



**MARYLAND COOPERATIVE EXTENSION
UNIVERSITY OF MARYLAND**

**MARYLAND 4-H YOUTH DEVELOPMENT PROGRAM
Howard County
PROJECT SELECTION GUIDE
2007**

“EDUCATING PEOPLE TO HELP THEMSELVES”

Revised - 9/06

Each 4-H family should have a copy of this project selection guide to help select projects for a meaningful and enjoyable time in 4-H. Also available at www.howard4-h.org

It is the policy of Maryland Cooperative Extension, that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital or parental, status, or disability.

WHAT IS 4-H ALL ABOUT?

4-H is the nation's largest informal youth education program, reaching a diversity of youth through clubs, camps, school enrichment programs, special educational events, and activities. The greatest benefit young people can derive from participating in 4-H is enhanced positive youth development. 4-H strives to develop critical life skills, provide positive alternatives to self-destructive behaviors, and offers a supportive social environment in which adults and children can interact.

As part of Maryland Cooperative Extension, at the University of Maryland College of Agriculture & Natural Resources, the Maryland 4-H Youth Development program contributes to the Extension mission of educating citizens to apply practical, research-based knowledge to critical issues facing individuals, families, communities, the state and our global partners.

MISSION

The mission of the Maryland 4-H Youth Development program is to provide a supportive setting for all youth to reach their fullest potential. Youth learn beneficial cognitive life skills through community focused, research-based experiential educational programs. Achievement of this mission will create individuals who are:

- competent
- caring
- responsible

LIFE SKILLS

Life skills are learned abilities, attitudes, and behaviors that empower youth to:

- Perceive and respond constructively to life's events.
- Apply knowledge to life problems.
- Participate in an interdependent society.

- Be self-directing and productive.
- Lead a rewarding life.
- Contribute to society.
- Function effectively in a diverse and changing world.

Maryland 4-H brings the University of Maryland College of Agriculture & Natural Resources into the lives of children and families in their own communities. Through volunteer-directed educational programs 4-H'ers:

- practice decision making
- acquire knowledge
- accept responsibility
- develop creative thinking
- communicate
- understand self
- get along with others

Youth develop these life skills while having fun through learning in a selected project from three core subject areas:

ANIMAL SCIENCE

- Production Animals
- Companion and Small Animals
- Veterinary Science

ENVIRONMENTAL SCIENCES

- Applied Mechanics
- Natural Resources
- Plant Sciences

HUMAN SCIENCES

- Family and Consumerism
- Nutrition, Health and Fitness
- Personal Development and Expression

WHO

4-H club members are youth ages 5-18, as of January 1st of the current year. Youth ages 5-7 are Clover Members. Youth are enrolled in a club with an MCE appointed volunteer leader, that meets at least six times per year. The club will have officers and a planned program. 4-H'ers must enroll in at least one project. Clover youth carry Cloverbud curriculum and/or Exploring Farm Animals.

WHAT

The project is the foundation for learning. Projects are designed so individuals can progress at their own pace through learning experiences. With the guidance of parents, volunteers or teen leaders, knowledge is applied to practical life experiences. To complete a project a member:

- Develops a plan of action (My 4-H Plan) or sets goals in the project record. (Optional)
- Completes the "hands on" learning activities.
- Demonstrates, talks or presents reasons about knowledge or skills learned.
- Evaluates the project through displays, exhibits, or competitive events.
- Records knowledge, skills, experiences, leadership and citizenship in the project record.
- Completes the record sheet and turns it into the County 4-H Office.

HELPING MEMBERS SELECT PROJECTS

There are over 40 project areas from which to choose. Members are expected to complete the projects in which they enroll. The Maryland 4-H project year runs from January 1st through December 31st. **4-H'ers must be enrolled in a project by May 1st to exhibit that project at county and state fair.**

The project is a teaching tool used to apply knowledge learned and to practice life skills. Project work is important in helping boys and girls reach their maximum potential. **The primary objective of 4-H is the development of the young person.** Our goal is to develop blue-ribbon youth, not blue-ribbon projects at the expense of the child.

Projects are real life experiences that help 4-H'ers learn to make sound decisions. Projects put the hands and mind to work. Most projects have been designed with several levels so that a member may advance to more difficult and challenging experiences.

