

Writing

<p>588 <i>The Writer in You</i> Creative Writing Judging, project (project book and writing) due to Extension Office by July 1st, 4:00 p.m.</p>	<p>I #</p>	<p>All 11 activities (including a writing portfolio) and all of the Talking It Over questions</p> <p>At least 2 learning experiences</p> <p>At least 2 leadership/citizenship activities</p> <p>Project review</p>	<p>Keep a notebook/scrapbook of ideas. If the project is taken for several years, the required pieces of writing must be new each year. Prior submissions should be a part of your scrapbook. All entries must be neatly printed in blue or black ink, or typed. Writing notebooks/scrapbooks should be organized into categories (rhymed poetry, free style poetry, short story, essay, etc.) Relevant illustrations are encouraged (but not required) in all age categories. The entries should be in the member's own words and be consistent with the skill level displayed in the notebook/scrapbook. The project will be judged on quality of writing, grammar, spelling, and neatness. Be prepared to discuss the project at the interview evaluation.</p>	<p>Exhibit notebook/scrapbook in your 4-H Club Booth or the Countywide Booth No state fair event</p>
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Food and Nutrition

<p>459 <i>Let's Start Cooking</i></p>	<p>B</p>	<p>All 8 activities, including 6 recipes</p> <p>At least 2 learning experiences</p> <p>At least 2 leadership/citizenship activities</p> <p>Project Review</p>	<p>Must Participate in an interview judging and bring the following:</p> <ul style="list-style-type: none"> -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate - completed project portfolio – See page 10 for guidelines 	<p>Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.</p>
<p>484 <i>Snack Attack!</i></p>	<p>B</p>	<p>All 7 activities, including 7 recipes</p> <p>At least 2 learning experiences</p> <p>At least 2 leadership/citizenship activities</p> <p>Project review</p>	<p>Must Participate in an interview judging and bring the following:</p> <ul style="list-style-type: none"> -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines 	<p>Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.</p>
<p>486 <i>Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices</i></p>	<p>I</p>	<p>All 7 activities</p> <p>At least 2 learning experiences</p> <p>At least 2 leadership/citizenship activities</p> <p>Project review</p>	<p>Must Participate in an interview judging and bring the following:</p> <ul style="list-style-type: none"> -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines 	<p>Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.</p>

487 Take a Break for Breakfast	B	All 5 interest areas, including at least 2 recipes in each area Allow 4 weeks for the chicken bone experiment At least 2 learning experiences and 2 leadership/citizenship/career activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.
461 Let's Bake Quick Breads	I	All 8 activities, including 7 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.
463 Sports Nutrition: Ready Set Go	I	All 5 activities, including 5 recipes and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.
472 Grill Master	I	All 6 activities, including at least 5 recipes and the Notes for Next Time At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.
474 Beyond the Grill	A	All 6 activities, including 9 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.

475 <i>Star Spangled Foods</i>	I	All 7 recipe sections, including 11 recipes At least 3 learning experiences At least 3 leadership/citizenship activities	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.
477 <i>Party Planner: A 4-H Guide to Quantity Cooking</i>	I	All 8 activities, including 8 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines. Complete a budget for a party and list all the expenses to help decide how to spend the money.	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.
481 <i>Everyday Food and Fitness</i>	B	All 7 activities, including 5 recipes and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth
485 <i>Racing the Clock to Awesome Meals</i>	I	All 7 activities, including 1 recipe and the Notes for Next Time for each activity At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines	Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.

<p>462 <i>Yeast Breads on the Rise</i></p>	<p>A</p>	<p>All 5 interest areas, including at least 6 recipes At least 2 learning experiences At least 2 leadership/citizenship activities Project record and summary</p>	<p>Must Participate in an interview judging and bring the following: - Bring one loaf of bread or five dinner rolls of traditional shapes (may include white, whole wheat, rye, or mixture) and a cutting board and knife for bread or bread basket for rolls. - completed project book - a planned menu for one day using MyPlate - completed project portfolio – See page 10 for guidelines.</p>	<p>Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.</p>
<p>467 <i>You're the Chef</i></p>	<p>A</p>	<p>All 8 interest areas, including 7 meals At least 2 learning experiences At least 2 leadership/citizenship activities Project record, evaluation at the end of each interest area, and review</p>	<p>Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines</p>	<p>Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.</p>
<p>469 <i>Global Gourmet</i></p>	<p>A</p>	<p>All 7 activities, including preparation of meals and Notes for Next Time At least 2 learning experiences At least 2 leadership/citizenship activities Project review</p>	<p>Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines</p>	<p>Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.</p>
<p>476 <i>Pathways to Culinary Success</i></p>	<p>A</p>	<p>All 6 chapters, including at least 3 recipes or additional ideas for each chapter At least 3 learning experiences At least 1 leadership/citizenship/career activity Project record and project journal</p>	<p>Must Participate in an interview judging and bring the following: -one serving of food you made from recipe in the project book with service and tableware - completed project book - a planned menu for one day using MyPlate completed project portfolio – See page 10 for guidelines</p>	<p>Exhibit your three pronged project folder. Display in your 4-H Club Booth or countywide booth.</p>

