



University of Idaho
Extension

#93000

2022-2023

Idaho 4-H

Project Requirements Handbook



The Project Requirements Handbook outlines project and exhibit requirements, this is not a 4-H policy document. The University of Idaho 4-H Youth Development Policies and Procedures is the official source of policies and procedures, posted at: <https://www.uidaho.edu/extension/4h/documents-records>

*REVISED 10/3/21/21 by Robin Baumgartner;
email Robin at rbaumgartner@uidaho.edu if there are questions or to report errors with this publication.*

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2022-23 Idaho 4-H Project Requirements Handbook - Table of Contents

Summary of Changes	1
Animal & Vet Science: Beef - Breeding	3
Animal & Vet Science: Beef - Market	5
Animal & Vet Science: Beef - Stocker/Feeder	7
Animal & Vet Science: Birds & Poultry - Market Broilers & Fryers	9
Animal & Vet Science: Birds & Poultry - Turkeys, Flocks, and Other Bird Projects	11
Animal & Vet Science: Birds & Poultry - Pullets & Laying Hens	13
Animal & Vet Science: Cat	15
Animal & Vet Science: Cavy	17
Animal & Vet Science: Dairy Cattle	19
Animal & Vet Science: Dog	21
Animal & Vet Science: Goats - Breeding Meat	23
Animal & Vet Science: Goats - Dairy	25
Animal & Vet Science: Goats - Market	27
Animal & Vet Science: Goats - Pack	29
Animal & Vet Science: Goats - Pet/Pygmy	31
Animal & Vet Science: Horse	33
Animal & Vet Science: Horseless Horse	35
Animal & Vet Science: Llama/Alpaca	37
Animal & Vet Science: Non-Animal Project Option	39
Animal & Vet Science: Rabbit - Breeding	41
Animal & Vet Science: Rabbit - Market	43
Animal & Vet Science: Rabbit - Pet	45
Animal & Vet Science: Sheep - Breeding	47
Animal & Vet Science: Sheep - Market	49
Animal & Vet Science: Small Animals, Pocket Pets & Other	51
Animal & Vet Science: Swine - Breeding	53
Animal & Vet Science: Swine - Market	55
Animal & Vet Science: Veterinary Science Lv 1	57
Animal & Vet Science: Veterinary Science Lv 2	59
Animal & Vet Science: Veterinary Science Lv 3	61
Civic Engagement & Leadership: Citizenship Washington Focus	63
Civic Engagement & Leadership: Exploring the Treasures of 4-H	65
Civic Engagement & Leadership: KYG - Delegate Year 1	67
Civic Engagement & Leadership: KYG - Delegate Year 2	69
Civic Engagement & Leadership: KYG Steering Comm - Power of the Press	71
Civic Engagement & Leadership: KYG Steering Comm - Advanced Citizenship	73
Civic Engagement & Leadership: Leadership Road Trip	75
Clothing, Textiles & Design: Advanced Clothing - Sew Wow	77
Clothing, Textiles & Design: Beginning Clothing - Sewing for Fun	79
Clothing, Textiles & Design: Crochet	81
Clothing, Textiles & Design: Knitting	83
Clothing, Textiles & Design: Quilt Quest	85
Clothing, Textiles & Design: Sewing Exp Lv 1 - Under Construction	87
Clothing, Textiles & Design: Sewing Exp Lv 2 - Fashion Forward	89
Clothing, Textiles & Design: Sewing Exp Lv 3 - Refine Design	91

Clothing, Textiles & Design: STEAM Clothing Lv 1 - FUNdamentals	93
Clothing, Textiles & Design: STEAM Clothing Lv 2 - Simply Sewing	95
Clothing, Textiles & Design: STEAM Clothing Lv 3 - A Stitch Further	97
Clothing, Textiles & Design: STEAM Clothing Lv 4 - Beyond the Needle	99
Consumer/Personal Finance: Build Your Future	101
Consumer/Personal Finance: Consumer Ed Lv 1 - The Consumer in Me	103
Consumer/Personal Finance: Consumer Ed Lv 2 - Consumer Wise	105
Consumer/Personal Finance: Consumer Ed Lv 3 - Consumer Roadmap	107
Consumer/Personal Finance: Entrepreneurship Lv 1	109
Consumer/Personal Finance: Entrepreneurship Lv 2	111
Consumer/Personal Finance: Entrepreneurship Lv 3	113
Consumer/Personal Finance: Financial Champions Lv 1 - Money Fundamentals	115
Consumer/Personal Finance: Financial Champions Lv 2 - Money Moves	117
Consumer/Personal Finance: My Financial Future - Advanced	119
Consumer/Personal Finance: My Financial Future - Beginner	121
Consumer/Personal Finance: Reading Makes Cents	123
Creative Arts: Create Art Now	125
Creative Arts: Get Started in Art	127
Creative Arts: Handwork From Our Heritage	129
Creative Arts: Leathercraft Lv 1	131
Creative Arts: Leathercraft Lv 2	133
Creative Arts: Leathercraft Lv 3	135
Creative Arts: Photography Lv 1 - Photography Basics	137
Creative Arts: Photography Lv 2 - Next Level Photography	139
Creative Arts: Photography Lv 3 - Mastering Photography	141
Creative Arts: Portfolio Pathways	143
Creative Arts: Public Speaking - Finding Your Voice	145
Creative Arts: Sketchbook Crossroads	147
Creative Arts: Spurrin the Words - Cowboy Poetry	149
Food & Cooking: Baking Lv 1	151
Food & Cooking: Baking Lv 2	153
Food & Cooking: Baking Lv 3	155
Food & Cooking: Baking Lv 4 - Cakes	157
Food & Cooking: Baking Lv 4 - Pies	159
Food & Cooking: Cake Decorating Lv 1	161
Food & Cooking: Cake Decorating Lv 2	163
Food & Cooking: Cake Decorating Lv 3	165
Food & Cooking: Cooking Lv 1 - 4-H Cooking 101	167
Food & Cooking: Cooking Lv 2 - 4-H Cooking 201	169
Food & Cooking: Cooking Lv 3 - 4-H Cooking 301	171
Food & Cooking: Cooking Lv 4 - 4-H Cooking 401	173
Food & Cooking: Dutch Oven Cooking Unit 1	175
Food & Cooking: Dutch Oven Cooking Unit 2	177
Food & Cooking: Food Preservation - Boiling Water Canning	179
Food & Cooking: Food Preservation - Drying	181
Food & Cooking: Food Preservation - Freezing	183

Food & Cooking: Food Preservation - Pressure Canning	185
Food & Cooking: Food Science Lv 1 - The Secrets of Baking	187
Food & Cooking: Food Science Lv 2 - The Power of Protein Chemistry	189
Food & Cooking: Food Science Lv 3 - The Inner Mysteries of Fruits & Vegetables	191
Food & Cooking: Food Science Lv 4 - Be a Food Scientist	193
Food & Cooking: Science Fun with Dairy Foods	195
Health & Wellness: Babysitting	197
Health & Wellness: Child Development Lv 1 - Growing On My Own	199
Health & Wellness: Child Development Lv 2 - Growing With Others	201
Health & Wellness: Child Development Lv 3 - Growing In Communities	203
Health & Wellness: Choose Health - Food, Fun & Fitness	205
Health & Wellness: Keeping Fit & Healthy Lv 1 - First Aid in Action	207
Health & Wellness: Keeping Fit & Healthy Lv 2 - Staying Healthy	209
Health & Wellness: Keeping Fit & Healthy Lv 3 - Keeping Fit	211
Natural Science: 4-H Geology	213
Natural Science: Beekeeping Lv 1 - Understanding the Honey Bee	215
Natural Science: Beekeeping Lv 2 - Working With Honey Bees	217
Natural Science: Beekeeping Lv 3 - Advanced Beekeeping	219
Natural Science: Crops - Field Beans	221
Natural Science: Crops - Potatoes	223
Natural Science: Crops - Small Grains	225
Natural Science: Crops - Sugar Beets	227
Natural Science: Entomology Lv 1 - Teaming With Insects 1	229
Natural Science: Entomology Lv 2 - Teaming With Insects 2	231
Natural Science: Entomology Lv 3 - Teaming With Insects 3	233
Natural Science: Exploring Your Environment	235
Natural Science: Forestry Lv 1 - Follow the Path	237
Natural Science: Forestry Lv 2 - Reach for the Canopy	239
Natural Science: Forestry Lv 3 - Explore the Deep Woods	241
Natural Science: Gardening	243
Natural Science: Junior Master Gardener	245
Natural Science: Wildlife Science	247
Outdoor Recreation: Bicycle Lv 1 - Bicycling For Fun	249
Outdoor Recreation: Bicycle Lv 2 - Wheels in Motion	251
Outdoor Recreation: Cross Country Skiing	253
Outdoor Recreation: Fishing Lv 1 - Take the Bait	255
Outdoor Recreation: Fishing Lv 2 - Reel In The Fun	257
Outdoor Recreation: Fishing Lv 3 - Cast Into the Future	259
Outdoor Recreation: Outdoor Adventure Lv 1 - Hiking Trails	261
Outdoor Recreation: Outdoor Adventure Lv 2 - Camping Adventures	263
Outdoor Recreation: Outdoor Adventure Lv 3 - Backpacking Expeditions	265
Outdoor Recreation: Shooting Sports - Archery	267
Outdoor Recreation: Shooting Sports - Hunting	269
Outdoor Recreation: Shooting Sports - Muzzleloader	271
Outdoor Recreation: Shooting Sports - Pistol/Handgun	273
Outdoor Recreation: Shooting Sports - Rifle	275

Outdoor Recreation: Shooting Sports - Shotgun	277
Tech, Engineering & CS: Aerospace Lv 1 - Pre-Flight	279
Tech, Engineering & CS: Aerospace Lv 2 - Lift Off	281
Tech, Engineering & CS: Aerospace Lv 3 - Reaching New Heights	283
Tech, Engineering & CS: Aerospace Lv 4 - Pilot In Command	285
Tech, Engineering & CS: Electricity Lv 1 - Magic of Electricity	287
Tech, Engineering & CS: Electricity Lv 2 - Investigating Electricity	289
Tech, Engineering & CS: Electricity Lv 3 - Wired for Power	291
Tech, Engineering & CS: Electricity Lv 4 - Entering Electronics	293
Tech, Engineering & CS: Junk Drawer Robotics	295
Tech, Engineering & CS: LEGO Robotics Lv 1 - Robotics 1 with EV3	297
Tech, Engineering & CS: LEGO Robotics Lv 2 - Robotics 2: EV3N More	299
Tech, Engineering & CS: Robotics Tournament Track Lv 1- FIRST LEGO League Challenge	301
Tech, Engineering & CS: Robotics Tournament Track Lv 2 - FIRST Tech Challenge	303
Tech, Engineering & CS: Small Engines Lv 1 - Crank It Up	305
Tech, Engineering & CS: Small Engines Lv 2 - Warm It Up	307
Tech, Engineering & CS: Small Engines Lv 3 - Tune It Up	309
Tech, Engineering & CS: The Power of the Wind	311
Tech, Engineering & CS: Woodworking Lv 1 - Measuring Up	313
Tech, Engineering & CS: Woodworking Lv 2 - Making The Cut	315
Tech, Engineering & CS: Woodworking Lv 3 - Nailing It Together	317
Tech, Engineering & CS: Woodworking Lv 4 - Finishing Up	319
Self-Determined	321

2022-23 Idaho 4-H Project Requirements Handbook: Summary of Changes

Welcome to the 2022-23 4-H year! This year, Our Curriculum Team formed a special task force to evaluate the format and usability of the Project Requirements Handbook. We have made significant changes to the format of this year’s handbook, including:

- A double-sided format for each project to include more information (such as how projects are listed in the ZSuite enrollment website) and provide a checklist format for project completion and fair exhibit preparation.
- We increased the number of project categories from 8 to 10 and re-named the categories to align with current educational terms. We hope the new category titles will make it easier for you to find your favorite 4-H projects, or explore some new ones!
- A new “Approved for Project Year” logo has been added to each page. Going forward, you will know at a glance that you are using the most current version of a project requirement sheet.
- We added hyperlinks to the materials and resources on the project requirements pages wherever possible to make it quicker and easier to access them.

