

2023 Family Guide



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THE OHIO STATE UNIVERSITY
EXTENSION



4-H Youth Development
ohio4h.org

2023 Ohio 4-H Family Guide

Changes in the Lineup

New

- Digital Media (idea starter)
- 360 *Your Feelings Matter*
- 386 *You're Hired!*
- 509 *Robotics Essentials*
- 544 *Ready, Set, . . . Now!*

Revised or Replaced New Title (Old Title)

- 228 *Rabbit Project and Record Book* (225 *Breeding Rabbit Project and Record Book*, 226 *Market Rabbit Project and Record Book*, and 227 *Pet Rabbit Project and Record Book*)
- 467 *Cooking on My Own (You're the Chef)*

Discontinued

- PhysBot—Your 4-H Fitness Tracker (idea starter)
- 762 *Horse Nutrition*
- 507 *Robotics 1 with EV3*
- 508 *Robotics 2: EV3N More*

Youth interested in the discontinued titles above are encouraged to take them as self-determined projects. *Horse Nutrition* is no longer available. *Robotics 1 with EV3* and *Robotics 2: EV3N More* are available as free downloads at ohio4h.org/robotics.

The *Family Guide* is designed especially for volunteers, members, and families involved in 4-H through community and project clubs, EFNEP groups, and special school and community enrichment programs.

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

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Price Increase 2023

Thank you for your support of Ohio 4-H project books and other resources. As a result of increased costs associated with their production and distribution, particularly for printing, the base price of project books has been raised to \$8. Just like before, some longer project books cost more. The prices of other materials, such as resource handbooks, have increased slightly too. We appreciate your support of the cost recovery business model, which also provides for this Family Guide.



Welcome to Ohio 4-H

About 4-H

4-H is a non-formal educational youth development program offered to individuals ages 5 to 19.

Among all the fun things to learn about in 4-H are animals, computers, public speaking, cooking, art, gardening, natural sciences, and much more. You can participate in 4-H in many ways—through clubs, camps, your school, and short-term programs offered through your county or the state office.

No matter what you select or how you participate, all 4-H programs focus on active involvement and quality experiences that stimulate lifelong learning of values and skills.

Pledge

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.

Motto: To Make the Best Better

The 4-H motto refers to each member. It means each member does the “best” they possibly can, in whatever is attempted. The member then strives to improve the next time, so the initial “best” becomes even “better.” The 4-H motto encourages members to stretch their abilities and capacities to reach greater achievement within their own potential.

Member Recognition

Each county 4-H program in Ohio has a standard for measuring youth success. Many counties recognize members with a certificate of achievement for actively participating in club meetings, taking part in club and project events, presenting a project demonstration, and participating in community service. Additionally, members who meet meeting requirements, achieve their goals in leadership, citizenship, and service activities, often called “honor members,” also receive certificates of achievement.

County-level project judging assesses the quality of the member’s project performance. A member receives a grade ribbon for how well the project is completed. As a result, some members earn the opportunity to compete beyond the county. Typically trophies, rosettes, and state fair participation honors are awarded to 4-H members who succeed at these levels. Additional opportunities for recognition are available through county, state, and national award programs. These awards include state trips, national conferences, and educational scholarships. To learn more about awards and scholarships, go to ohio4h.org/awards.

Message from State 4-H Leader

Dear 4-H Parents,

Welcome to Ohio 4-H 2023! At Ohio 4-H, we inspire curiosity, build lifelong skills, grow leaders, and fuel adventure. Our statewide network of more than 150 Ohio 4-H professionals and 12,000 adult volunteers support today’s youth in growing skills through project work, camps, clubs, trips, and other hands-on learning experiences. Parents of 4-H members provide vital support to help Ohio 4-H remain strong and successful. Your encouragement and assistance in guiding 4-H members through their projects and club experiences helps them thrive. Our research-backed, hands-on 4-H approach provides the experiences required to develop the skills youth need to be successful in life. Together with your club’s volunteers and 4-H professionals, we will focus on developing citizenship, leadership, responsibility, and a variety of life skills. This leads to productive careers and strong communities. Thank you for joining with us to ensure that 4-H grows across Ohio!

Yours in service to 4-H,



Kirk Blair, 4-H State Leader
Ohio State University Extension



Understanding 4-H Membership

4-H Membership Eligibility and Annual Enrollment

Ohio 4-H membership is based on a child's age AND grade as of January 1 of the current calendar year.

Eligibility for Cloverbud participation begins when a child is age 5 and enrolled in kindergarten. Eligibility for participation in 4-H projects and competitive events begins when a child is age 8 and in third grade. Any youth age 9 or above is eligible for project membership, regardless of grade level. Membership requires enrollment in an authorized Ohio 4-H club or group under the direction of an OSU Extension professional or an approved adult volunteer. A youth's 4-H eligibility ends December 31 the year he or she turns 19.

Members can join 4-H anytime, but must join by the county's enrollment deadline to be eligible for the full range of 4-H opportunities, including participation in county and state fairs.

Joining Ohio 4-H is a privilege and responsibility for individuals and is subject to the Ohio 4-H Code of Conduct and applicable policies of The Ohio State University.

Accommodations can be made for youth with disabilities through our Winning 4-H Plan. Visit ohio4h.org/about/join-4-h to make an accommodation request.



Ohio 4-H Conference

March 11, 2023

Greater Columbus Convention Center

Join your peers for a day of educational seminars, a luncheon, silent auctions, vendors. Get to know others in 4-H from throughout the state.

ohio4h.org/about/ohio-4-h-conference

4-H Membership Expectations

The expectations for 4-H membership are a balance of 4-H project work, involvement in a 4-H club, participation in 4-H activities and events, and working towards improving one's personal growth. 4-H members and their parents/guardians are also expected to abide by the Ohio 4-H Code of Conduct throughout the year, and sign off on this code as part of the annual membership process. Additionally, members must attend a minimum number of 4-H meetings to be considered a "4-H member in good standing". Be sure to check your county's requirements to understand what the expectations are. For more information on the membership process, contact your local 4-H professional. For more information about expectations for completing projects, see page 6.

Cross-County Line Membership

Youth are expected to affiliate with the 4-H program in their county and state of residence.

4-H membership in two counties/states simultaneously is not permitted. In situations where the county of residence does not have a 4-H program, youth may not join 4-H in another county.

If county financial support for Ohio State University Extension ceases to exist, 4-H membership status already established in that county will end on the date the funding ends (established by Extension Administration). 4-H membership of youth, residing in a county that has lost funding, who have pre-established cross-county line 4-H membership agreements in place will be permitted to continue participation in their non-resident county through December 31 of that 4-H membership year. For more information about cross-county lines membership, contact your local Extension office.



4-H and FFA Membership

Ohio 4-H members are sometimes also FFA members, often within the same county or in an adjacent county. These members especially need to keep in mind the 4-H policy about 4-H projects being separate from school projects. To keep work in both organizations clearly separate, 4-H members are advised to take different species or non-livestock projects in the two organizations or, at the very least, to take market animals in one and breeding animals in the other. The idea is to refrain from exhibiting the same project more than once. See chart for allowable and not allowable examples.

	4-H	FFA
Allowable	Breeding Gilt	Market Hog
Allowable	Market Steer	Market Hog
Allowable	Welding (door stop)	Welding (boot scraper, made for ag class)
Not Allowable	Market Lamb	Market Lamb
Not Allowable	Welding (door stop, made for ag class)	Welding (door stop, made for ag class)

Please check your junior fair exhibition rules about exhibiting both 4-H and FFA projects and animals.

Expressing Thanks

Volunteers and donors are vital to the overall success of 4-H. They give their time, talent, and money to support current 4-H members. Members receiving medals, certificates, scholarships, trips, and other awards are encouraged to make it a priority to express appreciation to the donors and sponsors who made the awards and scholarships possible. If you are a winner, remember to take a few moments to write a "Thank You!" and tell your donor or sponsor how your award or scholarship has benefited you.

Project Enrollment for 4-H Members and Showing Animals at County/Independent and the Ohio State Fair

4-H members must be enrolled in every project they wish to exhibit at any Ohio fair, including the Ohio State Fair, county fair, and independent fair. This includes purchasing and maintaining accurate records in the corresponding 4-H project book. See page 6 for additional information.

Members and their project helpers must ensure that they have completely and accurately enrolled in the 4-H projects via 4HOnline by their county's annual enrollment deadline. Members must enroll in their county in any project they enter to show in the Ohio State Fair Junior Livestock Shows (including poultry, rabbits, and dogs), regardless of whether that project is offered for county exhibition. (See more on next page.) A 4-H member cannot enroll the same animal in two separate projects, except for dog projects and 4-H PetPALS.

A Note About Cost Recovery

Club leaders, project helpers, and other volunteers often ask about the cost of project books. Why are 4-H members required to buy them? The cost of a project book, which is usually \$8, covers the cost of curriculum development, printing, storage, and delivery.

This cost recovery plan is seen as the most desirable option among alternatives such as state membership or other fees. Each book purchased supports the Ohio 4-H program at the state and county levels. Ohio 4-H depends on your support in delivering high-quality, experiential education to its members. We strive to provide project books that offer value. Unless specifically stated otherwise, please help us by purchasing a new book each year for every project in which your child enrolls.



4-H Stickers (set of 25)

Looking for a fun, inexpensive way to reward good work?

extensionpubs.osu.edu



Understanding 4-H Projects

Project Work Through 4-H

Each project book contains a wealth of information and activities for planning and conducting a project. The projects can be completed by participating in activities through organized project groups or by carrying out the activities individually under the guidance of a parent or other adult.

Frequently Asked Questions

Q: What is a 4-H project?

A 4-H project is made up of three types of activities:

- **Hands-on activities:** making, producing, practicing, observing, testing, interviewing, caring for, etc.
- **Organized activities:** demonstrations, speeches, workshops, camps, county judging, project activities, exhibits, etc.
- **Leadership/Citizenship activities:** conducting, planning, teaching, assisting, informing, organizing, etc.

Does a 4-H member have to take a project?

Yes. The 4-H member must annually enroll in the project. There are two ways to take a project, either as an individual project or as a group project.

How does a member select a project?

When choosing a project, consider your interests, background, what is necessary to start your project, and what is available to help you complete it. Review this guide as a family, club, or group. A good rule of thumb is to select no more than two projects as a first-year member.

Included in the description of each project is a level—beginning (B), intermediate (I), or advanced (A). These are primarily skill levels, so that if you have little or no experience in a project area, for example, you are a beginner, regardless of your age. Intermediate-level projects are for members with some experience in a project area, and advanced-level projects are for members experienced in a project area. There are exceptions though! Some projects were written with certain ages in mind. In those cases, the project

descriptions give the ages. Also, some projects are described with an “X,” meaning they are appropriate for all skill and age levels.

County fairs and the state fair often have age requirements different than those for project enrollment. When participating in a fair event, be sure to review the related guidelines.

After you have selected your project(s) for the year, request the project book(s) from your 4-H club leader. Look for the 📖 to see if the project you selected needs an additional resource book. Each project book is \$8 unless stated otherwise here or by your county Extension office. Some counties ask club leaders and members to order directly from Extension’s online store at extensionpubs.osu.edu. Project books and other publications are more expensive there, but they can be delivered directly to any Ohio address.

Does a 4-H member have to use a project book?

Yes. The 4-H member must annually enroll in the project, secure the corresponding project book, idea starter, and/or other project resources and complete corresponding activities based on the project level.

Where does a member begin when planning a 4-H project?

Once a member has selected a project, they should start by reading the section of the project book called the Member Project Guide, or simply Project Guide, usually located near the front. The Project Guide offers step-by-step instructions for conducting the activities that make up the 4-H project.

Can a school project be used as a 4-H project?

No. In order for a member to achieve the progression of knowledge, attitudes, skills, and aspirations necessary for positive youth development, all 4-H experiences in which a 4-H member is involved must be separate and different from previous or simultaneous experiences in other programs, groups, businesses, and organizations.

Does a member have to do everything the Project Guide suggests?

No, although completing the Project Guide in



the recommended time frame is the best way to succeed in fair judging. How much to complete is up to the member, parents, and advisor. Depending upon their interests and abilities, members may plan to do a little or a lot. Project plans also can change as a member's interests and needs change.

How much time can be spent on a project?

It can be a matter of days, weeks, or even months, depending on the size and scope of the member's plan. Some projects also can be repeated to accomplish additional project goals.

Is it necessary to attend county-level judging to complete a project?

For some members, project completion is nothing more than participating in project activities, completing a predetermined number of project goals, and reviewing accomplishments with a parent or project helper. Some counties require attendance at county-level judging. Always check with your project helper for specific judging requirements. For example, sometimes it is necessary to bring an exhibit along with your project book to interview judging.

How can a 4-H member qualify to compete at the Ohio State Fair?

Individuals must be a 4-H member in good standing in their county 4-H program to be eligible for state-level competition.

For non-animal and non-livestock events, qualifying for the state fair involves competing at the county level and being selected as state fair representative. Some counties hold events that are not state fair events, and some counties do not hold all of the events that take place at the state level. In addition, if you are taking a project with age guidelines and are outside of the recommended age range, be sure to double-check county and state fair regulations about participating (ohio4h.org/ohiostatefair). Generally speaking, youth outside the recommended age range are not eligible for competition. For animal and livestock events, be sure to check state fair guidelines at ohio4h.org/animalsciences.

Please note: Ohio State Fair eligibility, as indicated by a green ribbon (🎀), is current at time of printing but is subject to change. Eligibility for the coming year is usually available in February at ohio4h.org/ohiostatefair.

Statewide Programs

To learn more about these programs, please visit the website listed or contact your county Extension office, extension.osu.edu/lao.

4-H Event Youth Assistant

This statewide group of 4-H teens assists with Ohio State Fair events. Members have an opportunity to enhance their leadership skills and be involved in the State 4-H program. Applications are due May 15. Visit go.osu.edu/4HEYA for more information.

4-H PetPALS

4-H PetPALS (People and Animals Linking Successfully) is an intergenerational 4-H program connecting youth and their pets with senior adults in various healthcare facilities. Members learn to select, socialize, and train appropriate pets to participate in animal-assisted activities. For more information, go to 4hpetpals.osu.edu.

Alumni and Friends

We want to connect with you! Are you interested in receiving monthly 4-H newsletters, hearing about upcoming 4-H events, and other ways to connect to the 4-H community? Sign-up today at ohio4h.org/alumni or share your 4-H story at go.osu.edu/4halumnistory.