WHEN ARE PROJECTS SELECTED?

Projects are selected in the early fall by 4-H members. **Younger members should limit their projects to just one or two.** Better to finish only a few projects and experience a sense of satisfaction than to bite off more than one can reasonably finish. Older, experienced members may be able to do several different ones, including those that are more difficult.

GUIDELINES FOR PARENTS TO ASSIST IN PROJECT SELECTION

Here are a few suggestions to help guide members and families as they decide which project each child might take:

Interest of Child. Try to determine if the member will be interested in the project. Of course some times the youngster may not know if he or she will like a project until it is tried. Start members in projects that they know they will like, and build on successful experiences.

Age-Appropriate. Make sure the project is in keeping with the age and ability (physical, mental, and emotional) of the member.

Commitment. Can the member and the family commit to the time involved? During what season of the year is most of the activity likely to occur?

Parental Approval. Is the project acceptable to you as parents and does it fit with the family situation?

Financial Support. Be certain to discuss cost of the project. How will the initial costs be paid for? Is there adequate space and equipment available to carry out the project? If the money has to be borrowed, what plans can you make to turn this into a learning experience for the 4-H member? How will you invest sale/income proceeds?

Responsibility. Does the project have an opportunity for ownership and management responsibilities? Does the 4-H member understand the commitment they must make to complete the project? Developing a sense of responsibility for choices is one of the most important life skills 4-H can teach.

Directed or Cooperative Learning. Are there leaders to help with the project in the club, or are the parents willing to help the member with the project? In many cases, youngsters will experience a greater sense of satisfaction if they enroll in projects for which there are previously identified leaders and who hold group meetings and workshops. Working in groups helps young people learn to get along with others and develops an inquiring mind.

WHAT EVERY PARENT SHOULD DO

Most successful 4-H members have the interest and support of at least one parent or other caring adult. If you are wondering just how you can help in 4-H, here are some suggestions:

- i Advise your child in the wise selection of 4-H projects
- i Show your interest and enthusiasm for the projects selected. Learn what is required of the 4-H'ers in each project that they select.
- i Help guide your youngster with the project, but don't do the job for him or her.
- i When a project is started, see that it is completed satisfactorily. Projects should be suited to the ability of your child.
- i Attend club meetings and other club functions.
- i Actively share your skills with other members of the 4-H Club.
- i Keep informed on 4-H information that comes to members of your family.
- i Offer your services to assist the local 4-H club leader.
- i If the need arises, help find a local leader for the club in your community. Always support the leader selected. There is probably a place for you to serve in some leadership capacity perhaps as a project leader in a field which interests you. **Become an appointed MCE volunteer and share your talents and skills with 4-H youth.** It is a great opportunity for adults to learn new things too. When a project is started, see that it is completed satisfactorily. Projects should be suited to the ability of your child.
- i Provide transportation to local meetings and county-wide events in which your child or others of the club are interested. Don't wait to be asked-volunteer to help.

- i Attend club meetings and other club functions.
- i Actively share your skills with other members of the 4-H club.
- i Keep informed on 4-H information that comes to members of your family.
- i Offer your services to assist the local 4-H club leader.
- i If the need arises, help find a local leader for the club in your community. Always support the leader selected. There is probably a place for you to serve in some leadership capacity perhaps as a project leader in a field which interests you. Become an appointed MCE volunteer and share your talents with 4-H youth.

INCLUSION

The Maryland 4-H Program is committed to inclusion and that no person shall be subjected to discrimination on the grounds of DISABILITY. No MCE 4-H member or volunteer is excluded or denied benefits of 4-H programs solely by reason of his or her handicap. In addition, Maryland 4-H understands many youth and volunteers have special needs. We are committed to considering accommodations and alternatives in program's, policies, and procedures to provide children and volunteers with safe and successful experiences when notified about special needs of the individual participant within a reasonable period of time before the program, activity, or event.