We sincerely hope that these changes will make the handbook more user-friendly for both new and returning 4-H members.

We also made a few changes to content. The following projects have been significantly updated, added, or deleted:

Project	Change Made
All Creative Arts Projects	Updated for 2022-23
Creative Arts: Create Art Now	New for 2022-23
Group Health & Fitness	Deleted – curriculum has been discontinued
High School Financial Planning	Deleted – curriculum has been discontinued
Scratch (Levels 1-3)	Deleted – curriculum has been discontinued
Cake Decorating (Levels 1-3)	New curriculum options and skills checklists
Quilt Quest	New skills checklist

If you have any questions or concerns, please contact Robin Baumgartner at rbaumgartner@uidaho.edu.



Age Requirements:	8+	Project Description: Own and care for one or more purebred or commercial heifers, cows or bulls for at least 90 days before exhibiting at the fair.
Listed in Z-Suites As:	Animal & Vet Science: Beef—Breeding	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Lessons Skills Checklist](#)
- [4-H Livestock Budget Template](#) (Microsoft Excel file)
- [Seven Steps in Selecting Market Projects](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Beef Resource Handbook](#) (Ohio)
- [4-H Animal Science Lesson Plans](http://www.uidaho.edu/extension/4h/projects) (www.uidaho.edu/extension/4h/projects)
- [4-H Animal Science Lesson Plan Topic Tracker](#)

Optional Support Materials:

- [Market Beef Growth Chart](#)
- [Youth Beef Quality Assurance Program Manual for the Pacific Northwest](#)
- [Market Beef Planning Sheet](#)
- [Idaho 4-H Livestock Costs and Returns Estimate](#)
- [Beef, Sheep, and Swine Selection and Evaluation](#)
- [Market Animal Health Supplement](#)
- [Market Animal Weight Guidelines](#)
- [Beef Showmanship Video](#)

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Project Completion Checklist

Statewide Requirements

- Choose one or more heifers, cows, or bulls for your Breeding Beef project. Bulls must be less than one (1) year of age by fair date to be exhibited at a 4-H show.
- Individually identify each animal with an ear tag and/or tattoo.
- Provide one or more forms of positive ownership such as: Brand Inspection, Registration Certificate, Recorded Iron Brand, or Bill of Sale for each project animal at least 90 days.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.**
- Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit and/or have project animal(s) evaluated at a county Extension approved show, exhibition, or field day.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Beef Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Raise one or more steers or heifers for market. Show and sell your animal at the county fair.
Listed in Z-Suites As:	Animal & Vet Science: Beef—Market	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Lessons Skills Checklist](#)
- [4-H Livestock Budget Template](#) (Microsoft Excel file)
- [Seven Steps in Selecting Market Projects](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Beef Resource Handbook](#) (Ohio)
- [4-H Animal Science Lesson Plans](http://www.uidaho.edu/extension/4h/projects) (www.uidaho.edu/extension/4h/projects)
- [4-H Animal Science Lesson Plan Topic Tracker](#)

Optional Support Materials:

- [Market Beef Growth Chart](#)
- [Youth Beef Quality Assurance Program Manual for the Pacific Northwest](#)
- [Market Beef Planning Sheet](#)
- [Idaho 4-H Livestock Costs and Returns Estimate](#)
- [Beef, Sheep, and Swine Selection and Evaluation](#)
- [Market Animal Health Supplement](#)
- [Market Animal Weight Guidelines](#)
- [Beef Showmanship Video](#)

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Project Completion Checklist

Statewide Requirements

- Choose one or more steers or heifers for your Market Beef project.
- Individually identify each animal with an ear tag and/or tattoo.
- Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 130 days.
- Provide appropriate documentation, which includes a brand inspection, and/or a bill of sale. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
- Complete five (5) Animal Science lessons/activities, gain at least five (5) new skills per year from the Idaho 4-H Animal Science Skills Checklist. One (1) must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- Display performance data on exhibit or stall card.
- Exhibit project animal at community, county, or other county Extension approved livestock show.
- Exhibit one of your project animals in a Beef Fitting and Showing class.

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2022-23**



Age Requirements:	8+	Project Description: Manage and care for one or more beef animals during winter and/or the summer grazing period for at least 90 days.
Listed in Z-Suites As:	Animal & Vet Science: Beef—Stocker/ Feeder	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Lessons Skills Checklist](#)
- [4-H Livestock Budget Template](#) (Microsoft Excel file)
- [Seven Steps in Selecting Market Projects](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Beef Resource Handbook](#) (Ohio)
- [4-H Animal Science Lesson Plans](#) (www.uidaho.edu/extension/4h/projects)
- [4-H Animal Science Lesson Plan Topic Tracker](#)

Optional Support Materials:

- [Market Beef Growth Chart](#)
- [Youth Beef Quality Assurance Program Manual for the Pacific Northwest](#)
- [Market Beef Planning Sheet](#)
- [Idaho 4-H Livestock Costs and Returns Estimate](#)
- [Beef, Sheep, and Swine Selection and Evaluation](#)
- [Market Animal Health Supplement](#)
- [Market Animal Weight Guidelines](#)
- [Beef Showmanship Video](#)

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Project Completion Checklist

Statewide Requirements

- Choose one or more beef animals for your Stocker-Feeder project.
- Individually identify each animal with an ear tag and/or tattoo.
- Provide primary care during wintering and/or summer grazing period for at least 90 days.
- Provide a Brand Inspection or Recorded Iron Brand as positive proof of ownership for each project animal for at least 150 days.
- Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit fitted or unfitted animal(s) at home tour, show, sale, or other County Extension approved event.
- Display performance data on exhibit or stall card. Should have beginning weight, ending weight, total gain, cost/lb, and ADG.

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2022-23**



Age Requirements:	8+	Project Description: Own and provide primary care, proper housing, and feed for at least 10 chicks for at least 8 weeks, or until they are sold as fryers. Gain skill in financial management by raising and selling poultry.
Listed in Z-Suites As:	Animal & Vet Science: Market Broilers & Fryers	
Last Revised	09-20	

Youth Materials:

- [4-H Market Broilers](#) (#UNL 4H308), 1989
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Market Broilers](#) (#UNL 4H308), 1989

Optional Support Materials:

- [Feeding Meat-type Chickens](#) (PNW #658)
- [4-H Poultry Showmanship Questions](#)
- [Exhibiting 4-H Poultry](#) (Nebraska EC282)
- [Poultry Options and Egg Production Record](#) (#72310)
- [Poultry Judging](#) (Nebraska 72307)
- [Ohio 4-H Poultry Resources](https://ohio4h.org/poultryresources) (https://ohio4h.org/poultryresources)

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Project Completion Checklist

Statewide Requirements

- Must own and provide primary care, proper housing, and feed for your animal (s) for no less than eight (8) weeks.
- Minimum requirement is five (5) broilers.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- ONE of the following exhibit options:
 - Exhibit three (3) birds as uniform as possible.
 - A display or poster (14"x22") that shows something new you learned this year related to a completed project activity.

Note: Meat birds will not be shown in showmanship. The 4-H'er can participate in showmanship by standing by his/her caged bird and answering questions by the judge.

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2022-23**



Age Requirements:	8+	Project Description: Learn about and care for a variety of feathered friends, including domestic poultry, game-birds, pigeons, or waterfowl. Be sure to check with your county Extension Office for species-specific requirements.
Listed in Z-Suites As:	Animal & Vet Science: Turkeys, Flocks, and Other Bird Projects	
Last Revised	09-20	

Youth Materials:

- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Ohio 4-H Poultry Resources](https://ohio4h.org/poultryresources) (https://ohio4h.org/poultryresources)

Optional Support Materials:

- [Poultry Options and Egg Production Record](#) (#72310)
- [Exhibiting 4-H Poultry](#) (Nebraska EC282)
- [Poultry Judging](#) (Nebraska #72307)
- [4-H Poultry Showmanship Questions](#)
- [Duck or Goose Project](#) (OH MA2102)
- [4-H Pigeon and Dove Project](#) (OSU 4H154)
- [Raising Turkeys](#) (OH MA2101)

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Project Completion Checklist

Statewide Requirements

- Must own and provide primary care, proper housing, and feed for your animal (s) for at least 90 days.
- Complete a minimum of 5 activities from supporting materials for Birds & Poultry.
- On Project Information & Activity Log in Record Book, have your project Volunteer initial each activity when it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report.
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.

ONE of the following exhibit options:

- Exhibit one or a pair of birds.
- A display or poster (14"x22") that shows something new you learned this year related to a completed project activity.

Optional: You may choose to participate in a Poultry Fitting & Showing (pre-registration required).

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2022-23**



Age Requirements:	8+	Project Description: In his project, youth will own and provide primary care, proper housing and feed for 5-10 pullets for at least 90 days.
Listed in Z-Suites As:	Animal & Vet Science: Birds & Poultry— Pullets & Laying Hens	
Last Revised	09-20	

Youth Materials:

- [Poultry Options and Egg Production Record](#) (#72310)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [The 4-H Poultry Project: An Introduction](#) (WY #12004C), 2003

Optional Support Materials:

- [Exhibiting 4-H Poultry](#) (Nebraska EC282)
- [Poultry Judging](#) (Nebraska #72307)
- [4-H Poultry Showmanship Questions](#)
- [Raising Pullets](#) (OH #4-H151)
- [Ohio 4-H Poultry Resources](https://ohio4h.org/poultryresources) (https://ohio4h.org/poultryresources)

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Project Completion Checklist

Statewide Requirements

- Must own and provide primary care, proper housing, and feed for your animal (s) for at least 90 days.
- Minimum requirement is five (5) pullets/hens. Chicks should be obtained early in the year so that they will be in production in the fall.
- Note: If pullets are to be continued as a laying project, at least 10 pullets are suggested (but not required) to start.
- Complete the Egg Production Record
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Egg Production Record (#72310)
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.

ONE of the following exhibit options:

- Exhibit three (3) pullets and/or 1 dozen eggs if birds are in production.
- A display or poster (14"x22") that shows something new you learned this year related to a completed project activity.

Optional: You may choose to participate in a Poultry Fitting & Showing (pre-registration required).

