pet, prepare for participation in a pet show, make a decision about breeding or not breeding your pet, compare the labels on pet foods to make an informed decision on content and price, keep a diary of your pet's health and eating habits.

Advanced:

Develop a business plan for a pet care or pet sitting business, assess careers related to pets and pet business, help a friend make a decision about pet ownership, research diseases in pet mammals, birds, and fish, identify symptoms and a course of action for a disease in your pet.

Project Literature:

Pocket Pets Curriculum Pocket Pets Project Sheet

Poultry

Beginner:

Learn the different types of birds and what they're used for, identify different breeds, locate and name parts of a bird, learn proper feeding techniques, learn about poultry conformation.

Intermediate:

Learn about chick imprinting, explore flock pecking order, learn to read a feed tag, explore poultry products, learn about carcass grading, discover how an egg is formed.

Advanced:

Construct a poultry skeleton, manage your own laying flock, learn about poultry genetics, explore biotechnology, learn to process chickens, learn about food safety, investigate poultry related careers.

Project Literature:

Poultry Project Curriculum **Poultry Project Sheet** Bantams (PDF)

https://learningstore.uwex.edu/Assets/pdfs/NCR209.pdf

Chicken Breeds and Varieties (PDF)

https://cdn.shopify.com/s/files/1/0145/8808/4272/

files/A2880.pdf Flocking Together Guide to Raising Healthy Chickens (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A3858-01.pdf

Pigeons (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H135spf.pdf

Raising Waterfowl (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A3311.pdf

Scratching the Surface

Testing Your Wings

Rabbit

Beginner:

 Learn the different breeds, varieties and ideal weights, determine the use of your rabbit projects, develop a rabbit care management plan, identify rabbit equipment and its uses, locate and name parts of a rabbit.

Intermediate:

 Learn to judge rabbits and give oral reasons, discover the difference between 4 class and 6 class, explore the different rabbit body types and their function, design a plan for preparing rabbits for show, learn proper grooming techniques.

Advanced:

 Learn about rabbit breeding programs and genetics, manage your rabbitry, determine pregnancy and palpation techniques, design a rabbitry, identify bones on a skeleton, evaluate rabbit health, develop and maintain a rabbit pedigree system.

Project Literature:

Rabbit Project Curriculum Rabbit Project Sheet

4-H Rabbit Project Health Supplement (PDF)

https://fyi.uwex.edu/wi4hpublications/files/2015/10/4H369I.pdf

All Ears!

Making Tracks

What's Hoppening?

Sheep

Beginner:

 Identify different breeds, locate and name parts of sheep, learn about sheep health and proper care, learn what you need to show your animals, develop a management plan.

Intermediate:

 Learn about lamb yield grades, judge and present your sheep, understand the digestive process, read a feed tag to recognize nutrients needed for sheep, learn breeding and reproduction best practices.

Advanced:

 Develop your own breeding program, learn about lamb docking and castration, balance a feed ration, keep production and expense records, identify and research sheep industry issues.

Project Literature:

Sheep Project Curriculum

At the Interface between Livestock and Predators Curriculum

4-H Sheep Project Health Supplement (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H369J.pdf

Guide to Raising Healthy Sheep (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A3858-02.pdf

Sheep Project Sheet

Wisconsin Youth Livestock Program

Swine

Beginner:

 Learn breed names and descriptions, identify swine body parts, plan a facility to keep swine safe and healthy, learn how to feed and water your pig, identify how a normal pig looks and acts, name and describe pork meat cuts.

Intermediate:

 Learn differences in preparing pork cuts by cooking and tasting, explore normal pig characteristics, understand swine management practices, analyze and make decisions on how to solve swine issues, formulate a swine ration.

Advanced:

 Learn about swine genetics, plan swine breeding, explore farrow-to-finish facilities, learn how to manage baby pigs, balance a swine ration, explore international swine markets.

Project Literature:

Pig Project Curriculum

At the Interface between Livestock and Predators Curriculum

Guide to Raising Healthy Pigs (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A3858-03.pdf

Judging Market and Breeding Swine (PDF)

https://fyi.uwex.edu/wi4hprojects/

files/2018/01/4H412.pdf

Veterinary Science

Beginner:

 Recognize major breeds of different species of animals, identify basic needs of animals, investigate the different roles of animals, describe different stages of an animals' life, discover body systems and organs.

Intermediate:

 Complete health records on an animal, learn how to recognize and reduce animal stress, investigate how the immune system works, recognize how disease can spread among animals, learn how parasites affect animal health.

Advanced:

 Discover the bond between humans and animals, investigate the mammalian reproductive system, learn about breeding and genetics, recognize the importance of zoonotic diseases.

Project Literature:

4-H Veterinary Science Project Animal Health Supplements (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H369.pdf

Veterinary Science Curriculum

Veterinary Science Project Sheet

Veterinary Science: Stopping Sickness

All Systems Go

From Airedales to Zebras

The Normal Animal (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H323spf.pdf

On the Cutting Edge

Cloverbuds

Cloverbud - Grades K-2 only

- Learn about your 4-H club or group
- Learn about 4-H activities and events
- Explore your community
- Discover areas of project interest

Project Literature:

Cloverbuddies (PDF)

Cloverbud Curriculum Series (PDF)

4-H Polymers Curriculum

Create Your Own Marshmallow Rocket Activity Plan

Woodworking Wonders Curriculum

It's My Home Curriculum

Mindful Me Curriculum

Project Butterfly WINGS Curriculum

Let's Bake Quick Breads Curriculum

Aerospace Curriculum

Making Healthy Food Choices

The Nurturing Power of Nature

Pollinators

Healthy Living Guide

4-H at Home Activity Guide

Grow and Make Your Own Food

Scratch Jr. Programming App



Expressive Arts



Art Appreciation

- Gain a greater appreciation for music
- Explore different ways to participate
- Listen, perform and compose various types of music
- Teach others music
- Make instruments

Project Literature:

Youth and 4-H Music Project Guide (PDF) http://www.extension.iastate.edu/
Publications/4H620MP.pdf

Computer Graphic Design

Beginner:

 Explore different types of graphic design. Practice with basic graphic design software. Learn about elements and principles of design.

Intermediate:

 Create Learn to use more advanced features of graphic design software. Create more advanced projects by combining elements in unique ways. Learn how to create accessible designs that everyone can appreciate.

Advanced:

• Design a complete branding package for a product or concept. Create a digital portfolio website.

Project Literature:

<u>Portfolio Pathways: Painting, Printing, and Graphic Design Seeing Through Graphic Design</u>

Creative Writing:

Beginner:

 Learn about the language of creative writing, such as genre, perspective, story arc, and character. Explore different genres of creative writing – what do you like to read? Experiment with different writing prompts.
 Create basic character descriptions. Practice writing a simple story arc. Start a writing portfolio.

Intermediate:

 Explore writing through different perspectives (first, second, and third person). Write in different genres (poetry, non-fiction, fiction, plays, etc.). Experiment with different sentence structures, lengths, and line breaks. Create and maintain a daily writing journal.

Advanced:

 Keep writing and find your writer's voice. Edit works you've written to make them better. Continue to experiment and improve your writing skills. Read something you wrote in public. Put your best work together in a writing portfolio.

Project Literature:

Creative Wordworking
Crazy about Books Reading Circle (PDF)
https://fyi.uwex.edu/wi4hpublications/files/2015/10/
CrazyAboutBooks.pdf
The Writer in You Curriculum



Expressive Arts



Fiber and Textile Arts: Crocheting & Knitting

Previously broken into these projects: Macramé | Rug Hooking | Tie Dyeing | Wearable Art | Creative/ Cross Stitchery | Needlepoint | String/Wire Art | Handmade Dolls | Knitting | Crocheting | Ropecraft | Wool Spinning | Weaving

Beginner:

 Create a simple cardboard loom by cutting notches along the top and bottom edges, learn basic weaving techniques (over-under pattern) and create a small woven piece, such as a coaster or bookmark. Learn to cast on stitches to start their knitting project. Practice the knit stitch to create a simple knitted square. Learn crochet terms and abbreviation and how to read a crochet pattern. Learn to chain stitch and crochet a foundation chain.