Healthy Living

300 <i>You're the Athlete</i>	I	At least 1 (of 7) section (Play Book, Practice Field, and Big Event) Either 2 other Play Book and at least 2 Practice Field activities OR 1 other section ((Play Book, Practice Field, and Big Event) At least 2 special learning experiences At least 2 leadership/citizenship/career applications "My Season highlights" (project summary)	Bring to judging your project book with required completed activities. Bring poster or educational exhibit teaching about an activity from project. Be prepared to discuss information contained in the book and any activities you have done.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
351 <i>Staying Healthy</i>	B	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring your completed project book, a poster or educational display demonstrating what you've learned about good hygiene, healthy eating, and/or physical activity. Also bring with you a "Healthy Snack". Be prepared to discuss activities and information in the book.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
352 <i>Keeping Fit</i>	I	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring your completed project book, and a poster or educational display which demonstrates your personalized fitness routine and/or accomplishments. Create a chart or graphs showing results of your personalized fitness plan over a period of two to three weeks.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
353 <i>First Aid in Action</i>	B	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring completed project book and First Aid Kit. Be prepared to discuss activities and information in the book, and how and when to use the supplies in your First Aid Kit. Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
357 <i>Alcohol and Drug Abuse</i>	A	All 12 activities and the Talking It Over questions At least 2 learning experiences All least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.

358 <i>The Truth About Tobacco</i>	A	All 8 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
359 <i>Your Thoughts Matter</i>	A	All 10 activities, including Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth

Home Living

405 <i>The Laundry Project</i>	B	All 11 activities and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project Review	Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or county wide booth.
491 <i>It's My Home</i>	B	All 9 activities, including Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit showing what was done to improve a living area in the home.	Exhibit one of the items made, poster or educational display showing what was done to improve a living area in the home. Display exhibit in your 4-H Club Booth or the Countywide Booth.
494 <i>Makeover My Space</i>	I	All 10 activities and 4 Talking It Over pages At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book, and project review in addition to photos of your redesigned space. Also bring some of the items you used in your room. Be prepared to discuss your experience with the judge and share your knowledge.	Exhibit one of the items made, poster or educational display showing what was done to improve a living area in the home. Display exhibit in your 4-H Club Booth or the Countywide Booth.
495 <i>Your First Home Away From Home</i>	A	All 4 interest areas At least 2 learning experiences At least 2 leadership/citizenship activities A notebook for planning and a project record	Bring completed project book and one item made, reconstructed or purchased for the proposed home and a notebook of plan. Pictures of items purchased, remodeled or constructed may be included in notebook. Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project that you display in your 4-H Club Booth or county wide booth.

Leadership and Citizenship

370 <i>One on One</i>	A	At least 2 activities of first 3 interest areas At least 2 leadership/citizenship activities Project review	Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth
371 <i>Club Leadership</i>	I	All 10 activities 3 individualized goals At least 2 learning experiences At least 2 citizenship activities Project review	Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth
372 <i>Diversity: The Source of Our Strength</i>	A	All 8 activities At least 2 learning experiences At least 2 citizenship activities Project review	Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth
373 <i>My Hands to Larger Service: Teen Leaders Building Our Communities</i>	A	All 9 activities At least 2 learning experiences At least two leadership/citizenship activities Project review	Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth
374 <i>Teens on Board</i>	I	All 9 activities At least 2 learning experiences At least two leadership/citizenship activities Project review	Bring poster or educational exhibit teaching about an activity from project	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth

<p>375 Leadership Road Trip- Where are you Going?</p> <p>Also, available in ibook format</p>	I	<p>All 13 activities and Rest Stop questions At least 2 learning experiences At least 2 citizenship activities Project summary and project review</p>	<p>Bring poster or educational exhibit teaching about an activity from project.</p>	<p>Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth</p>
<p>376 Pantry Panic!</p>	A	<p>All 7 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review</p>	<p>Bring poster or educational exhibit teaching about an activity from project.</p>	<p>Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth</p>
<p>377 Finding Your Voice: Public Speaking Made Easy</p>	B	<p>All 7 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review</p>	<p>Bring poster or educational exhibit teaching about an activity from project.</p>	<p>Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth</p>
<p>378 Leadership Master</p>	A	<p>One major leadership experience At least 2 learning experiences At least 2 citizenship activities Project records including interview, budget, and photos Judging activity</p>	<p>Bring poster or educational exhibit teaching about an activity from project.</p>	<p>Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth</p>
<p>383 Club Leadership 2</p>	A	<p>All 11 activities and Talking It Over questions At least 3 individual goals or additional activities At least 2 learning experiences At least 2 citizenship activities Project summary and project review</p>	<p>Bring poster or educational exhibit teaching about an activity from project.</p>	<p>Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H club booth or countywide booth</p>

Money Management

445 <i>Becoming Money Wise, Levels I and II</i>	B, ages 10-13	<p>Level I All 11 Making \$ense and all 5 Money Talk activities As many additional More Making \$ense activities as you wish 2 organized activities At least 2 leadership/citizenship activities</p> <p>Level II All 12 Resource \$ense and 3 Resource Talk activities As many additional More Resource \$ense activities as you wish 2 organized activities At least 2 leadership/citizenship activities A money journal</p>	Bring the completed project book with records of income and plans for use of money. Bring poster or educational exhibit teaching about an activity from project. Be prepared to discuss what was learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
448 <i>Teens . . . On the Road to Financial Success</i>	A	<p>All 11 activities for Year 1 and for Year 2 At least 2 organized activities At least 2 leadership/citizenship activities</p>	Bring completed project book and be prepared to discuss the activities you did in each area. Also bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.

Gardening and Plant Science

670 <i>Canning and Freezing</i>	I	<p>All 7 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review</p>	Bring completed project book including required activities/experiences. Bring a poster or education display and at least two jars of canned goods that you canned. Be prepared to discuss your project with the judge.	Two jars of canned goods you canned or exhibit poster or educational exhibit teaching about an activity from project that you display in your 4-H Club Booth or county wide booth
671 <i>How Does Your Garden Grow?</i>	B	<p>4 activities, plus activity 4a, 4b, or both At least 2 learning experiences At least 2 leadership/citizenship activities Project review</p>	Bring Completed project book and food grown or a poster or display showing something learned in the project. Be prepared to share knowledge gained from the project, your experience and completed records including helpful photos	Display food grown or a poster or display showing something learned in the project. Display in your 4-H Club Booth or countywide booth.

672 Junior Master Gardener Level 1 Handbook	B #	Flexible (depends on group) Must be part of a group led by a Junior Master Gardener Teacher/Leader	Members will be evaluated on general knowledge of vegetable gardening, their specific garden, and their completed project book. Those who have taken Vegetable Gardening I multiple times (more than one) should write a one page summary explaining how they have increased the number and/or variety of vegetables grown and what NEW activities and experiments they have completed for the project this year.	Display food grown or a poster or display showing something learned in the project. Display in your 4-H Club Booth or countywide booth.
691 Grow Your Own Vegetables	B	All 11 activities (including growing vegetables) and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring Completed project book and food grown or a poster or display showing something learned in the project. Be prepared to share knowledge gained from the project, your experience and completed records including helpful photos.	Display food grown or a poster or display showing something learned in the project. Display in your 4-H Club Booth or countywide booth.
692 Growing with the Seasons	I	All 7 interest areas At least 2 organized activities At least 2 leadership/citizenship activities Maintain a minimum of 225 sq. ft. of gardening space Grow a minimum of 3 vegetable varieties for each growing season Project review	Bring Completed project book and food grown or a poster or display showing something learned in the project. Be prepared to share knowledge gained from the project, your experience and completed records including helpful photos.	Display food grown or a poster or display showing something learned in the project. Display in your 4-H Club Booth or countywide booth.