

Fresno County 4-H Project Guides

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Project Area	Project Guide Title	Description
Arts and Crafts	A Palette of Fun with Arts & Crafts	The Palette of Fun with Arts and Crafts links crafts to all aspects of life - careers, technology, communication, community, culture, and science. The guide includes great activities for each member such as cutting and pasting, drawing, painting, sculpting, printing, and 3-D construction. A helper's guide for children's art activities (grades K-6).
Beef Cattle	Bite Into Beef (Level One)	Youth identify breeds, locate parts, judge, halter break a calf, fit a steer, show a calf, recognize a healthy animal, select feed ingredients and shop for beef and beef by-products.
	Here's the Beef (Level Two)	Challenges youth with activities related to leg structure, oral reasons, feed ingredients, behavior, nose printing, parasites, fitting, ethical issues, beef carcass composition and retail meat cuts.
	Leading the Charge (Level Three)	Selection and judging, feeds, careers, health, reproduction, and meats and marketing encourage more in depth learning.
	Beef Helper's Guide: Beef Group Activities	Skillathons, quiz bowls, games, presentations, Beef Bingo and several management skill activities for groups are featured.
Citizenship	Public Adventures: Adventure Kit	Designed to engage youth in changing a piece of the public world, discovering the possibilities of democratic citizenship and building a commitment to taking action in new and exciting ways. Youth plan a project that will create, change, or improve.
Community Service	Agents of Change (Level One): Activities for Middle School Youth	Youth become "Special OPPortunities Agents," as they follow a series of exciting activities that engage youth in their community and allow them to reflect on their experiences.
	Raise Your Voice (Level Two): Activities for High School Youth	A no-nonsense guide for older youth introduces service learning as an empowering learning vehicle for young leaders. Voices of real young people engaged in service inspire and enable youth to identify with others.

	Service Learning Helper's Guide: Group Activities	This exciting guide for leaders offers group service learning activities like community mapping, identifying group roles and teaching journaling. It offers advice tailored to help mentors seeking to lead youth through enriching learning experiences.
Dairy Cattle	Dairy 1 Cowabunga!: Dairy Project Youth Activity Guide	Youth explore dairy cattle breeds, select calves, identify body parts, recognize desirable traits, pack a show box, groom and show a calf and identify stages of calving and care.
	Dairy 2 Mooving Ahead: Dairy Project Youth Activity Guide	Judging, identifying, ethical decision making, keeping animals healthy, parasites, behavior, housing, hay quality, milking, food safety and careers are featured
	Dairy 3 Rising to the Top: Dairy Project Youth Activity Guide	Advanced youth practice body condition scoring, selecting through records, mastitis detection, balancing a ration, pregnancy detection, delivery of calf, promoting dairy products and exploring career opportunities
	Dairy Cattle Helper's Guide: Dairy Project Group Activities	These activities will bring any meeting to life. Youth will play Dairy Bingo, and participate in dairy quiz bowls, dairy pyramid game and a dairy skillathon!
Dairy Goats	Getting Your Goat (Level One)	Focuses on selection and judging, feed and nutrition, management skills, and fitting and showing goats for beginners.
	Stepping Out (Level Two)	Level two focuses on health and management, feed and nutrition, reproduction, milk and milking, and judging for intermediate members.
	Showing The Way (Level Three)	Advanced members in level three will be able to learn about health and management skills, genetics and reproduction, leadership, and grasp an understanding of national and international issues.
	Goat Helper's Guide: Dairy Goat Project Activities	
Dog Care and Training	Wiggles and Wags (Level One)	Activities relate to body parts, selection, correcting behavior, house breaking a puppy, body language, controlling fleas, health care, grooming and how to train a dog to respond to seven basic commands.