Intermediate:

Explore more complex weaving patterns (twill, basket weave). Create a larger woven piece, such as a wall hanging, using these advanced patterns. Learn the purl stitch and how to combine it with the knit stitch. Create patterns using knit and purl stitches (ribbing, seed stitch). Knit a scarf or headband incorporating these patterns. Learn how to increase and decrease the stitches in a crocheted row. Learn how to fasten off a crochet project.

Advanced:

 Learn needle felting techniques. Create a felted object, such as a flower or animal, by shaping and bonding wool fibers with the felting needle. Learn advanced embroidery stitches (satin stitch, French knot). Create a detailed embroidered design on the fabric square, incorporating these advanced stitches. Learn crochet stitch variations like groups, shells, and clusters Learn how to join seams.

Project Literature:

The 4-H Knitting Handbook
The 4-H Crocheting Handbook
Yarn: The Essential Element of Knitting
Thunder's Hair Activity
Knitting Project Sheet
Crocheting Project Sheet
Ropecraft Project Sheet

Folk Arts & Crafts

Performing Arts

Previously broken into these projects: Clowning | Dance | Juggling | Music | Theater Arts | Puppetry

Beginner:

 Explore different types of performance arts (e.g., theater, dance, music, mime). Take part in simple performance activities, such as miming exercises or basic dance routines. Learn about a specific culture and its performance traditions. Create a short performance inspired by the chosen culture.

Intermediate:

 Learn more advanced acting techniques, such as character development and improvisation. Practice more complex dance routines and choreography. Explore advanced musical techniques, such as playing melodies and harmonies..

Advanced:

 Learn more advanced acting techniques, such as character development and improvisation. Learn more advanced acting techniques, such as character development and improvisation. Explore advanced musical techniques, such as playing melodies and harmonies.

Project Literature:

Theater Arts: Imagination in Action
Theater Arts Lesson Series
Understanding Cultural Appreciation vs. Appropriation
Enter the Clowns (PDF)
Enter the Clowns (PDF)
https://fyi.uwex.edu/wi4hpublications/
files/2015/10/4H265spf.pdf

Youth and 4-H Music Project Guide (PDF) http://www.extension.iastate.edu/
Publications/4H620MP.pdf



Expressive Arts



Photography

Beginner:

 Get to know your camera. Try various lighting techniques. Study photo composition. Use different viewpoints. Tell a story with photos. Take photos of places, people, and pets.

Intermediate:

 Use shutter speeds and F-stops (aperture). Adjust the depth of field. Take candid photos to capture a moment. Manipulate light using flash techniques. Capture hard and soft light to create moods.

Advanced:

 Master composition using symmetry, shape, pattern and texture to capture creative photos. Understand the impact of color. Experiment with lens filters. Use wide-angle and telephoto lenses.

Project Literature:

Photography Curriculum
Photography Project Sheet
So You're the Club Photographer
You Be the Photo Judge! Lesson Plan

4-H Photography and Videography Training: Taking Great Photos

4-H Social Media Training: Instagram Best Practices

<u>Upcycling</u>

Videography

- · Learn storytelling, editing and lighting
- Experiment with camera handling and editing
- Learn to plan a project with the use of sound and titles

Project Literature:

Action! Making Videos and Movies (PDF)
https://4-h.org/parents/curriculum/filmmaking/
Filmmaking Curriculum DVD

Visual Arts

Previously broken into these projects: Block Printing | Ceramics | Collages | Drawing & Painting | Glasswork | Jewelry Making | Metal Enameling | Mosaics | Ornaments | Paper Art | Plastercraft | Posters | Print Making | Pottery | Rubber Stamping |

Scrapbooking | Sculpty Clay | Stencil Painting

Beginner:

 Explore ways to cut and assemble paper. Experiment with line and color. Recognize art with expressive qualities. Select and mix colors to create a color wheel—learn about primary, secondary, and tertiary colors.

Intermediate:

 Create a composition with positive and negative space. Recognize and create images that illustrate movement. Compare different types of media.
 Experiment with line, shape, color, texture and space.

Advanced:

 Experiment with rhythm, proportion, emphasis, balance, and unity. Understand and apply media techniques and processes. Demonstrate understanding of proportion by drawing. Understand visual art in relationship to history and culture.

Project Literature:

Getting Started in Art Project Curriculum

Visual Arts Curriculum

Visual Arts Project Sheet

Understanding Cultural Appreciation vs. Appropriation

Block Printing Member Guide (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H156.pdf

4-H Cast Ceramics (PDF)

https://catalog.extension.oregonstate.edu/sites/catalog/

files/project/pdf/4-h740.pdf

Drawing and Painting (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H169.pdf

4-H Fiber Arts (PDF)

https://catalog.extension.oregonstate.edu/sites/catalog/

files/project/pdf/4-h7601.pdf

4-H Leathercraft (PDF)

https://catalog.extension.oregonstate.edu/sites/catalog/

files/project/pdf/4-h7501.pdf

Metal Enameling Member Guide (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/4H158.pdf

Paper Crafting (PDF)

https://projectcentral.ohio4h.org/wp-content/uploads/2018/01/365.20-Paper-Craft-2018-1.pdf

Scrapbooking: A Guide to Preserving Memories



Environmental / Outdoor Education



Astronomy

Beginner:

• Learn about stars, planets, the moon, and light from the sun.

Intermediate:

Research telescopes and build a simple telescope.

Advanced:

 Build a spectroscope to explore the light spectrum and lead a public viewing.

Birds

Beginner:

• Find at least 20 different birds near where you live.

Intermediate:

 Match birds in your area with the food they like and the nests they build.

Advanced:

 Learn about the migration habits of birds and use what you learn to attract birds to your area.

Conservation

Previously broken into these projects: Exploring your Environment | Water Science | Aquatic Science | Recycling

Beginner:

 Learn about ecosystem services. Explore watersheds and water purification. Collect and analyze soil samples. Learn about different sources of energy. Explore ecotourism. Learn more about aesthetics and the environment.

Intermediate:

 Learn about environmental stewardship. Find out what natural capital is and why it is important. Explore local and national land use. Learn about population capacity and reasons for extinction. Use butterflies to test the local health of your ecosystem.

Advanced:

 Learn about climate science and its effect on the environment. Investigate your carbon footprint. Learn how to live an environmentally responsible lifestyle. Identify ways to conserve energy. Learn about resource sustainability.

Project Literature:

4-H Soil and Water Science
4-H Natural Resources Curriculum
Weather and Climate Science Curriculum
Exploring Your Environment Curriculum
Rain to Drain: Slow the Flow Curriculum
4-H Water Wizards Student Lab Book
Sustainable Polymers Curriculum
Teen Science Change Agents Curriculum
The Nurturing Power of Nature
Pollinators

Entomology (insects)

Beginner:

 Learn to identify insect parts and various shapes, sizes, and colors of insects. Match an insect's shape to what it does and explore its adaptations. Collect various insects using different traps. Learn about invasive insect species and the reasons they survive. Explore how understanding insects' life cycles can help humans.

Intermediate:

 Make insect collection tools such as an aerial net, hand lens, collecting jar, and relaxing jar. Attract and collect insects, then study the diversity of the specimens collected. Use integrated pest management practices in the home. Explore forensic entomology principles to properly identify an insect.

