Virginia Cooperative Extension Guide to Virginia 4-H Programming Resources

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Revised August 2012

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<table>
<thead>
<tr>
<th><strong>What is 4H?</strong></th>
<th>4-H is a community of young people across America who are learning leadership, citizenship and life skills.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4-H Motto</strong></td>
<td>To Make the Best Better</td>
</tr>
</tbody>
</table>
| **4-H Pledge** | In Support of the 4-H Club Motto, “To Make The Best Better:  
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 |
| **Mission Mandates** | Citizenship  
Healthy Living  
Science (STEM) |
| **Websites** | 4-H Public Website [http://www.4-h.ext.vt.edu/index.html](http://www.4-h.ext.vt.edu/index.html)  
VCE Intranet [http://intra.ext.vt.edu/4h/](http://intra.ext.vt.edu/4h/) |
Virginia 4-H Programming Resources
Dr. Kathleen Jamison, Extension Specialist, 4-H Youth Development

This publication is designed to inform paid and volunteer staff on available Virginia 4-H educational materials for programming efforts. Educational materials are available to Extension unit offices through the Virginia Cooperative Extension Public 4-H Website (http://www.pubs.ext.vt.edu/). All current Virginia publications included in this guide are available on the public website. Instructions are offered on how to access publications produced outside of Virginia.

This guide is available online at: http://www.4-h.ext.vt.edu/index.html and can be printed locally. Program materials are listed within their respective program areas: Animal Sciences; Careers and Economic Education (CEE); Citizenship; Communications & Expressive Arts (CEA); Family Sciences (FS); Foods, Nutrition, and Health (FNH); Natural Resources & Environmental Education (NREE); Plant, Soils, and Entomology (PSE); and Science, Technology, Engineering, and Math (STEM).

Extension professionals providing leadership for 4-H program areas are listed in this publication. If no name is listed, there is currently not faculty support within that area. A brief description of the project and what 4-H’ers learn and practice is included.

Standards of Learning correlations are made where appropriate. The Virginia standards are very specific, but are designed to spiral across a child’s educational experience while anchoring basic concepts and evolving improved skills / deepened understanding. 4-H project curriculum is also used to complement in-school learning with a school enrichment focus: a broadening the learning experience and deepening the application of content and skills (e.g. life skills, workplace skills, technology skills, etc.). Collaborating with a teacher at a targeted grade level is recommended to determine how the 4-H content can shift slightly to better complement the grade-level standards. You can assist teachers to deepen proficiency of specific standards of learning while providing opportunities for skills to be practiced and content to be anchored using experiential and inquiry-based learning. It is important to be at the table, as possible, when the annual scope and sequence framework for your locality is determined or refined.

Project areas can be enhanced by making connections to Career and Technical Education (CTE) information (e.g. business and Information Technology, Agricultural Education, Career Connections, and marketing):

Life skills, even for a specific content, can change to meet different delivery modes or learning situations. Review the Targeting Life Skills Model at:
http://www.extension.iastate.edu/4h/explore/lifeskills/

Programming Resources: Publications
1. Publication Numbers (**-***) are six-digit hyphenated numbers used to identify and download specific publications from 4-H Public Website (http://pubs.ext.vt.edu/).
Publications without a six digit number that are used as supplemental information to project activities. Publicaitons could be one of two content tracks: Peer Reviewed or Non-Peer Reviewed. Additional Information and request for submission of materials for publicaiton can be found at (http://www.communications.cals.vt.edu/resources/publishing-process.html).

2. Approved Virginia 4-H curriculum
There are three ways that curriculum can be accepted as “research-based” approved:
a) A numbered publication that has gone through the VCE publication peer review process and is listed on the Virginia VCE public website (http://pubs.ext.vt.edu/)

b) Curriculum that is part of the National 4-H collection; publication is listed in the 4-H Source book or on the National 4-H curriculum website (http://www.4-hcurriculum.org/)

c) A publication that has gone through a peer review in the Land Grant University system.

3. Mission Mandates
National 4-H Curriculum focuses on the three 4-H Mission Mandates: Science (science engineering, technology, and applied math); Healthy Living; and Citizenship. Youth activity guides are filled with engaging, content-rich experiences that cultivate abilities that youth need for everyday living as they progressively gain knowledge about subjects that interest them. Some examples of current curriculum produced through National 4-H Council are listed below. There is associated cost ($) with the following curriculum through the National 4-H Mall: http://www.4-hmall.org/Home.

Highlighted National 4-H Curriculum:

Power of the Wind $ (http://projects.4hcurriculum.org/curriculum/wind/)

The Power of the Wind Curriculum is part of the National 4-H Curriculum Collection and is designed for middle school aged youth to learn about the wind and its uses. Youth work with members of a team to design, create, build, and test a wind powered device and are given opportunities to explore wind as a potential energy source in their community. This site is the online resource to supplement The Power of the Wind National 4-H Curriculum.

Reading Makes Cents $ (http://projects.4hcurriculum.org/curriculum/reading/)

This site is the online resource to supplement Reading Makes Cents National 4-H Curriculum. Reading Makes Cents is a curriculum for children in grades 3-5. Most of the activities are standalone and designed to be completed in one session. Some of the activities build on others, but generally, you can pick and choose activities from within or among sections. This format makes the curriculum ideally suited for out-of-school time programs.

Project Butterfly Wings (http://www.flmnh.ufl.edu/wings/)

This curriculum consists of a Youth Project Guide, Facilitator’s Guide and interactive web site designed to encourage adolescent interest, understanding and long-term involvement in science. Leaders and youth without previous knowledge of butterflies can participate as the
program transforms them from beginner to engaged citizen scientist. Youth participate in authentic, hands-on, collaborative research as they collect information about the butterflies in their communities and enter the data they collect into the interactive WINGS web site. Scientists and the public use this information to further scientific knowledge and view the distribution and population trends of common butterfly species.

**Photography** ([http://new.4-hcurriculum.org/projects/photography/](http://new.4-hcurriculum.org/projects/photography/))

This curriculum opens the world of photography to youth. With more than 40 fun activities, this exciting all-new curriculum helps youth understand the basics of photography, then apply these skills and build on them to master more sophisticated techniques and take even better photos.

**Acres of Adventure** ([http://www.4-hmall.org/Product/4-hcurriculum-agriculture/08330.aspx](http://www.4-hmall.org/Product/4-hcurriculum-agriculture/08330.aspx))

Adults and older youth will enjoy using these lesson plans to quickly engage youth in learn-by-doing agriculture activities within the following thematic units: Plant Detectives, Mystery Agriculture, All about Agriculture, Fast Food Agriculture.

**4-H Robotics: Engineering for Today and Tomorrow** ([http://www.4-hmall.org/Category/robotics.aspx?](http://www.4-hmall.org/Category/robotics.aspx?))

*4-H Robotics: Engineering for Today and Tomorrow* was developed by the University of Nebraska-Lincoln. This curriculum teaches basic physical science concepts related to robotic systems, the engineering design process, technology tools used for learning and communications, and the exploration of science, technology, and engineering careers. The curriculum is comprised of three tracks: Virtual Robotics (DVD), Junk Drawer Robotics (3 Facilitator Books, 1 Youth Notebook per youth), and Robotics Platforms (DVD).
Entomology: Teaming with Insects ([http://www.4-hmall.org/Category/curriculum-entomolgy.aspx](http://www.4-hmall.org/Category/curriculum-entomolgy.aspx))

Studying nature inspires creativity by demanding that youth see what is around them and requires them to use all of their senses. Because science is interconnected, many of the activities show interrelationships among insects, plants, and the environment. The curriculum, Teaming with Insects, increases youth science literacy using insects and their relatives.

There’s No New Water! ([http://www.4-hmall.org/Product/newitems/theres-no-new-water/08420.aspx](http://www.4-hmall.org/Product/newitems/theres-no-new-water/08420.aspx))

_There’s No New Water!_ was developed by the University of California-Davis. This curriculum is grounded in the concept that water is a non-renewable, finite natural resource whose quantity and quality must be responsibly preserved, protected, used, and reused.

Exploring Your Environment ([http://www.4-hmall.org/Category/4-hcurriculum-exploring-your-environment.aspx](http://www.4-hmall.org/Category/4-hcurriculum-exploring-your-environment.aspx))

Exploring Your Environment was developed by the University of Minnesota. This curriculum teaches basic ecological concepts that help youth understand how nature works and how we affect it and are affected by it.

Filmmaking Workshop ([http://online.4-hcurriculum.org/curriculum/filmmaking/](http://online.4-hcurriculum.org/curriculum/filmmaking/))

This is an online space to find tools and resources about video production. On the home page of the web site, you’ll find the Filmmaking Workshop videos—an 11 module “virtual workshop”, geared toward youth interested in making Science Films (including technology, engineering and applied math). Although the workshop discusses Science as a primary content area, the learning modes and principles apply across 4-H’s mission mandates—Science, Healthy Living, and Citizenship.
Video Resources to Support Curriculum (Vodcasts): Free Downloads
(http://online.4-hcurriculum.org/curriculum/filmmaking/featuredfilms.aspx)
- After the Burn
- Clearwater Revival
- Four Horizons
- Glo World
- Upstream Downstream
- Wind Inquiry
- Into the Wind
- Renewable Energies

Sunsetted National Curriculum
After the current inventory is depleted, these products will be available as a download at the national curriculum website: (http://www.4-hcurriculum.org/resources/).
- Embryology
- A Palette of Fun
- Down-to-Earth
- Exploring Farm Animals
- Science Discovery
- Advanced Visual Arts
- Que Rico – Latino Cultural Arts

Miscellaneous Resources:
- 4-H2Online (http://4-h.org/b/Pages/Layouts/4h2online.html).
  4-H2Online is a community for youth to learn about water quality, water conservation and watershed issues. Throughout this site youth will find 4-H’s “Exploring the Environment,” Grab n-Go’s, and information on how youth nationwide are addressing water issues in their communities.