NOTE: General Project numbers may also be used for volunteers and youth who are directing activities. For example, the MCE volunteer who is the child care superintendent would list 5200, the instructor for the tractor project would list 4300, a judge for clothing would list 2500, or an organizational volunteer would use citizenship 2000 or leadership 2100 in the four digit project code. Short term volunteer forms may also use these numbers. **All volunteers must have a project code.**

KEY FOR CODES

- ^ Call County Office for program availability
- Ž County based program offered under certified adult leadership
- (Order from enclosed form, not enrollment form

CORE SUBJECT 1 ANIMAL SCIENCES

Objectives: Youth in Animal Sciences projects will:

- È Learn and practice life skills with an emphasis on decision making, acquiring knowledge, and taking personal responsibility through participation in 4-H animal science opportunities such as project animal care, judging, and bowl events.
- È Develop competencies in animal science, including an understanding of animal science and animal management as well as an awareness of agricultural issues in society (e.g. a concern for animal well being and increasing public agricultural literacy).
- È Learn about the parts of an animal, breeds, costs to raise animals, how to care for animals and financial management skills.

Opportunities for non-animal owners exist.

There are state-wide leasing programs established for Horse and Pony and Dairy Cattle. Other leasing and grant programs exist in **county** llama, goat, and sheep 4-H projects. Check with your county extension office for additional information. Many 4-H activities do not require the ownership of animals for participation. The "Horseless Horse" is one such project.

For individuals owning animals:

There are projects involving the raising of market animals, breeding animals, and often, companion animals. In many cases, the project animal need not be purebred and/or registered.

PRODUCTION ANIMAL PROJECTS

Encourages the development of life skills while learning about animals. Each guide includes a separate achievement program and 14 activities to promote active learning and interaction with other youth, adult helpers, family members, and members of the community. The Leader Guides are an excellent resource for older youth, teachers, and project leaders.

Level manuals are based on skill and age. Level one is for youth beginning in the project and may be juniors (8-10 years), level two intermediates (11-13 years) and level three for the advanced youth usually a senior (14-18 years). Each project level can be completed over a three years period or at the learning pace of the 4-H'er. **Inexperienced youth should start at Level 1, regardless of age.**

The project level manuals are self-directed and investigative, providing opportunities for families to participate in cooperative learning activities to complete the booklets. An annual record sheet may be requested from the county extension office.

Watch your county newsletter (Cloverleaf) for important dates for tagging, entry deadlines, health papers, performance levels and other qualifies in order to exhibit animals.

There are many activities such as judging, bowl, demonstrations and workshops you may participate in without an animal.

BEEF (1000)

1001 - Beef Steers	
1002 - Beef Heifer	
1003 - Dairy Steer	
1004 - Level 1-Bite Into Beef	\$4.00
1005 - Level 2-Here's the Beef	\$4.00
1006 - Level 3-Leading the Charge	\$4.00
1007 - Beef Leader's Guide	\$4.00

DAIRY (1100)

1101 - Dairy Calf	
1102 - Dairy Leasing Program	
1103 - Dairy Cow	
1104 - Level 1: Cowabunga	\$4.00
1105 - Level 2: Moooving Ahead	\$4.00
1106 - Level 3: Rising to the Top	\$4.00
1107 - Dairy Leader's Guide	\$4.00
1105 - Learning About Dairy	\$4.00

GOAT (1200)

1201 - Dairy Goat	
1203 - Dairy Goat Lease	
1204 - Level 1: Getting Your Goat	\$4.00
1205 - Level 2: Stepping Out	\$4.00
1206 - Level 3: Showing the Way	\$4.00
1207 - Dairy Goat Leader's Guide	\$4.00
1298 - Market Goats	
1297 - Pygmy Goats/ Hair Goats	

MEAT GOAT (1250)

1251 - Level 1: Just Browsing	\$4.00
1252 - Level 2: Get Growing with Meat Goats	\$4.00
1253 - Level 3: Meating the Future	\$4.00
1254 - Meat Goat Leader's Guide	\$4.00

SHEEP (1600)

1601 - Market Sheep	
1602 - Breeding Sheep	
1604 - Level 1-Lambs, Rams & You	\$4.00
1605 - Level 2-Shear Delight	\$4.00
1606 - Level 3-Leading The Flock	\$4.00
1607 - Sheep Leader's Guide	\$4.00
1608 - Market Lamb Res. Bk.	\$4.00
1609 - Breeding Sheep Hdbk.	\$4.00

SWINE (1800)