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ohio4h.org/alumni



Camping

4-H camping programs include day camps, overnight camps, and camps that focus on specialty areas such as animal sciences, creative arts, shooting sports, and STEM. Other camps focus on specific groups of youth including children of those serving in the military, Cloverbuds, teens, and youth with special needs. For more information on 4-H camps and their facilities, go to ohio4h.org/camp.

CARTEENS

4-H CARTEENS, a traffic safety program conducted by 4-H teen leaders and their program partners, is for first-time juvenile traffic offenders referred by local courts. The program's goals are to reduce the number of repeat juvenile traffic offenders, increase teen awareness of traffic/vehicular safety, and improve public speaking and leadership skills of teen instructors. For information on 4-H CARTEENS, please go to ohio4h.org/families/just-teens/carteens.

Cloverbuds

The youngest 4-H members are called Cloverbuds (youth age 5 and in kindergarten until eligible for project membership, see 4-H Membership Eligibility on page 4). 4-H volunteers lead activities that explore topics such as health, earth and the environment, citizenship, plants and animals, science and technology, personal development, creative arts, and more! For more information, visit ohio4h.org/cloverbuds.

Clovers CODE

Clovers CODE is a partnership with Apple that helps youth explore coding and creativity with the help of technology. CODE stands for Creating Opportunities Designed for Everyone. Available in 44 counties statewide. Youth can join a computer science SPIN club, take this as a self-determined project in their county, or request that program for their school. Visit go.osu.edu/cloverscode.

Dog Achievement Program

In this non-competitive program, 4-H members have fun, learn more about dogs, and earn certificates and pins by completing categories of

achievement such as basic training, exercise, and health and safety. More information about DAP is available at ohio4h.org/DAP.

Health Heroes

As 4-H Health HEREOS (Health Education Resources for Outreach, Engagement, and Service), members learn how to be advocates for change by teaching peers and younger youth, participating in health-related events, and influencing others to adopt a healthy lifestyle. After completing a training session, youth attend periodic meetings and develop action plans to put the fourth H into practice. Pledge your health to better living and complete the application at go.osu.edu/HealthHEREOS. (Available to members in high school.)

International Exchange

Due to ongoing COVID concerns related to international travel, the Ohio 4-H international exchange program is on pause. As updates become available, they will be posted at ohio4h.org/statewide-programs/international-programs.

Ohio 4-H Foundation

The Ohio 4-H Foundation solicits and receives contributions to enhance the Ohio 4-H Youth Development Program. Founded in 1945 as part of the Ohio State University Development Fund, the foundation also works to promote Ohio 4-H and recognize 4-H members and volunteers. The Ohio 4-H Foundation is guided by a volunteer board comprised of business and industry leaders, 4-H alumni, community members, Extension personnel, and 4-H youth representatives from around the state. Learn more about the Ohio 4-H Foundation and ways you can support Ohio 4-H at ohio4h.org/foundation.

Ohio Military Kids

The mission of Ohio Military Kids is to support the children and families of all branches of the military by delivering a wide range of recreational, social, and educational programs as they cope with the stresses of knowing their deployed family members may be in harm's way. Ohio 4-H offers staff support and resources to provide these programs in partnership with the Ohio National



Guard. To learn more or to serve as a volunteer or camp counselor for our youth programs, visit us at go.osu.edu/OMK and on Facebook (OhioMilitaryKids).

Shooting Sports

The Ohio 4-H Shooting Sports program teaches young people the safe and responsible use of archery and firearm equipment. This includes the fundamentals of safely using the equipment, basic principles of hunting, and the value of studying historic lifestyles and heritage crafts. Certified volunteers provide guidance in the projects of Pistol, Rifle, Shotgun, Muzzleloading, Archery, Crossbow, Hunting and Wildlife, Living History, and Western Heritage. To learn more about these projects and shooting sports camp, go to ohio4h.org/shootingsports.

State Fashion Board

State 4-H Fashion Board members are selected from across the state to assist in conducting the Ohio State Fair 4-H Fashion Revue, assist with educational programming efforts related to textiles and clothing, and serve as advocates for Ohio's 4-H textiles and clothing projects and programs. Applicants are selected at the county level and interviewed during the Ohio State Fair Clothing Days. To learn more, please visit ohio4h.org/families/just-teens/state-4-h-fashion-board or contact Laryssa Hook at hook.26@osu.edu.

STEM Pathways

Explore STEM Pathways challenges and programs in science, technology, engineering, and math to enhance your curiosity, critical thinking, problem-solving, communication, and teamwork. Discover how these workforce skills are necessary to compete in a high-tech global society. The STEM Pathways formula is simple: Engagement + Problem Solving = Learning! For more information, contact your local Extension office or visit ohio4h.org/stem-pathways for challenge curriculum and videos.

Teen Leadership Council

This is a statewide group of 4-H teens and young 4-H alumni that provides a youth stakeholder perspective in the planning, implementation, and evaluation of Ohio 4-H programming. Applications are due the Friday following Ohio State Fair. Visit go.osu.edu/TLC for more information.

Volunteers

At its heart, Ohio 4-H is an organization of volunteers dedicated to positive youth development. Learn more about joining our efforts at ohio4h.org/volunteer or by contacting your county Extension office. Already a volunteer? Take a look at the Ohio 4-H Volunteer Handbook at ohio4h.org/volunteerhandbook.

Statewide Events

Cloverbot Challenge

The Ohio 4-H Cloverbot Challenge occurs in the summer and gives 4-H Cloverbuds the opportunity to work cooperatively in teams to problem-solve using STEM skills. A new theme is selected each year. Teams research a topic, build a working model of their solution to the Challenge issue, and create a poster to illustrate their findings. ohio4h.org/cloverbot-challenge.

Dairy

The Ohio 4-H Dairy Cattle program, online at ohio4h.org/dairy, includes opportunities for 4-H members to engage in a variety of fun and informative events. Plan to take your dairy project and take part in Dairy Palooza (ohio4h.org/dairy under Events), where you will engage in hands-on learning workshops; Dairy Quiz Bowl, a double elimination competition with junior and senior divisions; Dairy Judging Team; and the National 4-H Dairy Conference in Madison, WI (national4hdairyconference.org). Details are online and on Facebook at Ohio 4-H Dairy Program.



Horse

Events include State 4-H Horse Bowl Contest, Junior Horse Show, Judging Contest, Hippology Contest, and Communications Contest. Winners go on to compete at the Eastern National 4-H Roundup in Louisville, KY. Runner-ups compete at Quarter Horse Congress in Columbus in October. State 4-H Poster Contest, Groom and Clean, and Competitive Trail Ride are also offered. ohio4h.org/horse

Livestock Judging Teams

Youth develop and practice livestock evaluation skills by placing market and breeding classes of livestock (beef, swine, sheep, and goat) during the Ohio State Fair. The top three senior teams represent Ohio 4-H at national or regional contests, and an all-state team comprised of the top senior participants will represent Ohio at the national contest in Louisville, Kentucky. Rules and registration available at ohio4h.org/events/ohio-state-fair-4-h-livestock-judging-contest.

Ohio State Fair Animal Skillathons

Show what you know about different animal industries at the Ohio State Fair Skillathons! Evaluate your knowledge through hands-on activities in any one of nine different species (horse, goat, dairy, sheep, dog, poultry, swine, beef, and rabbit). Skillathons are free, and you do not have to be a state fair exhibitor or be enrolled in an animal project to participate. Schedule, rules, and study resources are available at go.osu.edu/OSFSkillathons.

Find Your Local Office

Find contact information for your local Extension office at:

extension.osu.edu/lao



Ohio Youth Institute (OYI)

Norman Borlaug made a difference in feeding a hungry world—you can make a difference, too! In partnership with the World Food Prize, you'll research and write a paper on a global challenge, then present your findings at the OYI, a day-long conference at Ohio State with other high school students and experts from OSU. All Borlaug Scholars are eligible for USDA internships in college. You can make this a 4-H self-determined project! go.OSU.edu/OYI

Ohio 4-H Conference

This one-day event brings together hundreds of Ohio's volunteers and older 4-H youth in a spirit of celebration, exploration, personal development, and community service. Register by February 10, 2023 for the March 11, 2023 Conference. ohio4h.org/about/ohio-4-h-conference

Poultry

Ohio 4-H members test their knowledge about all aspects of poultry in the Ohio State Fair 4-H Avian Bowl contest. They can also develop and practice their poultry evaluation skills by grading eggs, placing live bird classes, and placing market classes at the 4-H Poultry Judging contest. ohio4h.org/events/ohio-state-fair-4-h-poultry-judging-contest and ohio4h.org/events/ohio-state-fair-4-h-avian-bowl-contest.

Spark EXPO (Exploring Pathway Opportunities)

This exciting new opportunity allows youth to explore a variety of career and educational opportunities in sessions at Ohio State's College of Food, Agricultural, and Environmental Sciences. Attendees will get the chance to develop valuable skills, make new friends, and fuel individual growth! They'll even get to experience The Ohio State University Campus, too. Learn more: go.osu.edu/4Hsparkexpo.



Individual Projects

Project Resources

Unless otherwise indicated, each project book costs \$8 when purchased through a local county Extension office. For a slightly higher price plus shipping, all 4-H books and other Extension publications are available at extensionpubs.osu.edu. Projects that require resources in addition to the project book, such as a resource handbook, member project guide, or livestock record, are indicated with a 📖.

State Competition

Projects with a corresponding event at the Ohio State Fair are indicated with a 🏠. Although participation in fairs is optional, we encourage family participation in this type of learning activity. To participate in 4-H events at the Ohio State Fair, whether livestock or non-livestock events, a 4-H member must be enrolled in the project in the county. (Some state fair events operate independently of 4-H and thus do not require enrollment.) For some events, 4-H members are selected for state fair as a result of county competition. For others, youth can enter on their own. Specific rules and regulations can be found by clicking on Competitions at ohiostatefair.com.

About 4-H

91 *Discovering 4-H*

This project book is for young first-year members and others who want to discover and explore the broad array of topics offered by 4-H. Any member in need of an easy-to-read, easy-to-use introduction to animals, health, food and nutrition, nature, insects, plants and soils, machines and tools, recreation, and clothing benefits from doing this project, which is easily completed in one year. 2018. B

92 *4-H Around the Globe*

Are you curious about other countries? This intermediate-level project takes a look at 4-H through an international lens, with close-ups of Ghana, Kosovo, Nicaragua, and South Korea. Key factors make each country's 4-H program

different, and dedication to 4-H makes us all the same. 2020. I, 🏠

Animal Sciences

BEEF

ohio4h.org/livestock

117 *Beef Project and Record Book*

Complete this required project book every year a beef project is taken. This streamlined publication can be used by members at all levels for all beef categories in the list that follows. Use with 117R *Beef Resource Handbook*. 📖 2019.

117B *Beef Breeding* X, 🏠

117BF *Beef Feeder (Market)* X, 🏠

117DF *Dairy Beef Feeder (Market)* X, 🏠

117M *Market Beef* X, 🏠

Required Supplement for Beef Projects

117R *Beef Resource Handbook*

This one-time purchase contains essential information for members taking a market beef, beef breeding, beef feeder, or dairy beef feeder project. An excellent resource for skillathons! 2016. (\$17.75)

Optional Supplements for Beef Projects

103R *Beef, Sheep, and Swine Selection and Evaluation*

This optional resource is for beginners who want to learn more about selecting and evaluating livestock. Purchase only once and refer to it when selecting projects or before attending a judging contest. 2004. (\$10)

Pennsylvania Livestock Judging Manual

is an optional book for older youth that builds advanced evaluation skills. Learn to use performance data in oral reasons. Refer to it for information on how to handle market animals and understanding expected progeny differences. 1994. Available online at ohio4h.org/booksresources.



COMPANION ANIMALS AND RABBITS

ohio4h.org/companionanimals

Want to share your love of animals? No matter how old you are or what kind of animal you care for, you may be able to participate in the Ohio 4-H PetPALS program, a group program that links youth and their pets with senior adults. For more information, see page 35.

200 *All About Dogs*



Ever wonder how prehistoric dogs met prehistoric humans? Want to know how dogs think and the meaning behind their body language? Curious about what keeps dogs happy and healthy? Discover these answers and the valuable roles these furry companions play in our lives. For beginning-level members who may or may not have a dog. Not for members enrolled in a dog project. 2017.....B,

201 *Dog Project and Record Book*

Complete this required project and record book every year a dog project is taken. Get to know all aspects of dog care and welfare while keeping complete records of your experience as a dog owner. Use one project book each year, even if your dog is involved in more than one project and even if you have more than one dog. Appropriate for dogs who are family pets and for dogs who are used for show. Use with 201R *Dog Resource Handbook*. 2017. Use 201 for all of these dog projects:

201D *You and Your Dog*

Recommended as a first-year dog project and also as a complement to other dog projects. Can be taken every year.X,

201O *Obedience*

Covers beginning and advanced obedience training and rally.X,

201S *Showmanship*

Learn the basics of dog showmanship.X,

201P *Performance*

Includes agility, drill team, canine freestyle, and other performance events.X,

201W *Working Dogs*

Includes assistance dogs such as Pilot Dogs, Inc., Canine Companions for Independence, and other service dog organizations.X,

202 *Dog Achievement Program*

Earn pins and certificates as you select from hundreds of activities that cover basic training, exercise, health and safety, etc. This is a one-time purchase good for every year in the project. Perfect for youth who do not have access to a dog club or to volunteers with dog experience and for those who are not interested in competing. Use with 201R *Dog Resource Handbook*. 2015. (\$12).

Also available free online at ohio4h.org/booksresources.

.....X

Required Supplement for Dog Projects

201R *Dog Resource Handbook*



This one-time purchase contains essential information for members taking a dog project and includes everything from selecting a dog that's right for you, proper care, training techniques, dog anatomy, competition, and much more. An excellent resource for skillathons! 2018. (\$16.50)

215 *Cavy Project and Record Book*



Complete this required project and record book every year a cavy project is taken.