- National 4-H Directory (http://www.4-hdirectory.org/)
The National 4-H Directory of Materials is a national database of 4-H materials designed to share national and state 4-H resources with educators, 4-H club leaders, youth and volunteers, including extension, CYFERnet, and military partnerships. These materials are free or low cost from the Land Grant University system.

- Other States’ Programming Resources (http://www.csrees.usda.gov/qlinks/partners/state_partners.html).
  Search by state, followed by 4-H, and then publications.
  ***Please note that each state’s process will be slightly different.

- National 4-H Web Grants (http://grants.4-h.org/index.do).

Outside Curriculum from Partner Sources

Invent It Build It/ Design Squad (WGBH, Boston) – Free Download (http://pbskids.org/designsqaud/parentseducators/invent_guide.html)
This guide offers six hands-on challenges designed to spark the inventive spirit of kids aged 9–12. Whether you’re running an
afterschool program, workshop, class, or event, these challenges are a fun way to bring invention to life for kids, get them thinking like inventors and engineers, and show them how invention improves people's lives. Each challenge takes about an hour, uses readily available materials, gives kids many ways to succeed, and is aligned with national science and technology standards. Additional guides related to the Design Squad process are also available for free download at the same

Time to Invent (WGBH, Boston) – Free Download - http://timetoinvent.org/

Invention/Lemelson-MIT (http://web.mit.edu/invent/invent-main.html) – Free Downloads/Information
  o Inventor of the Week
  o Inventor’s Handbook
  o Games and Trivia
  o Links and Resources

InvenTeams- High School Invention Grants (http://web.mit.edu/inventeams/index.html) Seed Money Offered for teams with accepted proposals. They are very interested in 4-H Teams. Contact Dr. Jamison if you are interested in this amazing opportunity

Engineering is Elementary: Boston Museum of Science (http://www.mos.org/eie/)
The Engineering is Elementary® (EiE) project fosters engineering and technological literacy among children. EiE is creating a research-based, standards-driven, and classroom-tested curriculum that integrates engineering and technology concepts and skills with elementary science topics. EiE lessons not only promote K-12 science, technology, engineering, and mathematics (STEM) learning, but also connect with literacy and social studies. Three pilot sites in Virginia needed for 2012.

EDC Center for Science Education (http://cse.edc.org/curriculum/exploreit/) $ 

Working with funders, foundations, and corporations, EDC identifies needs in the science education community and responds with programs and initiatives. Through this work, they develop resources and publications, provide customized services and support, and conduct comprehensive research and evaluation studies covering topics such as assessment, curriculum implementation, leadership, literacy, and that cover all grade levels—early childhood through high school.

Current Research:  
The Tufts Study: Waves of the Future: *The first five years of the 4-H study of positive youth development* (Lerner et.al, 2009) shows the effects of 4-H participation and can be used as a backdrop for 4-H as a complementary out-of-school time learning option for formal education. It can be found at:  http://4-h.org/about/research/html

Professional Development Curriculum for Peers, Volunteers, and Other Educators:  

**Essential Elements** (http://4-h.org/resources/staff/essentialelements.html)  
This peer-reviewed training curriculum helps youth workers and leaders understand each of the eight elements and how to incorporate them in on-going 4-H programs. The training curriculum consists of 10 modules. Each module can be taught as a stand-alone session of one hour or combined together for a 10-12 hour course.

Online Learning Modules

**Experiential Learning**

The three interactive online learning modules are being developed to provide the basics for volunteers and staff to increase their knowledge and skills to target learning outcomes; provide reflection on that learning and integrate application into all activities. They can be stand alone or taken in sequence. They would make great mini-lessons for experts who will be working with your groups who might not be familiar /comfortable in working with youth.
Learning by Doing

Maximize your learning opportunities for youth in just 15 minutes. This animated video with pre- and post-assessment helps you identify targeted outcomes for young people and keep the focus on what you want participants to achieve. 
View the "Learning by Doing" Module

Reflecting on Learning – A Question of Curiosity

Improve your ability to help youth reflect on their learning, whether it is science, health or any other topic. This online lesson will help you ask the right questions to deepen the learning. 
View the "Reflecting on Learning - A Question of Curiosity" Module

Virginia 4-H Programming

ANIMAL SCIENCES

The 4-H Animal Science programs provide a wide variety and depth of educational opportunities for youth, most of which involve working directly with live animals of all types.

These projects teach:

- Responsible care and well-being of animals.
- Life Skills like decision-making and communication skills through judging events and oral presentations.
- Awareness of the practices in Animal Agriculture.
- The safe and appropriate use of animal products.
- Scientific principles.

The 4-H Animal Science Programs allow the youth to practice and demonstrate what they learn at numerous supporting activities like fairs, judging contests, shows, and educational bowls and presentation contests.

These programs also help youth become aware of career opportunities in the animal agricultural industries which represents 70% of the total income from agriculture in Virginia (http://www.nass.usda.gov/Statistics_by_State/Ag_Overview/AgOverview_VA.pdf).

Virginia's animal agriculture industries strongly support these program areas. Livestock and their products generated $2.04 billion of income in 2007.

Take a closer look at the many opportunities waiting for you in the 4-H Animal Science Programs. For additional information, contact: Paige Johnson Pratt, Extension Animal Science Youth Specialist; Phone: 540-231-4732; Email: pjpratt@vt.edu
4-H Market Beef Planning Guide  (400-833)
Grades:  9-12
Available online at:  http://pubs.ext.vt.edu/400/400-833/400-833.pdf
The 4-H Market Beef Planning Guide gives youth information needed to estimate the finished weight of a feeder calf, whether it is a steer or heifer.  From additional information provided, a required daily gain is calculated, and a planned feeding program can be developed to reach the proper finished weight at the time of show.

SOLs:  : BIO.1a, b, e

Virginia 4-H Horse Project: Progressive Riding Series Unit 2--Novice  (406-097)
Grades:  5-12
Virginia 4-H Horse Project: Progressive Riding Series Unit 2--Novice is a riding project book where youth log their riding time, demonstrate certain equine knowledge, such as, labeling the parts of the horse, listing causes and effects of certain symptoms, and identifying breed characteristics.  Youth will also exhibit dismounted and mounted abilities.  Members may complete each unit as many times as desirable and my progress according to their interests and abilities.

SOLs: 5.5d,LS.5c

How to Make an Adjustable Rope Halter and Tie Useful Knots  (404-280)
Grades:  4-12
How to Make an Adjustable Rope Halter and Tie Useful Knots is an eight page guide to making everyday knots out of rope.  The guide uses 13 feet of a three-strand rope to make an adjustable halter for a cow or heifer, and uses 3/8-inch in diameter rope for calves and small heifers and 7/16-inch or 1/2 –inch rope for large heifers and cows.

SOLs: Science 5.1b,d, 6.1c, Math 4.11a, 5.11a
Mid-Atlantic 4-H Market Goat Project Guide  (380-310)
Grades:  9-12
Market, or meat, goats make ideal 4-H project animals for many reasons.  Generally, the purchase price of goats is small and the facilities needed to maintain goats are minimal.  Goats are not that large and can be handled by 4-H’ers of all ages, even if they do not have a great deal of previous livestock experience.  The market goat project will help youth gain knowledge of the livestock industry in general and the meat goat industry in particular.  By participating in the market goat project youth will learn responsibility, money management, record keeping, livestock selection and handling.
SOLs:  BIO.1a

Virginia 4-H Horse Project:  Horseless Horse Project Unit 3—
Horse & Horsemanship  (406-093)
Grades:  7-8
This project book is a short-term project open to 4-H members ages 12-14, with or without horses.  It is the third book of a four unit series.  It is suitable for large groups and school clubs.  Horses and Horsemanship builds upon knowledge and experience gained from prior units, and encourages additional supporting projects such as veterinary science, safety, and leadership.  After completing this project book, youth are encouraged to complete unit four—Horse Science.
SOLs:  LS.4b, LS.5c

Virginia 4-H Horse Project:  Horseless Horse Project Unit 4—
Horse Science  (406-094)
Grades:  9-12
This project book is a short-term project open to 4-H members ages 14 and older, with or without horses.  It is the fourth book of a four unit series.  It is suitable for large groups and school clubs.  Horses Science builds upon knowledge and experience gained from prior units, and encourages additional supporting projects such as veterinary science, safety, and leadership.
SOLs:  BIO.1a,  English 9.6a, e,10.4b, 10.10a, 10.11a,e,f, 12.7a,b
Virginia 4-H Horse Project: Progressive Riding Series Unit 3--Horseman (406-098)

Grades: 7-12


Virginia 4-H Horse Project: Progressive Riding Series Unit 3--Horseman is a riding project book where youth log their riding time, demonstrate certain equine knowledge, such as, labeling the 12 points of unsoundness, listing the percent composition for certain feeds, and determining daily nutrient requirements. Youth will also exhibit dismounted and mounted abilities. Members may complete each unit as many times as desirable and progress according to their interests and abilities.

SOLs: LS.4b

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Virginia 4-H Horse Project: Progressive Riding Series Unit 4--Horsemaster (406-099)

Grades: 10-12


Virginia 4-H Horse Project: Progressive Riding Series Unit 3--Horsemaster is a riding project book where youth log their riding time, demonstrate certain equine knowledge, such as, drawing and labeling the skeleton of the horse, reproductive tract of the mare, and the digestive system of the horse. Youth will also exhibit dismounted and mounted abilities. Members may complete each unit as many times as desirable and progress according to their interests and abilities.