1801 - Market Swine	
1802 - Breeding Swine	
1803 - Level 1: The Incredible Pig	\$4.00
1804 - Level 2: Putting the Oink in Pig	\$4.00
1805 - Level 3: Going Whole Hog	\$4.00
1806 - Swine Leader's Guide	\$4.00
1807 - 4-H Market Hog Handbook	\$4.00

QUALITY ASSURANCE (1950)**COMPANION AND SMALL ANIMAL PROJECTS**

Encourages the development of life skills while learning about animals. Each guide includes a separate achievement program and 14 activities to promote active learning and interaction with other youth, adult helpers, family members, and members of the community. The Leader Guides are an excellent resource for older youth, teachers, and project leaders. You do not need an animal to participate in these self-directed learning activity projects. Levels are age and skill appropriate for juniors, intermediates and seniors.

CATS (1700)

1707 - Level 1: Purr-fect Pals	\$4.00
1708 - Level 2: Climbing Up	\$4.00
1709 - Level 3: Cat Connections	\$4.00
1710 - Cat Leader's Guide	\$4.00

DOG (1300)

1307 - Level 1: Wiggles & Wags	\$4.00
1308 - Level 2: Canine Connection	\$4.00
1309 - Level 3: Leading the Pack	\$4.00
1310 - Dog Leader's Guide	\$4.00

HORSE AND PONY (1400)

1403 - Horseless Horse Project	
1404 - Therapeutic Riding	
1405 - Horse and Pony Perf. Levels	
1429 - Horse Leasing	
1430 - Level 1: Giddy Up and Go	\$4.00
1431 - Level 2: Head, Heart, & Hooves	\$4.00
1432 - Level 3: Stable Relationships	\$4.00
1433 - Horse & Pony Leader's Guide	\$4.00
1435 - 4-H Horseless Horse Lovers	\$6.00
1436 - Level 4 Riding the Range	\$4.00
1437 - Level 5 Jumping to New Height	\$4.00
1401 - Horse & Horsemanship	\$4.00
1402 - Horse Science	\$4.00
1406 - Horse and Pony Rule Book	

POULTRY (1500)

1501 - Meat Birds	
1502 - Production/Fancy Bird	
1503 - Egg Production	
1504 - Embryology	
1505 - Level 1: Scratching the Surface	\$4.00
1506 - Level 2: Testing Your Wings	\$4.00
1507 - Level 3: Flocking Together	\$4.00
1508 - Poultry Leader's Guide	\$4.00
1509 - Poultry Judging Manual	\$5.00
1510 - Embryology 1	\$7.00
1511 - Embryology 2	\$7.00

RABBITS (1700)

1704 - Level 1: What's Hopping	\$4.00
1705 - Level 2: Making Tracks	\$4.00
1706 - Level 3: All Ears	\$4.00
1711 - Rabbit Leader's Guide	\$4.00
1716 - Rabbits, Rabbits Rabbit	\$5.00

SMALL PETS (1700)

1712 - Level 1: Pet Pals	\$4.00
1713 - Level 2: Scurrying Ahead	\$4.00
1714 - Level 3: Scaling The Heights	\$4.00
1715 - Small Pet Leader's Guide	\$4.00

VETERINARY SCIENCE (1900)

1901 - Vet Science 1 From Airedales to Zebras	\$4.00
1902 - Vet Science 2 All Systems Go	\$4.00
1903 - Vet Science 3 On the Cutting Edge	\$4.00
1904 - Vet. Science Leader Guide	\$4.00

LIVESTOCK JUDGING

Livestock Judging Manual	\$4.00
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**CORE SUBJECT II
ENVIRONMENTAL SCIENCES
APPLIED MECHANICS**

Objectives - Youth in 4-H Sciences will:

- , Learn to use scientific method, current technology, and use of these skills & tools
- , Demonstrate practical application of scientific principles to daily life.