**Approved for
2022-23**



Age Requirements:	8+	Project Description: More cats live in U.S. homes than any other pet. You can join this contented group of pet owners by completing a cat project and learning more about our feline friends.
Listed in Z-Suites As:	Animal & Vet Science: Cat	
Last Revised	09-20	

Youth Materials:

- [4-H Cat Project, Unit 1](#) (WSU EM4809E), 2015
- [4-H Cat Project, Unit 2](#) (WSU EM4900E), 2013
- [Cat Anatomy & Physiology, Unit 3](#) (WSU EM4289E), 2013
- [Cat Fitting and Showmanship](#) (WSU EM4810E), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Cat Project, Unit 1](#) (WSU EM4809E), 2015
- [4-H Cat Project, Unit 2](#) (WSU EM4900E), 2013
- [Cat Anatomy & Physiology, Unit 3](#) (WSU EM4289E), 2013
- [Cat Fitting and Showmanship](#) (WSU EM4810E), 2015

Optional Support Materials:

- [Cat Showmanship Questions and Tips](#) (OH)

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Project Completion Checklist

Statewide Requirements

- Must own, provide proper housing, feed, and care for the specified animal(s) for at least 90 days.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- One AND/OR both of the following exhibit options:
 - A poster (14" x 22") or a display illustrating what you learned in this project this year.
 - Exhibit your project animal in a Cat Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In the multi-level cavy project, provide complete care for a cavy of any breed for at least 90 days.
Listed in Z-Suites As:	Animal & Vet Science: Cavy	
Last Revised	09-20	

Youth Materials:

- [4-H Cavy Advancement Program, Step One Checklist](#)
- [4-H Cavy Advancement Program, Step Two Checklist](#)
- [4-H Cavy Advancement Program, Step Three Checklist](#)
- [4-H Cavy Advancement Program, Step Four Checklist](#)
- [4-H Cavy Advancement Program, Step Five checklist](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [PNW 4-H Cavy Project Leaders Guide](#) (PNW573)
- [Cavy Resource Handbook](#)

Optional Support Materials:

- [4-H Cavy Project Health Supplement](#) (Wisconsin 4-H Pub. No. 4H369D)
- [Standards of Perfection, American Rabbit Breeders Association](#)
- [Official Guidebook: Raising Better Rabbits and Cavies](#) (ARBA)
- [Your Guinea Pig](#) by Wanda L. Curran (Open Library link)
- [American Cavy Breeders Association](#) (www.acbaonline.com)
- Cavy Genetics by Harry Claus (check your local library or bookstore)

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Project Completion Checklist

Statewide Requirements

- Provide proper housing, food and primary care for your Cavies for at least 90 days.
- Complete 5 Animal Science Activities
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Any supplemental forms required at the county level

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- One AND/OR both of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - Exhibit your project animal in a Cavy Fitting and Showing class.

Approved for
2022-23



Age Requirements:	8+	Project Description: Care for one or more dairy cattle for at least 90 days before exhibiting at the county fair.
Listed in Z-Suites As:	Animal & Vet Science: Dairy Cattle	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Lessons Skills Checklist](#)
- [Market Animal Weight Guidelines](#)
- [4-H Livestock Budget Template](#) (Microsoft Excel file)
- [Seven Steps in Selecting Market Projects](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Dairy Resource Handbook](#) (OH #127R), 2016
- [4-H Animal Science Lesson Plans](http://www.uidaho.edu/extension/4h/projects) (www.uidaho.edu/extension/4h/projects)
- [4-H Animal Science Lesson Plan Topic Tracker](#)

Optional Support Materials:

- [Dairy Heifer Growth Chart](#) (#72120)
- [Monitoring Dairy Heifer Growth](#), Penn State, 1988
- [4-H Dairy Cattle Production & Management Website](#) (Michigan State University)
https://www.canr.msu.edu/dairy_cattle

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Project Completion Checklist

Statewide Requirements

- Care for 1 or more dairy cattle at least 90 days.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Supplemental forms required at the county level, submitted to county extension office by date specified.
- Exhibit project animal at community, county, or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Dairy Cattle Fitting and Showing class

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Provide complete care for a pure-bred or crossbred dog for at least 90 days, including obedience training and/or showing your animal. You will keep complete records on the costs of feeding and caring for a dog.
Listed in Z-Suites As:	Animal & Vet Science: Dog	
Last Revised	09-20	

Youth Materials:

- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Dog Resource Handbook](#) (OH #201R), 2018

Optional Support Materials:

- [Wiggles ‘n’ Wags, Level 1](#)
- [Canine Connection, Level 2](#)
- [Leading the Pack, Level 3](#)
- [Dog Helper’s Guide](#)
- [4-H Dog Showmanship Guide](#) (IN 4-H 716W)

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Project Completion Checklist

Statewide Requirements

- Provide primary care for and train 1 or more dogs, which belong to the member or a family pet for at least 90 days. The dog may be registered or an unregistered, crossbred male or female.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Supplemental forms required at the county level, submitted to county extension office by date specified.
- One AND/OR both of the following exhibit options (Note: Some counties may require both)
 - Exhibit dog you trained in appropriate obedience class according to experience and development as follows:
 - Dog in Training:
 - Unit 1 – Subnovice
 - Unit 2 – Novice
 - Unit 3 – Graduate Novice
 - Unit 4 – Open Class
 - Unit 5 – Open Challenge
 - Unit 6 – Utility
 - Exhibit one of your project animals in a Dog Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Meat goat breeding is a long-term project. The 4-H member begins with a doe kid and cares for her through breeding age and on to kidding. Youth expand their knowledge about the industry and production while developing important life skills.
Listed in Z-Suites As:	Animal & Vet Science: Goats—Breeding Meat	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Goat Resource Handbook](#) (OH #135R), 2016
- [4-H Animal Science Lessons](#)
- [4-H Animal Lesson Plan Tracker](#)

Optional Support Materials:

- [4-H Meat Goat Fact Sheets: NY 4-H](#)
- [Texas Goat Resources](https://texasyouthlivestock.com/goats/) (https://texasyouthlivestock.com/goats/)
- [Meat Goat Showmanship](#) (Oklahoma State)

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Project Completion Checklist

Statewide Requirements

- Choose one or more goats for your Breeding Meat Goat project.
- Comply with current USDA Scrapie requirements
- Individually identify each animal with an ear tag and/or tattoo.
- Provide one or more forms of positive ownership for a minimum of 90 days.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
- Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Supplemental forms required at the county level, submitted to county Extension office by date specified.
- Display performance data on exhibit or stall card.
- Exhibit project animal at community, county, or other county Extension approved livestock show.
- Exhibit one of your project animals in a Goat Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Become familiar with and apply the recommended principles of dairy animal science through caring for one or more dairy goats for at least 90 days before exhibiting. Gain knowledge of sound breeding, feeding, and management practices.
Listed in Z-Suites As:	Animal & Vet Science: Goats—Dairy	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Goat Resource Handbook](#) (OH #135R), 2016

Optional Support Materials:

- [Dairy Goat Showmanship](#) (UCANR 197372)
- [Dairy Goat Record Worksheets](#) (University of Alaska Fairbanks)

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Project Completion Checklist

Statewide Requirements

- Choose one or more goats for your Dairy Goat project.
- Comply with current USDA Scrapie requirements
- Individually identify each animal with an ear tag and/or tattoo.
- Provide one or more forms of positive ownership for a minimum of 90 days.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.**
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Supplemental forms required at the county level, submitted to county Extension office by date specified.
- Display performance data on exhibit or stall card.
- Exhibit project animal at community, county, or other county Extension approved livestock show.
- Exhibit one of your project animals in a Goat Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Care for one or more meat goats for at least 70 days before exhibiting. Become familiar with and apply principles of livestock animal science and develop integrity, sportsmanship, decision-making capabilities and public speaking skills.
Listed in Z-Suites As:	Animal & Vet Science: Goats—Market	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Goat Resource Handbook](#) (OH #135R), 2016
- [4-H Animal Science Lessons](#)
- [4-H Animal Lesson Plan Tracker](#)

Optional Support Materials:

- [Market Animal Health Supplement](#)
- [Market Animal Weight Guidelines](#)
- [Meat Goat Planning Sheet](#)
- [Market Goat Growth Chart](#)
- [Idaho 4-H Livestock Cost and Returns Estimates—Meat Goat Project](#) (#72596)
- [4-H Meat Goat Fact Sheets: NY 4-H](#)
- [Texas Goat Resources](https://texasyouthlivestock.com/goats/) (https://texasyouthlivestock.com/goats/)
- [Meat Goat Showmanship](#) (Oklahoma State)

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Project Completion Checklist

Statewide Requirements

- Choose one or more goats for your Market Goat project.
- Comply with current USDA Scrapie requirements
- Individually identify each animal with an ear tag and/or tattoo.
- Provide one or more forms of positive ownership for a minimum of 70 days.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.
- Provide appropriate documentation, which includes a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
- Complete 5 Animal Science lessons/activities, gain at least 5 new skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Supplemental forms required at the county level, submitted to county Extension office by date specified.
- Display performance data on exhibit or stall card.
- Exhibit project animal at community, county, or other county Extension approved livestock show.
- Exhibit one of your project animals in a Goat Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Care for one or more pack goats for at least 90 days before exhibiting. Select a goat suitable for use in harness or as a pack animal, keep records and practice responsible animal ownership.
Listed in Z-Suites As:	Animal & Vet Science: Goats—Pack	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Goat Resource Handbook](#) (OH #135R), 2016

Optional Support Materials:

- [Pack Goat Skills Checklist](#) (#72580), 2003
- [4-H Pack Goat Project Handbook](#)
- [NYS Working Goat Resources](#)

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Project Completion Checklist

Statewide Requirements

- Own and care for at least 1 pack goat of any breed or mixed breed for at least 90 days.
- Comply with current USDA Scrapie requirements.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
 - ZSuite 4-H Project Record Book
 - Supplemental forms required at the county level, submitted to county Extension office by date specified.
 - Exhibit project animal at community, county or other livestock show.
 - Exhibit one of your project animals in a goat fitting and showing class.
 - Display requested data on exhibit or stall card.
 - Participate in a class that demonstrates skills learned in the project.
- OR
- A poster (14" x 22") or display illustrating something you learned in the project this year.

Approved for
2022-23



Age Requirements:	8+	Project Description: Learn about the selection, breeding, nutrition, management, showmanship and health requirements of an increasingly popular pet—the pygmy goat! Care for one or more goats for at least 90 days before exhibiting.
Listed in Z-Suites As:	Animal & Vet Science: Goats—Pet/Pygmy	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Goat Resource Handbook](#) (OH #135R), 2016

Optional Support Materials:

- [Goat Showmanship Manual](#) (NDSU GBG091)
- [Individual Pygmy Goat Information](#) (#72595)
- [National Pygmy Goat Association](#) (www.npga-pygmy.com)

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Project Completion Checklist

Statewide Requirements

- Own and care for at least 1 pet goat of any breed or mixed breed for at least 90 days.
- Comply with current USDA Scrapie requirements.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
 - ZSuite 4-H Project Record Book
 - Supplemental forms required at the county level, submitted to county Extension office by date specified.
 - A poster (14" x 22") or display illustrating something you learned in the project this year.
- AND/OR
- Exhibit one of your project animals in a Goat Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Learn about various horse breeds and characteristics and experience the pride of owning, managing, and caring for a horse or pony.
Listed in Z-Suites As:	Animal & Vet Science; Horse	
Last Revised	09-20	

Youth Materials:

- [The 4-H Horse Project](#) (#PNW 587), 2013
- [Basic Horse Safety Manual](#) (#72673)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [The 4-H Horse Project](#) (#PNW 587), 2013

Optional Support Materials:

- [Horses and Horsemanship](#) (#CO-200)
- [Horse Science](#) (#CO-201)
- [4-H Horse Judging Manual](#) (#PNW 575)
- [Hunt Seat & Jumper Manual](#) (#PNW 488)
- [PNW #574: 4-H Horse Contest Guide](#) (#72675)
- [PNW #229: 4-H Driving Manual](#) (#72682)

Checklists:

- [Working Ranch Horse Optional Focus Area Skills Checklist](#) (#72652)
- [Hunter/Jumper Optional Focus Area Skills Checklist](#) (#72653)
- [Driving Optional Focus Area Skills Checklist](#) (#72654)
- [Trail Optional Focus Area Skills Checklist](#) (#72655)
- [Dressage Optional Focus Area Skills Checklist](#) (#72656)
- [General Equitation Optional Focus Skills Checklist](#) (#72657)

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Project Completion Checklist

Statewide Requirements

- Must own/lease the horse(s) used, provide primary care, feeding, and management of the horse(s) at least 90 days before exhibiting.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
- Keep record of expenses, health care, plus participation in shows and related horse activities/events.
- Learn and practice safety precautions necessary to prevent injury to you and your horse.
- Complete 5 Horse-related educational lessons/activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level submitted to county Extension office by date specified.
- Exhibit your horse in a show, fair, or other Extension 4-H program approved event.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Learn about horses without owning one. Over 20 different horse-related subjects are covered in this project that is written for beginners, but suitable for members of all ages.
Listed in Z-Suites As:	Animal & Vet Science: Horseless Horse	
Last Revised	09-20	

Youth Materials:

- [Horseless Horse](#) (OH #4H173), 2016
- [Basic Horse Safety Manual](#) (#72673)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Horseless Horse](#) (OH #4H173), 2016

Optional Support Materials:

- [Horses and Horsemanship](#) (#CO-200)
- [Horse Science](#) (#CO-201)
- [4-H Horse Judging Manual](#) (#PNW 575)

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Project Completion Checklist

Statewide Requirements

- Complete 4 Interest Areas per year.
- Record each activity completed in the ZSuites 4-H Project Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any other supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level submitted to county Extension office by date specified.
- A poster (14"x22") or display illustrating something you learned in this project this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Provide complete care for a llama or alpaca for at least 90 days. Learn about equipment safety, raising and training llamas and alpacas, and different uses of these animals in recreation.
Listed in Z-Suites As:	Animal & Vet Science: Llama/Alpaca	
Last Revised	09-20	

Youth Materials:

- [4-H Llama/Alpaca Activities Checklist, Level 1](#) (#72193), 2005
- [4-H Llama/Alpaca Activities Checklist, Level 2](#) (#72194), 2005
- [4-H Llama/Alpaca Activities Checklist, Level 3](#) (#72195), 2005
- [4-H Permanent Individual Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Llama and Alpaca Resource Handbook](#) (OH #4H132R), 2008
- [4-H Leader's Manual for Llama Activities](#) (Washington State University 4-H #EM4891), 2002

Optional Support Materials:

- [Rocky Mountain Llama Association Youth Llama Project Manual](#)

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Project Completion Checklist

Statewide Requirements

- Provide proper housing, food and primary care for your llama/alpaca for at least 90 days.
- Members must work in the Llama/Alpaca Activities Checklist Level 1 (beginner), Level 2 (Intermediate) or Level 3 (Advanced)
- Members may take up to three years to complete a Level checklist
- Members will complete both Skills Options and Personal Development Options each year
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
 - ZSuite 4-H Project Record Book
 - Any supplemental forms required at the county level, submitted to County Extension Office by date specified.
 - A poster (14"x22") or display illustrating something you learned in this project this year.
- AND/OR
- Exhibit one of your project animals in a Llama/Alpaca fitting and showing class.

Approved for
2022-23



Age Requirements:	8+	Project Description: The Non-Animal project option is designed to allow youth to experience 4-H Animal Science projects without animal ownership. You must obtain approval from your local 4-H Extension office in order to participate in this project.
Listed in Z-Suites As:	Animal & Vet Science: Non-Animal Project Option	
Last Revised	09-20	

Youth Materials:

- [Animal Science Lessons Plan Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [University of Idaho 4-H Animal Science Lessons](#)
- [University of Idaho 4-H Animal Lesson Plan Tracker](#)
- Appropriate species curriculums are listed below. Additional supplemental materials can be found on individual species project requirements.

Optional Support Materials:

- Llama/Alpaca—[Llama/Alpaca Resource Handbook](#) (OH #132R)
- Beef—[Beef Resource Handbook](#) (OH #117R)
- Birds/Poultry—[The 4-H Poultry Project: An Introduction](#) (WY #12004C)
- Cat—[WSU 4-H Cat Project Unit 1, 2, and 3](#)
- Cavy—[4-H Cavy Project Leader Guide](#) (PNW573)
- Dairy Cattle—[Dairy Resource Handbook](#) (OH #127R)
- Dog—[Dog Resource Handbook](#) (OH #201R)
- Goat—[Goat Resource Handbook](#) (OH #135R)
- Rabbit—[Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R)
- Sheep—[Sheep Resource Handbook for Market and Breeding Projects](#) (OH #194R)
- Small Animals/Pocket Pets—[Pocket Pets Resource Handbook](#) (OH #220R)
- Swine—[Swine Resource Handbook for Market and Breeding Projects](#) (OH #134R)

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Project Completion Checklist

Statewide Requirements

- Obtain approval to do this project from your county 4-H professional.
- Complete 5 Animal Science lessons/ activities, gain at least 5 new skills per year from the University of Idaho Extension 4-H Animal Science Skills Checklist.
- Record each activity completed in the ZSuites 4-H Project Record Book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14"x22") or display illustrating something you learned in this project this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Own and care for one or more does for at least 90 days before exhibiting. Raise at least one litter. Show at least one animal at the fair.
Listed in Z-Suites As:	Animal & Vet Science: Rabbit—Breeding	
Last Revised	09-20	

Youth Materials:

- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R), 2004

Optional Support Materials:

- [4-H Rabbit Fitting and Showing Member Guide](#) (MSU)
- [4-H Rabbit Show Preparation and Showmanship Fact Sheet](#) (OH)
- *The Rabbit Handbook* by Karen Gendron (2000) Barron's Ed Series, Inc. (check with your local library or bookstore)
- [American Rabbit Breeders Association \(ARBA\) Standard of Perfection](#)
- [American Rabbit Breeders Association \(ARBA\) Official Guide Book, "Raising Better Rabbits & Cavies"](#)

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Project Completion Checklist

Statewide Requirements

- Own 1 or more does for at least 90 days and have access to the appropriate number of bucks (purebred commercial breeds are recommended but cross-breeds may be used).
- Raise at least 1 litter per doe, and keep or market the young.
- Provide proper housing, feed and primary care for your rabbits.
- Keep breeding pedigree, performance and production records on your rabbits.
- Learn how to fit and show a rabbit.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level submitted to county Extension office by date specified.
- One project rabbit (select from a junior doe, senior doe, junior buck or senior buck).
- Exhibit one of your project animals in a Rabbit Fitting and Showing class.

Approved for
2022-23



Age Requirements:	8+	Project Description: Raise at least one litter for market. Show at least one animal at the fair.
Listed in Z-Suites As:		
	Animal & Vet Science: Rabbit—Market	
Last Revised	09-20	

Youth Materials:

- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R), 2004

Optional Support Materials:

- [4-H Rabbit Fitting and Showing Member Guide](#) (MSU)
- [4-H Rabbit Show Preparation and Showmanship Fact Sheet](#) (OH)
- *The Rabbit Handbook* by Karen Gendron (2000) Barron’s Ed Series, Inc. (check with your local library or bookstore)
- [American Rabbit Breeders Association \(ARBA\) Standard of Perfection](#)
- [American Rabbit Breeders Association \(ARBA\) Official Guide Book, “Raising Better Rabbits & Cavies](#)

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Project Completion Checklist

Statewide Requirements

- Provide proper housing, food and primary care for your rabbits for no less than eight weeks.
- Learn how to fit and show a rabbit.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level submitted to county Extension office by date specified.
- Pen of 3 fryers
- Exhibit one of your project animals in a Rabbit Fitting and Showing class.

Approved for
2022-23



Age Requirements:	8+	Project Description: Care for and show at least one doe or buck at the fair.
Listed in Z-Suites As:	Animal & Vet Science: Rabbit—Pet	
Last Revised	09-20	

Youth Materials:

- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Rabbit Resource Handbook for Breeding, Market, and Pet Rabbit Projects](#) (OH #228R), 2004

Optional Support Materials:

- [4-H Rabbit Fitting and Showing Member Guide](#) (MSU)
- [4-H Rabbit Show Preparation and Showmanship Fact Sheet](#) (OH)
- *The Rabbit Handbook* by Karen Gendron (2000) Barron's Ed Series, Inc. (check with your local library or bookstore)
- [American Rabbit Breeders Association \(ARBA\) Standard of Perfection](#)
- [American Rabbit Breeders Association \(ARBA\) Official Guide Book, "Raising Better Rabbits & Cavies"](#)

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Project Completion Checklist

Statewide Requirements

- Provide proper housing, food and primary care for your rabbits for at least 90 days.
- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level submitted to county Extension office by date specified.
- One AND/OR both of the following exhibits:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - Exhibit one of your project animals in a Rabbit Fitting and Showing class.

Approved for
2022-23



Age Requirements:	8+	Project Description: Own and care for one or more older ewes for at least 90 days before exhibiting.
Listed in Z-Suites As:	Animal & Vet Science: Sheep—Breeding	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sheep Resource Handbook for Market and Breeding Projects](#) (OH #194R), 2011
- [4-H Animal Science Lessons](#)
- [4-H Animal Science Lesson Plan Tracker](#)

Optional Support Materials:

- [Market Animal Health Supplement](#)
- [Market Animal Weight Guidelines](#)
- [Market Sheep Planning Sheet](#)
- [Market Lamb Growth Chart](#) (#72130)
- [Beef, Sheep and Swine Selection and Evaluation](#)
- [Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project](#) (#72895)
- [Sheep Showmanship Video](#) (#72898)

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Project Completion Checklist

Statewide Requirements

- Choose and provide primary care for one or more ewes for your Breeding Sheep project.
- Comply with current USDA Scrapie requirements.
- Provide one or more forms of positive ownership (90 days) for each project animal.
- Individually identify each animal with an ear tag, tattoo or ear notch.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.**
- Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit project animal(s) at a community, county or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Sheep Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Own and care for one or more wethers or ewes for market, exhibiting and selling at the fair.
Listed in Z-Suites As:	Animal & Vet Science: Sheep—Market	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sheep Resource Handbook for Market and Breeding Projects](#) (OH #194R), 2011
- [4-H Animal Science Lessons](#)
- [4-H Animal Science Lesson Plan Tracker](#)

Optional Support Materials:

- [Market Animal Health Supplement](#)
- [Market Animal Weight Guidelines](#)
- [Market Sheep Planning Sheet](#)
- [Market Lamb Growth Chart](#) (#72130)
- [Beef, Sheep and Swine Selection and Evaluation](#)
- [Idaho 4-H Livestock Cost & Return Estimates – Market Sheep Project](#) (#72895)
- [Sheep Showmanship Video](#) (#72898)

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Project Completion Checklist

Statewide Requirements

- Choose at least one wether or ewe for your Market Lamb project.
- Comply with current USDA Scrapie requirements.
- Provide one or more forms of positive ownership (70 days) for each project animal.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 60 days.
- Individually identify each animal with an ear tag, tattoo or ear notch.
- Provide appropriate documentation including, a bill of sale and a COOL (County of Origin Labeling) document to meet the federal requirements of COOL. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
- Complete 5 Animal Science lessons/ activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- Exhibit project animal(s) at a community, county or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Sheep Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Pocket Pets include small animals of many types, including rodents, reptiles, and amphibians. Learn how to select, care for, and safely handle these fascinating little creatures!
Listed in Z-Suites As:	Animal & Vet Science: Small Animals, Pocket Pets & Other	
Last Revised	09-20	

Youth Materials:

- [Level 1—Pet Pals](#) (#06359)
- [Level 2—Scurrying Ahead](#) (#06360)
- [Level 3—Scaling the Heights](#) (#06361)
- [4-H Individual Permanent Animal Record](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Pet Curriculum Helper’s Guide](#) (#06362)

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Members should provide proper housing, food, and primary care for their pet for at least 60 days.