Advanced:

 Conduct research to study entomology. Use the scientific method to record and keep accurate records to use in reporting or sharing what you learn. Explore transect sampling to study and monitor the environmental health of a habitat. Solve crimes by using forensic entomology principles and skills.

Project Literature:

Teaming with Insects Curriculum
Beekeeping Curriculum Series
Project Butterfly WINGS: Youth Guide
Going Buggy... with Insects Activity Series
Entomology Project Sheet
Pollinators
Heartland Bees



Environmental and Outdoor Education (cont)



Outdoor Recreation

Previously broken into these projects: Adventures | Backpacking & Hiking | Bicycling | Camping | Canoeing | Fishing | Rock Climbing | Winter Travel | Cross Country Skiing | Downhill Skiing

Beginner:

 Plan and pack for an adventure. Learn to select appropriate outdoor clothing and shoes for the type of adventure you plan to try. Understand how to use layering to regulate temperature. Prepare a basic first aid kit. Learn about "leave no trace" practices.

Intermediate:

 Make a plan for an overnight adventure. Select the equipment you need. Practice outdoor skills needed for your chosen adventure. Demonstrate safe use of tools you plan to use. Select appropriate sites based on the adventure, skill level, and weather.

Advanced:

 Plan an adventure for a small group. Share and teach others about responsibilities for safe and fun adventures. Learn about and challenge yourself to try adventuring in different environments.

Project Literature:

Fishing Curriculum
Hiking & Backpacking Curriculum
Bicycling Curriculum
Outdoor Recreation Project Sheet
Sportfishing Project Sheet
Sportfishing Manual
Wildlife & Hunting Project Sheet

Safety

Choose a safety topic or area to learn about. Research and explore ways to stay safe in that topic/area. Create a tip sheet, guide, or kit to share what you learned. Teach others about how to be safe.

Shooting Sports

Beginner:

 Learn first shot fundamentals. Learn range commands and safety rules. Know steps to shooting archery.
 Practice proper shooting form for archery and air guns.

Intermediate:

 Demonstrate different air rifle shooting positions including standing, kneeling, and prone. Demonstrate live firing. Select proper ammunition. Safely store and transport equipment.

Advanced:

 Learn proper range setup and target scoring. Improve form-stance, grip, trigger control and breathing techniques. Demonstrate sight picture and sight alignment to others. Identify errors in form and position and coach improvements.

Project Literature:

4-H Shooting Sports Education Project Guide
4-H Hunting/Wildlife Member Record Book
Archery Member Record Book
Wildlife/Conservation Activities



Environmental and Outdoor Education (cont)



Wildlife & Habitat

Previously broken into these projects: Wildlife | Wildlife Habitat Education Program (WHEP) | Hunting | Forestry

Beginner:

 Get to know the types of native wildlife in Wisconsin. Investigate wildlife by observing birds, mammals, reptiles, fish, or amphibians. Learn about habitats where different wildlife live. Choose an animal to research and share what you learned with others. Learn about Wisconsin's endangered species.

Intermediate:

 Explore animal adaptations for living in their environments. Visit a nature center and learn more about wildlife in that area. Learn about reasons and ways to protect endangered species. Find out about invasive species and how they affect native wildlife.

Advanced:

 Use scientific tools and data to measure changes in a wildlife habitat over time. Compare different wildlife habitats. Investigate an environmental issue affecting the health of a wildlife species and its habitat.
 Research and produce and action plan to improve a wildlife habitat in your area.

Project Literature:

Wildlife & Water Habitats Curriculum
Wildlife Science Curriculum
4-H Natural Resources Curriculum
At the Interface between Livestock and Predators
Curriculum
Forestry Project Curriculum
Wildlife Conservation Activities
Environmental Education for Kids (EEK)
WHEP Study Materials



Family, Home, and Health



Candy Making

Beginner:

 Learn the tools and techniques of safe candy making, starting with chocolate dipping.

Intermediate:

- Experiment with different types of crystalline candies.
 Advanced:
- Build your "candy portfolio," adding non-crystalline candies to your skill set.

Child Development

Beginner:

 Learn how to keep your home safe for children. Learn how children express emotions and how they are similar and different. Make items like bags, hats, and masks. Learn about age-appropriate activities for children.

Intermediate:

 Make a family tree. Prepare healthy meals and food choices for yourself and others. Create a circle of friends. Learn which toys are developmentally and age appropriate for children!

Advanced:

Learn about potential careers in child development.
 Participate in a multigenerational service project.
 Learn child guidance and discipline techniques. Learn about children with special needs and how to adapt your activities to be inclusive and safe for all children.

Project Literature:

Superhero You
Kids on the Grow Curriculum
Ages and Stages of Youth Development handout







Beginner:

 Learn to make wise choices with money. Set purchasing goals. Learn the difference between wants and needs.

Intermediate:

Discover your consumer rights and responsibilities.
 Uncover advertising secrets. Learn how to shop safely online!

Advanced:

 Explore the global marketplace. Discover the joy of giving back. Understand the actual cost of owning a car. Discover what real-life expenses are like.

Project Literature:

Consumer Savvy Curriculum
Oklahoma State University

Curriculum: https://4h.okstate.edu/projects/design-and-decomposition

construction/curriculum-and-patterns.html

Tennessee State University

Curriculum: https://4h.tennessee.edu/consumer-

education/

Entrepreneurship

Beginner:

 Compare what's good and what's challenging about being an entrepreneur. Research a variety of entrepreneurs; note their successes and their failures. Think about your strengths and align them with entrepreneurial possibilities. Identify your passions and the products or services that could become business opportunities.

Intermediate:

 Learn more about business concepts. Interview small business owners to learn their tips for success.
 Research your competition; create your niche. Write a business plan and present it to friends or family. Learn to give a sales pitch.

Advanced:

 Develop a realistic budget for your business. Refine and present your business plan to potential funder(s).
 Research ways to receive feedback about your business. Compare the advantages and disadvantages of various marketing methods. Create a digital or print portfolio of your business.

Project Literature:

EntrepreneurShip Investigation Curriculum
The Case of Me
Discover the E-Scene
Your Business Inspection

Food Decorating

Beginner:

 Prepare icing to use for borders, drop flowers, and lettering. Experiment with different decorating tips.
 Learn about professional cake decorating equipment.
 Decorate with borders, flowers, leaves, and letters.
 Use a stencil and paper pattern to decorate a cake.

Intermediate:

 Bake and frost level cakes with smooth icing. Bake and frost two-layer cakes with jam, pudding, or other filling. Make flat surface flowers and flowers on a nail. Learn piping techniques. Learn advanced borders like lattice, basket weave, pine cones, and haystacks.
 Consider cake size, shape, decorating placement, and number of servings.

Advanced:

 Assemble stacked and tiered cakes. Experiment with gum paste. Color and shape marzipan for decorations.
 Make pulled sugar decorations. Apply rolled fondant to a cake and decorate it. Study the principles of element and design used in cake decorating.

Project Literature:

4-H Cake Decorating
Cake Decorating Project Sheet







Foods & Nutrition

Beginner:

 Learn how MyPlate can help guide your eating choices. Understand how to keep your food safe.
 Know basic kitchen safety. Learn measuring basics.
 Understand how to follow a recipe. Develop basic cooking "how to" skills. Use your skills to make simple recipes.

Intermediate:

 Learn the science behind food safety. Learn fire safety in the kitchen. Develop knife skills. Learn different mixing techniques. Identify different cooking techniques. Understand nutrition labels. Use your knowledge of food groups to create different recipes.

Advanced:

Know the conditions that bacteria need to grow.
 Explore outdoor cooking. Plan a party. Learn about cooking with a slow cooker. Experiment with kneading. Learn troubleshooting techniques when experiencing unexpected results. Cook with spices and herbs. Prepare celebration meals.