AEROSPACE (4600)

4601 - Rockets Away	\$4.00
4608 - Rockets Away Leaders	\$4.00
4602 - Level 1-Pre-Flight	\$4.00
4603 - Level 2-Lift-Off	\$4.00
4604 - Level 3-Reaching New Heights	\$4.00
4606 - Pilots in Command	\$4.00
4605 - Aerospace Leaders Guide	\$4.00
4607 - Community Organizer's Guide	\$4.00
Aerospace Adventures CD-ROM	\$35.00

BICYCLE (4100)

4101 - Best Bicyclist on Earth	\$4.00
4102 - Bicycle 1	\$4.00
4103 - Bicycle 2	\$4.00
4104 - Bicycle 3	\$4.00
4105 - Helper's Guide	\$4.00
4106 - Bicycle Fix-it Video	\$11.00

ELECTRICITY (4200)

4201 - Level I - Magic of Electricity	\$4.00
4202 - Level 2 - Investigation Elec.	\$4.00
4203 - Level 3 - Wired for Power	\$4.00
4204 - Level 4 - Entering Electronics	\$4.00
4205 - Electricity Leaders Guide	\$4.00

COMPUTER (9100)

9101 - Booting Up-Computer 1	\$4.00
9102 - Adding Hardware & Software- #2	\$4.00
9103 - Reaching Beyond - #3	\$4.00
9104 - Helper's Guide	\$4.00

SMALL ENGINES (4300)

4301 - Level 1 -Crank It Up	\$4.00
4302 - Level 2 -Warm It Up	\$4.00
4303 - Level 3 -Tune It Up	\$4.00
4304 - Small Engines Leaders Guide	\$4.00

AUTOMOTIVE (4000)**TRACTOR (4400)**

4405 - Tractor Certification	
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(NOTE: This program is held annually in Carroll County for youth in Region 1. Begins in January. Check with the county extension office for dates and times.)

WOODWORKING (4500)

4501 - Level 1 -Measuring Up	\$4.00
4502 - Level 2 -Making The Cut	\$4.00
4503 - Level 3 -Nailing It Together	\$4.00
4504 - Level 4 -Finishing It Up	\$4.00
4505 - Woodworking Leader Guide	\$4.00

ATV SAFETY (4399)

4350 - ATV Adventures- Rider Handbook	\$2.00
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WELDING (4700)

4701 - Arcs & Sparks	\$7.00
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NATURAL RESOURCES**Objectives - Youth in Natural Resources projects will:**

- , Develop an awareness and appreciation of our natural environment.
- , Identify and study wildlife, their habitats, and tree products common to Maryland.
- , Learn to identify and practice methods of conservation that will maintain and enhance our natural environment.
- , Acquire information and an understanding of forestry, wildlife, ecosystems and the interdependencies that exist between all living organisms, including Man.
- , Develop and improve leadership and communication skills as a result of participation in that Natural Resource Program.

ECOLOGY (7100)

7101 - Eco Wonders	\$5.00
7102 - Eco-Adventures	\$5.00
7103 - Eco-Actions	\$5.00
7104 - Helper's Guide	\$5.00

NATURAL RESOURCES CONSERVATION(7200)

7216 - Going Places, Making Choices	\$10.00
7217 - Soil, Water & Land Use - Wetlands	\$21.00

FORESTRY (7400)

7408 - Eastern -What Tree is that	\$4.00
7416 - Forestry 1 Follow the Path	\$4.00
7417 - Forestry 2 Reach for the Canopy	\$4.00
7418 - Forestry 3 Explore the Deep Woods	\$4.00
7419 - Forestry Helper's Guide	\$4.00

OUTDOOR ADVENTURES (7450)

7451 - Outdoor 1 Hiking Trails	\$4.00
7452 - Outdoor 2 Camping Adventures	\$4.00
7453 - Outdoor 3 Backpacking Expeditions	\$4.00
7454 - Outdoor Helper's Guide	\$4.00

SHOOTING SPORTS (7500)

^ 7502 - Archery	
7503 - Air Pistol	
^ 7504 - Air Rifle	
7505 - Shotgun	
^ 7506 - Small bore	
7507 - Trap Shooting	
^ 7508 - Hunter Safety	
7509 Muzzleloading	
7510 Skeet Shooting	

SPORTFISHING (7800)

7801 - Aquatic Resource Educ	\$25.00
7802 - Sport Fish & Aquatic Res.	\$5.00
7810 - Teacher's Guide to Hooked On Fishing -Not On Drugs 4 th Edition	\$35.00
7820 - Sportfishing 1 Take the Bait	\$4.00
7821 - Sportfishing 2 Reel in the Fun	\$4.00
7822 - Sportfishing 3 Cast into the Future	\$4.00
7823 - Sportfishing Helper's Guide	\$4.00

