

MEADOWLARK EXTENSION DISTRICT # 7



K-STATE
Research and Extension



Meadowlark
District

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Information shared in this handout were taken from the Kansas 4-H Project Selection Guide & Project page:
<https://www.kansas4-h.org/projects/>

BEEF (includes Market and Breeding phases) The beef project is an excellent way to learn about an important industry. Learn all aspects of this industry by caring for a calf or building your own herd. Select, raise and show a market steer. Select, raise, breed and show of a breeding heifer. Learn the value of performance data to make breeding decisions. 4-Hers can show market beef, breeding beef and/or participate in showmanship.

BUCKET CALF Most calves are orphaned at birth or shortly after and should be bottle fed. Calves must be born between January 1 and May 31st of current year. This project is open to 7- to 12-year-old youth.

CIVIC ENGAGEMENT (CITIZENSHIP) Take an active role in your community, country and world while learning about yourself and those around you. This project will encourage you to meet people and work with groups while learning about local, state and national governments. You also can make new friends from other countries and cultures through exchange programs.

CLOTHING AND TEXTILES (Construction and Buymanship) These projects will introduce you to the world of clothing, fashion, and accessories. Learn to create and sew your own items in Clothing Construction or develop your sense of style and value through Buymanship. These projects can build your confidence in managing your wardrobe or launch a career in fashion. **Clothing Construction** The clothing construction project will teach you the basics such as sewing a shirt or putting a zipper in a pair of pants. Learn to select appropriate fabrics, use patterns, sew quality seams, and care for your garments. In advanced units, you can learn how to take the design of your choice and customize it for the perfect look, color, and fit. **Buymanship** will give you that edge on knowing your wardrobe; planning a budget for an outfit; learning to select colors and styles that complement your body shape, proportion, and balance; choosing between different shades of colors; making decisions about clothing purchases by comparing fiber, care requirements, cost, brand, and style; and analyzing clothing advertisements.

COMMUNICATIONS 4-H is famous for helping kids improve their communication skills. Being a better speaker, writer, or record keeper will help you throughout your life. The communications project will help you learn to interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, design a presentation, and much more.

DAIRY (Cattle & Goats) You'll learn about raising and managing dairy animals. 4-H members usually start with a heifer calf or yearling heifer, learning how to select, groom, and show. Along the way, you'll learn about breeds of dairy cattle, parts of a cow, judging and presenting oral reasons, animal health and welfare, and safe practices for handling milk and milk products. Older 4-H members with mature cows learn about animal feeds and nutrition, milk production, and careers in the dairy industry. Specific projects include: **Dairy Heifer** and **Dairy Cow**. The **Dairy Goat** project is a great animal project for smaller properties. Goats are easy to train and handle. Milk can be consumed by the family, fed to bucket calves, or fed to other market animals. You might start with one doe, raise kids, and eventually create your own dairy goat herd. Throughout the project, you can learn about breeds of dairy goats, parts of a goat, proper care and welfare of animals, record keeping, and more.

DOG CARE AND TRAINING Whether you have a dog or hope to get one, this project will help you learn more about dogs, from basic care and grooming to advance training commands. Learn about different dog breeds and choose the best breeds for your family. Explore dog behavior, body language, and obedience training. Learn about proper nutrition to keep your dog happy and healthy.

ENTOMOLOGY Have you chased butterflies or caught a ladybug to get a closer look? Do you think collecting bugs is a great way to spend your time? Then the 4-H Entomology project is right up your alley. Youth will learn about the world of insects in soil, on plants, in homes, on pets and other secret places.

ENVIRONMENTAL SCIENCE 4-H has a growing environmental science curriculum to help you learn about your environment; explore ecosystems; understand conservation; learn how water can be responsibly preserved, protected, used, and reused; expand recycling efforts; and understand your ecological footprint.

FAMILY STUDIES 4-H members will learn about their own growth and development as well as that of others in the Family Studies project. It will help youth learn about children of different ages and appropriate activities that help children grow and develop physically, socially, mentally and emotionally. Youth will learn about building family strengths to nurture children.

FIBER ARTS Have you ever wondered how your grandmother crocheted that scarf for you or embroidered the pillowcases? Have you looked at the quilt on your mother's bed and wondered how it was made? The Fiber Arts is defined as the practical skills passed down from preceding generations that were developed to provide basic family needs, such as apparel, home furnishings or decorations.

FOODS AND NUTRITION In this project, you will have fun learning how to cook the basics and then advance to gourmet and international meals. You will learn the heritage of many foods as well as consumer buying skills to get the most for your money. In addition, you will learn how to make healthy snacks and modify your recipes to fit a healthy lifestyle.

GEOLOGY Did you find a rock at the park and don't know what kind it is? What about fossils? If you would like to learn more about rocks, minerals and fossils, then dive into the Geology project! Discover the types of minerals, rocks and fossils that can be found where you live. Learn about geological formulations across the state and in other states.

HEALTH AND WELLNESS Health, exercise and recreation are vital parts of our daily lives. You can focus on physical activity, healthy eating, exercise, sports and recreation or first aid in relation to any of the other phases. Phases include: **Bicycle, Health/Fitness, Outdoor Adventures and Recreation.**

HOME ENVIRONMENT This project gives you the opportunity to examine space, both inside and out. Decorating a room, experimenting with colors and different types and patterns on your walls, creating the feeling of coziness in a family room, or redoing an outside building are all part of this project. Being an interior designer is all about making a house a home, and the Home Environment project will give you this opportunity.