In member's current Project Manual:

- Complete 5 Animal Science activities.
- Record each activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- One AND/OR both of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - Exhibit their project animal in a corresponding species Fitting and Showing class.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Own and care for one or more sows or gilts for at least 90 days before exhibiting.
Listed in Z-Suites As:	Animal & Vet Science: Swine—Breeding	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [Market Animal Weight Guidelines](#)
- [4-H Livestock Budget Template](#) (Microsoft Excel file)
- [4-H Individual Permanent Animal Record](#)
- [Seven Steps in Selecting Market Projects](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Swine Resource Handbook for Market and Breeding](#) (OH #134R), 2001
- [4-H Animal Science Lessons](#)
- [4-H Animal Science Lesson Plan Tracker](#)

Optional Support Materials:

- [Market Animal Health Supplement](#)
- [Market Swine Growth Chart](#) (#72140)
- [Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project](#) (#72995)
- [Exploring Swine Health and Husbandry](#) (#08456)
- [Swine Showmanship Video](#)

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Project Completion Checklist

Statewide Requirements

- Choose one or more gilt/sows for your Breeding Swine project.
- Individually identify each animal with an ear tag, tattoo or ear notch.
- Provide one or more forms of positive ownership for at least 90 days for each project animal.
- If a 4-H member leases a project animal, a completed written and signed copy of the lease agreement must be returned to the county Extension office by the required ownership date.
- Complete 5 Animal Science lessons/ activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the county level, submitted to county Extension office by date specified.
- Any supplemental forms required at the count level, submitted to county Extension office by date specified.
- Exhibit project animal(s) at a community, county or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Swine Fitting and Showing class.

Approved for
2022-23



Age Requirements:	8+	Project Description: Raise one or more barrows or gilts for market, exhibiting and selling at the fair. Care for your animal for a minimum of 100 days before exhibiting.
Listed in Z-Suites As:	Animal & Vet Science: Swine—Market	
Last Revised	09-20	

Youth Materials:

- [4-H Animal Science Skills Checklist](#)
- [Market Animal Weight Guidelines](#)
- [4-H Livestock Budget Template](#) (Microsoft Excel file)
- [4-H Individual Permanent Animal Record](#)
- [Seven Steps in Selecting Market Projects](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Swine Resource Handbook for Market and Breeding](#) (OH #134R), 2001
- [4-H Animal Science Lessons](#)
- [4-H Animal Science Lesson Plan Tracker](#)

Optional Support Materials:

- [Market Animal Health Supplement](#)
- [Market Swine Growth Chart](#) (#72140)
- [Idaho 4-H Livestock Cost & Return Estimates – Market Swine Project](#) (#72995)
- [Exploring Swine Health and Husbandry](#) (#08456)
- [Swine Showmanship Video](#)

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Project Completion Checklist

Statewide Requirements

- Choose one or more barrows or gilts for your Market Swine project.
- Individually identify each animal with an ear tag, tattoo or ear notch.
- Provide one or more forms of positive ownership for at least 100 days for each project animal.
- Weigh and provide primary care for all animals on a uniform county feeding period for a minimum of 80 days.
- Provide appropriate documentation, which includes a bill of sale. Check with local Extension Office for exact forms required and the deadline for turning in those forms.
- Complete 5 Animal Science lessons/activities, gain at least 5 news skills per year from the Idaho 4-H Animal Science Skills Checklist. One must be Quality Assurance related.
- Record each specific lesson or activity completed in the 4-H Animal Record Book, Project Information and Activity Log.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete any supplemental forms required at the county level.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any supplemental forms required at the count level, submitted to county Extension office by date specified.
- Exhibit project animal(s) at a community, county or other livestock show.
- Display performance data on exhibit or stall card.
- Exhibit one of your project animals in a Swine Fitting and Showing class.

**Approved for
2022-23**



Natural Science

The Normal Animal Veterinary Science Level 1

Age Requirements:	8+	Project Description: This project is for youth who aspire to become veterinarians, or who just want to better understand their animals and how to keep them healthy. In this level, youth will learn about animal anatomy and organ systems.
Listed in Z-Suites As:	Animal & Vet Science: Veterinary Science Lv 1	
Last Revised	09-20	

Youth Materials:

- [4-H Veterinary Science 1—The Normal Animal](#) (#4H131), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Veterinary Science Units I, II and III Leader Guide](#) (#4H192), 2002

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least 7 activities from The Normal Animal: Veterinary Science Unit 1 Manual.
- Record each activity in the Project Information and Activity Log in your ZSuite Record Book. Have your project leader initial each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- The Normal Animal: Veterinary Science Unit 1 Manual
- A poster (14"x22") or display illustrating something you learned in this project this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This project is for youth who aspire to become veterinarians, or who just want to better understand their animals and how to keep them healthy. In this level, youth will examine health & disease topics and observe normal and abnormal conditions.
Listed in Z-Suites As:		
	Animal & Vet Science: Veterinary Science Lv 2	
Last Revised	09-20	

Youth Materials:

- [4-H Veterinary Science 2—Animal Disease \(#4H48\)](#), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Veterinary Science Units I, II and III Leader Guide \(#4H192\)](#), 2002

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least 7 activities from Animal Disease: Veterinary Science Unit 2 Manual.
- Record each activity in the Project Information and Activity Log in your ZSuite Record Book. Have your project leader initial each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Animal Disease: Veterinary Science Unit 2 Manual
- A poster (14"x22") or display illustrating something you learned in this project this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This project is for youth who aspire to become veterinarians, or who just want to better understand their animals and how to keep them healthy. In this level, youth will learn about careers in veterinary medicine and preparing for college.
Listed in Z-Suites As:		
	Animal & Vet Science: Veterinary Science Lv 3	
Last Revised	09-20	

Youth Materials:

- [4-H Veterinary Science 3—Animal Health and Its Relationship to Our World](#) (#4H133), 2002
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Veterinary Science Units I, II and III Leader Guide](#) (#4H192), 2002

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least 7 activities from Animal Health and Its Relationship to Our World: Veterinary Science Unit 3 Manual.
- Record each activity in the Project Information and Activity Log in your ZSuite Record Book. Have your project leader initial each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Animal Health and Its Relationship To Our World: Veterinary Science Unit 3 Manual
- A poster (14"x22") or display illustrating something you learned in this project this year.

**Approved for
2022-23**



Civic Engagement & Leadership

Exploring Citizenship Citizenship Washington Focus

Age Requirements:	15-18	Project Description: Citizenship Washington Focus (CWF), connects young leaders from across the county in our nation’s capital and helps them gain the skills and experiences to become effective change agents. On their return to Idaho , youth will plan and carry out a project within their community.
Listed in Z-Suite As:	Civic Engagement & Leadership: Citizenship Washington Focus	
Last Revised	09-20	

Youth Materials:

- Citizenship Washington Focus Delegate Handbook (this document is updated annually and can be downloaded from the [CWF website](#))
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- Annual Plan of Meetings and Activities (#91612)

Volunteer/Leader Materials:

- Citizenship Washington Focus Delegate Handbook (this document is updated annually and can be downloaded from the [CWF website](#))

Optional Support Materials:

- Idaho 4-H CWF page: <https://www.uidaho.edu/extension/4h/projects/citizenship-washington-focus>
- National 4-H CWF Website: <http://4-h.org/parents/citizenship-washington-focus/>

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Civic Engagement & Leadership

Exploring Citizenship

Citizenship Washington Focus

Project Completion Checklist

Statewide Requirements

- Attend Citizenship Washington Focus conference in Washington, D.C.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Upon returning from the Citizenship Washington Focus conference, you will develop, implement, and report on a plan of action to share your experiences and make a contribution to your community.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report
- Complete the Annual Plan of Meetings and Activities (#91612) or another planning and reporting form developed by you and approved by your local 4-H office to document your community impact project.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Citizenship Washington Focus Delegate Handbook
- Completed action plan and report of your community impact project (Annual Plan of Meetings and Activities (#91612) or alternative format approved by your local 4-H office)
- Poster (14" x 22") or display illustrating something you learned in the project this year.

**Approved for
2022-23**



Civic Engagement & Leadership

Exploring the Treasures of 4-H

Age Requirements:	10th –11th Grade	Project Description: Exploring the Treasures of 4-H introduces youth to the world of 4-H programs by learning and doing. Youth will explore 4-H topic areas and learn more about themselves in order to identify potential future projects of interest.
Listed in Z-Suite As:	Civic Engagement & Leadership: Exploring The Treasures of 4-H	
Last Revised	09-20	

Youth Materials:

- [Exploring the Treasures of 4-H Member Manual](#) (08171), 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Exploring the Treasures of 4-H Helper’s Guide](#) (08172), 2005

Optional Support Materials:

none

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Civic Engagement & Leadership

Exploring the Treasures of 4-H

Project Completion Checklist

Statewide Requirements

- Complete a minimum of six (6) activities from the Exploring the Treasures of 4-H Member Manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Alternatively, you may show a KYG News Video you produced.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your Exploring the Treasures of 4-H Members Manual with completed activities.
- Poster (14" x 22") or display illustrating something you learned in the project this year.

**Approved for
2022-23**



Civic Engagement & Leadership

Know Your Government

Delegate Year 1

Age Requirements:	8th-9th Grade	Project Description: Know Your Government is an immersive citizenship program for 8th and 9th grade 4-H youth interested in learning more about our government and how it works. KYG is held each Presidents Day weekend in Boise while the legislature is in session.
Listed in Z-Suite As:	Civic Engagement & Leadership: KYG— Delegate Year 1	
Last Revised	09-20	

Youth Materials:

- [Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- Judicial First Year Project Tip Sheet OR Legislative First Year Tip Sheet (see project requirements on the back of this page)

Volunteer/Leader Materials:

- [Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)

Optional Support Materials:

- Idaho 4-H KYG page: <https://www.uidaho.edu/extension/4h/events/know-your-government>
- Idaho 4-H KYG Project page: <https://www.uidaho.edu/extension/4h/projects/know-your-government>
- State of Idaho website: <http://www.idaho.gov>
- Idaho Blue Book: <https://sos.idaho.gov/idaho-blue-book/>
- Idaho State Constitution: <https://legislature.idaho.gov/statutesrules/idconst/>
- Idaho Department of Labor: <https://labor.idaho.gov>
- Association of Idaho Cities: <http://www.idahocities.org>
- Idaho Association of Counties: <http://www.idcounties.org>

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Civic Engagement & Leadership

Know Your Government

Delegate Year 1

Project Completion Checklist

Statewide Requirements

- Select which track you will complete (Legislative or Judicial)
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project
- Work through the Exploring Citizenship My Government Project Manual (#11002). You will complete the study questions and at least one suggested activity for each of the following FOUR sections:
 - Local Government
 - Legislative Branch OR Judicial Branch
 - ONE OF: Executive Branch OR Who Influences Our Government OR News Media
 - First Year Follow-up Plan and Activities (see page 64 in Manual)
- Attend the 4-H Know Your Government Conference in Boise and participate in your chosen track.
- Complete ZSuites 4-H Project Record Book
- Complete ZSuites 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed study questions and suggested activities (signed off by your project leader) from Exploring Citizenship My Government Project Manual (#11002)
- Poster (14" x 22") or display illustrating something you learned in the project this year.