SOLs: English 10.11a

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Virginia 4-H Horse Project: Horseless Horse Project Unit 2—Horses are Fun (406-105)

Grades: 5-7


This project book is a short-term project open to 4-H members ages 10-12, with or without horses. It is the second book of a four unit series. It is suitable for large groups and school clubs. Horses are Fun teaches youth through questions and activities the parts of the horse, coat colors, markings, age determination, gaits, breeds and their characteristics, equipment, and health and safety of the horse. After completing this project book, youth are encouraged to complete unit three—Horse & Horsemanship.

SOLs: LS.4b, LS.5c
Virginia 4-H Horse Project:  Horseless Horse Project Unit 1—Introduction to the Horse (406-120)

Grades: 4-5

Available online at: http://pubs.ext.vt.edu/408/408-029/408-029.pdf

This project book is a short-term project open to 4-H members ages 9-10, with or without horses. It is the first book of a four unit series. It is suitable for large groups and school clubs. This project should be completed in two to four meetings. Program and activities may be expanded according to need and interest. After completing this project book, youth are encouraged to complete unit two—Horses are Fun.

SOLs: English 3.7a,b

Virginia 4-H Horse Project:  Self-Determined Horse Project (406-107)

Grades: 9-12


This project is designed for senior 4-H horse project members who have the experience, resources, and ability to participate in an advanced program. The project may be short-term or long-term, depending upon the selected field, members may enroll in and complete this project as many times as they wish, and may or may not have access to a horse. Through this project members will complete a written summary and read at least two publications related to the project. The written summary will address criteria and questions in the project outline, as well as, life and science skills.

SOLs: BIO.1a, e, English 9.4c, 10.4b, 10.11e, 11.4e, 11.10c, 12.7a

4-H Livestock Advancement Project Guide and Record (380-119)

Grades: 4-12


The 4-H Livestock Advancement Project Guide and Record is a project book designed to help 4-H members learn more about the livestock industry, allow members to advance according to ability and desire, and to establish “self motivation,” a necessary ingredient in the livestock industry. This is not a required project, but if it is undertaken, it will be checked and considered as part of a current livestock project for county and state awards.

SOLs: LS.4b, LS.5c
4-H Animal Science Non-Ownership Livestock Project Unit II (380-124)

Grades: 6-9


The Animal Science Project Unit II is designed for youth ages 12-15, and is intended to be used on an individual basis or in 4-H clubs that are interested in livestock but do not or cannot have animals of their own. In this project book, there are short-term projects, which may be followed by other livestock and meats projects or by the Junior Stockman’s Project. This project book can be used in school clubs, community clubs, special project clubs, or on an individual basis.

SOLs: LS.5c, English 9.2b


Grades: 6-8


This activity guide centers on meat identification, learning to be an informed meat consumer, and meat judging. The guide has been written for youth ages 11 to 14 (grades 6 through 8). However, it may be used by youth at any grade-level based on their knowledge of meat and meat production. The activities in this book will strengthen their understanding of meat products and production and provide an introduction to judging. It is an excellent resource for urban youth.

SOLs: Science 6.1, 6.9, Life Science 3,4,5,6,7,9,12,14 Health 6.2, 7.8

A Brighter Idea: Eggs! (408-032)

Grades: 4-6

Available online at: http://pubs.ext.vt.edu/408/408-032/408-032.pdf

A Brighter Idea: Eggs! is designed to provide a better understanding and use of the Incredible Edible Egg. Not only are eggs nutritious, but they’re still one of today’s best food buys. This booklet cover information about egg processing, the internal anatomy of the egg, egg color, egg nutrition, cholesterol, egg quality, egg size, and egg safety.

SOLs: English 4.1, 5.1, 5.2, 6.1
A Chick-N-Que is fun for all ages. It turns an ordinary picnic into a feast. Plump, tender-meated broiler chickens become delicious birds dripping with heavenly flavors. This guide explains the equipment and fuel and fire needed to build a proper Chick-N-Que pit, as well as, shows the proper procedures for selecting, preparing, and cooking chicken. At the end of the guide there are recipes for Chick-N-Ques sauces.

SOLs: English 10.4b
**Virginia 4-H Ewe Flock Project Guide (410-089)**

**Grades:** 9-12  
**Available online at:** [http://pubs.ext.vt.edu/410/410-089/410-089.pdf](http://pubs.ext.vt.edu/410/410-089/410-089.pdf)

The ewe flock project is designed to meet the needs and goals of the 4-H member in developing characteristics of responsibility and sound decision-making. The project is also designed to acquaint 4-H members with the selection of feeding, breeding, and general care and management of a sheep flock for the production of lambs and wool, and give the 4-Her the basic knowledge needed to begin and maintain a small ewe flock.  

**SOLs:** BIO 1a

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**Virginia 4-H Youth Market Hog Project Guide (414-001)**

**Grades:** 9-12  
**Available online at:** [http://pubs.ext.vt.edu/414/414-001/414-001.pdf](http://pubs.ext.vt.edu/414/414-001/414-001.pdf)

Through the *Virginia 4-H Youth Market Hog Project Guide* youth will: develop knowledge and skill in swine selection, production, and marketing; learn to employ proper swine feeding, management and welfare practices; learn about important market hog production and carcass traits, cuts of pork, and pork nutritional value as a human food product; gain understanding of the business aspects of a swine project, including expenses, revenues, and the potential for profits or losses; learn the importance of keeping swine production and financial records by using the appropriate 4-H Livestock Record Book; and develop a sense of responsibility and confidence in one’s ability to initiate and complete a project.  

**SOLs:** BIO 1a, 1d

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**Project Record Books**

**Virginia 4-H Market Beef Project Junior Record Book**

**Grades:** 4-8  
**Available online at:**

The *Virginia 4-H Market Beef Project Junior Record Book* is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in market beef. In this record book, members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.
Virginia 4-H Market Beef Project Senior Record Book
Grades: 9-12
Available online at:
The Virginia 4-H Market Beef Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in market beef and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Beef Heifer Project Junior Record Book
Grades: 4-8
Available online at:
The Virginia 4-H Beef Heifer Project Junior Record Book is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in beef heifers. In this record book, members are required to plan their project, calculate monthly feed costs, provide pedigree information, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Beef Heifer Project Senior Record Book
Grades: 9-12
Available online at:
The Virginia 4-H Beef Heifer Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in beef heifers and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, provide pedigree information, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.
The *Virginia 4-H Dairy Project Junior Record Book* is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in dairy cattle. In this record book, members are required to plan their project, calculate monthly feed costs, provide pedigree and growth information, and record feed tag information. Youth are also required to keep a record of care, lactation, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.
Virginia 4-H Dairy Project Senior Record Book
Grades: 9-12
Available online at:
The Virginia 4-H Dairy Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in dairy cattle and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, provide pedigree and growth information, and record feed tag information. Youth are also required to keep a record of care, lactation, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Dairy Goat Project Junior Record Book
Grades: 4-8
Available online at:
The Virginia 4-H Dairy Goat Project Junior Record Book is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in dairy goats. In this record book, members are required to plan their project, calculate monthly feed costs, provide pedigree and growth information, and record feed tag information. Youth are also required to keep a record of care, lactation, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Dairy Goat Project Senior Record Book
Grades: 9-12
Available online at:
The Virginia 4-H Dairy Goat Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in dairy goats and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, provide pedigree and growth information, and record feed tag information. Youth are also required to keep a record of care, lactation, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.
Virginia 4-H Market Goat Project Junior Record Book

Grades: 4-8

Available online at:

The Virginia 4-H Market Goat Project Junior Record Book is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in market goats. In this record book, members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Market Goat Project Senior Record Book

Grades: 9-12

Available online at:

The Virginia 4-H Market Goat Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in market goats and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Horse Project Junior Record Book (406-122)

Grades: 4-8


The Virginia 4-H Horse Project Junior Record Book is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in equine. In this record book members plan their project, and record information about care, management, riding, training, tack, equipment, feed costs, and health care.
Virginia 4-H Horse Project Senior Record Book (406-123)

Grades: 9-12

Available online at: http://pubs.ext.vt.edu/406/406-123/406-123.pdf

The Virginia 4-H Horse Project Senior Record Book is designed for youth ages 14-19, and is intended to be used on an individual basis or in 4-H clubs that are interested in equine. In this record book members are required to record more in-depth information about care, management, riding, training, tack, equipment, feed costs, and health care of their horse.

Virginia 4-H Market Hog Project Junior Record Book

Grades: 4-8

Available online at:

The Virginia 4-H Market Hog Project Junior Record Book is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in market hogs. In this record book, members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Market Hog Project Senior Record Book

Grades: 9-12

Available online at:

The Virginia 4-H Market Hog Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in market hogs and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.
Virginia 4-H Market Lamb Project Junior Record Book

Grades: 4-8

Available online at:

The Virginia 4-H Market Lamb Project Junior Record Book is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in market lambs. In this record book, members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Market Lamb Project Senior Record Book

Grades: 9-12

Available online at:

The Virginia 4-H Market Lamb Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in market lambs and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit or loss.

4-H Livestock Record Book: Beef-Swine-Sheep

Grades: 4-7

Available online at: http://pubs.ext.vt.edu/380/380-122/380-122.pdf

This record book is designed for youth in their first years of livestock project work. One record book should be used for each species (beef, sheep, and swine) except where conflict between breeding and market records exists, and then a second record book may be used. This project book can be used in school clubs, community clubs, special project clubs, or on an individual basis.
Beginning of LIFE Record Book (408-027)

Grades: 4-6
Available online at: http://pubs.ext.vt.edu/408/408-027/408-027.pdf

In the *Beginning of LIFE Record Book* youth work through questions and activities learning about the parts of the egg, an incubator and its operations, take daily thermometer readings, monitor individual egg progress, and learn when the most important stages of development occur.