WILDLIFE MANAGEMENT (7700)

7702 - Call Of The Wild	\$7.00
7703 - Wildlife Habitat Eval. Handbook.	\$15.00
7704 - Eval Handbook CD Rom	\$12.00
7711 - Wildlife Management A-Gde. 3-4	\$4.50
7712 - Wildlife Management B - Gde. 5-6	\$4.50
7713 - Wildlife Management C - Gde. 7-9	\$4.50
7714 - Wildlife Management D - Gde. 10-12	\$4.50

ENTOMOLOGY (8700)

8701 - Level 1-Creepy Crawlies	\$4.00
8702 - Level 2-What's Bugging U	\$4.00
8703 - Level 3-Dragons, Houses & Other Flies	\$4.00
8704 - Entomology Leader's Guide	\$4.00

BEEKEEPING (7900)**WATER QUALITY (7600)**

7000 - Aqualculture	
7601 - Water Conservation with the Water Lion - Unit 1	\$2.50
7602 - Water Conservation with the Water Lion - Unit 2	\$2.50
7603 - Fishy Science	\$7.50



PLANT SCIENCES

Objectives - Youth in Plant Science projects will:

- , Gain knowledge of the importance of plant science in relationship to their environment and their own life.
- , Develop and implement garden projects to benefit the community.

HORTICULTURE (8600)

8801 - Vegetable Gardening - Level A See Them Sprout	\$4.00
8802 - Vegetable Gardening - Level B Let's Get Growing	\$4.00
8803 - Vegetable Gardening - Level C Take Your Pick	\$5.00
8804 - Vegetable Gardening - Level D Growing Profits	\$5.00
8805 - Helper's Guide	\$4.00
8806 - Exhibit Guide	\$1.00
8831 - Jr Master Gardener Health & Nutrition from Garden	\$35.00
8832 - Jr Master Gardener Level 1	\$35.00
8836 - Jr Master Gardener Helper Guide	\$40.00

AGRONOMY (8800)

8000 - Plant Science

LANDSCAPE ARCHITECTURE (8200)

8709 - Flowers, Shrubs, & Lawns
8710 - Landscape Design

CORE SUBJECT III - HUMAN SCIENCES

Objectives - Youth in Family and Consumerism projects will:

- , Develop skills in child care, develop appropriate play activities, be a model for younger children, and learn more about yourself.
- , Develop skills in making wise decisions about making, saving, managing, and spending money.

FAMILY LIFE (5200)

5210 - Child Development 1 On My Own	\$4.00
5211 - Child Development 2 Moving Along Together	\$4.00
5212 - Child Development 3 Helping Along The Way	\$4.00
5213 - Helper's Guide	\$4.00
5214 - Babysitting Savvy Members	\$12.00
5215 - Babysitting Savvy Leaders	\$12.00

PERSONAL FINANCE (3500)

3609 - Financial Champion 1 Money Fundamentals	\$4.00
3610 - Financial Champion 2 Money Moves	\$4.00
3611 - Financial Champion Helper's Guide	\$4.00

ENTREPRENEURSHIP (3600)

3604 - Getting Down to Business Grades 5-8	\$7.00
3614 - Workforce Readiness-Get in the Act Take 1	\$7.00
3615 - Helpers Guide	\$4.50
3605 - Open Your Eyes to the World or Work	\$20.00
3606 - The World of Work: Scope it Out II Middle School	\$20.00
3607 - Jump Start for Job Seekers III High School	\$20.00
3612 - Be the E	\$10.00
3613 - Be the E Helper's Guide	\$4.00

CONSUMER SAVVY (3800)

3801 - Consumer Savvy 1 The Consumer in Me	\$4.00
3802 - Consumer Savvy 2 Consumer Wise	\$4.00
3803 - Consumer Savvy 3 Consumer Roadman	\$4.00
3804 - Group Activity Helper's Guide	\$4.00

NUTRITION, HEALTH & FITNESS

Objectives - Youth in Nutrition, Health and Fitness projects will:

- , Appreciate the part food plays in our relationships with our family and friends.
- , Understand the principles of nutrition as they relate to personal appearance, physical fitness, and health.
- , Become skilled in the planning, purchasing, preparing, and serving of nutritious, appealing, and satisfying meal and snacks.
- , Enjoy food and food preparation.
- , Learn the six well factors: physical, social, intellectual, emotional, spiritual, and environmental.
- , Learn the total well concept.
- , Improve nutrition education and health promotion

What's the best way to freeze cookies? How can you make potatoes in the microwave? Answers to these and much more can be found in these popular 4-H Foods activity guides.