Project Literature:

4-H Cooking Curriculum
Foods Curriculum
Food For Thought STEM Challenge Kit
Let's Bake Quick Breads Curriculum
Global Gourmet Curriculum
Kitchen Boss Curriculum
Foods & Nutrition Project Sheet
Science Fun with Dairy Foods Curriculum
Science Fun with Kitchen Chemistry Curriculum

Resources:

Clover Cookie Factory PDF Clover Cookie Quiz

Food Preservation

Beginner:

 Identify basic types of food preservation. Learn food freezing basics. Learn to freeze fruits, juices, vegetables, meats, fish, and poultry. Know how to properly thaw frozen products. Learn food drying basics. Learn to dry fruits, make fruit leathers, vegetables, and herbs.

Intermediate:

Understand the basics of water canning. Learn the

difference for canning low acid and high acid foods. Understand making altitude adjustments. Learn the different between a hot pack and a raw pack. Select the right produce and jars for canning. Make salsa, jams, jellies, and pickles.

Advanced:

 Understand the basics of pressure canning. Select a pressure canner. Understand the types of produce, meats, poultry, and fish that require pressure canning. Be able to prepare your jars and lids. Conduct a taste test. Properly label your products.

Project Literature:

Boiling Water Canning Project Manual
Drying Project Manual
Freezing Project Manual
Pressure Canning Project Manual
Food Preservation and Safety Publications
Food Preservation Project Sheet

Health

Beginner:

 Design a family First Aid Kit. Identify how to treat cuts and scrapes. Recognize the signs of choking. Learn how to prevent sprains, strains, and bruises. Discover what causes nosebleeds. Learn about poisons and how to keep your family safe.

Intermediate:

 Find out more about germs and how they affect the body. Learn about food that help you stay healthy.
 Learn about your personal strength, flexibility, and endurance. Learn how to add activity to your day.

Advanced:

 Identify the components of fitness. Learn the importance of hydration. Learn how to choose foods for fuel. Discover new ways to add physical activity to your life. Create a personal health and wellness plan.

Project Literature:

Keeping Fit & Healthy Curriculum
Everyday Food and Fitness Curriculum
Your Feelings Matter Curriculum
Sports Nutrition:
Ready, Set, Go Curriculum
Your Thoughts Matter Curriculum
Health Project Sheet
Healthy Living Activity Guides





Home Environment

Beginner:

 Design Learn design elements -color, texture, shape, form, line, space. Work with different design tools and materials. Plan and design your bedroom. Create a design budget for your space. Practice choosing wall treatments, window coverings, and floor coverings.

Intermediate:

 Learn to select wall coverings, flooring, and window coverings. Research furniture styles and learn about furniture selection. Plan a living space in your home using your needs, wants, and timeline. Create design boards to visualize living space changes using design elements and principles.

Advanced:

 Draft a floor plan. Plan and select lighting for a room. Learn to create personal space in shared rooms.
 Understand how where you choose to live may impact the environment. Choose accessories to add the finishing touch

Project Literature:

It's my Home Curriculum

Design Decisions Curriculum

Interior Design Project Sheet

Personal Finances

Beginner:

Explore wants and needs. Track your spending habits.
 Start a bank account and learn how to talk about your account.

Intermediate:

Explore career planning. Learn about earning.
 spending, saving plans and how they work together.
 Explore the advantages and disadvantages of different ways to pay for products you want.

Advanced:

 Discover career paths related to finance. Explore investment options and strategies. Build skills to manage debt like a pro. Understand what credit is, how to check it, and how it can help or hurt you.

Project Literature:

My Financial Future Curriculum Financial Champions Curriculum Consumer Savvy Curriculum

Sewing

Previously broken into these projects: Clothing | Fabric & Fashion | Quilting | Regalia Making | Stuffed Animals

Beginner:

 Recognize basic sewing machine parts and how to use them. Identify fabrics and understand which to use for the type of project you are making. Sew appropriate seams, straight stitching, and a simple machine hem. Create a casing for elastic or a draw string. Learn how to read and select a pattern.

Intermediate:

 Complete a person body analysis and learn to select patterns for your physical characteristics. Learn how to examine fabrics for quality. Refine your sewing techniques. Select quality fabrics that are compatible with your chosen pattern.

Advanced:

 Recognize the importance of clothing and accessories as a way for individual expression. Learn the role of costume design and how to manipulate items to fit your needs. Create your own pattern. Understand the difference between natural and synthetic fabrics.

Project Literature:

You Can Quilt Curriculum
Quilting the Best Better Curriculum
Regalia Making Project Guide
STEAM Clothing Curriculum
Designed by Me Curriculum
Outerwear for Anywhere Curriculum
Ready, Set, Sew Active! Curriculum
Sewing Project Activity Series
Fabric and Fashion Project Sheet
Quilting Project Sheet





Sports & Fitness

Previously broken into these projects: Softball | Bowling | Fun & Fitness

Beginner:

 Find out which exercises you love. Learn about your body and how different exercises help different parts.
 Explore the advantages and disadvantages of both individual and team sports.

Intermediate:

• Learn how nutrition can improve your fitness and sports performance. Learn about sleep hygiene and how it helps improve performance. Explore careers in sports, therapy, broadcasting, training, and more.

Advanced:

 Develop a fitness plan and set goals for yourself. Look at a variety of ways track your progress and choose the best fit for you. Develop a nutrition or fitness plan for someone else and help them achieve their goals.

Project Literature:

Sports Nutrition: Ready, Set, Go Curriculum



Leadership and Community



Civic Engagement

Beginner:

Find out about active involvement in the community.
 Create ground rules for your group or project area.
 Learn different ways you can make decisions.
 Understand the difference between public and private.
 Look at the issues that face your community.

Intermediate:

 Explore your interests. Write out your goals and pick a project in your community you might like to help or change. Write a mission statement. Create an action plan.

Advanced:

 Put an action plan into motion. Record and evaluate the work you are doing. Celebrate your accomplishments. Share your story. Plan for the future.

Project Literature:

WeConnect Curriculum

Mentoring Curriculum

State and Local Governments Activity Library

Community Marks the Spot Activity Plan

Plarn Mats Service Learning Project

Civic Engagement Project Sheet

Cloverbud - Grades K-2 only

- Learn about your 4-H club or group
- Learn about 4-H activities and events
- Explore your community
- Discover areas of project interest

Project Literature:

Cloverbuddies (PDF)

Cloverbud Curriculum Series (PDF)

4-H Polymers Curriculum

Create Your Own Marshmallow Rocket Activity Plan

Woodworking Wonders Curriculum

It's My Home Curriculum

Mindful Me Curriculum

Project Butterfly WINGS Curriculum

Let's Bake Quick Breads Curriculum

Aerospace Curriculum

Making Healthy Food Choices

The Nurturing Power of Nature

Pollinators

Healthy Living Guide

4-H at Home Activity Guide

Grow and Make Your Own Food

Scratch Jr. Programming App



Leadership and Community



Communications:

Beginner:

 Learn about active listening and practice it with a partner. Get to know how you like to communicate.
 Make introductions. Learn to write a letter or email to a friend or family member. Practice public speaking with a demonstration.

Intermediate:

Learn about conflict and how to resolve conflict.
 Explore effective communication using social media.
 Understand how culture impacts communication.
 Write a press release for a newspaper or blog post.
 Practice public speaking with a short speech.

Advanced:

 Learn about different kinds of electronic communication and when to use them. Analyze advertisements. Write a resume and cover letter. Learn American Sign Language or a language from another country. Become a digital storyteller through pictures, video, and audio.