**Approved for
2022-23**



Civic Engagement & Leadership

Know Your Government

Delegate Year 2

Age Requirements:	9th Grade only	Project Description: Know Your Government is an immersive citizenship program for 8th and 9th grade 4-H youth interested in learning more about our government and how it works. KYG is held each Presidents Day weekend in Boise while the legislature is in session.
Listed in Z-Suite As:	Civic Engagement & Leadership: KYG—Delegate Year 2	
Last Revised	09-20	

Youth Materials:

- [Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- Judicial Second Year Project Tip Sheet OR Legislative Second Year Tip Sheet (see project requirements on the back of this page)

Volunteer/Leader Materials:

- [Exploring Citizenship, My Government Project Manual \(#11002\) 2019](#)

Optional Support Materials:

- Idaho 4-H KYG page: <https://www.uidaho.edu/extension/4h/events/know-your-government>
- Idaho 4-H KYG Project page: <https://www.uidaho.edu/extension/4h/projects/know-your-government>
- State of Idaho website: <http://www.idaho.gov>
- Idaho Blue Book: <https://sos.idaho.gov/idaho-blue-book/>
- Idaho State Constitution: <https://legislature.idaho.gov/statutesrules/idconst/>
- Idaho Department of Labor: <https://labor.idaho.gov>
- Association of Idaho Cities: <http://www.idahocities.org>
- Idaho Association of Counties: <http://www.idcounties.org>

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Civic Engagement & Leadership

Know Your Government

Delegate Year 2

Project Completion Checklist

Statewide Requirements

- You will complete the track you did not complete last year (Legislative or Judicial)
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project
- Work through the Exploring Citizenship My Government Project Manual (#11002). You will complete the study questions and at least one suggested activity for each of the following FOUR sections:
 - Legislative Branch OR Judicial Branch
 - TWO OF: Executive Branch OR Who Influences Our Government OR News Media (whichever two you did NOT complete in Year 1)
 - Second Year Follow-up Plan and Activities (see page 64 in Manual)
- Attend the 4-H Know Your Government Conference in Boise and participate in your chosen track.
- Complete ZSuites 4-H Project Record Book
- Complete ZSuites 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed study questions and suggested activities (signed off by your project leader) from Exploring Citizenship My Government Project Manual (#11002)
- Poster (14" x 22") or display illustrating something you learned in the project this year.

**Approved for
2022-23**



Civic Engagement & Leadership

Power of the Press KYG Steering Committee

Age Requirements:	10th –11th Grade	Project Description: Power of the Press participants attend the 4-H Know Your Government Conference as reporters, news editors, or video producers. Youth will produce a news video and newsletter, learn how newspapers and TV stations operate, and understand the role of news media in state government.
Listed in Z-Suite As:	Civic Engagement & Leadership: KYG Steering Committee—Power of the Press	
Last Revised	09-20	

Youth Materials:

- [Power of the Press Idaho 4-H Know Your Government Steering Committee Project Manual](#) (#11006) 2017
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Power of the Press Idaho 4-H Know Your Government Steering Committee Project Manual](#) (#11006) 2017

Optional Support Materials:

- Idaho 4-H KYG page: <https://www.uidaho.edu/extension/4h/events/know-your-government>
- Idaho 4-H KYG Project page: <https://www.uidaho.edu/extension/4h/projects/know-your-government>
- State of Idaho website: <http://www.idaho.gov>
- Idaho Blue Book: <https://sos.idaho.gov/idaho-blue-book/>
- Idaho State Constitution: <https://legislature.idaho.gov/statutesrules/idconst/>
- Idaho Department of Labor: <https://labor.idaho.gov>
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Civic Engagement & Leadership

Power of the Press KYG Steering Committee

Project Completion Checklist

Statewide Requirements

*For 4-H Know Your Government Steering Committee:
Reporters, News Editors, and Video Producers*

- Attend KYG Steering Committee planning meetings and complete pre-conference assignments.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Alternatively, you may show a KYG News Video you produced.
- Work through the Power of the Press Project Manual (#11006) and complete the following required sections for your assignment:
 - For Reporters: Looking through the Windows; Freedoms and Limitations; Who am I?; News at its Source
 - For News Editors and Video Producers: Commentaries vs. News; Photo Scavenger Hunt; Break it Down; Hot off the Presses
- Attend the 4-H Know Your Government Conference and complete assigned responsibilities.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Power of the Press Project Manual (#11006)
- Poster (14" x 22") or display illustrating something you learned in the project this year.

**Approved for
2022-23**



Civic Engagement & Leadership

Advanced Citizenship KYG Steering Committee

Age Requirements:	10th –11th Grade	Project Description: Know the Advanced Citizenship Project provides 4-H members in 10th and 11th grades an opportunity to further their leadership skills. Participants in this project will assist in the planning, implementation, and evaluation of the legislative and judicial workshops at the annual KYG conference.
Listed in Z-Suite As:	Civic Engagement & Leadership: KYG Steering Comm—Advanced Citizenship	
Last Revised	09-20	

Youth Materials:

- [Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual](#) (#11005), 2019
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Advanced Citizenship, Idaho 4-H Know Your Government Steering Committee Project Manual](#) (#11005), 2019

Optional Support Materials:

- Idaho 4-H KYG page: <https://www.uidaho.edu/extension/4h/events/know-your-government>
- Idaho 4-H KYG Project page: <https://www.uidaho.edu/extension/4h/projects/know-your-government>
- State of Idaho website: <http://www.idaho.gov>
- Idaho Blue Book: <https://sos.idaho.gov/idaho-blue-book/>
- Idaho State Constitution: <https://legislature.idaho.gov/statutesrules/idconst/>
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Civic Engagement & Leadership

Advanced Citizenship KYG Steering Committee

Project Completion Checklist

Statewide Requirements

*For 4-H Know Your Government Steering Committee:
Legislator, Judge, Speaker of the House, and Justice*

- Attend KYG Steering Committee planning meetings and complete pre-conference assignments.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project
- Work through the Advanced Citizenship Project Manual (#11005) and complete the following required sections for your assignment:
 - For Legislators: Bill Study, Parliamentary Procedure and Legislators Activities
 - For Speaker of the House: Parliamentary Procedure, Speaker of the House Activities, and Course of the Bill
 - For Judges: Judicial Branch Study, Judges Activities, and Laws Study
 - For Justice: Judicial Branch Study, Justice Activities, and Interpretation Study.
- Attend the 4-H Know Your Government Conference and complete assigned responsibilities.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Advanced Citizenship, Idaho 4-H Know Your Government Planning Committee Project Book (#11005)
- Poster (14" x 22") or display illustrating something you learned in the project this year.

**Approved for
2022-23**



Civic Engagement & Leadership Leadership Road Trip

Age Requirements:	8 and up	Project Description: What does it take to become a good leader? Build leadership skills by learning about relationship building, communication, group process, planning and organization. This project can be repeated multiple years.
Listed in Z-Suite As:	Civic Engagement & Leadership: Leadership Road Trip	
Last Revised	09-20	

Youth Materials:

- [Leadership Road Trip: Where Are You Going?](#) (4H375), 2019
- [Idaho 4-H Leadership Portfolio](#) (#82316)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Leadership Road Trip: Where Are You Going?](#) (4H375), 2019
- [Idaho 4-H Leadership Portfolio](#) (#82316)

Optional Support Materials:

- [4-H Teen Leadership, Michigan State University Extension](#)
- [Putting the Pieces Together, Texas A&M AgriLife Extension](#)
- [YELL Louder than Ever Before, University of Wisconsin Extension](#)
- [Learning to Lead, Montana State University](#)

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Project Completion Checklist

Statewide Requirements

- Complete at least three of the twelve project activities. Complete Rest Stop activities when you complete a Project Area section.
- Complete at least one learning experience. These can be recorded in the Idaho 4-H Leadership Portfolio.
- Complete at least one leadership/citizenship activity, and record it in the Idaho 4-H Leadership Portfolio
- Write a brief assessment of your personal growth and leadership this project year.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. Alternatively, you may show a KYG News Video you produced.
- Attend the majority of scheduled 4-H Club meetings.
- Complete the Idaho 4-H Leadership Portfolio. Include all Leadership Road Trip and other leadership opportunities you have completed this project year.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- A notebook or scrapbook of leadership activities which includes the following required items:
 - Completed Leadership Road Trip Manual
 - Idaho 4-H Leadership Portfolio
 - ZSuite 4-H Involvement Report
 - ZSuite 4-H Project Record Book
 - Leadership Training Record
 - Leadership Resume

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Sew Wow explores advanced clothing construction and design. Youth complete general activities as well as tasks from one of seven focus areas: active/sportswear, outdoor wear, western wear, formal-wear, embellished apparel, tailored apparel, and pattern design.
Listed in Z-Suite As:	Clothing, Textiles & Design: Advanced Clothing—Sew Wow	
Last Revised	09-20	

Youth Materials:

- [Sew Wow Member’s Guide and Project Requirements](#) (#32009), 2009
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sew Wow Member’s Guide and Project Requirements](#) (#32009), 2009

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Choose one focus area for your project each year.
- Complete at least 2 of the Advanced Construction Skills each year.
- Construct two small or one large clothing item using appropriate fabric and required advanced construction skills within your focus area.
- Complete the Project Summary, Garment Cost and Care Record, and Self-Evaluation worksheets in the back of the project guide.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Sew Wow member manual
- The garment(s), outfit, and/or accessory constructed using appropriate fabric and required advanced construction skills for the chosen focus area.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Beginning clothing members learn basic sewing concepts such as using a sewing machine and/or a serger, learning to sew woven or knit fabrics, and basic clothing construction.
Listed in Z-Suite As:	Clothing, Textiles & Design: Beginning Clothing—Sewing for Fun	
Last Revised	09-20	

Youth Materials:

- [Sewing for Fun](#) (Nebraska 4H167), 2008
- [Sewing Skills Checklist](#)
- [Sewing for Fun Packet](#) (Nebraska 4H169), 2002
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sewing for Fun Leader’s Guide](#) (Nebraska 4H168), 1986

Optional Support Materials:

Note: It is recommended that youth participate in this project for 2 years before moving on to the Advanced Clothing project.



Project Completion Checklist

Statewide Requirements

- Learn to use a sewing machine and/or a serger.
- Learn to sew on woven or knit fabric.
- Complete 25 of the skills listed on the sewing skills checklist each year.
- Develop these three basic construction skills:
 - Straight seams
 - Sew square or curved corners
 - Use plain finish on seams
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Sew For Fun Skills Checklist
- Display one of the items you sewed from the Sewing for Fun packet (Needle book, square pin cushion, etc.)

Note: The sewing skills and techniques used for the exhibited item should be consistent with a beginning project.