Sections on Animal Care and Welfare and on Animal Records include housing, growth, feeding, budgeting, and more. Use with 215R *Cavy Resource Handbook: A 4-H Guide to Guinea Pigs*. 2012.X,

Required Supplement for Cavy Project

215R *Cavy Resource Handbook: A 4-H Guide to Guinea Pigs*



This one-time purchase contains essential information for members taking a cavy (also known as a guinea pig) project. Topics covered include general care, history, anatomy, selection, housing and equipment, records, nutrition, health, reproduction, grooming and showing, marketing, and careers. An excellent resource for skillathons and for every cavy enthusiast! 2017. (\$16.50)



Optional Supplement for Cavy Projects
The Standard of Perfection 2021–2025 from the American Rabbit Breeders Association (ARBA) is the ultimate resource for anyone breeding or exhibiting rabbits or cavies. Current edition and price are available online in the ARBA Store at arba.net.

216 *Purr-fect Pals, Level 1*

Learn about being a good cat owner by taking this beginning-level project. You learn about cat breeds, behavior, good health, grooming, and feeding. Designed for youth in grades 3 to 5. This project can be taken for three years. 2005. . . . B,

217 *Climbing Up! Level 2*

Build on what you learned in Cat 1 by taking this intermediate-level cat project. Learn more about cat identification and characteristics, training and showing, health and nutrition, and responsible cat ownership. Designed for youth in grades 6 to 8, but may be taken by youth in any grade after completing Cat 1. Cat 2 can be taken for three years. 2005. . . . I,

218 *Leaping Forward, Level 3*

Dig deeper into some of the cat topics already explored in Cat 1 and Cat 2 (breeds, nutrition, health, and behavior) and meet some new topics (genetics and aging cats). Investigate cat-related careers and practice your organization and presentation skills. For youth in grades 9 to 12, but may be taken by any youth after completing Cat 1 and Cat 2. Cat 3 can be taken for three or more years. 2005. . . . A,

Helper Supplement for Cat Projects

The **Cat Helper's Guide** provides club helpers ways to involve everyone in learn-by-doing cat project sessions. Available from National 4-H at shop4-H.org.

220 *Pocket Pets Project and Record Book*

Complete this required project and record book every year a pocket pet project is taken. Species include gerbils, hamsters, mice, and rats. Use with 220R *Pocket Pets Resource Handbook*. 2011. . . . X,

Required Supplement for Pocket Pets Projects 220R *Pocket Pets Resource Handbook*

This one-time purchase contains essential information for members taking a pocket pet project. Species include gerbils, hamsters, mice, and rats. Topics covered include history, selection, handling, housing, nutrition, health, reproduction, grooming, and showing. An excellent resource for skillathons and for the small animal enthusiast! 2017. (\$14.50)

228 *Rabbit Project and Record Book*

Complete this required project book every year a rabbit project is taken. Learn how to raise, care for, manage, and keep records for one or more rabbits. Use with 228R *Rabbit Resource Handbook*. 2023. Available January 2023.

228BR Rabbit Breeding X,
 228MA Rabbit Market X,
 228PE Rabbit Pet X,

Required Supplement for Rabbit Projects

228R *Rabbit Resource Handbook for Breeding Rabbit, Market Rabbit, and Pet Rabbit Projects*

This one-time purchase contains essential subject matter information for members taking a breeding rabbit, market rabbit, or pet rabbit project. An excellent source for skillathons! 2004. (\$12)

Optional Supplement for Rabbit Projects

The Standard of Perfection 2021–2025 from the American Rabbit Breeders Association (ARBA) is the ultimate resource for anyone breeding or exhibiting rabbits or cavies. Available online in the ARBA Store at arba.net.

Animal Science
Events and Resources
ohio4h.org/animalsciences



DAIRY CATTLE

ohio4h.org/dairy

Dairy Beef Feeder (See Beef on page 10)

127 Dairy Cattle Project and Record Book

Complete this required project and record book every year a dairy calf, heifer, or cow project is taken. Learn how to raise, care for, manage, and keep records for one or more animals. Use with 127R *Dairy Resource Handbook*. 2022.

📖 Available January 2022.

127CA Dairy Calf	X, 🌱
127HE Dairy Heifer	X, 🌱
127CO Dairy Cow	X, 🌱

Required Supplements for Dairy Projects

127R Dairy Resource Handbook

This resource contains important information for members taking a dairy calf, heifer, or dairy cow project. Purchase once and use it for many years. An excellent resource for skillathons! 2004. (\$20)

Optional Supplement for Dairy Projects

Dairy Judging is an excellent introductory reference for anyone interested in learning more about evaluating dairy cattle. Covers the PDCA Unified Scorecard, terminology, preparing and presenting oral reasons, and linear evaluation. Practice exercises and resources are provided.

holsteinfoundation.org.

Showring Ready serves as a guide for youth, parents, and dairy project leaders who are interested in learning the basic skills associated with caring for and exhibiting dairy cattle at fairs and other shows. Along with the basics, such as washing and halter training, detailed sections cover clipping and showmanship skills.

holsteinfoundation.org.

GOATS

ohio4h.org/goat

135 Goat Project and Record Book

Complete this required project and record book every year a dairy, market, or specialty goat project is taken. Good Production Practices (GPPs) and animal records sections help you learn how to care for and manage your animal or herd. Use with 135R *Goat Resource Handbook*. 📖 2016.

135BD Breeding—Dairy Goats	X, 🌱
135BM Breeding—Meat Goats	X, 🌱
135F Fiber Goats	X
135H Harness Goats	X
135M Market—Dairy, Meat, Cross Goats ..	X, 🌱
135P Pack Goats	X
135PY Pygmy Goats	X
135C Companion—Pet Goats	X

An animal in the Companion—Pet Goats project can be any breed and any sex, but it is kept as a pet and not enrolled in any other project category.

Required Supplement for Goat Projects

135R Goat Resource Handbook

This one-time purchase contains essential information for members taking a goat project, starting with breeds, ending with careers, and including everything in between. An excellent resource for skillathons! 2016. (\$17)

HORSES

Learn how to qualify for state fair at

horse.osu.edu.

173 Horseless Horse

Learn about horses without owning one. Over 20 different horse-related subjects are covered in easy-to-use worksheets. Also useful for the educational portion of club meetings. Written for the beginner but suitable for members of all ages. 2016. B

Ohio State Fair

July 26 to August 6, 2023 • To learn how 4-H participants can get involved at the state fair, visit:

ohio4h.org/ohiostatefair

🌱 State Fair eligible; 📖 Requires additional resources; X = all levels, B = beginning level, I = intermediate level, A = advanced level



174 *Beginning Horse Management*

This beginning-level project is for ALL youth starting in the 4-H horse program. The basics of caring for a horse, learning to ride, and showmanship are covered in 170 pages, many with color photographs. There is no time limit to complete this project. 2016. (\$19)..... B

175 *Light Horse Selection*

Judge horses and classes after studying basic horse anatomy for a sound basis in the selection of pleasure or breeding stock. Use with 190R *Equine Record Book*. 1997. I

177 *Horse Training: How to Talk to Your Horse*

Train horses from birth to maturity. Understand horse behavior and how to use it to create a good relationship between horse and horseman. Videos that support this project are available at ohio4h.org/horsetrainingvideos. Use with 190R *Equine Record Book*. 2003. (\$21) I

180 *Learning to Jump*

Put your horse skills to work on something new! Start with a foundation of proper riding techniques, then learn the basics of how to jump in an easy-to-understand sequence of exercises. Expert tips and a troubleshooting guide keep you on track to have fun and stay safe while learning to jump. Use with 190R *Equine Record Book*. 2014. I

181 *Draft Horse*

Are you fascinated with draft horses and want to know more about these magnificent giants? Learn about their care, feeding, harnessing, hitching, showing, and much more. Use with 190R *Equine Record Book* each year project is taken. 2013. I

182 *Small Equine*

This intermediate project is for a miniature horse, donkey, or mule. Learn the basics of caring for small equine, guiding in-hand and driving, and showmanship. Youth must complete 191R *Horses, Safety, and You*, and 174 *Beginning Horse Management* before taking this project. Use with 190R *Equine Record Book* each year project is taken. 2019. I

184 *Standardbred Horses*

Learn how to safely harness your horse to a cart and drive, whether it is a Standardbred racehorse or a pleasure driving horse. Use with 190R *Equine Record Book*. 2000 I

185 *Equine Reproduction and Genetics*

Explore breeding, and mare and foal management in a project that requires commitment. Use with 190R *Equine Record Book*. 2022. (\$16). A

Ohio 4-H Learning Lab Kits

Your answer for species-specific, hands-on, durable learning materials. Use for teaching, evaluation, and contests. Perfect for 4-H clubs, FFA chapters, skillathons, and ag association activities.

Get hours of learning and fun on many topics!

ohio4h.org/learninglabkits

Beef • Horse • Dairy • Goat • Dog • Poultry
Rabbit • Sheep • Swine • and more!



When participating in a county or state fair event, be sure to review the related age requirements and guidelines.



188 Trail Riding

Team up with your horse for competition or pleasure trail riding. Learn horse conditioning basics. Use with 190R *Equine Record Book*. 📖 2013..... I

189 Dressage

By patiently developing a horse’s mental and physical abilities, youth work toward a perfect understanding between horse and rider. This project asks youth to complete a “Planning Your Project” section, several activities, learning experiences, and citizenship/leadership activities; keep records; and write a one-page report. Requires access to a horse. Use with 190R *Equine Record Book*. 📖 2011..... I

Required Supplements for Horse Projects

190R *Equine Record Book*

Required for horse projects 175, 177, 180, 181, 182, 184, 185, 188, 189, and 762. Complete one record book every year. 2016.

191R *Horses, Safety, and You*

This is required reading for all 4-H members and their parents to acquaint them with the safety issues involved with a 4-H horse project. Viewing videos on safety and ethics, and on helmet use is required with this publication. 2019.

Helper and Youth Supplement for Horse Projects

179R *Uniform Rules for 4-H Horse Shows*

Contains updated rules and regulations. Required for all 4-H horse shows and events throughout Ohio. 2021.

Don’t Forget to Say Thanks!

Take the time to express your gratitude towards the sponsors and donors of awards you receive.



LLAMAS AND ALPACAS

ohio4h.org/animalsciences

132 *Llama and Alpaca Project and Record Book*

Complete this required project and record book every year a llama or alpaca project is taken. Get to know all aspects of llama and alpaca care while keeping complete records of your experience as a llama or alpaca owner. Use with 132R *Llama and Alpaca Resource Handbook*. 📖 2020 X

Required Supplement for Llama and Alpaca Projects

132R *Llama and Alpaca Resource Handbook*

This one-time purchase contains essential information for llama or alpaca projects, starting with their uses and selection, ending with training, and including everything in between. An excellent resource for skillathons and for the llama and alpaca enthusiast! 2008. (\$15)

POULTRY

ohio4h.org/poultry

150 *Poultry Project and Record Book*

Complete this required project and record book every year a poultry project is taken. Are you interested in raising chickens, ducks, geese, turkeys, or guineas? This project can help you take better care of your birds through the experience of feeding, watering, and monitoring your animal’s health. 2015.

150CE Chicken, Exhibition X, 🟢

150CM Chicken, Market X, 🟢

150CEP Chicken, Egg Production:

Hens and Pullets X

150DE Duck, Exhibition X, 🟢

150DM Duck, Market X

150GE Goose, Exhibition X, 🟢

150GM Goose, Market X

150TE Turkey, Exhibition X, 🟢

150TM Turkey, Market X, 🟢

150H Helmeted Guinea Fowl X



Optional Supplements for Poultry Projects

Need reliable, research-based sources for information about your poultry project? Visit poultry.extension.org/articles. Learn more at ohio4h.org/poultryresources.

The American Standard of Perfection from the American Poultry Association (APA) is the ultimate resource for anyone raising chickens, ducks, geese, turkeys, and guinea fowl. Current edition and price are available online from APA at amerpoultryassn.com.

The Bantam Standard 2020 from the American Bantam Association (ABA) supports bantam breeders and their special interests. Current edition and price are available online from ABA at bantamclub.com.

National 4-H Poultry Judging You may want this optional resource for evaluating poultry. It is a good reference to study before participating in a judging contest. Current edition and price are available online from University of Nebraska-Lincoln at marketplace.unl.edu.

SHEEP

ohio4h.org/livestock

198 Market Lamb Project and Record Book

Complete this required project book every year a market lamb project is taken. Use with 194R *Sheep Resource Handbook*. 📖 2000X, 🌱

199 Sheep Breeding Project and Record Book

Complete this required project book every year a sheep breeding project is taken. Use with 194R *Sheep Resource Handbook*. 📖 2016X, 🌱

Required Supplement for Sheep Projects

194R Sheep Resource Handbook for Market and Breeding Projects

This one-time purchase contains essential subject matter information for members taking a market lamb or sheep breeding project. An excellent resource for skillathons! 2011. (\$20)

Optional Supplements for Sheep Projects

103R Beef, Sheep, and Swine Selection and Evaluation

This optional resource is for beginners who want to learn more about selecting and evaluating livestock. Purchase only once and refer to it when selecting projects or before attending a judging contest. 1995. (\$10)

Pennsylvania Livestock Judging Manual is an optional book for older youth that builds advanced evaluation skills. Learn to use performance data in oral reasons. Refer to it for information on how to handle market animals and understanding expected progeny differences. 1994. ohio4h.org/booksresources.

SWINE

139 Market Hog Project and Record Book

Complete this required project book every year a market hog project is taken. Use with 134R *Swine Resource Handbook*. Includes Good Production Practices. 📖 2015X, 🌱

140 Swine Breeding Project and Record Book

Complete this required project book every year a swine breeding project is taken. Use with 134R *Swine Resource Handbook*. Includes Good Production Practices. 📖 2015X, 🌱

Required Supplement for Swine Projects

134R Swine Resource Handbook for Market and Breeding Projects

This one-time purchase contains essential information for members taking a market hog or swine breeding project. An excellent resource for skillathons! 2001. (\$18)

Good Production Practices

Use the list of Good Production Practices (GPPs) when working on your food animal project. Ask your local county Extension office for the latest GPPs or find them online at:

ohio4h.org/aqca



Optional Supplements for Swine Projects


103R Beef, Sheep, and Swine Selection and Evaluation

This optional resource is for beginners who want to learn more about selecting and evaluating livestock. Purchase once and refer to it when selecting projects or before attending a judging contest. 1995. (\$10)


Pennsylvania Livestock Judging Manual is an optional book for older youth that builds advanced evaluation skills. Learn to use performance data in oral reasons. Refer to it for information on how to handle market animals and understanding expected progeny differences. 1994. ohio4h.org/booksresources.