<table>
<thead>
<tr>
<th>SOLs: Science</th>
<th>Math</th>
<th>English</th>
<th>CT</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1, 4.4, 4.8, 5.1, 5.5, 6.1, 6.2, 6.8, LS.1, LS.2, LS.3, LS.4, LS.7, LS.8</td>
<td>4.2, 4.4, 4.8, 4.11, 4.12, 4.13, 4.19, 5.3, 5.7, 5.9, 5.10, 5.11, 5.12, 5.17, 5.18, 6.9, 6.10, 6.18, 6.19</td>
<td>4.1, 4.2, 4.5, 4.9, 5.1, 5.2, 5.3, 5.7, 5.8, 6.1, 6.8, 6.9</td>
<td>5.4</td>
</tr>
</tbody>
</table>

The Egg-Citing Egg Record Book (408-030)

Grades: 3-6
Available online at: http://pubs.ext.vt.edu/408/408-030/408-030.pdf

*The Egg-Citing Egg Record Book* is a 4-H project designed to acquaint youth with the avian egg, its parts, and how they relate to human nutrition. Youth will identify the meaning of common sayings and explain how these sayings relate to poultry, connect a store-bought product to how that product is delivered to the market, identify vocabulary related to the study of eggs, demonstrate “egg knowledge” through open-ended questions, connect the concept of form and function, and use observation and experimentation to study eggs. This publication is designed to be used in conjunction with *The Egg-Citing Egg Teacher/Leader Guide*.

<table>
<thead>
<tr>
<th>SOLs: Science</th>
<th>Math</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1, 3.10, 4.1, 4.2, 5.1, 5.2, 5.3, 5.8, 6.1, 6.6</td>
<td>5.1, 6.1</td>
<td></td>
</tr>
</tbody>
</table>

Poultry Yearly Plan and Record Book (408-042)

Grades: 4-12
Available online at: http://pubs.ext.vt.edu/408/408-042/408-042.pdf

*Poultry Yearly Plan and Record Book* is used when completing the following projects: Raising and Rearing Poultry, Poultry and Egg Consumer Projects, and Beginning of Life. This record book first asks youth to set goal for their project, and then provides space for youth to record project activities, financial records, management records, and a summary of the yearly poultry project.
### Virginia 4-H Poultry Project Junior Record Book

**Grades:** 4-8  
**Available online at:**

The *Virginia 4-H Poultry Project Junior Record Book* is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in poultry. In this record book, members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of the laying, breeding, and market bird flock; care; management; equipment; supplies; feed; other expenses; income; and flock production. At the end of the project youth determine if the project was a profit or loss.

### Virginia 4-H Poultry Project Senior Record Book

**Grades:** 9-12  
**Available online at:**

The *Virginia 4-H Poultry Project Senior Record Book* is designed for youth ages 13-19, and is intended to be used on an individual basis or in 4-H clubs that are interested in poultry and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of the laying, breeding, and market bird flock; care; management; equipment; supplies; feed; other expenses; income; and flock production. At the end of the project youth determine if the project was a profit or loss.

### Virginia 4-H Rabbit Project Junior Record Book

**Grades:** 4-8  
**Available online at:**

The *Virginia 4-H Rabbit Project Junior Record Book* is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in rabbits. In this record book, members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, income, and breeding and litter information. At the end of the project youth determine if the project was a profit or loss.
Virginia 4-H Rabbit Project Senior Record Book

Grades: 9-12

Available online at:

The Virginia 4-H Rabbit Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in rabbits and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, income, and breeding and litter information. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Sheep Flock Project Junior Record Book

Grades: 4-8

Available online at:

The Virginia 4-H Sheep Flock Project Junior Record Book is designed for youth ages 9-13, and is intended to be used on an individual basis or in 4-H clubs that are interested in sheep flocks. In this record book, members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, income, and flock production and performance information. At the end of the project youth determine if the project was a profit or loss.

Virginia 4-H Sheep Flock Project Senior Record Book

Grades: 9-12

Available online at:

The Virginia 4-H Sheep Flock Project Senior Record Book is designed for youth ages 14-19. It is intended to be used on an individual basis or in 4-H clubs that are interested in sheep flocks and build on the principals learned in the Junior level record book. Members are required to plan their project, calculate monthly feed costs, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, income, and flock production and performance information. At the end of the project youth determine if the project was a profit or loss.
## Leaders Material

<table>
<thead>
<tr>
<th><strong>Survival Guide for 4-H Horse Leaders</strong> (406-130)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: Leader’s Guide</td>
</tr>
<tr>
<td><strong>Survival Guide for 4-H Horse Leaders</strong> introduces new horse leaders to the basics of 4-H; the Virginia 4-H Horse Program; horse projects available through 4-H; regional, statewide, and national 4-H events; horse show procedures; 4-H policies and guidelines; and risk management resources.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Virginia 4-H Horse Program Leader’s Guide</strong> (406-741)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: Leader’s Guide</td>
</tr>
<tr>
<td><strong>Virginia 4-H Horse Program Leader’s Guide</strong> reviews the objectives of the 4-H Program, depicts the responsibilities of the club leader, gives general information about 4-H projects and 4-H Horse specific projects, information about getting a project started, and program development,</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>A Basic Training Guide for New 4-H Parents and Volunteers Involved with Livestock Projects</strong> (380-120)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: Leader’s Guide</td>
</tr>
<tr>
<td>Available online at: <a href="http://pubs.ext.vt.edu/380/380-120/380-120.pdf">http://pubs.ext.vt.edu/380/380-120/380-120.pdf</a></td>
</tr>
<tr>
<td><strong>A Basic Training Guide for New 4-H Parents and Volunteers Involved with Livestock Projects</strong> introduces parents and volunteers to the 4-H philosophy, developmental characteristics and programming implications of youth, the sequential 4-H curricula system, experiential education, how people learn, cone of experience, basic human needs, and incorporation of life skills in 4-H livestock projects.</td>
</tr>
</tbody>
</table>
**4-H PetPALS Leader's Guide** (380-006)

**Grades:** 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 health care facilities such as 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.

**Beginning of LIFE** (408-029)

**Grades:** Leader’s Guide

Available online at: [http://pubs.ext.vt.edu/408/408-029/408-029.pdf](http://pubs.ext.vt.edu/408/408-029/408-029.pdf)

*Beginning of LIFE* is a reference for leaders and teachers of the 4-H school-enrichment project entitled *Beginning of LIFE*. It is designed to help youth obtain a better understanding of life and embryonic development. This publication will help teachers, project leaders, and individuals doing an independent study become more familiar with the details of embryonic development.

SOLs: Science 3.1, 3.8, 4.1, 4.4, 4.5, 5.1, 5.5, 6.1
English 3.2, 4.2, 5.1, 5.3, 5.7, 5.8, 6.1
Math 3.1, 3.8, 3.15, 3.16, 3.17, 4.1, 4.5, 4.11, 4.12, 4.19, 5.1, 5.3, 5.11, 5.12, 6.1, 6.9, 6.10
Visual Arts K16, 1.5, 1.9
History/Social Science 2.1

**The Egg-Citing Egg Teacher/Leader Guide** (408-031)

**Grades:** 4-6

Available online at: [http://pubs.ext.vt.edu/408/408-031/408-031.pdf](http://pubs.ext.vt.edu/408/408-031/408-031.pdf)

*The Egg-Citing Egg* 4-H project is designed to acquaint youth with the avian egg, its parts, and how they relate to human nutrition. Commercial egg production and marketing are also discussed. Not only are eggs one of nature’s most nutritious foods, they can become a classroom teaching resource. This publication is designed to be used in conjunction with *The Egg-citing Egg Record Book* for 4-H’ers.
School Enrichment

Virginia 4-H School Enrichment: Poultry (388-801)
Grades: 4-6

The bird is an excellent educational subject for the study of embryology. First, unlike most animals, the embryonic development of birds takes place within the egg and outside of the body of the female. Second, the egg is small and readily available. Third, the incubation period is short enough to maintain the interest of even the youngest student. The school enrichment curriculum is designed to help students obtain a better understanding of life and embryonic development. This publication will also help teachers, project leaders, or individuals doing an independent study become more familiar with the details of embryonic development.

SOLs: Science 4.1, 4.4, 4.8, 5.1, 5.5, 6.1, 6.2, 6.8, LS.1, LS.2, LS.3, LS.4, LS.7, LS.8
Math 4.1, 4.4, 4.8, 4.11, 4.12, 4.13, 4.19, 5.3, 5.7, 5.9, 5.10, 5.11, 5.17, 5.18, 6.9, 6.10, 6.18, 6.19
English 4.1, 4.2, 4.5, 4.9, 5.1, 5.2, 5.3, 5.7, 5.8, 6.1, 6.8, 6.9
C/TS.4

Additional Resources

4-H Project Horse Eligibility/Declaration (406-125)
Grades: 4-12

The 4-H Project Horse Eligibility/Declaration is a documentation form for youth to declare their 4-H Project Horse(s), in order to be eligible to exhibit their horse(s) at the District and State 4-H Horse Shows. This form must be completed annually by May 1, accurately depict the specified horse, and be signed by the local 4-H Extension agent.
The Careers and Economic Education curriculum offers project materials related to work and development of the entrepreneurial spirit! The curriculum is divided into three major areas: Career Exploration, Consumer Education, Economic Education, and Youth Entrepreneurship.

Programs in each of these three areas are managed by the Careers and Economic Education Curriculum Committee. Youth, adult volunteer, and professional training sessions are offered annually. In addition, pilot programs, grant opportunities, and youth competitions are offered in this program area.

**Leaders Materials**

<table>
<thead>
<tr>
<th><strong>Survivor Management 4-H Leader’s Guide (392-108)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-12</td>
</tr>
</tbody>
</table>

*Survivor Management 4-H Leader’s Guide* is designed as a “family resource management” project. However, the approach used throughout the lessons is the management of personal resources, dealing with goals and resources within a child’s immediate world. This project will enable youth to understand basic techniques in using management to solve problems in daily living. The following life skills are addressed throughout this program: self-responsibility, self-discipline, contribution to group effort, decision making problem solving, goal setting, and wise use of resources.