	Canine Connection (Level Two)	Youth explore dog web resources, breed origins, safety, locating a missing dog, socializing a dog, showmanship, tricks, health, feeding and controlling parasites.
	Leading The Pack (Level Three)	Experienced youth will learn how to plan and conduct a dog show, a showmanship clinic, a puppy training class and a skillathon as well as research zoonosis diseases, administer emergency first aid, explore dog laws and dog related careers.
	Dog Helper's Guide: Dog Project Group Activities	Thirteen pages are devoted to helping teach 23 basic and advanced obedience training exercises. Group activities include fun dog games, Canine Good Citizen, skillathons, pet therapy sessions, Dog Pyramid, dog quiz bowls and glossary games.
Entomology	Entomology 1 - Creepy Crawlies	Youth can learn how to make an insect collection, where to look for insects and how to identify and classify insects as they practice the following life skills: learning to learn, critical thinking, and decision making.
	Entomology 2 - What's Bugging You?	Youth develop communication skills, identify insets to order, design insects, complete an insect collection table, plan an insect collection trip, rear meal worms, explore insect legs and collects insects with an extractor.
	Entomology 3 - Dragons, Houses and Other Flies	Youth keep an insect journal, determine the effect of food on mealworm larvae production, test ant food preferences, conduct honey bee learning experiments, organize an insect club, use an insect key, plan a butterfly garden, records insect observations.
	Entomology Group Helper's Guide	This guide provides practical tips, 14 group activities and supplementary information pertaining to the Entomology curriculum.
Food and Nutrition	Six Easy Bites	This activity guide is divided into six major categories or "bites." Each bite is designed to give a general background of information followed by four different activities. Grades 3-5.
	Tasty Tidbits	Youth solve problems, acquire information (learn to learn), make decisions, keep records, and learn how to use resources wisely. Fun packed recipes allow choices for food preparation, such as pretzels, biscuits and lasagna. Youth learn proper food storage.

	You're The Chef	This activity guide is designed to help select healthy food, food preservation and preparation, and careers. Youth learn to evaluate fad diets, connect emotions to eating habits and to can foods. Youth enjoy making crazy casseroles, stir-fry vegetables, and much more!
	Foodworks	Foodworks is a more advanced way for older 4-H youth to expand their knowledge and skills. Some examples are how to alter recipes, plan menus and how to plan and cater a party. A great project for those youth who help around the kitchen. Grades 9-12
	Fantastic Foods Helper's Guide	
Horse and Pony	Giddy Up and Go! (Level One)	Activities include horse body shop, human cues and group relay knot. Also includes learn-by-doing activities that explore breed identification, horse body parts, selection, grooming, saddling and bridling, design the perfect horse, safety and equipment.
	Head, Heart, and Hooves (Level Two)	Youth learn horse behavior, anatomy and basic care practices. Activities include pony up to the salad bar, body condition scoring, bad hair day and long in the tooth.
	Stable Relationships (Level Three)	Keeping horses healthy and practicing basic care techniques are emphasized in this activity guide.
	Riding The Range (Level Four)	Beginning riding skills and everything youth need to know before they get on a horse for the first time are covered in this book. Some of the activities are round pen workout, bridle in a bucket, saddle up, where do you ride and basic riding.
	Jumping to New Heights (Level Five)	Youth experience the ins and outs of a horse. Activities include quarter system, showmanship, self-rating sheets, goal selection and winning isn't everything.
	Horse Project Helper's Guide	Provides supplemental materials that help volunteers facilitate learning situations for youth. Group activities are included to help youth develop essential life skills as they pursue their interest in riding and showing horses.
Leadership Development	Step Up To Leadership: My Leadership Workbook (for grades 3-5)	The Step Up To Leadership series covers age-specific leadership topics centering around relationship building, communication, planning, organizing, and studies working in groups.

	Step Up To Leadership: My Leadership Journal (for grades 6-8)	The Step Up To Leadership series covers age-specific leadership topics centering around relationship building, communication, planning, organizing, and studies working in groups.
	Step Up To Leadership: My Leadership Portfolio (for grades 9-12)	The Step Up To Leadership series covers age-specific leadership topics centering around relationship building, communication, planning, organizing, and studies working in groups.
	Step Up To Leadership Mentor Guide (for grades K-5)	The Step Up To Leadership series covers age-specific leadership topics centering around relationship building, communication, planning, organizing, and studies working in groups.
	Step up To Leadership Mentor Guide (for grades 6-12)	The Step Up To Leadership series covers age-specific leadership topics centering around relationship building, communication, planning, organizing, and studies working in groups.
Meat Goats	Just Browsing (Level One)	Youth will enjoy planning a program, completing project records, developing a management calendar, completing a meat quality assurance program, participating in a quiz bowl, skillathon and tour, giving a presentation and exploring goat related careers.
	Growing With Meat Goats (Level Two)	Youth will explore goat body parts, goat selection, breeds, record keeping, meat goat and dairy conformation, show preparations, sportsmanship, goat health, feed selection and several management skills. Grades 3-5.
	Meating The Future (Level Three)	Youth discover how to control parasites, practice bio-security, conduct a judging clinic, judge goats, give oral reasons, select sires, balance a ration, compare forage samples, practice sound ethics, prevent diseases & more. Grades 9-12
	Meat Goat Helper's Guide: Group Activities for Ages K-12	Packed with activities that involve the entire group. Youth will enjoy planning a program, completing a project records, developing a management calendar, completing a meat quality assurance program, participating in a quiz.
Outdoor Adventures	Hiking Trails (Level One)	Hiking Trails includes shelter selection; Leave No Trace camping skills; outdoor cooking and environmental awareness and appreciation. Grades 3-5
	Camping Adventures (Level Two)	Focuses on hiking for a day. It will include clothing needs; packing daypack; reading topographic maps and orienteering skills.
	Backpacking Expeditions (Level Three)	Focuses on being on the trail for extended periods of time. It includes clothing needs; tent setup; using backcountry stoves; basic nutrition; menu planning for multi-day hikes; personal hygiene & basic first aid