VETERINARY SCIENCE


244 From Airedales to Zebras, Level 1

This is the first in a series of three veterinary science projects to help you learn all about animals. Complete a variety of activities to learn about animals' basic needs, the purpose of body systems, how to improve biosecurity in your home or farm, identifying common veterinary tools, and so forth. For youth in grades 3 to 5. Use the same book 1-3 years. 2004. B, 

245 All Systems Go! Level 2

Explore a wide range of activities related to veterinary sciences. Research proper environments for animals, examine parasite life cycles, conduct a food safety experiment, investigate disease-causing agents, and more. Designed for youth in grades 6 to 8, but may be taken by any youth who has completed From Airedales to Zebras. Use the same book 1-3 years. 2004. I, 

246 On the Cutting Edge, Level 3

Learn more about animal behavior, animal diseases, genetics, and anatomy and physiology. Delve deeper into careers in veterinary medicine and other animal-related careers. Designed for youth in grades 9 to 12, but may be taken by any youth who has completed Veterinary Science 1 and 2. Use the same book 1-3 years. 2004. . A, 

Helper Supplement for Veterinary Science

The Veterinary Science Helper's Guide is for volunteer leaders looking for ideas to make meetings fun and educational. Available from National 4-H at shop4-H.org.

Clothing and Textile Science

The Ohio 4-H clothing program helps develop knowledge, skills, and understanding about clothing appearance, buymanship, and construction. Projects are available regardless of gender or level of experience. Please refer to the individual project guides for detailed information and consult your county Extension office for specific requirements related to local and state evaluation opportunities.

Multiple Projects: 4-H members who take more than one clothing project must complete separate learning experiences related to each, including creating a separate, complete, Total Look outfit for each clothing project.


Repeating Projects: Members who repeat clothing projects should attempt new challenges each year such as doing more advanced experiments and surveys, and sewing more complicated patterns or harder-to-handle fabrics.

Learn About Sewing by Making a Quilt: Check out 499 *You Can Quilt!* and 498 *Quilting the Best Better*, listed under Creative and Leisure Arts.


BEGINNING-LEVEL PROJECTS

For members with little or no clothing experience.

407 Accessories for Teens

Designed as a beginning-level project for teens. Make at least one accessory to achieve a more complete appearance in an outfit. Complete activities related to using accessories effectively, taking a wardrobe inventory, and accessorizing for a Total Look. 1995. B, 

409 Sew Fun

This project will have you sewing in no time! Members of any age learn basic sewing skills with an easy introductory project—fully elastic-waisted skirt, shorts, pants, or capris. A member who successfully completes this project can repeat it or move on to 413 *Sundresses and Jumpers* or 419 *Terrific Tops*. 2017. B, 



410 *Designed by Me*



Explore current fashion and various embellishment (or decorating) techniques to design a one-of-a-kind top that reflects your personality. Choose a T-shirt, sweatshirt, button-down shirt, or a simple jacket and add at least two embellishment methods to show your style. Complete a neatness check, and learn how to make decorative stitches and sew on a button. This fun and easy project is practical too! 2018.....B,

413 *Sundresses and Jumpers*

If you have covered the basics and want to learn even more, this is the book for you. Plan and make a sundress or jumper (with or without a top), and choose accessories. Then learn how to present your best self. 2011B,

419 *Terrific Tops*



Want a flattering top that fits your personality? Make your own with this easy-to-follow project. Sew, crochet, or knit a top from a pattern you choose. Learn how to take your measurements accurately and add a few new sewing skills. Build an outfit around your new top and add accessories for a one-of-a-kind look! 2019.....B,

INTERMEDIATE-LEVEL PROJECTS

For members with some 4-H clothing experience.

411 *em-bel-lish: A 4-H Guide to Wearable Art*



This intermediate-level project is for members who want to embellish clothing. Numerous possibilities include appliqué, batik, beading, dyeing, embroidery, and many other techniques. This is a general project guide that involves exploring embellishment ideas, identifying likely clothing items, learning a few techniques, and putting together a complete outfit. This project can be completed in lots of fun ways, all depending on what you want to learn. Interested members without clothing experience should start with 410 *Designed by Me*. 2012...I,

412 *Sew for Others*

It can be just as much fun to sew for someone else as it is to sew for yourself! Construct one complete outfit for the person of your choice or adapt three different garments for someone with a disability. Analyze coloring, size, and preferences. Compare styles, colors, fabrics, workmanship, cost, and special features of ready-to-wear outfits with the constructed outfit. 2021I,

415 *Ready, Set, Sew Active!*



In this intermediate project, make at least one garment in an outfit assembled for active sportswear. Along the way, evaluate your buying habits, complete a plan for accessories, and evaluate your total look. 2019.....I,

418 *Loungewear*

Items constructed for this project can be simple or complex. Plan and make the outer layer of an outfit for lounging such as a cotton robe, a fleece shawl, or a terry cloth cover-up—whatever fits your sewing ability, lifestyle, and loungewear needs. Make or select other garments and accessories (sleepwear and footwear) to complete your loungewear outfit. 2011X,

424 *Clothing for Middle School*

In this intermediate-level project for youth in grades 5 to 8 or 9, you make (a) at least one garment with sleeves or (b) a skirt or pants plus a top such as a vest, collarless jacket, sweater, blouse, shirt, or other top with or without sleeves. Assemble a total outfit featuring the garments made to wear to school. Check and improve personal grooming habits and posture. Strive for a Total Look each school day, and do needed repairs. 2000.....I,

430 *Shopping Savvy*


This fun and informative project is for members with some clothing project experience. After members take stock of their current wardrobe, they compare different brands of the same clothing item, study current fashion trends, learn proper clothing care and, of course, go shopping! This project does NOT involve sewing or clothing construction skills. 2011I,




ADVANCED-LEVEL PROJECTS

For members who have mastered basic clothing construction or consumer projects, and who are ready for new challenges.


406 Clothes for High School and College

This advanced-level project is for members in high school with some clothing experience. Construct an outfit with a minimum of two pieces, or a one-piece garment with sleeves, plus some other style detail not tried before. Do a wardrobe inventory and analyze personal color, texture, and lines. Practice good grooming and repair clothing. 1993 A, 

408 Creative Costumes


Participants choose to make a costume in one of four categories: historical, ethnic/cultural, theatrical, or special interest. Goals include understanding clothing and its significance, and applying new knowledge to planning and making a costume. Projects are evaluated on the Seven Clues to a Total Look and on fit, construction, design, accessories, authenticity, and knowledge of the costume's history. 1995. A, 

417 Dress-Up Outfit


Make at least one dress-up garment to be worn as part of a total dress-up outfit. Visit stores and examine ready-made dress-up garments. Analyze personal coloring, body build, image, and personality. 1990 A, 

420 Outerwear for Anywhere




Take this project to use your advanced-level skills to make a coat, jacket, or other outer garment. Evaluate patterns and fabric to match your skill level and master new sewing skills. Learn about support fabrics for shaping undercollars, constructing collars and coat linings, and new tailoring methods. 2016 A, 

425 Look Great for Less

In this advanced-level project, members are challenged to use creativity and resourcefulness to pull together a Total Look outfit as inexpensively as possible. Compare different types of clothing stores, explore second-hand shopping, learn when sales are most likely to occur, evaluate clothing quality, then shop for an outfit! No sewing skills required. 2013 A, 

426 Clothing for Your Career

Advanced-level members of any age make and evaluate an outfit that has at least two pieces, provides new challenges, and fills a job or an interview need. Learn about styles that look best on different body types, explore a job in which you are interested, and learn about planning a wardrobe that projects a positive image. Do at least two alteration/recycling experiences, and compare costs with an alteration or repair service. 2000. A, 

432M Sewing and Textiles (non-Clothing) Master


This project is for members who want to sew something other than clothing, namely home decor, and requires specialized or professional-level skills. 4-H members of any age can complete this project, but should have considerable previous sewing experience and be able to plan and complete the project on their own with minimal supervision or assistance. Available online at ohio4h.org/booksresources. 2014 A

Communication

Communication skills and activities are built into every project. Doing a demonstration for fellow club members, presenting to outside groups, and interviewing are common activities for 4-H members. If you are interested in a project that focuses on communication skills, please check to see if one is offered in your county. Ohio 4-H offers the following project and other communications events at the state fair. Go to ohio4h.org/ohiostatefair for more information.

377 Finding Your Voice: Public Speaking Made Easy



Want to learn a skill you can use for the rest of your life? This project shows members with little or no public speaking experience how to prepare and deliver speeches in front of crowds, large and small, with confidence. Take a look at how the pros manage this skill, then learn how to handle various speaking situations, deliver different types of speeches, and resolve any problems you experience along the way. Your confidence builds with each activity! 2014 B, 



Optional Supplements for Communication

4-H 46 *Demonstrations for 4-H Members*

Recommended as a resource for individuals and teams who are planning to participate in a demonstration contest. Learn the basics of giving an illustrated talk and using visual aids. Available online at ohio4h.org/booksresources.

Creative and Leisure Arts

CAKE DECORATING

492 *Cake Decorating Project and Record Book*

Track your learning as you gain new skills and showcase your cake decorating talent! Complete this project and record book every year a cake decorating project is taken. Includes separate Skills and Techniques Record. Use with 492R *Cake Decorating Resource Handbook*. 2012.

Enroll in the level that matches your progress in the Skills and Techniques Record:

492B *Cake Decorating Beginning* B, 1

492I *Cake Decorating Intermediate* I, 1

492A *Cake Decorating Advanced* A, 1

Required Supplement for Cake Decorating

492R *Cake Decorating Resource Handbook*

This all-inclusive cake decorating book from Wyoming 4-H includes everything from baking the cake to decorating with special effects. 2001.

COLLECTING

496 *My Favorite Things*



Are you interested in creating a personal collection? Want to take a collection you already have to the next level? Learn about types of collections, the collecting process, and how to best display your items. For members of all ages. 2014 B, 1

FINE ARTS

498 *Quilting the Best Better*



After you complete *You Can Quilt!*, practice and refine your quilting skills by using the half-square triangle method on a built-in community service project and on your own lap quilt. Use some advanced tools and gadgets too! 2015. I, 1

499 *You Can Quilt!*



Curious about quilting but don't know where to start? Look no further! Just gather quilting tools, select and cut fabrics, stitch pieces together, and before you know it—you're quilting! Make two mini quilts. 2018 .I, 1

You can go beyond these quilting project books by taking a 365 Self-Determined project. Define a project according to your own interests and still be eligible for Quilt Day at the state fair. See page 33 for more information on self-determined projects.

592 *Get Started in Art*



Explore the basic elements of visual art through activities on color, line, space, balance, and more, and then complete your own work of art. Ceramics, drawing, painting, sculpture, printmaking, design, and crafts are all possibilities. For members of all skill levels and ages, this project can be repeated as long as new learning takes place and new works of art are completed. 2019 X, 1

593 *Seeing Through Graphic Design*

Learn more about visual communication with this hands-on approach to graphic design. Activities cover color, typography, design basics, symbolism, and branding. Showcase what you learn in a project portfolio. 2019 I, 1

GENEALOGY

442 *Family History Treasure Hunt*




This popular genealogy project book guides you through six years of activities. Discover your family history as you go on a treasure hunt for jewels of information such as interesting relatives, special events, and curious stories of days gone by. The records you create will last a lifetime. Use the same book up to 6 years. 2018. (\$11) X, 1




PHOTOGRAPHY


584 *Photography Basics, Book 1*

This beginning study of photography gives you the tools you need to succeed. Choose at least two activities in each of these areas: equipment, lighting, composition, and skill building. Topics include flash, black and white photography, and taking selfies! Access to a camera (phone or DSLR) is essential. Use the same book 1-3 years. 2019. (\$14). B, 


585 *Next Level Photography, Book 2*

Choose at least two activities in each of these areas: equipment, lighting, composition, and skill building. Topics include the rule of thirds, selecting a lens, and panorama. Access to a camera (phone or DSLR) is essential. Use the same book 1-3 years. 2019. (\$14). I, 

586 *Mastering Photography, Book 3*

Learn more about what you love! Choose at least two activities in each of these areas: equipment, lighting, composition, and skill building. Topics include smartphone exposure tips, low light challenges, and studio portraits. Access to a camera (phone or DSLR) is essential. Use the same book 1-3 years. 2019. (\$14). A, 

589M *Photography Master*


This project is for members who want to make a photography project in a category that is different from other 4-H photography project categories or that requires specialized or professional-level skills beyond those typically used in other 4-H photography projects. Members of any age may complete this project, but should have previous photography experience (comparable to what is required for other advanced-level 4-H photography projects), and be able to plan and complete the project on their own with minimal supervision or assistance. 2013. Available online at ohio4h.org/booksresources. A, 

Ohio State University Extension, 4-H Youth Development publications are available at through OSU Extension offices and online at:

extensionpubs.osu.edu


SCRAPBOOKING

497 *Scrapbooking: A 4-H Guide to Preserving Memories*

This project is designed for youth with limited or no experience in scrapbooking. Requires completion of project activities and creation of a scrapbook. Can be repeated by completing additional activities and a new scrapbook each year. 2010. B, 

WRITING

588 *The Writer in You*

 Find the motivation you need to start or continue your exploration of the art of writing. Explore why to write, where to get ideas, theme, character, plot and setting, word choice, imagery and dialogue. Keep it all in one place to create a portfolio each year. 2016. I

Food and Nutrition



The Ohio 4-H Food and Nutrition program helps develop knowledge, skills, and understanding of nutrition, menu planning, safe food handling, kitchen equipment safety, consumer knowledge, fitness, meal and time management, and food and nutrition-related careers. Please consult your county Extension office for specific requirements related to local and state evaluation opportunities.

All Ohio 4-H food and nutrition projects use MyPlate, which incorporates current USDA recommendations about eating and exercise. For information about MyPlate, go to choosemyplate.gov. There is even a MyPlate mobile app!

BEGINNING-LEVEL PROJECTS

Beginning-level projects are for members of any age with little or no experience in food preparation and nutrition.