**SOLs:**
- Writing 4.7, 5.8, 6.6, 7.8
- Oral 4.1, 4.2, 5.1, 5.2, 6.1, 6.2, 7.1
- CE 4, Government 17
- FLE 4.5, 4.6, 5.8, 6.7, 6.17, 7.15, 9.4, 10.4
- EPF 4a & 10c
- Math 4.3, 5.1, 5.3, 6.7, 6.8, 7.4
CITIZENSHIP

Citizenship includes concern for the common good, respect for authority, and community mindfulness. Citizenship projects assist 4-H’ers to make connects with local, state, and federal governments and communities through education and community service learning. Service learning connects community service to education through thoughtful reflection and discussions. Citizenship also includes curriculum and international exchange programs that teaches 4-H’ers crosscultural understanding and international interdependence in our increasingly global society.

Leaders Materials

<table>
<thead>
<tr>
<th>Conducting 4-H Community Service Learning Projects—Youth Leader's Guide (384-160)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-12</td>
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</tbody>
</table>

*Conducting 4-H Community Service Learning Projects* is a leader’s guide that bridges the gap between the community and the classroom creating service learning opportunities for young people. The guide is based upon a model created by the Points of Light Foundations and serves as the framework around which 4-H youth can learn and enjoy service learning projects. The guide is broken down into eight sections which include youth voice and planning, community need and voice, learning objectives, orientation and training, meaningful service, reflection, evaluation, celebration recognition and reporting. Community service learning is a perfect blend of organized community service and established learning goals.
COMMUNICATIONS & EXPRESSIVE ARTS

The Communication and Expressive Arts Curriculum promotes important life skills related to communication. The curriculum is divided into four major areas; Creative and Performing Arts, Photography, Public Speaking, and Presentations.

Project Books/Guides

<table>
<thead>
<tr>
<th>Express Yourself! Public Speaking and Presentations (388-028)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-12</td>
</tr>
<tr>
<td>Public speaking is an important skill that is basic to good citizenship. Youths’ ability to communicate effectively throughout life will be reflected at home, work, and even in the community. A speech or presentation gives youth the opportunity to share ideas and knowledge with others. Express Yourself! reviews a seven step process for public speaking and giving presentations. This guide reviews the importance of recording ideas, organizing ideas, thinking about the audience, composing a speech, concluding a speech, preparing visual aids, and rehearsing the speech.</td>
</tr>
<tr>
<td>SOLs: English 4.2a, 5.2, 5.3, 6.1a, 7.6, 8.2, 9.2, 10.11e, 11.1, 12.1</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>4-H Presentations (388-056)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-12</td>
</tr>
<tr>
<td>4-H Presentations guides 4-Her’s through the 4-H presentation project. This guide begins by helping 4-Her’s understand why it is important that they do a presentation, and then helps them choose, plan, and organize their presentation.</td>
</tr>
<tr>
<td>SOLs: English 4.2a, 4.8, 5.2, 5.3, 6.2, 7.1, 7.6, 8.2, 9.2, 10.11, 11.1, 12.1</td>
</tr>
</tbody>
</table>
The 4-H Presentations Tip Sheet identifies what type of presentation a presenter should conduct and the differences and similarities between a demonstration and an illustrated talk. This tip sheet also provides helpful hints about presenting posters or electronic presentations.

Project Record Books

The Public Speaking Record Book allows youth to record their goals for their project, practice hours, 4-H and non 4-H related speaking events during the year, programs that they assisted with but did not participate in, feedback received from events, expenses or income received, and knowledge gained during the project.

The Performing Arts Record allows youth to record their goals for their project, practice hours, programs that they participated in during the year and past year, programs that they assisted with but did not participate in, expenses or income received, and knowledge gained during the project.
**My Project** (388-569)

Grades: 4-12

Available online at: http://pubs.ext.vt.edu/388/388-569/388-569.pdf

*My Project* is a general project book where 4-Her's record goals for the year, activates conducted during the project, and a 4-H story. Additionally, members construct a project portfolio and a project summary.

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**Additional Resources**

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**4-H Presentations Scoring Aid** (388-062)

Grades: 4-12


The *4-H Presentations Scoring Aid* is used for all 4-H presentations. This aid rates presenters based upon the general presence of the 4-H member, the presentation, and subject matter of the presentation. Awards are based upon the Danish system: 100-90 blue, 89-75 red, and 74 or below white.

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**4-H Score Sheet for Share-the-Fun Acts** (388-064)

Grades: 4-12


The primary objective in the Share-the-Fun program is to encourage 4-H members to discover and develop their talents, and to develop confidence in self and performing before others. This score sheet is designed to have judges evaluate 4-H members’ performances, give members feedback to assist with their continuous development, and assist in the selection of acts that can be used in an exciting, entertaining variety show. This aid rates performers based upon material chosen, talent, audience response, creativity, showmanship and costumes and props. Each act has a maximum of four minutes to perform, with a maximum of four members per act. Awards are based upon the Danish system: 100-90 blue, 89-75 red, and 74 or below white.
**4-H Public Speaking Score Sheet** (388-066)

**Grades:** 4-12

**Available online at:** http://pubs.ext.vt.edu/388/388-066/388-066.pdf

The **4-H Public Speaking Score Sheet** is used for all 4-H public speaking events. This aid rates presenters' based upon the general presence of the 4-H member, speech selection, voice, speech, use of language, expression, and response to questions. For Juniors and Intermediates there speech should be approximately 3-6 minutes, and seniors 5-7 minutes. Awards are based upon the Danish system: 100-90 blue, 89-75 red, and 74 or below white.
The Family Science 4-H Curriculum includes project material related to clothing and textiles and family life.

### Project Books/Guides

<table>
<thead>
<tr>
<th>Project Name</th>
<th>Grade(s)</th>
<th>Available Online Link</th>
<th>Description</th>
<th>SOLs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Caring for Children 1: Before Babysitting</strong></td>
<td>6 &amp; 7</td>
<td><a href="http://pubs.ext.vt.edu/350/350-035/350-035.pdf">http://pubs.ext.vt.edu/350/350-035/350-035.pdf</a></td>
<td>Youth learn more about themselves and what young children are like. They will spend time with younger children and their parents or caregivers, playing and having fun with them. Further, youth will have the opportunities to create games, toys, and play activities especially for young children. These experiences will help them decide if they really want to have babysitting jobs when they are older.</td>
<td>FLE: 6.2, 6.7, 6.8, 7.1, 7.3</td>
</tr>
<tr>
<td><strong>Caring for Children 2: Babysitting Basics</strong></td>
<td>8-12</td>
<td><a href="http://pubs.ext.vt.edu/350/350-045/350-045.pdf">http://pubs.ext.vt.edu/350/350-045/350-045.pdf</a></td>
<td>This project book teaches youth valuable life skills, such as, responsibility, understanding self, problem solving, decision-making, communication, leadership, and acquiring knowledge. Through this project book youth will learn the roles and responsibilities of babysitters and parents of young children; how to care for and keep infants and young children safe and happy; how to solve problems related to minor accidents, emergencies, and behavior; to understand the physical, social, mental, and emotional characteristics of young children; and how to communicate with young children during playtime using toys and games.</td>
<td>FLE: 8.1, 8.3, 9.2, 9.4, 10.3, 10.4, 11.9, 11.10, 11.12, 11.4</td>
</tr>
</tbody>
</table>
### Safe at Home Safe Alone—Youth Book (350-523)

**Grades:** 3-5  

*Safe at Home/Safe Alone* is designed to educate youth with the life skills needed to successfully handle self-care situations. This curriculum is designed for youth ages nine to eleven. *Safe at Home/Safe Alone* is a workbook created to inform youth on topics such as having a safe home environment, stranger safety, emergency preparation, simple first aid, coping with loneliness and boredom, handling conflict with peers and siblings, and preparing nutritious snacks.

**SOLs:** PWCS Guidance and Counseling objectives:  
4P.7: Demonstrate different coping strategies for various situations and life changes.  
4P.8: Identify factors that impact personal safety and well-being.  
4P.9: Demonstrate self-reliance.  
Virginia Standards:  
EPS: Demonstrate self-discipline and self-reliance.  
ASCA National Standard:  
PS:B1.4: Develop effective coping skills for dealing with problems.  
PS:C1.1: Demonstrate knowledge of personal information.  
PWCS strategic plan objective to be met:  
Objective 2.2: Increase safe, responsible, and healthy student behavior

### 4-H Fashion Revue Consumer Comparison Worksheet (346-148)

**Grades:** 4-12  

Consumer Comparison is the consideration of two things with regard to some characteristics common to both, for example, cost of a garment, quality of construction, and care instructions. The 4-H Fashion Revue Consumer Comparison Worksheet allows youth to use their Fashion Revue garment (constructed or selected), and make comparisons with other similar garments based upon: the description of the garment, the store from which the garment was purchased, total cost and fiber content of the garment, care instructions, and construction quality.
**4-H Fashion Revue Commentary Worksheet** (346-149)

*Grades: 4-12*  
*Available online at: http://pubs.ext.vt.edu/346/346-149/348-149.pdf*

*4-H Fashion Revue Commentary Worksheet* is a guide the members can use to help them write commentary on their fashion revue project that will be read to judges. This worksheet does not have to be submitted with the written commentary for state competition; however, it is an excellent tool for beginning the commentary process.

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**Project Record Book**

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**Virginia 4-H Fashion Revue/Clothing Record** (346-147)

*Grades: 4-12*  
*Available online at: http://pubs.ext.vt.edu/346/346-147/346-147.pdf*

The *Virginia 4-H Fashion Revue/Clothing Record* allows youth to record fashion revue activities, other activities such as modeling and fashion shows, the outcome of fashion exhibitions, and life skills gained from the project.