Project Literature:

Communication Activities for 4-H Clubs (PDF)

https://fyi.uwex.edu/wi4hpublications/files/2015/10/

ComActivfor4_HClubs.pdf

Finding Your Voice: Public Speaking Made Easy

The Writer in You

Communications Curriculum

Family History Treasure Hunt

Communication Activities for 4-H Clubs

Public Speaker's Handbook

Public Speaking Opportunities - A Parent's Guide

Getting Ready for Speeches and Demonstrations

Creative Wordworking

Creative Writing

4-H Public Speakers Handbook (PDF)

https://fyi.uwex.edu/wi4hpublications/

files/2015/10/2 PublicSpeakersHnd.pdf

Getting ready for speeches and demonstrations (PDF)

https://fyi.extension.wisc.edu/wi4hpublications/getting-

ready-for-speeches-and-demonstrations/

Finding Your Voice

Community Service

Beginner:

 Take part in community service projects in the club or community. Make a list of your strengths and how you could help the community. Keep a list of community needs you see.

Intermediate:

 Get involved in a bigger service project. Take a leadership role in the service project. Talk to other people about the needs they see in the community. Make a list of the issues you care most about and consider how you could help.

Advanced:

 Lead or help plan a service project that involves other youth and adult volunteers. Research how participating in community service can impact people's physical, mental, and emotional well-being. Teach others about the benefits of community service.

Project Literature:

Food for Thought STEM Challenge
Teen Science Change Agents Curriculum
Mentoring: Leadership in Action Curriculum
Community Marks the Spot Activity Plan
Plarn Mats Service Learning Project
Inspire Kids to Do

Exploring - Grades 3-4 only

- Learn about the 4-H program
- Sample a variety of projects offered in 4-H
- Learn about yourself and others
- Receive more practice in projects before moving on to groups with older youth
- Explore future leadership roles

Project Literature:

Exploring the Treasures of 4-H



Leadership and Community (cont)



Global & Cultural Education

Beginner:

 Learn more about your family tree. Choose a place or culture your are interested in. Explore the climate, music, food, language, and more of that place or culture. Attend a cultural event in your community to learn more. Discover how you can make a difference in your community and your world.

Intermediate:

 Explore language, family traditions, culture, global connectedness, genealogy and their concerns. Sign up to get a pen pal from another place you're interested in learning more about. Develop skills for engaging others who are different from yourself. Learn the difference between cultural appreciation and cultural appropriation.

Advanced:

Plan a fictional trip to a place you'd like to visit.
 Interview one or more people from a different culture.
 Reflect on and learn from the similarities and differences between your own and other cultures.
 Talk with people about world issues and global situations..

Project Literature:

Passport to the World Curriculum
Global Gourmet Curriculum
4-H Around the Globe Curriculum
Seeing i2i Curriculum
WeConnect Curriculum
Family History Treasure Hunt Curriculum
Genealogy: Tracing My Family Tree Manual
Regalia Making Project Guide and Leader Guide

History & Heritage

Beginner:

 Create your own family tree. Collect family members' pictures, names, and dates. Put together a time capsule for your family or friends. Create a heredity chart of family physical characteristics.

Intermediate:

 Practice writing letters and emails. Collect favorite family recipes. Learn about and practice interviewing. Explore different sources of family history and heritage information.

Advanced:

 Interview family members and document what they say in writing or video. Write about and gather pictures of family customs and traditions. Explore local museums and other historical places. Connect your heritage research to the historical events happening at the time.

Project Literature:

Family History Treasure Hunt Curriculum
Genealogy: Tracing My Family Tree Manual
Voices From the Past (PDF)
https://fyi.uwex.edu/wi4hpublications/files/2015/10/4VoicesfromthePast.pdf



Leadership and Community (cont)



Intergenerational

Beginner:

 Spend time with an elder in your family or neighborhood. Explore ways to support elders in your community. Talk to elders in your family about your family tree.

Intermediate:

 Interview an older adult about things you can do to support them. Learn about ways to volunteer at a senior center or elder care facility. Research the ways childhood may have been the same or different for you and an elder in your family or neighborhood.

Advanced:

• Interview older adults on a topic that interests you and compile their responses. Plan and lead an intergenerational event for a group. Explore concepts of adultism, ageism, and youth-adult partnership.

Project Literature:

<u>Family History Treasure Hunt Curriculum</u> Genealogy: Tracing My Family Tree Manual

Leadership

Previously broken into these projects: Youth Leadership | Leadership

Beginner:

 Help at club meetings. Do a demonstration about something you love. Explore skills like teamwork and communication. Set SMART goals and work to achieve them. Think about what it means to be a good leader. Learn about yourself and what you are good at

Intermediate:

 Teach others how to do something you love. Join a committee. Help plan a service project. Develop your skills in problem solving and organization. Research leaders you look up to.

Advanced:

 Lead a service project. Take on a leadership role in your club or community (club officer, committee cochair, project leader, etc.). Build and practice skills such as decision making, meeting management, and goal management. Interview leaders in your community to learn from their experiences. Superhero You Curriculum

Leadership Skills You Never Outgrow Curriculum

Communications Curriculum

Mentoring Curriculum

Leadership Road Trip Curriculum

Building Social Capital on Purpose

Leadership Road Trip

Understanding Conflict (PDF)

https://learningstore.uwex.edu/Assets/pdfs/B3870.pdf

Workforce Readiness

Beginner:

 Learn about teamwork, decision-making, and time management skills. Identify your Spark, or what activity makes you happy and excited to learn. Find and join a group or club that's interested in the same Spark you are.

Intermediate:

 Explore careers and entrepreneurship options through job shadowing, research, and/or interviews. Begin to connect experiences, personal interests, skills, values, and personality to career options and college majors. Learn advantages and disadvantages of becoming an entrepreneur!

Advanced:

 Prepare the materials you need to apply for your first job and/or college. Take a course at a technical school, pre-college program, or other site to see how you like a career path you're considering. Explore internships, apprenticeships, or volunteer opportunities in the career path you're considering.

Project Literature:

Build Your Future Youth Notebook
You're Hired! Curriculum
Here, There, Ag Careers Are Everywhere! Curriculum
Get Ready to Pay for College



Self Determined



Self-Determined

- Create your own project or expand on an old one
- Select a project, develop a plan and identify resources
- Carry out and evaluate your plan

Project Literature:

Designing Your Own Project (PDF)

https://fyi.uwex.edu/wi4hpublications/files/2015/10/4H272.pdf



Plant and Soil Science



Crops

Beginner:

 Learn about the parts of a plant. Learn about the parts of a seed. Explore crops you can grow. Identify products that come from crops. Measure crop yields. Visit a grain elevator.

Intermediate:

• Get to know soil—nutrients, testing, and tilth. Learn about cross breeding of plants. Recognize common weeds, diseases, and insects. Explore careers in crops. Learn how to calculate production costs

Advanced:

 Learn to use machinery. Prepare the harvest for market. Explore market economics. Describe and use technology. Calculate harvest losses and causes.

Project Literature:

4-H Crops & Soils Project: Corn Curriculum

4-H Crops & Soils Project: Soybeans Curriculum

4-H Crops & Soils Project: Small Grains Curriculum

Alfalfa Management Guide (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A4075.pdf

Marketing Your 4-H Crops

Horticulture & Gardening

Beginner:

 Use safe garden practices. Plant seeds and small plants in your garden. Grow and maintain the garden. Learn about garden pests and friends. Harvest what you grow. Observe seeds and plants as they grow.

Intermediate:

Start seeds indoors. Grow plants from plant parts.

Learn about families of plants. Explore different ways of composting. Try different ways to prevent pests and weeds. Preserve what you grow. Store and save seeds.

Advanced:

 Explore plant genetics and diversity. Study current issues in gardening. Try different planting methods.
 Plan for how to harvest, store, and sell what you grow.