459 *Let's Start Cooking*

 This project takes a fresh look at basic cooking and baking skills. You'll learn about kitchen equipment and food prep, and how to read recipes and measure ingredients. Then you'll tackle how to slice and dice food, and how to cook in a microwave oven, on the stove, and in a conventional oven—all while keeping safety in mind. 2015. B, 



481 *Everyday Food and Fitness*



Learn how to prepare healthy and hearty snacks using MyPlate as a guide, and discover how powerful healthy food can be for your body and mind. Fun and easy recipes help build your skills in the kitchen. See how well your current diet fits into the MyPlate food groups. Find out what makes grains great, and why vitamins and nutrients are so beneficial. This project shows you how to add exercise to a healthy diet and find the path to a better quality of life. 2018.....B,

484 *Snack Attack!*

This project includes seven activities and related recipes for healthful snacks. Members who complete this project are encouraged to take other beginning-level food and nutrition projects. 2016.....B,

487 *Take a Break for Breakfast*



Starting each day with a nutritious breakfast is important, and now it's fun too. See how you can combine foods from different food groups for fun and delicious ways to start the day. Intended for members who have completed at least one other beginning-level food and nutrition project. 2019.....B,

INTERMEDIATE-LEVEL PROJECTS

Intermediate-level projects are for members of any age with some experience in food preparation and nutrition.

461 *Let's Bake Quick Breads*



Learn how and why quick bread recipes are so tasty as you bake your way through updated activities. See what makes a wheat kernel tick, and learn how the quick bread ingredients react with one another. You'll also explore careers in the kitchen, and learn how to alter a recipe for more healthful benefits. Includes gluten-free recipes. 2015.....I,

463 *Sports Nutrition: Ready, Set, Go*



Eating well and exercising daily are two keys to a healthy life. This project shows why these habits are worth forming. Learn how to balance the calories you eat with the calories you burn, why to hydrate, and how carbs, protein, and fats work to support your body and

mind. Use what you learn as you compete in sports or simply to increase your fitness level. 2018.....I,

472 *Grill Master*

Progress from grill apprentice to grill master as you focus on the safe use of a grill while preparing delicious meals. By completing six activities and a selection of recipes, you'll learn about appropriate portion sizes, cooking meat to safe temperatures, and using gas and charcoal accessories, all while learning to prepare a complete meal. Because of the grill, recommended for youth ages 11 and above. 2011.....I,

475 *Star Spangled Foods*

Discover the customs and traditions that influence some favorite regional American foods and the way we like them by experimenting with keeping and serving food at its best. 2012.....I,

477 *Party Planner: A 4-H Guide to Quantity Cooking*



The secrets of cooking for a large party can be yours. These eight activities and recipes show you how to plan, budget, and safely prepare foods for large groups. 2018.....I,

485 *Racing the Clock to Awesome Meals*

This project focuses on the knowledge and skills needed to prepare quick, nutritious, low-cost meals. It builds on basic food preparation skills so you can tackle difficult recipes while being creative with ingredients. Seven activities and recipes are included. 2010.....I,

486 *Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices*

Look at fast food in a whole new light! This project book shows you how to make fast food menus part of a healthy lifestyle. From understanding true food portions and healthful choices to "designing" your meals with your new nutrition knowledge, you will learn skills to last a lifetime! 2012.....I,

Want to learn about canning and freezing food?


Check out 670 *Canning and Freezing*, an intermediate gardening and plant science project listed under Natural Resources on page 27.





ADVANCED-LEVEL PROJECTS

Advanced-level projects are for members with substantial experience in food preparation and nutrition.



462 *Yeast Breads on the Rise*

Master the art of baking delicious yeast breads. Learn the principles of yeast bread preparation, and learn how mixing techniques and ingredients determine product character and quality. Use the same book 1-2 years. 2016A, 



467 *Cooking on My Own*

 Are you ready to step up and prepare meals for yourself and maybe even for your family? A great start on everyday recipes for meals and snacks, this project helps you become confident and independent in the kitchen by expanding your cooking skills. 2023. Available January 2023A, 


469 *Global Gourmet*

 Create rich and delicious meals from Mexico, Africa, Japan, India, Italy, Greece, and Germany as you explore food history, customs, and nutrition to better understand our world. 2016A, 

474 *Beyond the Grill*


 Explore a variety of outdoor cooking skills while finding easy ways to follow the USDA's MyPlate guidelines. Experiment with a pie iron, solar cooker, and rotisserie, and hone your skills on the grill, then throw a cookout party and use what you've learned! 2013....A, 

476 *Kitchen Boss*


All your experience comes together in this project created for those exploring cooking as a profession or simply developing their kitchen skills. Plan, prepare, and present delicious food like the culinary boss you want to be. Focus is on cooking methods, becoming familiar with tools and equipment, and experimenting with ingredients and flavors. 2022A, 

Healthy Living


300 *You're the Athlete*

For youth who participate in sports and for the adults who work with them. Learn the fundamentals of being a well-rounded athlete with research-based information and fun activities that develop important knowledge, attitudes, skills, and aspirations in sportsmanship, time management, goal setting, nutrition and sports, strength and conditioning, leadership, conflict resolution, and careers in athletics. Activities are designed for use in developing your personal sport-specific interests. Complete the project activities individually, with team members, or with other groups. For members 11 and older. Updated to include MyPlate. 2018. (\$16).....I, 


351 *Staying Healthy*

Are you ready to learn how to keep your body healthy? Have fun learning to keep fit, increase your brain power, and express yourself in positive ways. 2005.....B, 


352 *Keeping Fit*

Develop a personal fitness plan to gain the benefits of exercise and test your fitness knowledge. 2005I, 


353 *First Aid in Action*

Ideal for 3rd to 5th grade 4-H members. Learn about first aid and create your own family first aid kit. 2005B, 

354 *Medicine Science and Safety*

Who should help you make decisions about medicine? How can you stay safe around it? These and other important questions are answered with five hands-on activities that get right to the point. Follow the core messages and become a good example for others. Learn about careers in pharmacy too! 2021.....B, 

355 *Tracking Your Health and Fitness*

Learning about health and fitness is interesting and fun if you know about your vital measures. Take them by hand or with a fitness tracking device. No matter what you choose, you will come away with very useful life skillsI, 



357 Alcohol and Drug Abuse



Designed for advanced-level youth interested in learning about this growing problem. In addition to how alcohol and drugs affect brain performance, this project covers the nature of addiction, how alcohol is marketed, why teens use, and how best to respond to the problem. 2016A, 🌱

358 The Truth About Tobacco



The nicotine in cigarettes and other tobacco products threatens the health of those who use tobacco and those exposed to secondhand smoke. So why does anyone smoke? In this project, youth learn more than just physical effects of tobacco use, but how tobacco products are made, marketed, and consumed in America. 2016A, 🌱

359 Your Thoughts Matter: Navigating Mental Health



What does mental health really mean? How many people are affected by mental health issues such as anxiety and depression? Be part of the solution by learning the answers to those questions and more. Intended for advanced-level youth who are interested in learning more about mental health, why it is important to overall well-being, and steps that promote understanding and action. This project is not intended as a resource for those in crisis. If you or someone you know is struggling with a mental health issue, please seek adult or professional help immediately. 2019A, 🌱

360 Your Feelings Matter



Feelings can be confusing. This project lets you explore what emotions are, how to express them, and how to react to them in a positive way. After this project, you'll have tools and techniques to help you through any emotional situation. 2023. Available January 2023.B, 🌱

434 Superhero You

Who are you? What makes you unique? Find your superpowers and those of your family and friends. Discover your super future by exploring how to put your super skills to work. Have fun and learn about your self-identity. 2022B, 🌱

Home Living

405 The Laundry Project



Everyone loves clean laundry but how do you do it? Learn about laundry machines and products, how to be environmentally friendly in the laundry room, and how to sort and clean laundry items. Conduct an experiment to learn how heat affects different types of fibers too! Appropriate for members of all ages with no experience in doing laundry. 2015B, 🌱

491 It's My Home



You can be a big contributor to your household in so many ways. Why not do so AND keep your own sense of style? This project covers basic design elements, organization, upcycling, and service learning. All the activities can be done with your excellent decision making, good taste, and big heart. 2018.B, 🌱

494 Makeover My Space

Make a big change to a room in your home! This room-makeover project is intended for members with little or no design experience who are old enough to complete a significant interior decorating project independently. Ten project activities cover planning, design basics, color, flooring, walls, windows, and lighting. 2012 ...I, 🌱

495 Your First Home Away from Home

Plan your college dorm room, first apartment, or house using housing, furnishing, equipment, and management principles. Specifically for youth ages 15 and above. Available online at ohio4h.org/booksresources. 1990.....A, 🌱

Leadership and Citizenship

370 Mentoring: Leadership in Action

Want to help younger members gain a sense of belonging and fun? If you are 13 or older with at least two years of 4-H experience, take this project to refine your skills as a mentor. Be the one a younger member looks up to for reassurance and guidance. 2022A, 🌱



371 Club Leadership 1



Would you like to become a 4-H club officer, or are you one already? This project is for members who have some experience in leadership and who want to learn more about what it takes to become a successful leader. Look at inspirational leaders and various leadership styles, then develop your skills through a series of fun activities using real-life examples from your club experiences. 2014. I, 🌱

383 Club Leadership 2



Make the best better in your 4-H club by improving your leadership skills and the way you assist advisors and club members. Use your life experiences to find your leadership strengths, improve your speaking skills, and build relationships. Discover how to get to know your team, resolve issues, and develop a team plan. Intended for current club officers or chairs of committees. 2017. A, 🌱

372 Diversity: The Source of Our Strength



See life from various perspectives and have fun learning about new situations and people who are different from you. Show what you have learned with a capstone project in any creative format you choose. 2019. A, 🌱

373 My Hands to Larger Service: Teen Leaders Building Our Communities

Teen leaders in 4-H have been leading community service projects for years. Here's a project book that supports their efforts. No matter what your specific project is, this book takes you through the nature of service, making plans, recruiting a "crew," getting it done, and evaluating your accomplishments. Yes, you DO make a difference! 2014. A, 🌱

Thank You Volunteers!

Volunteers and parents help make 4-H possible. Learn more by contacting your local OSU Extension or visiting:

ohio4h.org/volunteers

374 Teens on Board



Learn to arrange more productive meetings and to participate in them more effectively. Great for teens with some leadership experience who are interested in learning more about the purpose and functions of boards, or who are serving on a board for the first time. 2014. I, 🌱

375 Leadership Road Trip: Where Are You Going?



Are you interested in learning about what it takes to become a good leader? Begin your leadership adventure by answering questions about yourself and the people close to you, by setting goals, by practicing communication, and by making a commitment to lead. Intended for youth old enough to explore the nature of leadership. 2013. I, 🌱

Optional Substitute for Leadership Road Trip (375i)

This project is also available as an iBook. For \$5.99, you can keep your project records on your iPad. See ohio4h.org/booksresources. 2016.

376 Pantry Panic



This advanced-level project is for community-minded youth who want to take a step back and look at food in a broader context. "Food insecurity" is an issue affecting much of the world's population and many people right here in our own communities. Learn about hunger in your community, and develop the skill and imagination to prepare healthful meals from ingredients you have on hand or might receive from a food pantry. Consider it a challenge! 2014. A, 🌱

378M Leadership Master

This project is for teens who want leadership experiences different from the opportunities provided through other 4-H leadership projects. 4-H teens who complete this project should have enough previous leadership experience to be able to plan and complete this advanced-level project on their own with minimal supervision or assistance. Available online at ohio4h.org/booksresources. 2012. A, 🌱



Optional Supplements for Club Officers

Club Officer Resources: Club officer handbooks for president, vice president, secretary, treasurer, news reporter, health officer, safety officer, and recreation leader are available online. To access these and other club resources, go to ohio4h.org/members/officers.

384RI *Parliamentary Procedure Pocket Guide*

384RS *Parliamentary Procedure Pocket Guide (set of 5)*



Whether you are already a club leader or want to become one, this quick reference supplies information about planning and conducting meetings at your fingertips. Based on Robert's Rules of Order, it covers agendas, simple procedures like opening and closing, motions, and amendments. 2018. (\$24 for set, \$8 for single copies)

Money Management

445 *Becoming Money Wise*

Designed for youth ages 10 to 13. Monitor your cash flow and see where your money goes by developing a budget and good records to become a responsible consumer. Designed as a beginning-level book. Use the same book 1-2 years. 1995. B

448 *Teens On the Road to Financial Success*

Teens ages 14 to 19 have the opportunity to organize their financial lives by analyzing spending, obtaining and managing banking services, making consumer decisions, and exploring financial careers. Use the same book 1-2 years. 2000. A

Helper Supplement for Money Management

Are you a group leader looking for individual or club activities to teach money management? National 4-H offers a leader-directed curriculum for use in groups of middle and high school-aged youth called **My Financial Future**. Youth notebooks and a facilitator guide are available at shop4h.org.