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**Additional Resource**

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**4-H Fashion Revue Score Sheet** (346-150)

*Grades: 4-12*  
*Available online at: http://pubs.ext.vt.edu/346/346-150/346-150.pdf*

The *4-H Fashion Revue Score Sheet* is designed to assist judges in evaluating 4-H members’ performances, and give members feedback to assist with their continuous development. This aid rates exhibitors’ based upon the model, commentary, the outfit on the model, the construction of the garment, and project records. Awards are based upon the Danish system: 100-90 blue, 89-75 red, and 74 or below white.
FOOD, NUTRITION, & HEALTH

The 4-H Foods and Nutrition projects teach youth, ages 9 to 19, and 4-H Cloverbuds, ages 5 to 8, about nutrition and why it’s important for good health. Projects emphasize My Pyramid, Dietary Guidelines, and food preparation skills to prepare nutritious snacks and meals. Many projects incorporate how food is produced explaining the food chain from farmer to processor to grocery store to consumer. Food buying skills and label reading are incorporated for older children. Food as a part of our culture/heritage and international foods are included. Food safety is stressed. Leadership, citizenship, and career opportunities are included.

Project Books/Guides

<table>
<thead>
<tr>
<th>Kids Kitchen: Start Your Engine! (348-456)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-7</td>
</tr>
<tr>
<td>Available online at:  <a href="http://pubs.ext.vt.edu/348/348-456/348-456.pdf">http://pubs.ext.vt.edu/348/348-456/348-456.pdf</a></td>
</tr>
<tr>
<td>Kids Kitchen: Start Your Engine! Is a two-page publication that informs youth of the importance of eating a healthy, nutritious breakfast. Kids Kitchen visually demonstrates the effects on a person who has not eaten breakfast, someone who has eaten sugary foods such as soda or candy, and someone who has eaten cereal, toast, milk, and fruit for breakfast.</td>
</tr>
<tr>
<td>SOLs: Health 4.1, 5.2a, b, 7.2a</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kids Kitchen: Which cereal should I eat? (348-790)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-7</td>
</tr>
<tr>
<td>Available online at:  <a href="http://pubs.ext.vt.edu/348/348-790/348-790.pdf">http://pubs.ext.vt.edu/348/348-790/348-790.pdf</a></td>
</tr>
<tr>
<td>Kids Kitchen: Which cereal should I eat? is a two-page publication that helps youth choose which cereal is the most nutritious for them. Kids Kitchen visually demonstrates the dramatic difference in the sugar content per serving of Frosted Fruit O’s, Corn Squares, and Chocolate Puffs.</td>
</tr>
<tr>
<td>SOLs: Health 4.1b, 7.2a</td>
</tr>
</tbody>
</table>
# NATURAL RESOURCES & ENVIRONMENTAL EDUCATION

The Virginia 4-H Natural Resources and Environment Education (NREE) curriculum area includes six major components: Aquatic and Marine Science, Environmental Sciences, Fishing, Forestry, Outdoor Adventure, Shooting Education, Wildlife, and Wood Sciences.

Each of these project areas offers opportunities for youth to be involved in hands-on learning through project books, training programs, specialty camps, contests, workshops, field days and presentations.

## Project Books/Guides

<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
<th>Grades</th>
<th>SOLs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How to Plant and Care for a Seedling (390-070)</strong>&lt;br&gt;Available online at: <a href="http://pubs.ext.vt.edu/390/390-070/390-070.pdf">http://pubs.ext.vt.edu/390/390-070/390-070.pdf</a></td>
<td>Tree planting is something positive a young person can do for the environment. It also makes good economic sense since trees provide jobs, add value to property, and protect and enhance the environment. <em>How to Plant and Care for a Seedling</em> describes a three step process for planting and caring for seedling in Virginia.</td>
<td>4-12</td>
<td>Science LS.4a</td>
</tr>
<tr>
<td><strong>4-H Forestry Projects Book Two: Tree Planting Project Book (420-025)</strong>&lt;br&gt;Available online at: <a href="http://pubs.ext.vt.edu/420/420-025/420-025.pdf">http://pubs.ext.vt.edu/420/420-025/420-025.pdf</a></td>
<td>Planting a seedling is the easiest and most economical way to plant a tree. Trees and the leaves that fall to the ground protect the soil from erosion. They also increase the amount of water the soil can hold to help prevent flooding. This <em>Tree Planting Project Book</em> contains activities that teach youth ages 9-18 how to decide what to plant, where to plant, and how to plant a seedling, sapling, or a tree from seed. This project book also includes ideas for exhibits, presentations, community service, and science fair projects.</td>
<td>4-12</td>
<td>Science 4.8d, 6.9a, LS.4a</td>
</tr>
</tbody>
</table>
## Checklist of Virginia Trees and Their Uses (420-065)

**Grades:** 4-12  

*Checklist of Virginia Trees and Their Uses* is a guide to native trees found in Virginia, which includes urban trees and important forest plants. This guide covers the Ginko, Pine, Cypress, Cedar, Magnolia, Custard-Apple, Laurel, Sycamore, Witch-Hazel, Elm, Mulberry, Walnut, Beech, Birch, Linden, Willow, Poplar, Heath, Ebony, Rose, Dogwood, Buckeye, Maple, Bitterwood, Olive, Figwort, Trumpet-Creeper, and Euphoria families.

**SOLs:** Science 4.8d, LS.5c

## Tree Identification Contest #1 (420-066)

**Grades:** 4-12  

*Tree Identification Contest #1* is a publication that helps teach youth what type of leaf and fruit are produced by the following trees: Loblolly Pine, Red Maple, Slippery Elm, White Oak, Sassafras, American Holly, American Beech, Sweetgum, Tulip Tree, Flowering Dogwood, Sycamore, Hickory, Black Willow, Northern Red Oak, Shortleaf Pine, and Blackgum. This contest is only for the Coastal Plain and Eastern Piedmont counties of Virginia.

**SOLs:** Science 4.4a, LS.5c

## Virginia 4-H Pine Seedling Project (420-068)

**Grades:** 4-12  

Tree planting is something positive a young person can do for the environment. It also makes good economic sense since trees provide jobs, add value to property, and protect and enhance the environment. The *Virginia 4-H Pine Seedling Project* describes the proper way to hand plant seedlings, and provides an area to record the weather conditions and other pertinent data about the region where the seedlings were planted.

**SOLs:** Science 4.4a, LS.4a
<table>
<thead>
<tr>
<th>Title</th>
<th>Grades</th>
<th>Available online at</th>
<th>Description</th>
<th>SOLs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virginia Forest Health Project: A Checklist for Observing Insects,</td>
<td>4-12</td>
<td><a href="http://pubs.ext.vt.edu/420-069/420-069.pdf">http://pubs.ext.vt.edu/420-069/420-069.pdf</a></td>
<td>The Virginia Forest Health Project is a checklist for observing insects, diseases, and other forest health conditions. This checklist lists possible conifer insects, conifer diseases, hardwood insects, hardwood diseases, and other pests and conditions.</td>
<td>LS.5c</td>
</tr>
<tr>
<td>Diseases, and Other Forest Health Conditions (420-069)</td>
<td></td>
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<tr>
<td>Trees In Your Backyard (420-070)</td>
<td>4-12</td>
<td><a href="http://pubs.ext.vt.edu/420-070/420-070.pdf">http://pubs.ext.vt.edu/420-070/420-070.pdf</a></td>
<td>This project introduces youth to the study of trees by having them look at the leaf characteristics of trees in their backyard or nearby forest. The illustrations in this book represent 22 of the most common trees in Virginia. There are seven activities covered in this project book which include: Looking at Leaves—Broad- and Needle-leaved Trees, Using a key to Identify Trees, Making a Leaf Collection, Making a Seed Collection, Nominating a Big Tree, and Ideas for Exhibits, Presentations, and Community Service. Youth may want to purchase or borrow a tree identification guide to help with some of the less common species.</td>
<td>Science 4.4a, LS.5c</td>
</tr>
<tr>
<td>City of Hampton 3rd Grade Urban Forestry Project (420-071)</td>
<td>3</td>
<td><a href="http://pubs.ext.vt.edu/420-071/420-071.pdf">http://pubs.ext.vt.edu/420-071/420-071.pdf</a></td>
<td>Trees have life cycles, just like insects, mammals and other animals. Tree life cycle stages include seedling, saplings, mature trees, dead trees and rotting logs. Each of these life cycle stages is important. A sprout is important because it will take the place of a mature tree when it dies. In this study youth will compare tree life cycle stages in three places: at school, at home, and at a natural area. They will collect data, report their results, and answer questions to help make conclusions. The project is designed to enhance the science curriculum using the urban forest as a study site. Leaders should use Project Learning Tree activities that are correlated with the Virginia Standards of Learning (SOLs). These activities offer a special, hands-on approach to learning.</td>
<td>Math 3.21 (collecting data and making a bar graph)&lt;br&gt;Math 3.22 (interpreting bar graphs)&lt;br&gt;Science 3.1 (conducting a scientific investigation)&lt;br&gt;Science 3.8 (animal and plant life cycles)</td>
</tr>
<tr>
<td>City of Hampton 4th Grade Urban Forestry Project (420-072)</td>
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<tr>
<td><strong>Grade:</strong> 4</td>
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<tr>
<td>The project is designed to enhance the science curriculum using the urban forest as a study site. Leaders should use <em>Project Learning Tree</em> activities that are correlated with the Virginia Standards of Learning (SOLs). These activities offer a special, hands-on approach to learning. This project book is intended to be completed after each activity because youth can practice what they have learned and extend that learning to new and challenging situations. The end-result is greater mastery of subject matter and life skills.</td>
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<tr>
<td>SOLs: Science 4.4 (plant structures)</td>
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<tr>
<td>Science 4.4 (reproduction, dormancy)</td>
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<tr>
<td>Science 4.8 (Virginia natural resources)</td>
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<table>
<thead>
<tr>
<th>City of Hampton 5th Grade Urban Forestry Project (420-073)</th>
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<tbody>
<tr>
<td><strong>Grade:</strong> 5</td>
<td></td>
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<tr>
<td>Tree identification is important because different types of trees have different requirements for growth, and have different values to people. If you want to learn more about trees, you will need to know their names. Trees can be studied easily, providing living examples of scientific concepts. In this project youth will learn the common names of trees that can be found in the City of Hampton. These activities offer a special, hands-on approach to learning. This project book is intended to be completed after each activity because youth can practice what they have learned and extend that learning to new and challenging situations. The end-result is greater mastery of subject matter and life skills.</td>
<td></td>
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<tr>
<td>SOLs: English 5.3 (make a planned oral presentation)</td>
<td></td>
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<tr>
<td>Math 5.9 (identify the diameter, radius and circumference of a circle)</td>
<td></td>
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<tr>
<td>Science 5.1 (identify organisms using a classification key)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Virginia 4-H Forestry Judging Project Book (420-125)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Grades:</strong> 9-12</td>
<td></td>
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<tr>
<td>This project book is designed to help senior level 4-H members learn and practice the skills necessary to compete in district, state, and national 4-H forestry judging contests. Forestry judging consists of the following: tree identification, tree measurements, compass traverse, topographic map reading, forestry quiz bowl, forest evaluation, insect identification, forestry written exam, and disease identification. To complete this project book, youth must complete the score sheet provided in each section and participate in a forestry bowl or written exam.</td>
<td></td>
</tr>
<tr>
<td>SOLs: ES.1a,c, BIO.1a</td>
<td></td>
</tr>
</tbody>
</table>
Tree planting is something positive a young person can do for the environment. It also makes good economic sense since trees provide jobs, add value to property, and protect and enhance the environment. In most cases, planting trees is also an unselfish act since the benefits will mostly be enjoyed by future generations. This Project Leader’s Guide is intended for adults who are working with youth ages 9-18 on tree planting projects.