Project Literature:

Gardening Curriculum

Growing with the Seasons Curriculum

Floriculture Curriculum

Soilless Growing Systems: Hydroponics Curriculum

Plant Crafts Project Guide

Gardening & Horticulture Tip Sheet

Pollinators

Heartland Bees

Grow & Make Your Own Food

Gardening at Home

Growing Perennials

Container Gardening

Select and Prepare Herbs for Exhibit

Growing Apples in Wisconsin

Growing Apricots, Cherries, Peaches & Plums in

Wisconsin

Growing Currants, Gooseberries, & Elderberries in

Wisconsin

Growing Grapes in Wisconsin

Growing Pears in Wisconsin

Growing Raspberries in Wisconsin

Growing Strawberries in Wisconsin



Plant & Soil Sciences (cont)





Beginner:

• Use safe indoor gardening practices. Choose a flowering or non-flowering indoor plant. Care for an indoor plant. Observe plants as they grow.

Intermediate:

 Explore different soil mixtures to support plant growth. Start plants from seed or a cutting. Explore different ways to start plants from a cutting. Learn about families of plants.

Advanced:

 Learn about the life cycle of plants. Learn to propagate plants by division and air layering. Experiment with different plant environmental factors such as light, humidity, and containers.

Project Literature:

Plant Sciences: Propagating and Growing Indoor Plants Evaluating & Judging Flowers & Indoor Plants (PDF) https://learningstore.uwex.edu/Assets/pdfs/A2935.pdf

Floriculture Level A (grades 3-4)

Floriculture Level B (grades 5-7)

Floriculture Level C (grades 8-10)

Floriculture Level D (grades 11-13)

Landscape Design

Beginner:

Practice with lines and color in landscape design. Plan
a functional diagram, making decisions about what to
include. Experiment with a variety of designs for a
single property.

Intermediate:

 Experiment with rectilinear design, arc tangent, and irregular design techniques. Use geometry in a variety of designs for a single property. Learn about plants used in landscape design.

Advanced:

• Explore careers related to landscape design. Create a design for your own or a property you imagine.

Project Literature:

<u>Landscape Design Drawing Project (Oklahoma State University 4-H)</u>
4-H Lawn Care

Growing Grass in Shade (PDF)

https://learningstore.uwex.edu/Assets/pdfs/A3700.pdf Planning & Designing Your Home Landscape (PDF) https://learningstore.uwex.edu/Assets/pdfs/G1923.pdf Selecting, Planting & Caring for Shade Trees (PDF) https://learningstore.uwex.edu/Assets/pdfs/A3067.pdf

Plant Crafts

Beginner:

 Use safe indoor crafting practices. Experiment with pressing flowers and green plants. Create pictures with pressed plants. Collect dried materials from the environment and arrange them.

Intermediate:

 Experiment with what types of flowers can be dried and how to dry them. Practice with different shapes of flower arrangements. Explore creative ways of using dried flowers and other plants.

Advanced:

Create corsages using dried or fresh cut flowers.
 Experiment with different materials, colors, and containers for creative arrangements.

Project Literature:

<u>Plant Science: Plant Crafts Project Guide</u> Evaluating & Judging Flowers & Indoor Plants (PDF) https://learningstore.uwex.edu/Assets/pdfs/A2935.pdf





Plant & Soil Sciences (cont)



Soil Science

Beginner:

- Collect soil samples to discover what is living in it.
 Explore how plants prevent soil erosion. Do soil tests
- Learn about how different soil types support growth.

Intermediate:

 Explore plant life cycles and plant parts. Experiment with different ways to germinate seeds and propagate plants.

Advanced:

 Learn about how plants compete for air, water, light, and nutrients. Demonstrate importance of soil nutrients for healthy plant growth. Use appropriate planting depths for seeds. Help prevent soil erosion using plants.



Soil and Water Science Curriculum Soil to Seed Curriculum





STEM (Science, Technology, Engineering, Math)



Aerospace

Previously broken into these projects: Model Rocketry | Flying | Astronomy

Beginner:

 Make paper airplanes. Identify different types of aircraft. Learn how weather affects flying. Learn star constellations and their stories. Build a marshmallow rocket. Explore the basics of balance and propulsion.

Intermediate:

 Make and launch model rockets. Explore aviation principles. Learn about environmental conditions and their impact on flight. Experiment with roll, pitch, and yaw. Build a balloon shuttle. Make a paper hot-air balloon.

Advanced:

 Use engineering principles to design your own air- and space-crafts. Construct an altitude tracker. Learn pilot certification requirements. Learn about airport issues in across Wisconsin. Explore model rocketry. Build a hang glider and calculate flight parameters like payload, weight, and spin.

Project Literature:

Aerospace Adventures Curriculum Aerospace Project Sheet

Coding and Computer Science

Previously broken into these projects: Coding | Computers

Beginner:

Assemble computer and software tool kits.
 Deconstruct and reconstruct a computer. Understand how computers use numbers. Troubleshoot PC hardware problems. Install operating systems. Decide to upgrade or replace an old computer. Experiment with block coding.

Intermediate:

 Identify network hardware. Design a computer network. Find an Internet protocol address.
 Understand different types of servers. Identify computers on a local area network. Add peripherals to a network. Secure a networked computer. Learn and apply a new coding language. Study someone else's code to learn how they complete a task.

Advanced:

Share the ways you use a computer with an adult.

Understand technology needs in your community. Organize a team to identify and set goals for community technology needs. Develop an activity plan. Teach a class on computers using the 4-H curriculum. Code a project from start to finish. Create a digital portfolio of projects you coded.

Project Literature:

Discovering Computer Science Curriculum
Power Park Curriculum
Computers Project Sheet

Energy & Electricity

Previously broken into these projects: Electricity | Home Energy | Wind Energy | Solar Power

Beginner:

 Learn about safety and equipment used in working with electricity. Identify tools and parts used in working with electricity. Wire a simple circuit. Build a compass. Build a flashlight. Construct a simple switch. Build an electric motor.

Intermediate:

 Work with electrical equipment and tools. Build and test circuits. Measure circuit voltage. Develop a basic electrical tool and supply kit. Locate your home wiring system. Make simple electrical repairs.

Advanced:

 Research the influence of electricity on society. Identify electrical and electronic parts and devices. Learn how to solder and prepare parts for assembly. Assemble a circuit using a transistor.

Project Literature:

Electric Excitement Series
Explore a Power Park Series
Power of Wind Curriculum
Electricity Project Sheet



STEM (cont)



GPS and Mapping

Beginner:

• Learn how road and terrain, points of interest, travel times, and cardinal directions are shown.

Intermediate:

 Learn the fundamentals of GPS technology and digital mapping.

Advanced:

• Use a combination of GIS and GPS to collect data and build multi-layer maps.

Project Literature:

Exploring Spaces, Going Places CD

LEGO

Beginner:

 Use LEGO® or Duplo® bricks to design and build a simple structure.

Intermediate:

 Modify designs to add creativity or improve a structure or model.

Advanced:

 Design, create, and share creative designs to meet a need of your community, school, or family.

Mechanical Sciences

Previously broken into these projects: Automotive | Tractors | Small Engines | Maintenance and Repair

Beginner:

 Identify parts of a small engine. Identify tools used with small engines. Identify and use safety equipment. Learn to perform engine maintenance on spark plugs, air cleaners, and carburetors. Determine engine size.

Intermediate:

 Classify different types of small engines. Identify internal small engine parts. Test engine compression. Practice cleaning a carburetor and understand carburation. Explore careers related to small engines.

Advanced:

Identify small engines by sound. Identify and use

diagnostic tools. Learn to assemble and tear down an engine. Learn to tear down and rebuild an engine's electrical system.