Natural Resources

GARDENING AND PLANT SCIENCE

670 *Canning and Freezing*



Explore water bath canning and freezing home preservation methods with this project. (Pressure canning is not included.) Learn how pH determines which canning method to use, become familiar with canning equipment, learn when fruits and vegetables are in season, and preserve produce using the freezing method. The last activity is an easy, step-by-step guide to water bath canning your own applesauce! Members must have access to a current, reliable home food preservation guidebook. 2012. I, 🌱

671 *How Does Your Garden Grow?*

This easy gardening project helps you create a beautiful flower garden no matter where you live. Learn how to select and care for annuals that match your space. Create a garden in the ground or in containers. 2010 B, 🌱

673 *Edible Landscapes*



Youth of any age can learn to grow edible plants in this intermediate-level project. Add edibles to the current landscape, swap existing plants for edible plants, create a new garden, or do all three! The activities guide you as you complete a site evaluation (some full sun required), plan which edible plants to use, plant and nurture them, and then enjoy the fruits and vegetables as they ripen. 2021 I, 🌱

691 *Grow Your Own Vegetables*



Find vegetables you like to eat and can grow with activities that take you from planning and designing to growing and harvesting. Whether you grow your own in a garden or in containers, you can end the season with delicious and nutritious food for your family's table. Most vegetables need full sun. 2016. . . B, 🌱

692 *Growing with the Seasons*



Take your garden to the next level with easy-to-implement intensive gardening methods that use available space and the entire gardening season. Having a garden is special. Being able to save and share its bounty is good too! Completing the *Grow Your Own*



Vegetables project first is highly recommended. Most vegetables need full sun. 2019. (\$11) . . . I, 🌱

THE NATURAL WORLD

611 *Explore the Outdoors*



This project opens your eyes to the great outdoors, so get your backpack and field guides ready. The first activity shows how to prepare for an outdoor adventure so you can explore the woodlands, fields, wetlands, and the geology of Ohio. Once you see nature with new appreciation, you'll want to learn more! Intended for youth of all ages interested in Ohio's wildlife and ecosystems. 2016. B, 🌱

612 *Geology: Can You Dig It?*



Discover our planet's past with clues in rocks, minerals, and fossils that you collect. Learn where to find these items, how to identify them, and how they formed. Showcase all your findings in a display of your design. 2019. B, 🌱

613 *Exploring Polar Science*

Where do penguins live? Is the Arctic really ALL ice? Take a close look at the Arctic and Antarctica by learning more about their geography, glaciers and sea ice, and plants and animals. Have fun with hands-on activities, learn about related careers, and take an active role in protecting these beautiful and unique environments. 2021 I, 🌱

617 *Exploring Ponds*



Members who are experienced in exploring the outdoors can learn all about ponds with this in-depth project. First, look at the "big picture" starting with Earth's water cycle and water conservation, then zoom in and learn about your pond's health and its ability to support many organisms in and around it. 2016. A, 🌱

620 *Why Trees Matter*



Members develop their interest in trees and our natural resources with cool experiments. Each activity highlights how trees function individually and how they play a role in our everyday lives. 2018. B, 🌱

621 *Ohio Birds*

Observe and identify birds with bird feeders in your yard and on field trips to see the many benefits our feathered friends provide. Use the same book 1-2 years. 2020. (\$11) X, 🌱

622 *Trapping Muskrats in Ohio*

In this project, learn about the biology and behavior of muskrats, and how to ethically and humanely trap muskrats. Use the same book 1-2 years. 1997. I, 🌱

623 *Outdoor Adventurer: Beginning Fishing*



Here's a great reason to get outside. Learn some fish basics and how to catch them. Then concentrate on filling the log book with all your fishing trips. 2018. B, 🌱

624 *Outdoor Adventurer: Intermediate Fishing*



Learn more about the outdoor sport you love with activities that explore how to find fish and how to get them to bite. Includes cleaning. Completing the *Outdoor Adventurer: Beginning Fishing* project first is highly recommended. 2019 I, 🌱

641 *Beekeeping Project and Record Book*

Beekeeping offers learning and fun for members of all ages. The beekeeping project and record book covers project requirements, colony care and management, and basic beekeeping records. 4-H members should complete this required project book every year a beekeeping project is taken. Requires additional resources. 2010 X, 🌱

ohio4h.org/insects

644 *Insect Adventures 1*

Insects are always fun, but they are not always this fun! This project guides you through "entomology" basics like insect types and parts, how to catch insects, and why they are so important to us. Make your own collection of 30 insects! 📖 2018 . . . B, 🌱



645 *Insect Adventures 2*



Dig a little deeper into the world of insects by learning to love a caterpillar, recognizing relatives of insects, building a new trap, and identifying friendly predators. There's more too! Your collection at this level is 40 insect specimens. 2018 I, 1

646 *Insect Adventures 3*



These activities take you to expert level as you dissect a grasshopper (yes, you read that right), explore insect history, investigate trapping, and welcome "beneficials." Anyone want a room in the bee hotel? Finish with your own collection of 50 insect specimens. 2019 A, 1

Required Supplement for Insect Projects

644R *Insect Collecting Guide*

This how-to resource guides you through collecting insects, what to pin and what to point, spreading butterflies, and displays. 2021.

SHOOTING SPORTS

630 *Safe Use of Guns*



This project sets the tone for a safety-first attitude around guns. Take the safety pledge, then learn about pistols, rifles, and shotguns by getting to know their parts and how to handle them. Actually shooting a firearm is not a requirement in this project. This is a beginning-level, one-time project for members who have an adult to supervise their shooting. 2018 B, 1

631 *Basic Archery*

Aim your energy toward a sport that develops knowledge and skills in basic archery safety. This is a beginning-level, one-time project for members who have an adult in the home or neighborhood who can supervise their shooting. 1995 B, 1

Ohio 4-H offers exciting opportunities in rifle, archery, shotgun, pistol, hunting and wildlife, muzzleloader, and living history through the Ohio 4-H Shooting Sports Program. For more information, go to page 37 and ohio4h.org/shootingsports.

Science, Technology, Engineering, and Math (STEM)

AEROSPACE SCIENCE

501 *Rockets Away (2-liter Bottle Rockets)*

Study the science of rocketry through a variety of hands-on experiments for all ages. Members conclude this project by building and launching 2-liter bottle water rockets. A bottle rocket launcher may be available from your county Extension office. Visit our website at ohio4h.org/rocketsaway. Note: Members wishing to launch solid-fuel model rockets should take 503. 2019 B, 1

502 *Science Fun with Flight*

Experiment with the forces of flight by building and flying a model airplane or glider to soar above the earth. This project does not include radio-controlled airplanes or helicopters. 2012 B, 1

503 *Rockets Away (Solid-Fuel Model Rockets)*

Study the science of rocketry through a variety of hands-on experiments for all ages. Members conclude this project by launching a solid-fuel model rocket built from a kit only; no scratch building. A basic solid-fuel rocket kit and engine costs less than \$50. Large rockets are more expensive and are not required for competitive success. Note: Members wishing to build and launch 2-liter bottle rockets should take 501. 2012 B, 1

503M *Solid-Fuel Rocketry Master*

This project is for members who have completed 503 Rockets Away!—Solid-Fuel Model Rockets and who want to continue to develop specialized skills like scratch building. Members of any age may complete this project, but they should have significant experience in rocketry (comparable to what is required for other advanced-level 4-H projects) and be able to plan and complete the project on their own with minimal supervision or assistance. Available online at ohio4h.org/booksresources. 2013 A, 1



Optional Supplement for Rockets Away!
Extension educators have found helpful sources for launchers at ohio4h.org/rocketsaway. Your local Extension office may also have some to lend.

ALL-TERRAIN VEHICLES (ATV)

555 *ATV Safety*



Stay safe while you ride! Lessons rely in large part on information from the ATV Safety Institute and are designed to put safety first. Covers getting familiar with your ATV, protective gear, riding techniques, safe strategies and safe practices, and respecting the environment. Includes practice records. Supervision by a certified ATV instructor and enrollment in an ASI RiderCourse is recommended but not required. 2011. X

Optional Supplement for All-Terrain Vehicles
ATV Safety, Leader's Guide directs leaders on how to implement service learning projects, involve parents in supervision/education of young riders, and much more. Available online at ohio4h.org/booksresources. 2011.

BICYCLE

517 *Bicycling for Fun, Level 1*

Beginning riders learn the essentials for getting started safely and successfully! Activities cover cycling gear, bicycle parts, selection, fit, rules of the road, and more. Complete at least seven activities each year. Use the same book 1-2 years. 2006. B

518 *Wheels in Motion, Level 2*

Youth learn advanced skills as they explore their surroundings. Activities cover buying, maintenance, repair, road skills, and cycling for life. Complete at least seven activities each year. Use the same book 1-2 years. 2006. I

Helper Supplement for Bicycle
The *Bicycle Helper's Guide* is for helpers who are working with the Bicycle Adventures series (517–518 above). It has activities and ideas related to basic bicycle handling, traffic skills, and bicycle events for the entire group. Available from National 4-H at shop4-h.org.

CHEMISTRY

493 *Science Fun with Kitchen Chemistry*



Join the Terrestrial Alien Defense Academy and figure out how to outsmart the aliens by doing experiments in your kitchen. Learn about what matter is and how it changes form; explore the different properties of matter; find out about acids and bases; and discover how everyday items and kitchen ingredients can be used in cool tests! 2014. B,

ELECTRICITY

527 *Magic of Electricity, Level 1*

Youth explore why certain things insulate from electricity better than others and the effect that magnetism has on various substances. Youth learn how to build a flashlight, a compass, an electromagnet, and an electric motor. Use the same book 1-3 years. 2002. B,

528 *Investigating Electricity, Level 2*

Youth build circuits and test voltages, and build a rocket launcher and a burglar alarm as they practice decision making and communication. This unit is designed for youth who understand magnetism, electron flow, and circuit design. Use the same book 1-3 years. 2002. I,

529 *Wired for Power, Level 3*


Youth build on skills learned in levels 1 and 2 plus learn measuring electrical usage, replacing electrical switches, and determining electrical loads. Youth also evaluate different bulbs and test for electrical power. Use the same book 1-3 years. 2002. I,

530 *Entering Electronics, Level 4*

This unit introduces the basics of solid-state electronics and provides hands-on activities for practical experience in understanding modern day electronic equipment. This project can be taken after youth successfully completes 528 *Investigating Electricity* and has solid soldering skills and circuitry knowledge. Use the same book 1-3 years. 2002. A,



531 *Science Fun with Electricity*

This beginning electricity project book includes 11 kid-friendly and time-tested experiments about static electricity, currents, electromagnetism, electric motors, and electric light. Each experiment has a brief introduction, a supply list, and step-by-step instructions that bring an electrical concept to life. Requires additional supplies. 2009 **B**, 


Helper Supplement for Electricity

The *Electric Group Helper's Guide* is for helpers working with the Electricity Excitement series (527–530 above). It has activities and ideas to make your group meetings more fun and educational. Available from National 4-H at shop4-H.org.

ENERGY

550 *Young Engineers in Solar Energy*




Jump-start your career in engineering with this hands-on introduction to the sun as an energy source. Nine activities lead you through the nature of light, Earth's relationship to the Sun, and the technology that allows us to use its energy. Directions for simple make-at-home scientific instruments included! 2018. **I**, 

FOOD SCIENCE

490 *Science Fun with Dairy Foods: The Case of the Missing Milk*




Your kitchen becomes a laboratory as you observe and experiment with dairy products. As a member of the Dairy Police Task Force, discover the science behind butter, cheese, and curds while solving the mystery of The Missing Milk. 2016 **B**, 

KNOTS

ohio4h.org/knots

540 *Not Just Knots*




Learn to make 14 different simple knots, bends, and hitches. Remember what they say—practice, practice, practice! Then show what you have learned with a capstone project of your choosing. Sample capstone projects are available at ohio4h.org/knots. 2016 **X**, 

PHYSICS

500 *Science Fun with Physics*




Let your inner scientist uncover the mysteries of physics at play in daily life. The amazing magician Franco Newtoni is your guide as you try each experiment. You'll see the forces of nature, energy, and the power of physics at work—or is it magic? This STEM project will satisfy your curiosity on many topics! 2015. **B**, 

ROBOTICS


ohio4h.org/robotics

509 *Robotics Essentials*




Not all robots are the same, but they do share some basic features. Choose from two recommended platforms (LEGO® SPIKE® or VEX®) to learn what a robot is, how to build one, and how to program it. See ohio4h.org/robotics for details. A computer for running the programming software and internet access for watching videos are required. 2023. Available January 2023 **I**, 

512M *Robotics Master*

Want to continue with robotics after completing the existing Ohio 4-H robotics projects? Want to explore robotics with a different platform (other than LEGO® Mindstorms EV3)? Members of any age may complete this project, but should have previous robotics experience (comparable to what is required for other advanced-level 4-H projects), and be able to plan and complete the project on their own with minimal supervision. Available online at ohio4h.org/booksresources. 2013 . . . **A**, 

SMALL ENGINES


541 *Crank It Up, Level 1*

Youth focus on basic small engine knowledge, study external engine parts, discover tools of the trade, and learn the concepts behind what makes small engines work. They explore the uses of small engines and safety issues. Use the same book 1–3 years. 2005. **B**, 




542 Warm It Up, Level 2

Youth explore internal parts of engines, learn about engine sizes, compression ratios, seasoning their engines and safety issues. Youth also learn about occupational possibilities and about starting their own business. Use the same book 1-3 years.

2005.....I, 

543 Tune It Up, Level 3


Youth tear down and rebuild an engine, use diagnostic tools, research rules and regulations about using small engine machines, and select replacement engines. Use the same book 1-3 years. 2005.A, 

Helper Supplement for Small Engines

The *Small Engines Helper's Guide* is for helpers working with the Small Engines series (541–543 above). It has activities and ideas to make your group meetings more fun and educational. Available from National 4-H at shop4-H.org.

544 Ready, Set, . . . Mow!




Learn the ins and outs of operating a lawn mower, whether your style is push, riding, or zero-turn. Safety is first, of course, and it includes everything from knowing a mower's parts to dressing for success. Next up are tips for mowing and maintenance. Now this is a practical life skill. 2023. (\$10) Available January 2023.A, 

TRACTOR AND MACHINERY OPERATION


Tractor Series

Ohio 4-H members can use 4-H Tractor project manuals published by Purdue University. These four manuals are interesting to most 4-H members because they cover more than just safety. Available through Purdue University for \$7.75 each, plus shipping. Ordering Information Online: mdc.itap.purdue.edu. In the Search box, type "tractor." The tractor manuals are included in the results, identified as Level A, B, C, or D.