**Leaders Material**

<table>
<thead>
<tr>
<th>4-H Wildlife Projects—Book One: Wildlife Foods (390-405)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-6</td>
<td></td>
</tr>
<tr>
<td>This project book introduces junior 4-H members, ages 9-13, to the 4-H Wildlife Habitat Evaluation Program (WHEP), which provides competitive events and recognition for 4-H members. Habitat evaluation is important because our ever-growing human population is leaving less land and water available for wildlife. Through this project book youth will demonstrate an understanding of food webs by creating examples, will be able to identify 15 categories of wildlife food, and will use their knowledge of foods and food webs to evaluate habitat for its importance to wildlife.</td>
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<tr>
<td>SOLs:</td>
<td></td>
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<tr>
<td>Science 3.5 (Producer, consumer, herbivore, carnivore, omnivore.)</td>
<td></td>
</tr>
<tr>
<td>Science 3.10 (Conservation and habitat management.)</td>
<td></td>
</tr>
<tr>
<td>Science 4.5 (Flow of energy through food webs; habitats and niches.)</td>
<td></td>
</tr>
<tr>
<td>Science 4.8 (Virginia’s natural resources, including animals and plants)</td>
<td></td>
</tr>
<tr>
<td>Science 6.9 (Producers, consumers, decomposers, food webs)</td>
<td></td>
</tr>
<tr>
<td>Science 6.11 (Management of renewable resources)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4-H Forestry Projects Leader’s Guide to Tree Planting Projects (420-026)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 4-12</td>
<td></td>
</tr>
<tr>
<td>Tree planting is something positive a young person can do for the environment. It also makes good economic sense since trees provide jobs, add value to property, and protect and enhance the environment. In most cases, planting trees is also an unselfish act since the benefits will mostly be enjoyed by future generations. This Project Leader’s Guide is intended for adults who are working with youth ages 9-18 on tree planting projects.</td>
<td></td>
</tr>
<tr>
<td>SOLs:</td>
<td></td>
</tr>
<tr>
<td>Science 4.1, 4.4, 4.8, 6.1, 6.9, ES.1, ES.7, ES.9, LS.4, LS.11, LS.12, BIO.1, BIO.9</td>
<td></td>
</tr>
<tr>
<td>Math 4.2, 4.11, 4.15, 4.16, 4.19, 4.20, 5.1, 5.11, 5.17, 5.18, 5.19, 5.21, 6.1, 6.4, 6.9, 6.18, 6.19, 6.23, 7.1, 7.17, 7.22</td>
<td></td>
</tr>
<tr>
<td>History VS.2, VS.3, VS.7</td>
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</tr>
</tbody>
</table>
Virginia 4-H School Enrichment: Forestry (388-802)

Grades: 4-5

As an agricultural commodity, timber ranks third behind livestock and poultry. As a crop, timber ranks first, higher than corn, cotton, peanuts, soybeans, and wheat. We get much more than timber from our forests. Forests also provide ecosystem benefits, improving our air and water and providing habitat for wildlife. Virginia 4-H Forestry School Enrichment Curriculum includes six lessons: tree identification, tree identification contest, Virginia natural resources, tapping a maple tree, pine seedlings, and pine seeding survival. These lessons were selected because they represent activities that youth enjoy, and they lead to other 4-H projects and activities.

SOLs: Science 4.1a, 4.4a, b, 4.5a, c, d, 4.8b, 5.1c, 5.5a

Virginia 4-H School Enrichment: Wood Magic (Nine-Eleven year olds) (388-807)

Grades: 4-6

Wood Magic is designed for nine to eleven year olds as a supplement to information that students study in their existing science curriculum. The Wood Magic Leaders Guide materials are designed to help school teachers and afterschool facilitators to facilitate the learning about environment science, particularly wood science and forestry. The activities engage students in doing, reflecting, and applying wood science to their daily world. The underlying themes include how wood adds value to our quality of life, the role of wood utilization in a sustainable future, and how science is used to improve the production of recyclable forest products. These materials present factual information in an entertaining, engaging, and interactive way.

SOLs: Science 4.1a, b, c, 4.4, 4.8b, d, 5.1a, b, 5.5

Virginia 4-H School Enrichment: Wood Magic (Fourteen-Eighteen year olds) (388-809)

Grades: 8-12

Wood Magic is a curriculum designed for youth ages 14 to 18 to raise awareness of how wood has become a vital part of our lives and the role of wood utilization in a sustainable future. This activity guide can easily be implemented into a formal or informal educational setting. If used in a formal educational setting, Wood Magic can serve as a supplement to an existing science curriculum. Overall, Wood Magic serves to prepare students to make ethical choices dealing with wood utilization. Through education, students can understand how their actions and the actions of others impact their immediate and distant surroundings. Students will gain an appreciation for the magic that surrounds wood and its products.

SOLs: BIO.1b, ES.2d, ES.7
**PLANTS, SOILS, & ENTOMOLOGY**

In the area of Plants, Soils, and Entomology, 4-H’ers will explore the world of horticulture, soils, and insects.

**Project Books/Guides**

<table>
<thead>
<tr>
<th>Exploring the World of Plants and Soils Project Book 1:</th>
<th>It's More Than Just Dirt (380-020)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 6-8</td>
<td></td>
</tr>
<tr>
<td>Exploring the World of Plants and Soils is a three book series, written for youth ages 12-14, which explores the many factors involved in plant growth and reproduction through experimentation, investigation, and observation. The third activity book, It's More Than Just Dirt, explores the varied features and roles of soil as it supports plant growth through the provision of water, air, nutrients, and stability.</td>
<td></td>
</tr>
<tr>
<td>SOLs: LS.7, 12e Math 6.1, 6.9, 7.1, 7.4, 7.5 LA 6.2, 6.6, 7.1</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exploring the World of Plants and Soils Project Book 2:</th>
<th>Steams and Stamens (380-021)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 6-8</td>
<td></td>
</tr>
<tr>
<td>Exploring the World of Plants and Soils is a three book series, written for youth ages 12-14, which explores the many factors involved in plant growth and reproduction through experimentation, investigation, and observation. The first activity book, Steams and Stamens, encourages youth to explore the composition of plants, the functions of individual plant parts, plant life cycles, and the many ways plants reproduce.</td>
<td></td>
</tr>
<tr>
<td>SOLs: LS.4, 3, 3b, 5c, 6, 7 LA 6.2, 6.6, 7.1, 7.7</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Exploring the World of Plants and Soils Project Book 3:</th>
<th>Sprouting Out and Growing Up (380-022)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades: 6-8</td>
<td></td>
</tr>
<tr>
<td>Exploring the World of Plants and Soils is a three book series, written for youth ages 12-14, which explores the many factors involved in plant growth and reproduction through experimentation, investigation, and observation. The second activity book, Sprouting Out and Growing Up, looks at the environmental and internal factors that affect plant growth.</td>
<td></td>
</tr>
<tr>
<td>SOLs: LS.4a, .4c, .6, .8a, .9c, .9d, .10, .11, .11a, .14 LA 6.2, 6.6, 7.1, 7.7 Math 6.1, 6.1, 7.1, 7.5</td>
<td></td>
</tr>
</tbody>
</table>
4-H Honey Bee Youth Project Book 1—The Buzz About Bees: Honeybee Biology and Behavior (380-070)

Grades: 3-8


The beekeeping project book one will teach youth the basic biology and behavior of honey bees and give youth hands-on management skills. This project book is intended to provide in-depth information related to honey bee management, yet it is written for the amateur beekeeper, whether or not youth have previous experience in rearing honey bees. The Buzz about Bees: Honey Bee Biology and Behavior, written for youth ages 10-13, explores basic honey bee and insect information. This book is intended to introduce youth to honey bee biology and foraging behavior, then the dynamics of the honey bee colony.