Each of the four grade -level guides includes 24 exciting activities in six major categories: healthy food selection, food safety, smart food purchasing, food preservation, food preparation and careers.

The leader's guide will provide leaders with activities, ideas, and content to help with the youth's learning experiences.

FOOD AND NUTRITION (5600)

5401 - Level 1-Six Easy Bites	\$5.00
5402 - Level 2-Tasty Tidbits	\$5.00
5403 - Level 3-You're The Chef	\$5.00
5404 - Level 4-Food Works	\$5.00
5406 - EFNEP - Group Program	
5412 - Foods Leader's Guide	\$4.00
5420 - Microwave Magic-Bag of Tricks - #1	\$4.50
5421 - Microwave Magic-Micro Magicians - #2	\$4.50
5422 - Microwave Magic - Amazing Rays - #3	\$4.50
5423 - Microwave Magic - Presto Meals - #4	\$4.50
5424 - Helpers Guide	\$4.50
5407 - Food Science	
5800 - Safety	



HEALTH

Your shoe's untied, but there's no way you can reach it? You wonder why your body is changing? You're trying to understand what friendship means? You feel pressured to do something you're not sure you want to? You're having trouble handling your emotions? If youth answer "yes" to any one of these questions, they will enjoy this new health curriculum.

Youth will have fun learning about the six factors that join together to make a healthy person: physical, social, intellectual, emotional, spiritual, and occupational.

As youth experience these factors, they will develop important life skills in a fun and challenging way.

HEALTH (5700)

5701 - Level 1- First Aid in Action	\$4.50
5702 - Level 2 - Staying Healthy	\$4.50
5703 - Level 3 - Keeping Fit	\$4.50



PERSONAL DEVELOPMENT AND EXPRESSION

Objectives - Youth in Personal Development and Expression projects will:

- , Learn about respect and be able to work with cultural differences.
- , Identify their personal values.
- , Learn about roles, responsibilities, and relationships within communities.
- , Develop skills in understanding self, communicating, getting along with others, learning to learn, making decision, managing, and working with groups.
- , Learn to express themselves creatively and share cultural differences in the areas of theater arts, crafts, visual arts, and communications.
- , Develop decision making in clothing and personal appearance.
- , Improve sewing construction skills.
- , Improve creativity in the area of needle work, home decoration, and wardrobe building.

CITIZENSHIP (2000)

3210 - Character Counts Education	
3212 - Citizen Public Adventures	\$6.00
3213 - Citizen's Guide Handbook	\$4.00
2016 - Service Learning #1 Agents of change	\$2.50
2017 - Service Learning #2 Raise Your Voice	\$2.50
2018 - Helpers Guide	\$4.50
2008 - And My World	\$8.50

PHOTOGRAPHY (3000)

- 3007 - Adventures With Your Camera (A) **\$4.00**
- 3008 - Adventures with Your Camera (B) **\$4.00**

PUBLIC SPEAKING (3100)

- 3103 - 4-H Presents
- 3105 - Tools for Public Speaking **\$25.00**
- 3151 - Communications #1
Picking Up the Pieces **\$4.50**
- 3152 - Communications #2
Putting It Together **\$4.50**
- 3153 - Communications #3
The Perfect Fit **\$4.50**
- 3154 - Helpers Guide **\$4.50**

THEATER ARTS (2700)

- 2701 - Level 1 - Play the Role **\$4.50**
- 2702 - Level 2 - Becoming a Puppeteer **\$4.50**
- 2703 - Level 3 - Setting the Stage **\$4.50**
- 2705 - Theater Arts Leader's Guide **\$4.00**

LEADERSHIP

Develop leadership skills in understanding self, communicating, getting along with others, learning to learn, making decisions, managing and working in groups. Each of the four levels of Leadership Skills is designed to be completed with a helper or a volunteer over a period of 1-3 years. Great club, camp and groups activities. Interactive and hands on.