551 Starting Up: Getting to Know Your Tractor, Level A

Designed for youth with little or no prior agricultural tractor and equipment experience. Youth learn parts of a tractor, tractor maintenance, different fuels, engine cooling systems, safety with augers, and more. (Indiana Code: 4-H-961) 2005.B, 


552 Tractor Operations: Gearing Up for Safety, Level B

Designed for youth with some agricultural tractor and equipment experience. Includes farm and tractor safety, tractor maintenance, mechanics of the engine, accessory equipment, and functions of different operational systems. (Indiana Code: 4-H-962) 2005.I, 

553 Moving Out: Learning About Your Tractor and Farm Machinery, Level C

Designed for youth with some agricultural tractor and equipment experience. Teaches safety, maintenance, different types of oil systems, fuel safety, and PTOs. (Indiana Code: 4-H-963) 2005.I, 

554 Learning More: Learning About Agricultural Tractors and Equipment, Level D

Contains more opportunities to learn about mechanics, operational systems, safety, maintenance, and farm equipment. (Indiana Code: 4-H-964) 2005A, 

**Optional Supplement for Tractor and Machinery Operation
National Safe Tractor and Machinery Operation Program (NSTMOP),
Student Manual**

You can be certified! Take tractor safety seriously by completing this course designed for 14 and 15 year olds. (Consult your county office to determine availability. Not all counties have certified instructors.) Nearly 400 pages include color task sheets that help you learn how to safely operate ag equipment. Each lesson includes safety activities that make learning fun and exciting. This publication also serves as the helper's guide. Want to



learn about tractor safety but cannot take the course? Use this manual as the basis for a self-determined project of your own design. Available for purchase in print (\$35), digital (\$15), or print and digital (\$45) versions at extension.psu.edu/nstmop-manual. Prices subject to change. 2020. A, 🌱

WELDING

573 Arcs and Sparks—Shielded Metal Arc Welding

Recommended for use by 4-H members who want to build, modify, or repair steel-based projects. Learn about safety, selection of equipment and materials, and fabricating techniques with shielded metal arc welding. Basic welding abilities are developed while constructing several useful projects. 2000 I, 🌱

WOODWORKING

556 Measuring Up, Level 1

Get started in woodworking by selecting a project helper and setting up a safe place to work. Covers ear and eye protection and these tools: a ruler or tape measure, a square, saws, an electric drill, clamps, a screwdriver, a hammer, and sand paper. Build and finish a project of your choice. Use the same book 1-3 years. 2002 B, 🌱

557 Making the Cut, Level 2

Select a wood project that shows off your new skills with a T-level, a miter box, a wood chisel, a hand jig saw, a scroll saw, a staple gun, and a power sander. Learn more about the different species of wood. Use the same book 1-3 years. 2002 I, 🌱

558 Nailing it Together, Level 3

Youth practice measuring angles, cutting dado and rabbit joints; using a circular saw, a table saw, and a radial arm saw; smoothing lumber with a hand planer; and sanding and staining wood. Use the same book 1-3 years. 2002 I, 🌱

559 Finishing Up, Level 4

Challenge yourself to learn hand-cut dovetail, mortise, and tenon joints. Use a power router, various planers, and a power jointer to create a project of your choice. Learn about veneer, common adhesives, stripping, and repairing. Use the same book 1-3 years. 2002 A, 🌱

560M Woodworking Master

The Woodworking Master project is for members who want to continue with woodworking after completing the Ohio 4-H woodworking projects (556 *Measuring Up*, 557 *Making the Cut*, 558 *Nailing It Together*, and 559 *Finishing Up*). Members of any age may complete this project, but must have completed the existing projects, must have woodworking experience comparable to what is required for other advanced-level 4-H projects, and must be able to plan and complete the project on their own with minimal supervision or assistance. Available online at ohio4h.org/booksresources. 2013 A, 🌱

Helper Supplement for Woodworking

The **Woodworking Helper's Guide** is for helpers working with the Woodworking series (556-559 above). It has activities and ideas to make your group meetings more fun and educational. Available from National 4-H at shop4-H.org.

Are you a 4-H alum?



Did 4-H make a difference in your life?

Learn how you can stay connected and involved as a way to give back to the Ohio 4-H program.

Visit our 4-H alumni page to find volunteer opportunities and a place to tell us your 4-H story!

Share your experiences and how they shaped your life by taking our alumni survey.

ohio4h.org/alumni



Self-Determined

ohio4h.org/selfdetermined

365 Self-Determined Project Guide

If you're a 4-H member with a great project idea of your own or someone who's ready to go beyond a current project book, consider doing a self-determined project. Use the *Self-Determined Project Guide* to describe your project, set goals, and record your activities. Not sure what topics to explore? You can get some great ideas by reviewing the idea starters. **A completed *Self-Determined Project Guide* is required for each self-determined project.**

Idea Starters

An idea starter may help get your self-determined project started. These are just ideas. You are welcome to create your own project. ***When you enroll in a self-determined project, be sure to follow enrollment guidelines. See ohio4h.org/selfdetermined for more information.***

- 3D Printing
- Amateur Radio
- American Sign Language
- Astronomy
- Babysitting
- Bats
- Camp Counseling
- Chinchillas
- Climate Change
- Clowning
- Computer Science*
- Crop Production
- Digital Media*
- Disability Advocacy and Awareness
- Discovering Genetics
- Ferrets
- Field to Faucet: What Determines Water Quality
- Flower Gardening
- Get Started with Composting
- Going Green: Learning to Lead a Sustainable Life
- Hedgehogs
- Local Foods—Does It Matter What You Eat?
- Miniature Gardens—fairies, fake plants, etc.
- Miniature Gardens—live plants
- Model Railroading
- Music
- Native American Artifacts: Arrowheads
- Paddle Water Sports
- Paper Craft
- Pigeons
- Reptiles and Amphibians
- Shale Gas Extraction
- Skateboarding
- String Art
- The World of Work Is Calling . . . Are You Ready?
- Viruses, Bacteria, and Fungi, Oh My!
- Ways of Knowing Water
- Weather

*New or Revised in 2023.

Workforce Preparation

382 Am I Ready for Work?



This project is for 4-H members who are preparing for their first paid jobs.

Activities cover everything from making a good first impression to managing money, including applying, getting references, creating a resume, and interviewing. Even social media posts can affect one's job prospects!

2015.I,

386 You're Hired!



Do you have a job or plan to get one soon? Welcome to the world of work!

Learn how to make the most of the experience by working with your boss, taking initiative, resolving conflict, receiving feedback, and more. With the right approach, your job experiences will help you grow into a respected and valued employee. 2023. Available January 2023.A,

387 Here, There, Ag Careers Are Everywhere

Career opportunities in agriculture are everywhere, including in places you may not know about.

Explore your interests and talents to find your best fit in the working world outside of traditional production farming. There is a rewarding ag career for you! 2021A,



Group Programs

These projects, offered through group programs, contain ready-made lesson plans for project advisors. They may or may not be offered in your county.

Animal Sciences


COMPANION ANIMALS AND RABBITS

4hpetpals.osu.edu

230 4-H PetPALS Project and Record Book

This project and record book helps 4-H members set goals for the year and keep records of their 4-H PetPALS activities and accomplishments. Youth must belong to a 4-H club or group with a master 4-H PetPALS volunteer leader. PetPALS is the only statewide 4-H pet therapy program approved by American Kennel Club (AKC), and youth who take this project are eligible to earn an AKC therapy dog title. This project can be repeated as long as youth re-enroll in an established 4-H PetPALS club, or a club or group with a master 4-H PetPALS leader, and activities are completed under the supervision of an adult (4-H PetPALS leader, project helper,

health care facility staff, parent, etc.) Completion of a new project book is required each year.

2013. X, 

Helper Supplement for 4-H PetPALS

230GPM 4-H PetPALS

Leader's Guide

4-H PetPALS is an intergenerational program that links youth and their pets with senior adults. Specially-trained master 4-H volunteer leaders teach youth the skills they need to interact with residents in assisted living and nursing home facilities. By applying the power of the human-animal bond, 4-H members learn to select, socialize, and train their pets. Youth apply the lessons in this 214-page, experientially-based curriculum to develop their leadership and citizenship skills. 4-H PetPALS allows young people to be models for residents in health care facilities and the community at large as they demonstrate the significance of human-animal interactions and the importance of intergenerational relationships. Check with your county Extension office for more details. 2012. (\$34)

PROJECT IDEAS

City and Suburban Members

220 Pet Pals Project and Record Book	13
370 Mentoring: Leadership in Action	25
373 My Hands to Larger Service	26
375 Leadership Roadtrip	26
377 Finding Your Voice: Public Speaking Made Easy.	20
491 Science Fun with Dairy Foods.	31
492 Cake Decorating Project and Record Book	21
493 Scienc Fun with Kitchen Chemistry	30
501 Rockets Away!	29
540 Not Just Knots	31
673 Edible Landscapes	27

Youngest Members

91 Discovering 4-H	11
173 Horseless Horse	14
200 All About Dogs	12
216 Purr-fect Pals, Level 1	13
244 From Airendales to Zebras, Level 1	18
360 Your Feelings Matter	25
410 Designed by Me	19
459 Let's Start Cooking	22
484 Snack Attack!	23
490 Science Fun with Dairy Foods.	31
493 Science Fun with Kitchen Chemistry	30
496 My Favorite Things	21
517 Bicycling for Fun, Level 1	30



4-H Cloverbuds

ohio4h.org/cloverbuds

Ohio 4-H Cloverbuds should enroll in “project” 710, which does not require a project book or other purchase. The materials listed here support 4-H Cloverbud programming and are optional.

Optional Supplements for Ohio 4-H Cloverbuds

710GPM *The Big Book of 4-H Cloverbud Activities*



This classic collection includes hundreds of activities for 4-H Cloverbuds in these topic areas: science and technology, community/expressive arts, healthy lifestyle, environmental/earth science, personal development, citizenship/civic education, consumerism and family science, and plants and animals. Designed in an easy-to-manage, spiral-bound book. 2016. (\$16)

711GPM *Bioenergy Education*

This web-based resource helps develop an awareness and appreciation for a sustainable energy future. Targeting 4-H Cloverbuds (K-2) and youth through 5th grade, it covers three areas: (1) bioenergy sources, (2) bioenergy conversion, and (3) bioproducts, each with about nine educational activities. Available for free online at ohio4h.org/cloverbudresources. 2013.

712GPM *Connect to College*

This 4-H Cloverbud curriculum piece raises awareness of college through a series of engaging group activities. Includes 12 activities, supporting materials, and On Campus with Cornelius, an original, full-color storybook about an adventurous hedgehog who visits a college. (The activities and supporting materials, but not the storybook, are also available online at ohio4h.org/cloverbudresources). 2012. (\$16)

713R *Choose and Tell Cards*

Winner of 2013 National 4-H Communicator Award! Use this colorful deck of 4-by-6-inch cards to introduce your Cloverbuds to public speaking and communication skills. Forty-nine easy and engaging activities allow young learners to have fun, gain confidence, and develop important leadership skills. Activities are divided into four levels—from easy to difficult—and are color coded, so that selecting and sorting cards is easy. Includes box for storage. Additional supplies/materials required. 2019. (\$20)

714R *Clover Cubes*



Clover Cubes combine creativity, cooperation, interaction, and fun into a great 4-H Cloverbud activity. Each Clover Cube has six discussion prompts that help children explore a particular topic and share answers with friends. Twelve cubes are included: All About Me, Animal Awareness, Art Adventures, Engineering Excellence, Fitness Fun, Food Favorites, 4-H FUN-damentals, Make Your Own, Math Mania, Technology Talk, and Words That Start With. Cubes are easily assembled from brightly colored, punch-out shapes on heavy-duty card stock. 2016. (\$13.50)

715I *My 4-H Cloverbud Year*

715S *My 4-H Cloverbud Year (set of 10)*



This fun book is a great way for Cloverbuds to learn the basics of 4-H and keep track of their activities and events. Completion of this book is optional, and can be done with or without the help of an adult leader. It can be repeated each year a child is a Cloverbud member, and is especially appropriate for older Cloverbud members as they prepare to transition to regular membership. 2022. (\$32 for set of 10, \$8 for single copies).

Cloverbud Leaders

Find great resources including the Cloverbud Connections blog, activity pages, tips to make the most of your meetings, and more!

ohio4h.org/forcloverbudleaders



Helper Supplement for Cloverbuds

711AG 4-H Cloverbud Volunteer Guidebook

This concise reference piece is for current, new, and prospective 4-H Cloverbud helpers. The guidebook explores the goals and strategies for successfully implementing the 4-H Cloverbud program. It also suggests methods for guiding the healthy development and life-skills enhancement of our youngest 4-H members. 2019. (\$8).

The Ohio 4-H Cloverbuds website offers useful resources for helpers, including curriculum, a training video, and activity kits. Learn more at ohio4h.org/volunteers/cloverbud-leaders.

Natural Resources

Junior Master Gardener: Growing Good Kids

jmgkids.us

Ohio 4-H is happy to promote these two introductory titles from the internationally recognized Junior Master Gardener (JMG) series from Texas A&M Extension. JMG engages youth in novel, hands-on learning experiences that promote a love of gardening, develop an appreciation for the environment, and cultivate the mind. JMG encourages service learning and leadership development and rewards youth with certification.

672GPM Junior Master Gardener Level 1 Teacher/Leader Guide

This rich resource is for 4-H club advisors and others interested in guiding youth as they discover gardening. Covers plant growth and development, soils and water, ecology and environmental horticulture, insects and diseases, landscape horticulture, fruits and vegetables, life skills, and careers. Check with your local Extension office to see if there is a Master Gardener Volunteer to assist you. Enough activities for years of club meetings plus access to valuable online resources like certificates, etc. Intended for youth in grades 3 through 5. 324 pages. (\$56 plus shipping). 2016. B

672 Junior Master Gardener Level 1 Handbook

This handbook, which corresponds to the teacher/leader guide above, covers the same topics and includes opportunities for leadership and recognition. Intended for youth in grades 3 through 5. 186 pages. (\$15 plus shipping). B

Order online at jmgkids.us. Visa and Mastercard accepted.

SHOOTING SPORTS

ohio4h.org/shootingsports

This leader-directed program is taught only by certified volunteers to 4-H members ages 9 and above. Members must be 9 as of January 1 of the current year. Teach young people the safe and responsible use of archery equipment and the fundamentals of firing air guns, .22 caliber and muzzleloading rifles, pistols, and shotguns, and the basic principles of hunting. Living History enables youth to explore historic lifestyles and heritage crafts in any decade from ancient times to the space age. Project literature is available only to approved volunteers who have completed a 4-H Shooting Sports Training Workshop. Check with your county Extension office for more details. Record books help 4-H members set goals for the year and keep an accurate record of their work and accomplishments. For 4-H members age 9 and above.

750 Rifle Member Record Book. 2020 X, 


751 Archery Member Record Book. 2020. . . X, 

752 Shotgun Member Record Book. 2021. . X, 

753 Pistol Member Record Book. 2020. . . . X, 

754 Hunting and Wildlife Member Record Book. 2000. X, 

755 Muzzleloader Member Record Book.

Ohio 4-H strongly recommends youth complete a rifle, pistol, or shotgun project before taking muzzleloader. 2021. I, A, 

756 Living History Member Record Book. 2021. X, 

757 Crossbow Member Record Book.  2019. (\$12) X, 

758 Western Heritage Project: Youth Activity Guide Levels 1–3.  I, A 



Learn about the history of 19th century firearms, frontier clothing, and the true lifestyles of those who lived in the Old West. Firearm safety and responsible behavior are stressed throughout. Available from Montana State University for \$8.50 plus shipping. Price is subject to change. Order online at store.msuextension.org. In the search box, type "Western heritage." The youth activity guide is included in the results, identified as item 5332.

Optional Supplement for Western Heritage
The Western Heritage Project: Firearms, Gunleather, and Attire of the Frontier West 1860-1900 resource manual is for anyone interested in frontier authenticity, from teachers and history buffs to reenactors and cowboy shooters. With 156 color pages, this resource includes never-before published photographs that show examples of the firearms, gun leather, cowboy gear, and clothing used by settlers of the West. Available from Montana State University at store.msuextension.org. Search for "Western heritage." The Western Heritage Project is included in the results, identified as item 5323. Price ranges from \$25.50 for spiral bound or softcover to \$45.50 for hardcover. Prices are subject to change.