SOLs: Science 3.1a, 3.4a, 3.10b, 4.1a, 4.4a,b, 4.5, 4.8b, LS.4, LS.5c, LS.8, LS.9, LS.12

Adventures with Insects—4-H Entomology Project Book (444-408)

Grades: 4-7

Available online at: http://pubs.ext.vt.edu/444/444-408/444-408.pdf

Adventures with Insects—4-H Entomology Project Book introduces youth to many new and exciting experiences. The Entomology Project is fun; it may help youth prepare for the study of insects as their life’s work, or help learn how important insects are in the lives of everyone. The project book covers insect biology, where to look for insects, how to collect specimens, how to preserve specimens, and how to identify insects.

SOLs: Science 4.1a, 4.5e, 6.1a, LS.4b, LS.5, LS.12

Leaders Materials

4-H Honey Bee Leaders Guide Book I—The Buzz About Bees: Honeybee Biology and Behavior (380-071)

Grades: 3-7


The beekeeping project book one provides leaders information to teach youth the basic biology and behavior of honey bees and gives youth hands-on management skills. This project book is intended to provide in-depth information related to honey bee management, yet it is written for the amateur beekeeper, whether or not youth have previous experience in rearing honey bees. The Buzz about Bees: Honey Bee Biology and Behavior is written for leaders to provide assistance to youth ages 11-13 and explores basic honey bee and insect information. This book is intended to provide leaders with information to introduce youth to honey bee biology and foraging behavior then the dynamics of the honey bee colony.

SOLs: Science 4.4b, 4.5b,e,f, 4.8b, 5.5, LS.5, LS.8a
The Science, Engineering, and Technology Curriculum is an increasingly important part of Virginia 4-H educational programming. The Science, Engineering, and Technology curriculum covers these major areas: Aerospace, Computers, Electric Energy, Robotics, and Applied Science.

**School Enrichment**

### Virginia 4-H School Enrichment: Scientific Inquiry (388-808)

Grades: 4-7


*Scientific Inquiry* was developed as a school enrichment curriculum, but includes activities that can be used in a variety of settings including: in-school, special interest SET (science, engineering, and technology) 4-H clubs, themed sequential, after-school programming, and day or overnight camps. The target audience for *Scientific Inquiry* is youth ages nine to thirteen. These activities are designed to introduce youth to the process of scientific inquiry and to help develop the following inquiry skills: predicting; hypothesizing; inferring; defining; controlling and manipulating variables in experimentation; interpreting, analyzing and evaluating data.

SOLs: Science 4.1a,e, 5.1e, 6.1a,h

### Virginia 4-H School Enrichment: Electricity (388-800)

Grades: 4-7

Available online at: [http://pubs.ext.vt.edu/388/388-800/388-800.pdf](http://pubs.ext.vt.edu/388/388-800/388-800.pdf)

*Electric Energy* is a school-enrichment curriculum that includes activities that can be used in a variety of settings including the following: in-school, special interest SET (science, engineering, and technology) 4-H clubs, themed sequential, after-school programming, and day or overnight camps. The target audience for *Electric Energy* is youth ages nine to thirteen. Although focused on Virginia 4th grad Standards of Learning, it has been used with other grade level audiences. It is used with an accompanying kit for teachers’ in-service training. Youth will investigate and understand the characteristics of electricity, which includes the nature of electricity (voltage, ampere, resistance, conductors, and insulators), circuits (open/closed, parallel/series), magnetism and magnetic fields, static electricity, and historical contribution in understanding electricity.

SOLs: Science 4.1a,b,c,f,g,h, 4.3
Curriculum/Record Books
for curricular areas in Virginia that need extra support!

This is a work in progress; please continue to send information to the Curriculum and Learning Specialist as you find additional materials.

General Project Support: (IA) http://www.extension.iastate.edu/4h/projects/hotsheets/4-HHotSheets-All.pdf

Animal Science
Dairy
http://downloads.cas.psu.edu/4H/AniProjRecBegMembers.pdf
http://downloads.cas.psu.edu/4H/4HDairyRecord20.pdf
http://downloads.cas.psu.edu/4H/4HIndividualDairyAnimalLifetimeRecord.pdf

11506 Dairy Heifer
http://4h.uwex.edu/pubs/pubdetails.cfm?publicationid=55
http://4h.uwex.edu/pubs/pubdetails.cfm?publicationid=59

11507 Dairy Cow
11511 Dairy Group Activity

Goat
11801 Breeding Goat
Activity Sheets (to accompany a cost ($) National 4-H Goat Curriculum): http://www1.extension.umn.edu/youth/mn4-H/projects/animal-science/goat/index.html
Record Book: www.colorado4h.org/project_resources/erecords/BreedingGoatsOnly.doc
Record Book: http://www.ansci.cornell.edu/4H/meatgoats/mgdoerecord.htm

12001 Dairy Goat
http://downloads.cas.psu.edu/4h/4HMarketGoat.pdf
http://downloads.cas.psu.edu/4H/4HDairyGoatHerdRecordBook.pdf

12004 Fiber Goat

12506 Market Goat
12509 Meat Goat
http://www.ces.ncsu.edu/depts/fourh/old/teachers/enrichment/goat/goat7-8.pdf*
*Cloverbuds may not be in sole control of leading a large show animal in Virginia

Llamas
14002 Llama
http://www.extension.purdue.edu/extmedia/4H/4-H-999-W.pdf
http://www1.extension.umn.edu/youth/mn4-H/projects/docs/Lama-Showmanship-Curriculum.pdf

14004 Alpaca
http://www.extension.purdue.edu/extmedia/4H/4-H-999-W.pdf

Poultry
15502 Poultry – Raising & Rearing (9-19)
http://downloads.cas.psu.edu/4H/BroodRearBabyChick.pdf
http://downloads.cas.psu.edu/4H/BackyardPouCareMG.pdf

15512 Embryology

Pets and Companion Animals
Cat
16004 Cat (9-19)
http://downloads.cas.psu.edu/4H/DogCatProjRecord.pdf

Dog
16204 Dog Obedience (9-19)
http://4h.uwex.edu/pubs/pubdetails.cfm?publicationid=14
http://4h.uwex.edu/pubs/pubdetails.cfm?publicationid=15
http://www.extension.purdue.edu/extmedia/4H/4-H-1009-W.pdf

16205 Dog Showing (9-19)

16206 Dog Agility (9-19)
http://www1.extension.umn.edu/youth/mn4-h/projects/docs/dog-agility-rules.pdf

16207 Dog Care (9-19)
http://4h.uwex.edu/pubs/showdoc.cfm?documentid=30492
http://4h.uwex.edu/pubs/showdoc.cfm?documentid=30491

Rabbit
http://downloads.cas.psu.edu/4H/RabbitCavyProjRec.pdf

16804 Rabbit (Commercial) (9-19)
16805 Rabbit (Show) (9-19)
16806 Rabbit (Breeding) (9-19)
16807 Rabbit National 4-H (9-19)

Sheep
17002 Market Lamb (9-19)
http://downloads.cas.psu.edu/4H/4HMarketProjectLamb.pdf

Citizenship
Citizenship
30015 Civic Engagement
30016 Community Service
30017 Cultural/Folk Connections
WI ($) http://learningstore.uwex.edu/Folk-Arts-Leader-Guide-P845C160.aspx

Communications/Expressive Arts
Expressive Arts
35001 Share-the-Fun (9-19)
35019 Storytelling (9-19)
Activity Sheet: http://www.aces.edu/fourh/docs/contest/sr/Have_I_Got_A_Story_SR.pdf

Creative Arts
36002 Photography
36003 Visual Arts

Family and Consumer Sciences
Clothing and Textiles
40021 Clothing
http://downloads.cas.psu.edu/4H/SewMuchFun.pdf
http://downloads.cas.psu.edu/4H/StitchByStitch.pdf
http://downloads.cas.psu.edu/4H/Knits.pdf
http://downloads.cas.psu.edu/4H/Coordinates.pdf
http://downloads.cas.psu.edu/4H/Tailoring.pdf
http://downloads.cas.psu.edu/4H/separates.pdf
http://downloads.cas.psu.edu/4H/Design.pdf

Foods, Nutrition, and Health
Health
47011 Health (9-19)

Natural Resources and Environmental Education
Environmental Sciences
61006 Environmental Sciences (9-19)
Fishing
62005  Fishing (9-19)

Forestry
63007  American Chestnut Restoration (9-19)

**Plant and Soil Science**

Land Appreciation and Soils
70065  School and Community Gardens
71002  Geosciences
71004  Soil Judging

**Science, Engineering, and Technology**

Aerospace
75006  Aerospace (9-19)

Energy/Alternative Energy
75305  Alternative Energy

Computer
76004  Computers (9-19)

Engineering Sciences
Small Engines
78101  Small Engines (9-19)
Time to Invent Club: [http://sites.google.com/site/rogerscoolopportunities/home/other-opportunities/timetoinventclub-wgbh](http://sites.google.com/site/rogerscoolopportunities/home/other-opportunities/timetoinventclub-wgbh)

Woodworking
78201  Woodworking (9-19)

Science Inquiry
79501  Science Inquiry

4-H project Activity Sheets:
TN: [http://www.utextension.utk.edu/4h/projects/actsheets.htm](http://www.utextension.utk.edu/4h/projects/actsheets.htm)
(In development to provide activities at different levels of experience)
IA: [http://www.extension.iastate.edu/4H/projects.php](http://www.extension.iastate.edu/4H/projects.php)

Descriptions:
WI Folk Art: Explore traditional folk arts while learning more about your family and community. Folk arts can range from storytelling to polka dancing, egg decorating to basket making, and hair braiding to doll making.
This book offers a unique avenue to appreciate cultural diversity and respect for traditional ways of life. The book's four units describe folk arts and encourage participants to consider their communities' folk arts and their families' traditions. Produced by the University of Nebraska, available through National 4-H.