Project Literature:

Tractor Curriculum
Bicycle Curriculum
Small Engine Curriculum
Ready, Set, ... Mow! Curriculum

Model Building

Beginner:

 Learn the basics of model building, such as scale and function.

Intermediate:

• Develop scale models with functionality and describe the mechanics of the model's function.

Advanced:

• Create scale models to showcase the intersection between design and function.

Project Literature:

Model Railroading (PDF)

https://ohio4h.org/sites/ohio4h/files/ imce/365_02_Model_Railroading_2015.pdf 4-H Model Building (PDF)

https://api.ag.purdue.edu/api/depotws/File.ashx? t=f&i=5569



S.T.E.M. (cont)



Robotics

Beginner:

 Explore the world of robotics and how robotic systems are used in everyday life. Learn to identify the important parts of a robot and use problem solving to design and program a robot to do basic tasks.

Intermediate:

 Fine tune your robot's design to perform specific tasks, including creating versatile attachments to grasp, grab, and move objects. Learn to use robotic sensors to detect sound, objects, and to track and follow lines.

Advanced:

 Learn to use advanced programming strategies to perform more complicated tasks. Explore different types of robotics systems including making your own robot.

Project Literature:

Robotics Essentials Curriculum
Robotics Project Sheet

Welding

Beginner:

 Identify equipment needed to weld. Practice safety precautions. Learn the role of electrodes in welding. Understand what different electrode markings mean and select the proper electrode.

Intermediate:

 Join two pieces of metal: butt joints welded with groove welds and T, lap joints welded with fillet welds.
 Follow welding procedures. Complete a welding project from the curriculum.

Advanced:

 Weld in the vertical and overhead positions. Use high carbon, spring steel, and alloy steels. Use lowhydrogen electrodes. Practice cutting and welding with an oxyacetylene torch.

Project Literature:

Arcs & Sparks Curriculum

Woodworking

Beginner:

 Learn about tools for your work area and how to use them. Learn safety rules, tool safety settings, and how to use safety gear. Get to know what different woods look and feel like. Learn how to connect wood using glue and nails. Finish wood projects by sanding and finishing.

Intermediate:

 Mark and measure boards. Learn to cut boards and angles. Learn different qualities of woods. Enhance knowledge and use of selected power tools. Enhance knowledge on sanding and applying finish.

Advanced:

 Learn and practice joining, clamping, and connecting techniques. Learn safe use of power tools on a more independent level. Use various types of stains to emphasize the grain of wood. Explore woodworking careers and entrepreneurial opportunities.

Project Literature:

Woodworking Wonders Curriculum

How Do My Project Selections Match Up With the Fair Guide?

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PROJECT INTEREST	4-HONLINE SELECTION	FAIR ENTRY	
ADVENTURES	OUTDOOR RECREATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS G
BACKPACKING & HIKING	OUTDOOR RECREATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS K-M
BICYCLING	OUTDOOR RECREATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS J
CANOEING	OUTDOOR RECREATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS I
WINTER TRAVEL	OUTDOOR RECREATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS H
AEROSPACE	AEROSPACE	DEPT. 24-JR. MECHANICAL SCIENCE	CLASS H
ART	ART	DEPT. 18-JR. CULTURAL ARTS	CLASS M-N, S-W, Y
BEEF	BEEF	DEPT. 2-JUNIOR BEEF CATTLE	ALL CLASSES
BICYCLING –ENGR –TECH	OUTDOOR RECREATION	DEPT. 24-JR. MECHANICAL SCIENCE	CLASS F, FA, FB
BLOCK PRINTING	VISUAL ART	DEPT. 18-JR. CULTURAL ARTS	CLASS O
CAKE DECORATING	FOOD DECORATING	DEPT. 25-JR. FOODS & NUTRITION	CLASS E-F
CAT	CAT	DEPT. 13-JUNIOR CATS	ALL CLASSES
CERAMICS	VISUAL ART	DEPT. 18-JR. CULTURAL ARTS	CLASS J-L
CHILD DEVELOPMENT	CHILD DEVELOPMENT	DEPT. 29-JR. FAMILY & CHILD DEVELOPMENT	CLASS A-D
CITIZENSHIP	CIVIC ENGAGEMENT	DEPT. 24-JR. HEALTH AND CITIZENSHIP	CLASS F
CLOTHING 1	SEWING	DEPT. 26-JR. CLOTHING	CLASS A-C, L-N
CLOTHING 2	SEWING	DEPT. 26-JR. CLOTHING	CLASS D-E, O-P
CLOTHING 3	SEWING	DEPT. 26-JR. CLOTHING	CLASS F, Q
CLOVERBUD	CLOVERBUD	DEPT. 17-JR. EXPLORING/CLOVERBUD	CLASS A
		DEPT. 25-JR. FOODS & NUTRITION	CLASS F
		DEPT. 26-JR. CLOTHING	CLASS J
CLOWNING	PERFORMING ARTS	DEPT. 18-JR. CULTURAL ARTS	CLASS X
COLLECTIONS	SELF DETERMINED/ART	DEPT. 18-JR. CULTURAL ARTS	CLASS Z
COMMUNICATIONS	COMMUNICATIONS	DEPT. 31-JR. DEMONSTRATIONS, PRESENTATIONS & COMM	CLASS A-F, H
CONSUMER SAVVY	CONSUMER SAVVY	DEPT. 26-JR. CLOTHING	CLASS G, R-S
CREATIVE WRITING	CREATIVE WRITING	DEPT. 31-JR. DEMONSTRATIONS, PRESENTATIONS & COMMUNICATIONS	CLASS I-J

PROJECT INTEREST	4-HONLINE SELECTION	FAIR ENTRY	
CROCHETING	FIBER & TEXTILE ARTS	DEPT. 26-JR. CLOTHING	CLASS V-W
		DEPT. 27-JR. KNITTING & CROCHETING	CLASS C-D
CROPS	CROPS	DEPT. 14-JR. PLANT & SOIL SCIENCE	CLASS A-E, K
DAIRY	DAIRY	DEPT. 1 - JR. DAIRY CATTLE	ALL CLASSES
DOG	DOG	DEPT. 9-JR. DOGS	ALL CLASSES
DRAWING & PAINTING	VISUAL ART	DEPT. 18-JR. CULTURAL ARTS	CLASS A-I
ELECTRICITY	ENERGY & ELECTRICITY	DEPT. 23-JR. ELECTRICITY	CLASS A-D
ENTOMOLOGY	ENTOMOLOGY	DPT. 16-JR. NATURAL SCIENCES	CLASS A
ENTREPRENEURSHIP	ENTREPRENEURSHIP	DEPT. 34-JR. HEALTH AND CITIZENSHIP	CLASS N-P
EXPLORING	EXPLORING	DEPT. 17-JR. EXPLORING/CLOVERBUD	CLASS B
		DEPT. 25-JR. FOODS & NUTRITION	CLASS F
		DEPT. 26-JR. CLOTHING	CLASS K
EXPLORING YOUR ENVIRONMENT	CONSERVATION	DEPT. 33-JR. SELF DETERMINED PROJECTS AND YOUTH LEADERSHIP	ITEM 18
FISHING	OUTDOOR RECREATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS O-Q
FLOWERS	HORTICULTURE & GARDENING	DEPT. 15-JR. FLOWERS & HOUSE PLANTS	CLASS C-H
FOLK ARTS	FOLK ARTS & CRAFTS	DEPT. 18-JR. CULTURAL ARTS	CLASS P-Q
FOOD PRESERVATION	FOOD PRESERVATION	DEPT. 25-JR. FOODS & NUTRITION	CLASS G-H
FOODS & NUTRITION	FOODS & NUTRITION	DEPT. 25-JR. FOODS & NUTRITION	CLASS A-D, F
FORESTRY	WILDLIFE & HABITAT	DEPT. 16-JR. NATURAL SCIENCES	CLASS B-D
FRUITS	HORTICULTURE & GARDENING	DEPT. 14-JR. PLANT & SOIL SCIENCE	CLASS J-K
GEOSPATIAL	GPS & MAPPING	DEPT. 33-JR. SELF DETERMINED PROJECTS AND YOUTH LEADERSHIP	ITEM 21
GOAT-DAIRY	DAIRY GOAT	DEPT. 5-JR. DAIRY GOATS AND MEAT/OTHER GOAT PRO- JECT	CLASSES A-H; N-P
GOAT-MEAT/OTHER	MEAT GOAT	DEPT. 5-JR. DAIRY GOATS AND MEAT/OTHER GOAT PRO- JECT	CLASSES I-L; N-P
HEALTH	HEALTH	DEPT. 34-JR. HEALTH AND CITIZENSHIP	CLASS A-C
HERBS	HORTICULTURE & GARDENING	DEPT. 14-JR. PLANT & SOIL SCIENCE	CLASS I, K
HISTORY & HERITAGE	HISTORY & HERITAGE	DEPT. 34-JR. HEALTH AND CITIZENSHIP	CLASS I