LEADERSHIP (2100)

- 2102 - My Leadership Workbook Grades 3-5 **\$4.00**
- 2103 - My Leadership Journal Grades 6-8 **\$4.00**
- 2104 - My Leadership Portfolio Grades 9-12 **\$4.00**
- 2110 - Leadership Mentor Guide 1
Guiding Leadership Learning Grades K - 5 **\$5.00**
- 2111 - Leadership Mentor Guide 2
Guiding Leadership Learning Grades 6 - 12 **\$5.00**

FASHION (2600)

- 2601- Fashion Revue

SEWING, TEXTILES & FASHION

Learn how to be a smart clothing consumer and much more in this program. This curriculum provides numerous avenues for youth to create garments and unique costumes. Buying strategies, accessorizing, apparel care, apparel design, recycling, how to start your own business, and the social and psychological influences of clothing are featured.

These skill-based member manuals provide a wide range of experientially-based activities to motivate youth to learn about the important role of sewing and while developing critical life skills.

CLOTHING (2500)

- 2501 - Let's Sew **\$8.00**
- 2510 - Sewing 1 Under Construction **\$4.00**
- 2511 - Sewing 2 Fashion Forward **\$4.00**
- 2512 - Sewing 3 Refine Design **\$4.00**
- 2513 - Leader's Guide **\$4.00**

CRAFTS AND HOBBIES (6500)

6503 - Arts & Crafts A Palette of Fun Helpers Guide	\$15.00
6510 - Visual Arts	
6511 - Visual Arts #1- Sketchbook Crossroads	\$8.50
6512 - Visual Arts #2 - Portfolio Pathway	\$8.50

HOME ENVIRONMENT (6000)

CLOVER AND BEGINNING PROJECTS

The focus of the clover-aged child's cooperative learning is a non-competitive environment which is appropriate for this age group. Each project area has three lesson sheets to offer many opportunities for learning activities and encourages positive attitudes towards learning. Each exercise is given an estimated time to assist in planning group activities. The integration of outside resources brings an added benefit to these materials.

The Exploring Farm Animals is for grades K-3. The project involves youth in activities related to farm animals. These experiences help them practice important life skills. Youth play Farm Bingo, create a critter and participate in an animal project helping youth explore farm animals. You do not need to own an animal to participate.

BEGINNING 4-H PROJECTS (5000)

5001 - Exploring 4-H	\$4.50
5005 - Helpers Guide	\$10.75
5012 - Exploring Farm Animals	\$4.00

Cloverbud Program

This curriculum guides Clover volunteers through teaching a series of short term, fun, cooperative and non-competitive activities for youth 5-7 years old. Activities relate to science, arts, health, technology, environment, plants, animals and much more. Great for day care programs. Teaches social skills, self-understanding, and positive attitudes.

0100 - Cloverbud Program - Unit 1	\$17.00
0102 - Cloverbud Program - Unit 2	\$20.00
0201 - Cloverbuds -A Discovery Program For 6 - 8 year olds	\$15.00
0202 - Cloverbuds - A Discovery Program Activity sheets	\$10.00

MULTI-CURRICULUM PROJECTS

Information about these programs for clubs, youth groups, schools and camps may be obtained through your county extension office.

AGRICULTURE and NATURAL RESOURCE EDUCATION

AGRICULTURE EDUCATION (9200)

9201 - Close Encounters in Agriculture	
9202 - Environmental Sciences Day	
9203 - Farm Days	
9204 - Kids Growing with Grains	
9205 - Kids Growing with Grains and Animals Too	

ADVENTURES IN SCIENCE (9000)

PLEASE NOTE PRICES MAY CHANGE THROUGHOUT THE YEAR!!!

You must complete the attached order form if you sign up for any paid projects or resources.

**PLEASE RETURN THE PROJECT ORDER FORM, PAYMENT,
AND YOUR ENROLLMENT FORM TO YOUR CLUB LEADER.**

It is the policy of Maryland Cooperative Extension that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital or parental status, or disability.