**Approved for
2022-23**



Clothing, Textiles & Design Crochet

Age Requirements:	8+	Project Description: The 4-H Crochet project is designed to be taken multiple years. Start by making simple items in single or double crochet, and move toward colorwork, multiple stitch patterns, making edgings and lace, and constructing fitted garments.
Listed in Z-Suites As:		
	Clothing, Textiles & Design: Crochet	
Last Revised	09-20	

Youth Materials:

- [4-H Crochet Project Guide and Requirements](#) (#32018), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

- *Cool Stuff: Teach Me To Crochet*, Leisure Arts, Inc. (Instructions geared to youth)
- [Reader's Digest, Complete Guide to Needlework](#) (Volunteer Reference at Open Library)
- [Kristin's Crochet Tutorials](#) (slowed down for beginners—YouTube)

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Project Completion Checklist

Statewide Requirements

- Select the unit appropriate for your skill level and learn the skills listed for that unit in the project guide and requirement book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Two (2) small or one large item made using the skills learned in the unit you studied this year. Include information in your record book about yarn or thread, stitches, and hook used.
- For phases 1-7, mount the required test swatches on heavy 8 ½" x 11" paper and include with record book. Label each swatch and include information about yarn or thread, stitch, and hook used. Test swatches should measure approximately 2" x 4" each.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This project is designed to be taken multiple years, building your skills each year. Youth will progress from basic cast on, knit, purl and bind off techniques to knitting in the round, fair aisle colorwork and creating fitted garments.
Listed in Z-Suites As:		
	Clothing, Textiles & Design: Knitting	
Last Revised	09-20	

Youth Materials:

- [Knitting, Member’s Guide and Project Requirements](#) (#32023), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

- *Cool Stuff: Teach Me To Knit*, Leisure Arts, Inc. (Instructions geared to youth)
- [Reader’s Digest, Complete Guide to Needlework](#) (Volunteer Reference at Open Library)
- www.knitfreedom.com (instructional videos, free subscription required for access)

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Project Completion Checklist

Statewide Requirements

- Select the unit appropriate for your skill level and learn the skills listed for that unit in the project guide and requirement book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- For Beginning Levels (A & B):** Exhibit one item you have made using skills learned during the project year. Be sure to include yarn content (ex: 50% acrylic, 50% wool) and care instructions for the exhibited item in your record book.
- For Intermediate Levels (A & B):** Exhibit two small OR one large item made using the skills learned during the project year. Be sure to include yarn content (ex: 50% acrylic, 50% wool) and care instructions for the exhibited item in your record book.
- Optional:** You may want to include sample swatches of skills learned that are not included in your exhibit project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Quilt Quest may be repeated multiple years, building new skills each year. Youth will learn how to design and make quilts, as well as how to preserve old and new quilts, use designs in other media, select fabrics, and work with patterns.
Listed in Z-Suites As:	Clothing, Textiles & Design: Quilt Quest	
Last Revised	09-20	

Youth Materials: *Quilt Quest is a copyrighted curriculum. By purchasing the CD, you are allowed to print ONE copy of the pages of the Quilt Quest book and Project Blocks for your use in completing the project.*

- [Quilt Quest](#) (CD), 2009
- Project Block (CD) - select one
- Quilt Quest Activities Checklist
- Sketchbook, journal or 3-ring binder for making your *Idea Book*
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials: *Quilt Quest is a copyrighted curriculum. By purchasing the CD, you are allowed to print ONE copy of the pages of the Quilt Quest book and Project Blocks for your use.*

- [Quilt Quest](#) (CD), 2009
- Project Block (CD) - choose from:
 - [Project Block 1, Creative Corners](#)
 - [Project Block 2, Terrific Triangles](#)
 - [Project Block 3, Fantastic Fabrics](#)
 - [Project Block 4, Perfect Paper Piecing](#)
 - [Project Block 5, Elegant Embellishments](#)
 - [Project Block 6, Amazing Applique.](#)

Optional Support Materials:

- International Quilt Study Center: www.quiltstudy.org

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Project Completion Checklist

Statewide Requirements

Note: To complete the project, you will need the Quilt Quest CD and at least one Project Block CD. It is recommended that youth work closely with a knowledgeable and experienced quilter.

- Complete at least five (5) new activities per year from the Quilt Quest Activities Checklist. Your project leader or helper must date (MM/YY) and initial each activity completed.
- Make one quilt OR two smaller quilted items each year. Use Project Block CD for ideas. Quilts need to have a finished edge or binding.
- Keep an *Idea Book* each year documenting your activities, drawings, design ideas, fabric samples, etc.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Recommended but Not Required

- Use the Quilt Planning sheet from Quilt Quest Chapter 1 to plan your quilt projects each year.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Quilt Quest Activities Checklist
- Exhibit one quilt OR two small quilted items you have sewn and quilted.
- Include in the exhibit your *Idea Book* with activities, drawings, sketches, photographs, test blocks, design ideas, planning sheets, fabric samples, etc.





Age Requirements:	8+	Project Description: In this project, youth will learn about sewing machines, explore creative sewing, learn to care for clothing, and sew to serve others.
Listed in Z-Suite As:	Clothing, Textiles & Design: Sewing Exp Lv 1—Under Construction	
Last Revised	09-20	

Youth Materials:

- [Under Construction, Level 1](#) (08060), 2008
- [Under Construction - Level 1 Sewing Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sewing Expressions Helper’s Guide](#) (08063), 2008

Optional Support Materials:

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven (7) required and optional activities in the Under Construction Activity Guide each year
- Learn a minimum of 10 skills each year from the Under Construction Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
- Complete at least four (4) “Before and After—What do you know?” statements (page 3 of manual) each project year.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Under Construction Skills Checklist
- Display one of the following:
 - A clothing item that uses at least three new sewing skills learned in each year of taking this project
 - One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric that uses at least three new sewing skills learned in each year of taking this project
 - A display or a poster (14” x 22”) illustrating something learned in this project year

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, youth will continue to develop sewing skills, learning intermediate techniques such as pockets, pleats, darts, and buttonholes.
Listed in Z-Suite As:	Clothing, Textiles & Design: Sewing Exp Lv 2—Fashion Forward	
Last Revised	09-20	

Youth Materials:

- [Fashion Forward—Level 2 Project Guide](#) (08061), 2008
- [Fashion Forward \(Sewing Expressions Level 2\) Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sewing Expressions Helper’s Guide](#) (08063), 2008

Optional Support Materials:

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven (7) required and optional activities in the Fashion Forward Activity Guide each year. Your project leader must initial and date (MM/YY) each activity in the guide as it is completed.
- Learn 10-12 skills each year from the Fashion Forward (Sewing Expressions Level 2) Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
- Complete at least four (4) “Before and After—What do you know?” statements (page 3 of manual) each project year.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Fashion Forward Skills Checklist
- Display one of the following:
 - A garment or outfit that includes at least three (3) new sewing skills learned during the current project year.
 - One or more non-clothing items that include at least three (3) new sewing skills learned during the current project year.
 - A display or a poster (14” x 22”) illustrating something learned in this project year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth in this project will continue to improve their sewing skills by learning advanced techniques such as lining and underlining, making two-piece sleeves, and embellishing garments.
Listed in Z-Suite As:	Clothing, Textiles & Design: Sewing Exp Lv 3—Refine Design	
Last Revised	09-20	

Youth Materials:

- [Refine Design - Level 3 Project Guide \(08062\), 2008](#)
- [Refine Design \(Sewing Expressions Level 3\) Skills Checklist](#)
- [Refine Design Skills Checklist Supplemental Information Sheet](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sewing Expressions Helper’s Guide \(08063\), 2008](#)
- [Refine Design Skills Checklist Supplemental Information Sheet](#)

Optional Support Materials:

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven (7) required and optional activities in the Refine Design Activity Guide each year. Your project leader must initial and date (MM/YY) each activity in the guide as it is completed.
- Learn 10-12 skills each year from the Fashion Forward (Sewing Expressions Level 2) Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
- Complete at least four (4) “Before and After—What do you know?” statements (page 3 of manual) each project year.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Refine Design Skills Checklist
- Display one of the following:
 - A garment or outfit that includes at least three (3) new sewing skills learned during the current project year.
 - One or more non-clothing items that include at least three (3) new sewing skills learned during the current project year.
 - A display or a poster (14” x 22”) illustrating something learned in this project year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will gather and learn about sewing tools, understand textiles through fun science experiments, learn beginning math and engineering techniques in clothing construction, and take their skills a step further through investigating businesses, service learning, and modeling.
Listed in Z-Suite As:	Clothing, Textiles & Design: STEAM Clothing Lv 1—FUNdamentals	
Last Revised	09-20	

Youth Materials:

- [STEAM Clothing 1: FUNdamentals Project Guide](#) (4H2210), 2014
- [STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015
- [FUNdamentals Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [STEAM Clothing 1: FUNdamentals Project Guide](#) (4H2210), 2014
- [STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015

Optional Support Materials:

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead.

Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven (7) required and optional activities in the FUNDamentals STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
- Complete at least 10 skills each year from the FUNDamentals Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- FUNDamentals Skills Checklist
- FUNDamentals Project Guide (or photocopies of activities completed from the manual)
- Display one of the following:
 - A sewed item that includes at least three new sewing skills learned during the project year
 - A display or a poster (14" x 22") illustrating something learned in this project year.

**Approved for
2022-23**



Age Requirements	8+	Project Description: In Level 2, youth will prepare for more advanced sewing techniques and projects, conduct additional textile science experiments, focus on advanced engineering techniques, add finishing touches and style to garments, and market and calculate prices of finished projects.
Listed in Z-Suite As:	Clothing, Textiles & Design: STEAM Clothing Lv 2—Simply Sewing	
Last Revised	09-20	

Youth Materials:

- [Simply Sewing: STEAM Clothing Level 2 \(4H2220D\)](#), 2014
- [STEAM Clothing: Maker’s Guide to Sewing \(4H2240\)](#), 2015
- [Simply Sewing Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Simply Sewing: STEAM Clothing Level 2 \(4H2220D\)](#), 2014
- [STEAM Clothing: Maker’s Guide to Sewing \(4H2240\)](#), 2015

Optional Support Materials:

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead.

Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven (7) required and optional activities in the Simply Sewing STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
- Complete at least 10 skills each year from the Simply Sewing Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Simply Sewing Skills Checklist
- Simply Sewing Project Guide (or photocopies of activities completed from the manual)
- Display one of the following:
 - A sewed item that includes at least three new sewing skills learned during the project year
 - A display or a poster (14" x 22") illustrating something learned in this project year.

**Approved for
2022-23**



Age Requirements	8+	Project Description: In Level 3, youth learn advanced, couture techniques used by designers to create unique garments. Youth will take the science of textiles even further, and learn to sew garments with challenging patterns and fabrics, and learn how to sell professional-looking garments and accessories.
Listed in Z-Suite As:		
	Clothing, Textiles & Design: STEAM Clothing Lv 3—A Stitch Further	
Last Revised	09-20	

Youth Materials:

- [A Stitch Further: STEAM Clothing Level 3](#) (4H2230), 2014
- [STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015
- [A Stitch Further Skills Checklist](#)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [A Stitch Further: STEAM Clothing Level 3](#) (4H2230), 2014
- [STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015

Optional Support Materials:

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead.

Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven (7) required and optional activities in the A Stitch Further STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
- Complete at least 10 skills each year from the A Stitch Further Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A Stitch Further Skills Checklist
- A Stitch Further Project Guide (or photocopies of activities completed from the manual)
- Display one of the following:
 - A sewed item that includes at least three new sewing skills learned during the project year
 - A display or a poster (14" x 22") illustrating something learned in this project year.