PROJECT INTEREST	4-HONLINE	FAIR ENTRY	FAIR ENTRY
HOME ENVIRONMENT	HOME ENVIRONMENT	DEPT. 28-JR HOME FURNISHINGS AND HOME ENVI- RONMENT	CLASS A-C
HOME GROUNDS	LANDSCAPING & DESIGN	DEPT. 15-JR. FLOWERS & HOUSE PLANTS	CLASS K
HORSE	HORSE	DEPT. 6-JUNIOR HORSES	CLASS B, E-O
HORSELESS HORSE	HORSELESS HORSE	DEPT. 6-JUNIOR HORSES DEPT. 26-JR. CLOTHING	CLASS A, D CLASS I
HOUSE PLANTS	INDOOR PLANTS	DEPT. 15-JR. FLOWERS & HOUSE PLANTS	CLASS A-B
INTERNATIONAL	GLOBAL & CULTURAL EDUCATION	DEPT. 34-JR. HEALTH AND CITIZENSHIP	CLASS J-L
KNITTING	FIBER & TEXTILE ARTS	DEPT. 26-JR. CLOTHING	CLASS T-U
KWITTING	TIDER & TEXTILE ARTS	DEPT. 27-JR. KNITTING & CROCHETING	CLASS A-B
LATINO CULTURAL ARTS	GLOBAL & CULTURAL EDUCATION	DEPT. 34-JR. HEALTH AND CITIZENSHIP	CLASS J-L
LEATHERCRAFT	FOLK ARTS & CRAFTS	DEPT. 18-JR. CULTURAL ARTS	CLASS W
METAL ENAMELING	VISUAL ART	DEPT. 18-JR. CULTURAL ARTS	CLASS W
MICROWAVE COOKING	FOODS & NUTRITION	DEPT. 25-JR. FOODS & NUTRITION	CLASS I
MUSIC	PERFORMING ARTS	DEPT. 18-JR. CULTURAL ARTS	CLASS X
PAPER CRAFTS	VISUAL ART	DEPT. 18-JR. CULTURAL ARTS	CLASS R
PERSONAL FINANCE	PERSONAL FINANCE	DEPT. 33-JR. SELF DETERMINED PROJECTS	CLASS C-D
PETS	VARIES	DEPT. 10-JR. ANIMAL SCIENCE/SMALL PETS	CLASS A-B
PHOTOGRAPHY	PHOTOGRAPHY	DEPT. 20-JR. PHOTOGRAPHY	CLASS A-D
PLANT CRAFTS	PLANT CRAFTS	DEPT. 15-JR. FLOWERS & HOUSE PLANTS	CLASS I-J
POULTRY	POULTRY	DEPT. 7-JUNIOR POULTRY	ALL CLASSES
RABBIT	RABBIT	DEPT. 8-JUNIOR RABBITS	ALL CLASSES
RECYCLING	CONSERVATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS N
ROBOTICS	ROBOTICS	DEPT. 33-JR. SELF DETERMINED PROJECTS	ITEM 21
SCALE MODELS	MODEL BUILDING	DEPT. 24-JR. MECHANICAL SCIENCE	CLASS J
SELF-DETERMINED	SELF-DETERMINED	DEPT. 33-JR. SELF DETERMINED PROJECTS	ITEM 14-21
SERVICE LEARNING	COMMUNITY SERVICE	DEPT. 34-JR. HEALTH AND CITIZENSHIP	DEPT. G-H
SHEEP	SHEEP	DEPT. 4-JUNIOR SHEEP	ALL CLASSES
SHOOTING SPORTS	ARCHERY/AIR RIFLE	DEPT.16-JR. NATURAL SCIENCES	CLASS R-U
SMALL ENGINES	MECH SCIENCE	DEPT 24-JR. MECHANICAL SCIENCE	CLASS D-E 3

PROJECT INTEREST	4-HONLINE SELECTION	FAIR ENTRY	
SPEAKING	COMMUNICATIONS	DEPT. 31-JR. DEMONSTRATIONS, PRESENTATIONS & COMMUNICATIONS	CLASS G
STRING/WIRE ART	FIBER & TEXTILE ARTS	DEPT 18– JR. CULTURAL ARTS	CLASS AW, BW, CW #5
SWINE	SWINE	DEPT. 3-JR. SWINE	ALL CLASSES
THEATRE ARTS	PERFORMING ARTS	DEPT. 18-JR. CULTURAL ARTS	CLASS X
TRACTORS	MECHANICAL SCIENCE	DEPT. 24-JR. MECHANICAL SCIENCE	CLASS A-C
VEGETABLES	HORTICULTURE & GARDENING	DEPT. 14-JR. PLANT & SOIL SCIENCE	CLASS F-H, K
VETERINARY SCIENCE	VET SCIENCE	DEPT. 10-JR. ANIMAL SCIENCE/SMALL PETS	CLASS A
VIDEOGRAPHY	VIDEOGRAPHY	DEPT. 20-JR. PHOTOGRAPHY & COMMUNICATION ARTS	CLASS E
WATER	CONSERVATION	DEPT. 16-JR. NATURAL SCIENCES	CLASS F
WILDFLOWERS	WILDFLOWERS	DEPT. 16-JR. NATURAL SCIENCES	CLASS E
WIND ENERGY	ENERGY & ELECTRICITY	DEPT. 33 SELF DETERMINED PROJECTS	ITEM 18
WOODWORKING	WOODWORKING	DEPT. 22-JR. WOODWORKING	ALL CLASSES
WORKFORCE READINESS	WORKFORCE READINESS	DEPT. 34-JR. HEALTH AND CITIZENSHIP	CLASS M
YOUTH LEADERSHIP	LEADERSHIP	DEPT. 33-JR. YOUTH LEADERSHIP	CLASS A-B
		DEPT. 24-JR. HEALTH AND CITIZENSHIP	CLASS E

Please be advised that this chart is only a suggestion. The La Crosse County Extension office and 4-H staff can only make recommendations in regards to Fair entries and what department(s) should be entered. It is the decision of the youth and/or guardian(s) of what projects to enroll in and what Fair entries to sign up for. The Extension office is not liable or responsible for any wrong decisions families make in regards to Fair entry sign up in June. For this reason, it is highly recommended families thoroughly read the Fair Exhibitor Guide and Premium List found online at www.lacrosseinterstatefair.com prior to the Fair entry deadline.



I pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service, and my **HEALTH** to better living, for my club, my community, my country, and my world.



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