HORSE If you love horses, then this project is for you! You will have the opportunity to learn about, handle, care for and ride horses. Members may own or lease a horse, but must have complete access to the horse at any time and must provide full care and management 75% of the time, whether owned or leased. "Horseless Horse" members do not own or lease a horse, but participate in judging, quiz bowls, hippology, presentations and may help with horse shows and trail rides.

LEADERSHIP Are you ready to step up to leadership? This project will bring out the best in you. You will learn about the skills it takes to be a leader such as: understanding yourself, communicating, getting along with others, learning, making decisions, plus managing and working with groups.

MEAT GOATS (includes Market and Breeding phases) The 4-H Meat Goat project is quickly growing with the increasing demand for meat products. Learn how to select, raise, and care for a meat goat; learn the parts of a meat goat; study breeds; learn how to fit and show meat goats; recognize diseases; learn how to keep records; select breeding stock; learn key components in developing a goat herd; and evaluate feed ingredients.

PERFORMING ARTS Do you enjoy being in the spotlight? Do you like to be creative while performing on-stage or setting up backstage? Then you should jump into this project! You will learn to express yourself in front of a crowd either on-stage, backstage, as a puppeteer or writing your own script.

PETS Whether you're a fish, hamster or a cat lover, this project is intended for members to learn more about their household friends. You will focus on the hand or aquarium pets or cats as you learn about the different species and how to keep them healthy. You will have the chance to be creative and design a toy for your pet, create a commercial or even a scavenger hunt.

PHOTOGRAPHY Capture your friends and important events through photography. Learn about basic and advanced cameras and how to plan, compose, light and exhibit your photos. Advance into wide-angle and telephoto lenses, filters, light meters and computer enhancement.

PLANT SCIENCE (Agronomy, Forestry, Horticulture) This project focuses on activities related to **Agronomy (Field Crops)**, **Forestry**, and raising a garden or flowers (**Horticulture**). This includes planning, planting, experimenting and understanding soils, seeds, insects, plant care, harvesting, weed identification and control, processing, exploring careers and the relationship between trees, people and communities.

POULTRY This project is designed to help you learn about chickens and other poultry. You will acquire an understanding of scientific poultry management and marketing practices. You will gain business experience and insight into the values and principles of purchasing, marketing, record keeping and exhibiting poultry.

RABBIT The rabbit project will help you learn how to raise and care for your rabbits. It is suggested that you start with a doe and extend the project each year.

READING Do you enjoy a good book? Do you like to read and study other project areas in 4-H? Check into the phases of the 4-H Reading Project.

SELF-DETERMINED You decide what you do or study. Is there something you have a passion for that is not included in the 4-H project listing? This is your opportunity to create your own project. Research a sport, hobby or career.

SHEEP (includes Market and Breeding phases) 4-H members can enroll in either market or breeding projects. Through your years in the sheep projects you will: learn the parts of a sheep; identify breeds of sheep and their uses; manage and train sheep for show; learn safety procedures and management practices for maintaining a flock; identify symptoms, causes, and treatment of common diseases; study nutritional requirements for various ages of sheep; learn reproduction and genetics of sheep; study technology's impact on sheep production; and explore career opportunities in the sheep industry. Market Lamb Select, raise, and show a market lamb; member must obtain ownership of the animal; market ewes should not be returned to a breeding flock. Breeding Sheep Select, raise, and show a breeding ewe; purchase a flock of breeding ewes.

SHOOTING SPORTS Whether you have an air rifle, .22 rifle, shotgun, air pistol or bow and arrow, the shooting sports project teaches you gun safety, hunting skills and the opportunity to test your skills. If you have an interest in guns and/or hunting in any form, this project is the best way to learn about them. Check with your local extension office for the availability of certified leaders and any age requirements before enrolling.

STEM (formally SpaceTech – includes Aerospace, Astronomy, Robotics, UAS & Architectural

Block <LEGOS>) The 4-H STEM (Science, Technology, Engineering and Math) area is composed of multiple projects designed to help youth explore and gain skills in STEM. Youth can learn how to build rockets and robots and explore space through astronomy. There are opportunities to learn more about unmanned aerial systems (drones). Youth may also gain experiences in computer building, repair and networking. Ag Mechanics and Architectural Block Construction provide further opportunity for exploration in this continually developing and growing area.

STEM: ENERGY MANAGEMENT (includes Ag Mechanics <Welding>, Electricity, Small Engines and Renewable Energy)

These projects will help you understand how to power the world today and think about how to meet future energy needs. Electric/Electronics Learn important general electrical concepts as you experiment with making light switches and circuits, test voltages and even build motors. Study energy use, magnetism, electronics and transistors Research a sport, hobby, or career — the sky is the limit.

SWINE (includes Market and Breeding phases) Want to learn about raising, caring and managing a market or breeding hog? Enroll in the swine project where members learn to select, manage and show animals for meat production. Learn about an important industry in Kansas and the mid-west.

VISUAL ARTS This project combines the likes of drawing, painting and working with clay or leather. You will explore art techniques, study art history and culture and discover artistic challenges. Develop your artistic skills and talents while learning the elements and principles of design.

WILDLIFE (includes Sportfishing) Kansas wildlife is an important part of our state heritage and environment ranging from buffalo to birds to fish to deer and more. In this project you will learn about wildlife behavior, habitat requirements, how wildlife species fit into nature's scheme, management , and how they relate to humans.

WOOD SCIENCE (Woodworking) This project requires that you enjoy working with wood, using tools and building things. Can you see yourself building a table, a wood toy or a chair? As a beginning woodworker, you can build many items. As your skills grow, you will be able to make most of the objects in your house or even help build a home. No matter what you make, the joy of completing a woodworking project is great! From the basic skill of measuring, to using advanced equipment such as routers and jointers, this project has something for everyone.