	Group Activity Helper's Guide: Outdoor Adventures Group Activities	Enables helpers to facilitate the teaching of the curriculum. Utilizing the experiential learning model, the guide targets technical, organizational, problem solving, safety and communication skills. Activities include risk management, trip planning.
Public Speaking	Picking Up The Pieces: Communications Activities for Youth (Level 1)	What are the pieces needed to become a successful communicator? Youth discover how to put together a communication puzzle through nonverbal, verbal, and written activities that stretch and strengthen personal communication skills.
	Putting It Together: Communication Activities for Youth (Level 2)	Stimulating activities provide opportunities for youth to practice and gain confidence in communicating in a variety of situations. Watch them unfold as strong communicators in front of your eyes while they present oral reasons, plan and present speeches.
	The Perfect Fit: Communications Activities for Youth (Level 3)	How can youth find a perfect communication fit to pave the way for their future? Youth enrich and polish their communication skills and develop a public presence by speaking in public, exploring communication careers, writing resumes and cover letters.
	Communication Helper's Guide: Group Activities	Youth reinforce communication concepts as they develop skillathons, play communication games, trace the history of communication technology, plan demonstrations, and create advertisements while youth interact, broaden their understanding of communication.
Rabbits	What's Hoppening? (Level One)	Youth will discover how to identify breeds, handle and show rabbits, identify rabbit parts and equipment, recognize a healthy rabbit, read a pedigree and kindle a litter. Grades 3-5
	Making Tracks (Level Two)	Youth will recognize body types, judge and show rabbits, tattoo a rabbit, keep records, identify diseases, administer medication, record growth rates and market products. (40 pages) Grades 6-8
	All Ears (Level Three)	Older youth will develop a breeding program, design a rabbitry, cull based on production, prevent diseases, develop sportsmanship and develop a marketing plan. (40 pages) Grades 9-12
	Rabbit Helper's Guide	The Helper's Guide features group activities and answer keys. The Model Rabbit Pattern is an excellent tool for identifying parts, determining sex, practicing handling, trimming nails and other management practices. (40 pages) Grades 3-12

Sheep	Rams, Lambs & You (Level One)	Sheep 1 introduces youth to a wide variety of fun and challenging activities including identifying parts, selecting a project lamb, preparing for lambing, identifying lamb cuts, feeding and showing a sheep. (40 pages) Grades 3-5
	Shear Delight (Level Two)	In Sheep 2 youth will practice presenting oral reasons, determine yield grades, compare digestive systems, explore a feed tag, practice management practices, deliver a lamb, treat parasites and discuss ethical decision making. (40 pages) Grades 6-8
	Leading The Flock (Level Three)	Sheep 3 features activities related to judging, budgeting, web surfing, reproduction and genetics, surveying consumers, career exploration, marketing products and teaching others. (40 pages) Grades 9-12
	Sheep Helper's Guide: Sheep Group Activities	Instructions for skillathons, bingo, pyramid, developing management calendars and more activities.
Woodworking	Woodworking Wonders - Measuring Up	Youth will develop skills that wood-workers use, such as measuring, squaring & cutting a board, driving nails, and using clamps and screws. It is suggested that all youth begin with this guide to be grounded in the basics of woodworking. Grades 2-4
	Woodworking Wonders - Making the Cut	Youth will measure, cut, sand, drill, use advanced hand and power tools, apply paint, and use bolts and staples. Grades 4-6
	Woodworking Wonders - Nailing It Together	Youth will practice measuring angles, cutting dado and rabbet joints (page 12); use a circular saw, a table saw and a radial arm saw; smooth lumber with a hand planer (page 17); and learn to sand and stain wood (page 24). Grades 6-8
	Woodworking Wonders - Finishing Up	Specific woodworking skills include using a router, portable planer and jointer; making a blind mortise and tenon joint; making dovetail joints; and experimenting with adhesives and various chemical wood strippers. Grades 9-12
	Woodworking Wonders - Helper's Guide	This guide provides the helper with a variety of group activities that will help youth broaden their understanding of the basic woodworking concepts. A number of ideas for additional woodworking activities are included.