Ohio 4-H offers beginning-level shooting sports projects that serve as introductions to gun safety and archery. For more information, please go to page 29.



Rate and Review Projects!

Browse project categories and read reviews from other 4-H members. Add your own reviews of the projects you complete!

projectcentral.ohio4h.org

School Enrichment

GARDENING AND PLANT SCIENCE

496AG Growing Together

This guidebook is designed for teaching garden-based science to kids. Master gardener and 4-H volunteers, parents, and teachers find fun, interactive activities to include in their indoor or outdoor horticulture education efforts. Examples of subjects included in the 10 units are pollination, soils, insects, trees, and decomposition. Individual members do NOT need a separate project book. 2001. (\$8)

MONEY MANAGEMENT

realmoneyrealworld.osu.edu

441GPM Real Money, Real World

Real Money, Real World is an active, hands-on simulation that gives young people the opportunity to make lifestyle and budget choices similar to those they need to make as adults. It is a partnership between the county Extension office, the school, and the business community. How does the program work? Prior to the simulation, teachers prepare students by going through four simple lessons about occupation and income, deductions, checking and savings accounts, and choices. Please contact your local Extension office for information about delivering the program in your county.

Optional Supplement for Real Money, Real World

441R Agriculture Career Cards

Primarily for use with Real Money, Real World, these cards describe 50 jobs that were identified by 17 different universities and prioritized by a team of agriculture professionals in Ohio. The collection represents a wide variety of careers in biotechnology, business, technology, communication, and other agriculture-related sectors. The cards are also used in agriculture awareness events in schools and communities. The Exploring Agriculture Career Cards PowerPoint presentation is included with every purchase. 2018.



SCIENCE ALIVE

ohio4h.org/sciencealive

This school-enrichment curriculum challenges youth to develop science, technology, engineering, and math (STEM) skills as they complete hands-on activities suitable for youth in grades 3 through 6.

167GPM ChickQuest Teacher Guide: A Classroom Journey Through the Life Cycle of Chickens



What can we learn from a chick? This school enrichment program challenges youth to use science, technology, engineering, and math skills to investigate the life cycle of an embryonic chicken egg. From monitoring living eggs to observing fluffy chicks, these lively activities pique curiosity, encourage collaboration and communication, and provide young scientists with unforgettable experiences. Full-color poster of a chicken life cycle is included. A *ChickQuest Logbook* (167R) is required for each student. 2016. (\$19)

Required Supplements for ChickQuest

167P ChickQuest 21-Day Calendar Poster

This 36 x 24 inch color, write-on poster covers each day of chick embryo development with detailed pictures and space for recording data. Included for no charge when you buy 167RS *ChickQuest Logbook* (set of 25). 2015. (\$8)

167RI ChickQuest Logbook

167RS ChickQuest Logbook (set of 25)



This 21-day classroom adventure starts with eggs and ends with chicks. Students are the scientists who help make it happen! This personal *ChickQuest Logbook* is used to record data and observations. Sold individually or in classroom sets of 25 with one full-color, write-on poster of 21-day chick embryo development. For use with 167GPM *ChickQuest Teacher Guide: A Classroom Journey Through the Life Cycle of Chickens*. 2016. (\$56 for set, \$8 for single copies).

501GPM Rockets Away! Exploring the Science of Forces and Motion (Teacher Guide)

Recommended for teachers and other group leaders, this popular favorite is more effective than ever at teaching the concepts of forces and motion via rocketry. The project's exciting conclusion is building and launching 2-liter bottle water rockets. A *Rockets Away Logbook* is required for each student. A bottle-rocket launcher may be available from your county Extension office. (Go to ohio4h.org/rocketsaway for information on how to purchase your own.) 2019. (\$15)

Required Supplement for Rockets Away

501RI Rockets Away! Logbook

501RS Rockets Away! Logbook

(set of 25)

These 10 lessons, described in detail in the *Rockets Away Teacher Guide* above, are a student's gateway to the practical knowledge behind Newton's Laws of Motion. Educational research shows that the practice of recording one's own data and observations helps students internalize concepts. Sold individually or in classroom packs of 25. For use with 501GPM *Rockets Away Teacher Guide*. 2013. (\$56 for set, \$8 for single copies).

Totally Thrilling Science (set of 25)

These ten 10-minute hands-on science activities guarantee fun at club meetings and other gatherings. Presented in a vintage comic book format, the activities are engaging, easy to implement, and appropriate for all ages. Teen leaders and non-science adults can lead them! Materials are likely to be on hand or readily available at grocery stores or other retail locations. Support materials and additional activities are available at ohio4h.org/10-minute-science. Take the starch out of club meetings by adding fun activities to your agenda!




Project Guide




Project Skill Level—Unless otherwise noted in the project description, skill levels for projects are defined as follows:


All Levels (X)—A project appropriate for all skill and age levels. **Beginning (B)**—A beginning-level project for members with little or no experience in a project area, or 8 to 10 year olds. **Intermediate (I)**—An intermediate-level project for members with some experience in a project area, or 11 to 13 year olds. **Advanced (A)**—An advanced-level project for members with a lot of experience in a project area, or 14 or older.

County fairs and the state fair often have age requirements that are different than those for project enrollment. When participating in a fair event, be sure to review the related guidelines.























Ohio State Fair eligibility, indicated by a green ribbon () , is current at time of printing but is subject to change. Eligibility for the coming year is usually available in February at ohio4h.org/ohiostatefair.














Most projects are easily completed in one year, but there are some multi-year, non-livestock projects intended to take longer. They are indicated here with the intended number of years.

Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
About 4-H						
91	Discovering 4-H	B				11
92	4-H Around the Globe	I				11
Animal Sciences						
Beef						
117	Beef Project and Record Book					11
	117B Beef Breeding	X				11























Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
	117BF Beef Feeder	X				11
	117DF Dairy Beef Feeder	X				11
	117M Market Beef	X				11
Companion Animals and Rabbits						
200	All About Dogs	B				12
201	Dog Project and Record Book					12
	201D You and Your Dog	X				12
	201O Obedience	X				12
	201S Showmanship	X				12
	201P Performance	X				12
	201W Working Dogs	X				12
202	Dog Achievement Program	X				12
215	Cavy Project and Record Book	X				12
216	Purr-fect Pals, Level 1	B			3	13
217	Climbing Up, Level 2	I			3	13
218	Leaping Forward, Level 3	A			3	13
220	Pocket Pets Project and Record Book	X				13
228	Rabbit Project and Record Book					13
	228BR Rabbit Breeding	X				13
	228MA Rabbit Market	X				13
	228PE Rabbit Pet	X				13




















Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
Dairy Cattle						
127	Dairy Cattle Project and Record Book					14
	127CA Dairy Calf	X				14
	127HE Dairy Heifer	X				14
	127CO Dairy Cow	X				14
Goats						
135	Goat Project and Record Book					14
	135BD Breeding—Dairy Goats	X				14
	135BM Breeding—Meat Goats	X				14
	135F Fiber Goats	X				14
	135H Harness Goats	X				14
	135M Market—Dairy, Meat, or Cross Goats	X				14
	135P Pack Goats	X				14
	135PY Pygmy Goats	X				14
	135C Companion—Pet Goats	X				14
Horses						
173	Horseless Horse	B				14
174	Beginning Horse Management	B				15
175	Light Horse Selection	I				15
177	Horse Training: How to Talk to Your Horse	I				15
180	Learning to Jump	I				15
181	Draft Horse	I				15
182	Small Equine	I				15



















Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
184	Standardbred Horses	I				15
185	Equine Reproduction and Genetics	A				15
188	Trail Riding	I				16
189	Dressage	I				16
Llamas and Alpacas						
132	Llama and Alpaca Project and Record Book	X				16
Poultry						
150	Poultry Project and Record Book					16
	150CE Chicken, Exhibition	X				16
	150CM Chicken, Market	X				16
	150CEP Chicken, Egg Production: Hens and Pullets	X				16
	150DE Duck, Exhibition	X				16
	150DM Duck, Market	X				16
	150GE Goose, Exhibition	X				16
	150GM Goose, Market	X				16
	150TE Turkey, Exhibition	X				16
	150TM Turkey, Market	X				16
	150H Helmeted Guinea Fowl	X				16
Sheep						
198	Market Lamb Project and Record Book	X				17























Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
199	Sheep Breeding Project and Record Book	X				17
Swine						
139	Market Hog Project and Record Book	X				17
140	Swine Breeding Project and Record Book	X				17
Veterinary Science						
244	From Airedales to Zebras, Level 1	B			3	18
245	All Systems Go! Level 2	I			3	18
246	On the Cutting Edge, Level 3	A			3	18
Clothing and Textile Science						
406	Clothes for High School and College	A				20
407	Accessories for Teens	B				18
408	Creative Costumes	A				20
409	Sew Fun	B				18
410	Designed by Me	B				19
411	em•bel•lish: A 4-H Guide to Wearable Art	I				19
412	Sew for Others	I				19
413	Sundresses and Jumpers	B				19
415	Ready, Set, Sew Active	I				19
417	Dress-Up Outfit	A				20
418	Loungewear	X				19
419	Terrific Tops	B				19
420	Outerwear for Anywhere	A				20











Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
424	Clothing for Middle School	I				19
425	Look Great for Less	A				20
426	Clothing for Your Career	A				20
430	Shopping Savvy	I				19
432M	Sewing and Textiles (non-Clothing) Master	A				20
Communication						
377	Finding Your Voice: Public Speaking Made Easy	B				20
Creative and Leisure Arts						
Cake Decorating						
492	Cake Decorating Project and Record Book					21
	492B Cake Decorating Beginner	B				21
	492I Cake Decorating Intermediate	I				21
	492A Cake Decorating Advanced	A				21
Collecting						
496	My Favorite Things	B				21
Fine Arts						
498	Quilting the Best Better	I				21
499	You Can Quilt!	I				21
592	Get Started in Art	X				21
593	Seeing Through Graphic Design	I				21
Genealogy						
442	Family History Treasure Hunt	X			6	21













Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
Photography						
584	Photography Basics, Book 1	B			3	22
585	Next Level Photography, Book 2	I			3	22
586	Mastering Photography, Book 3	A			3	22
589M	Photography Master	A				22
Scrapbooking						
497	Scrapbooking: A 4-H Guide to Preserving Memories	B				22
Writing						
588	The Writer in You	I				22
Food and Nutrition						
459	Let's Start Cooking	B				22
461	Let's Bake Quick Breads	I				23
462	Yeast Breads on the Rise	A			2	24
463	Sports Nutrition: Ready, Set, Go!	I				23
467	Cooking on My Own	A				24
469	Global Gourmet	A				24
472	Grill Master	I				23
474	Beyond the Grill	A				24
475	Star Spangled Foods	I				23
476	Cooking on My Own	A				24
477	Party Planner: A 4-H Guide to Quantity Cooking	I				23
481	Everyday Food and Fitness	B				23
484	Snack Attack!	B				23














Code	Title	Skill Level	State Fair	Supplement	Multi-Year	Page #
485	Racing the Clock to Awesome Meals	I				23
486	Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices	I				23
487	Take a Break for Breakfast	B				23
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352	Keeping Fit	I				24
353	First Aid in Action	B				24
354	Medicine Science and Safety	B				24
355	Tracking Your Health and Fitness	I				24
357	Alcohol and Drug Abuse	A				25
358	The Truth About Tobacco	A				25
359	Your Thoughts Matter	A				25
360	Your Feelings Matter	B				25
434	SuperHero You!	B				25
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405	The Laundry Project	B				25
491	It's My Home	B				25
494	Makeover My Space	I				25
495	Your First Home Away From Home	A				25
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370	Mentoring: Leadership in Action	A				25
371	Club Leadership 1	I				26















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373	My Hands to Larger Service: Teen Leaders Building Our Communities	A				26
374	Teens on Board	I				26
375	Leadership Road Trip: Where Are You Going?	I				26
375i	Leadership Road Trip iBook	I				26
376	Pantry Panic	A				26
378M	Leadership Master	A				26
383	Club Leadership 2	A				26
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445	Becoming Money Wise	B			2	27
448	Teens On the Road to Financial Success	A			2	27
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670	Canning and Freezing	I				27
671	How Does Your Garden Grow?	B				27
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612	Geology: Can You Dig It?	B				28








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617	Exploring Ponds	A				28
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621	Ohio Birds	X			2	28
622	Trapping Muskrats in Ohio	I			2	28
623	Outdoor Adventurer: Beginning Fishing	B				28
624	Outdoor Adventurer: Intermediate Fishing	I				28
641	Beekeeping Project and Record Book	X				28
644	Insect Adventures 1	B				28
645	Insect Adventures 2	I				29
646	Insect Adventures 3	A				29
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630	Safe Use of Guns	B				29
631	Basic Archery	B				29
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501	Rockets Away (2-liter Bottle Rockets)	B				29
502	Science Fun with Flight	B				29
503	Rockets Away (Solid-Fuel Model Rockets)	B				29
503M	Solid-Fuel Rocketry Master	A				29
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555	ATV Safety	A				30



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518	Wheels in Motion, Level 2	I			2	30
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493	Science Fun with Kitchen Chemistry	B				30
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527	Magic of Electricity, Level 1	B			3	30
528	Investigating Electricity, Level 2	I			3	30
529	Wired for Power, Level 3	I			3	30
530	Entering Electronics, Level 4	A			3	30
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500	Science Fun with Physics	B				31
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509	Robotics Essentials	I				31
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552	Tractor Operations: Gearing Up for Safety, Level B	I				32
553	Moving Out: Learning About Your Tractor and Farm Machinery, Level C	I				32
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573	Arcs and Sparks—Shielded Metal Arc Welding	I				33
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557	Making the Cut, Level 2	I			3	33
558	Nailing It Together, Level 3	I			3	33



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560M	Woodworking Master	A				33
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365.00	Self-Determined	X				33
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382	Am I Ready for Work?	I				34
386	You're Hired!	A				34
387	Here, There, Ag Careers Are Everywhere	A				34
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672	Junior Master Gardener Level 1 Handbook	B				37

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752	Shotgun Member Record Book	X				37
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754	Hunting and Wildlife Member Record Book	X				37
755	Muzzleloader Member Record Book	X				37
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757	Crossbow Member Record Book	X				37
758	Western Heritage Project: Youth Activity Guide	X				37



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