**Approved for
2022-23**



Age Requirements	8+	Project Description: In Beyond The Needle, youth focus on the “A” in STEAM—Art! This project includes activities for beginner, intermediate, and advanced students to learn design basics and create a portfolio to exhibit samples practicing the techniques they’ve learned.
Listed in Z-Suite As:		
	Clothing, Textiles & Design: STEAM Clothing Lv 4—Beyond the Needle	
Last Revised	09-20	

Youth Materials:

- [Beyond The Needle Project Guide](#) (4H2250), 2014
- [Beyond The Needle Skills Checklist](#)
- [STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Beyond The Needle Project Guide](#) (4H2250), 2014
- [STEAM Clothing: Maker’s Guide to Sewing](#) (4H2240), 2015

Optional Support Materials:

Note: The STEAM Clothing series is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Each youth may complete and document activities in their own copy of the project guide OR complete activities on the copied pages and exhibit those completed pages instead.

Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the STEAM Clothing series.

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven (7) required and optional activities in the Beyond The Needle STEAM Clothing Project Guide and document them in your ZSuite 4-H Record Book Activity Log.
- Complete at least 10 skills each year from the Beyond The Needle Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A Stitch Further Skills Checklist
- A Stitch Further Project Guide (or photocopies of activities completed from the manual)
- Display one of the following:
 - A sewed item that includes at least three new sewing skills learned during the project year
 - A display or a poster (14" x 22") illustrating something learned in this project year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Build Your Future is a self-discovery and career exploration project. Teens will discover learning styles and personality type, practice self-awareness, critical thinking and ethical decision making, and connect school with potential careers.
Listed in Z-Suites As:	Consumer/Personal Finance: Build Your Future	
Last Revised	09-20	

Youth Materials:

- [Build Your Future: Choices, Connections, Careers: Career Journal](#) (08561), 2013
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Build Your Future: Choices, Connections, Careers: Facilitator Guide](#) (08562), 2013

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Set personal goals for the year.
- Choose at least three Activity Sections, (Skills, Choices, Careers; Making Career Connections; Build Your Future Through Portfolios; Education Pay\$; Career FUNds; Turn Your 4-H Passion Into Profit; Pounding the Pavement; Putting the Pieces Together; or Pathways to Success), from the Build Your Future Youth Career Journal and complete at least one experience in each Activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Build Your Future Career Journal
- ONE of the following exhibit options:
 - A poster (14" x 22") or display illustrating a skill or skills learned in this project.
 - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, youth will learn what it means to be a consumer through saving, spending, and sharing.
Listed in Z-Suites As:	Consumer/Personal Finance: Consumer Ed Lv 1—The Consumer in Me	
Last Revised	09-20	

Youth Materials:

- [The Consumer in Me, Level 1](#) (#08030DD), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Consumer Savvy Helper's Guide](#) (#08033DD), 2008

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete and document at least seven of the *Consumer in Me* and *Savvy Challenge* activities in the project manual. Your project leader or helper should date and initial each activity as you complete it.
- Complete at least 21 activities within three years to complete the *Consumer in Me* Achievement Program.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22") or display illustrating something you learned in this project this year. Some examples include a spending diary, cost comparison chart, or a research report (with documented sources) on a topic you explored.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, youth will practice decision making, learn about advertising, and understand how to be smart online shoppers.
Listed in Z-Suites As:	Consumer/Personal Finance: Consumer Ed Lv 2—Consumer Wise	
Last Revised	09-20	

Youth Materials:

- [Consumer Wise, Level 2](#) (#08031DD), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Consumer Savvy Helper's Guide](#) (#08033DD), 2008

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- In the project manual, complete and document at least five *Consumer Wise* activities and three *Savvy Challenges* each project year. Your project leader or helper should date and initial each activity as you complete it.
- Complete at least 21 activities within three years to complete the *Consumer Wise* Achievement Program.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22") or display illustrating something you learned during the project year. Some examples include a personal values shield, a comparison shopping chart, or an advertisement you created for a product.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: The destination of Consumer Roadmap is youth becoming wise consumers. Learn about the global economy, consumer rights and responsibilities, and the cost of living on your own.
Listed in Z-Suites As:	Consumer/Personal Finance: Consumer Ed Lv 3—Consumer Roadmap	
Last Revised	09-20	

Youth Materials:

- [Consumer Roadmap, Level 3](#) (#08032DD)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Consumer Savvy Helper's Guide](#) (#08033DD), 2008

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- In your project manual, complete at least seven of the required *Consumer Roadmap* activities and two *Savvy Challenges* each project year. Your project leader or helper should date and initial each activity as it is completed.
- Complete at least 21 activities within three years to complete the *Consumer Roadmap* Achievement Program.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22") or display illustrating something you learned during the project year. Some examples include a research report (with documented sources) on another country's economic system, advertising slogans, or a complaint letter.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Note: This is Level 1 of a three-level project with all levels included in one youth guide. Entrepreneurs create 44% of all new businesses in the U.S. Youth will learn how to develop an idea into a business plan, and a plan into reality.
Listed in Z-Suites As:		
Consumer/Personal Finance: Entrepreneurship Lv 1		
Last Revised	09-20	

Youth Materials:

- [Be the E—Entrepreneurship](#) (#08035DD), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Be the E—Entrepreneurship Helper’s Guide](#) (#08036), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least 7 of the Love It! and MORE e Challenge activities each year. Have your project leader or helper initial and date each activity as you complete it.
- Complete at least 21 activities within 3 years to complete the achievement program.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Be the E manual
- Choose ONE of the following exhibit options:
 - One activity that you completed this year to display. Some examples include: The history of a product, report on an interview of a business owner, an advertisement or business sign to identify your product
 - An educational poster (14” x 22”) or display that illustrates what you learned in the project

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Continue your exploration of the world of entrepreneurship in Level 2 of Be the E! In this level, youth will take their idea and begin turning it into a business plan.
Listed in Z-Suites As:	Consumer/Personal Finance: Entrepreneurship Lv 2	
Last Revised	09-20	

Youth Materials:

- [Be the E—Entrepreneurship](#) (#08035DD), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Be the E—Entrepreneurship Helper’s Guide](#) (#08036), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least 7 of the Plan It! Practicing Skills Challenges each year. Have your project leader or helper initial and date each activity as you complete it.
- Complete at least 21 activities within 3 years to complete the achievement program.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Be the E manual
- Choose ONE of the following exhibit options:
 - One activity that you completed this year to display. Some examples include: A business plan, evaluation of a business website, a commercial or advertisement for your product.
 - An educational poster (14” x 22”) or display that illustrates what you learned in the project

**Approved for
2022-23**



Age Requirements:	8+	Project Description: The final level of the Be the “E” Entrepreneurship project guides youth through taking their business plan from paper to reality by launching their own small business!
Listed in Z-Suites As:	Consumer/Personal Finance: Entrepreneurship Lv 3	
Last Revised	09-20	

Youth Materials:

- [Be the E—Entrepreneurship](#) (#08035DD), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Be the E—Entrepreneurship Helper’s Guide](#) (#08036), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least 7 of the Do It! and MORE e Challenge activities each year. Have your project leader or helper initial and date each activity as you complete it.
- Complete at least 21 activities within 3 years to complete the achievement program.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Be the E manual
- Choose ONE of the following exhibit options:
 - One activity that you completed this year to display. Some examples include: marketing strategy, cash flow forecast
 - An educational poster (14” x 22”) or display that illustrates what you learned in the project

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This curriculum is designed for youth in grades 7-9. Learn ways to use and spend money, the benefits and drawbacks of credit, consumer decision making, how to select financial services and more!
Listed in Z-Suites As:	Consumer/Personal Finance: Financial Champions Lv 1—Money Fundamentals	
Last Revised	09-20	

Youth Materials:

- [Money Fundamentals: Financial Champions Level 1](#) (#202024), 2020
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Financial Champions Helper’s Guide](#) (#202026), 2020

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete all six (6) required activities, two (2) optional activities, AND two (2) Leadership Experiences (found on pg. 27). Your project leader or helper should initial and date each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Money Fundamentals manual
- A poster (14" x 22") illustrating something you learned about financial management this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, designed for grades 9-12, youth learn to predict outcomes and analyze their finances. Calculate interest, determine the cost of credit, learn how to manage a checking account, make market-place decisions and the 11 ways of handling money.
Listed in Z-Suites As:	Consumer/Personal Finance: Financial Champions Lv 2—Money Moves	
Last Revised	09-20	

Youth Materials:

- [Money Moves: Financial Champions Level 2](#) (#202025), 2020
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Financial Champions Helper’s Guide](#) (#202026), 2020

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete all six (6) required activities, two (2) optional activities, AND two (2) Leadership Experiences (found on pg. 27). Your project leader or helper should initial and date each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Money Moves manual
- A poster (14" x 22") illustrating something you learned about financial management this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This financial literacy curriculum is designed for grades 9-12. Learn about career planning, managing financial records, managing credit and more through examining real-life scenarios and case studies. Also available in Spanish.
Listed in Z-Suites As:	Consumer/Personal Finance: My Financial Future—Advanced	
Last Revised	09-20	

Youth Materials:

- [My Financial Future: Youth Notebook—Advanced](#) (#01442Y), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [My Financial Future: Facilitator Guide](#) (#01443F), 2014

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Project may be used over multiple years; however, youth should complete the Beginning Notebook before starting the Advanced curriculum.
- Each year, choose at least two of the five modules from the My Financial Future Youth Advanced Notebook and complete the assignment for each activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed My Financial Future Advanced Notebook
- ONE of the following exhibit options:
 - A Poster (14"x 22") illustrating something you learned about financial management this year.
 - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project

Approved for
2022-23



Age Requirements:	8+	Project Description: This financial literacy curriculum is designed for grades 5-8. Youth learn important financial concepts through case studies and real-life scenarios. Topics covered include savings, risk management, setting SMART goals, and creating spending and savings plans.
Listed in Z-Suites As:		
Consumer/Personal Finance: My Financial Future—Beginner		
Last Revised	09-20	

Youth Materials:

- [My Financial Future: Youth Notebook—Beginner](#) (grades 5-8) (#01441Y), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [My Financial Future: Facilitator Guide](#) (#01443F), 2014

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Project may be used over multiple years; however, youth should complete the Beginning Notebook before starting the Advanced curriculum.
- Each year, choose at least three of the eleven activities from the My Financial Future Youth Notebook and complete the assignment for each activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed My Financial Future Beginner Notebook
- ONE of the following exhibit options:
 - A Poster (14"x 22") illustrating something you learned about financial management this year.
 - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project

Approved for
2022-23



Age Requirements:	8+	Project Description: Reading Makes Cents is designed for 3rd through 5th grade youth in afterschool programs, although it may be used in all 4-H group settings. The program utilizes children’s books available from your local library or bookstore.
Listed in Z-Suites As:	Consumer/Personal Finance: Reading Makes Cents	
Last Revised	09-20	

Youth Materials:

- [Reading Makes Cents](#) (#08389DD), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Reading Makes Cents](#) (#08389DD), 2011

Additional Project Information:

Reading Makes Cents is designed for 3rd through 5th grade youth in afterschool programs, although it may be used in all 4-H group settings.

It consists of seven sections: The History of Money, Managing Money, Earning Money, Spending Money, Saving and Investing Money, Sharing and Giving Money, and Borrowing and Lending Money. Each section has 5 - 8 activities. Each activity features a children’s book that ties reading to financial literacy, plus Family Time Activities (in English and Spanish). The curriculum emphasizes that saving is not an option, but a necessary part of all budget practices.

The children’s books are used multiple times in different activities. Most books may be easily borrowed from a local library. Additional resource books are listed at the end of each section.

The helper/adult Volunteer guides the youth through a minimum of two activities from each section for a total of 14 activities. Word Searches build vocabulary but are not considered an “activity.” Youth record their activities in a Reading Makes Cents journal. We strongly recommend youth create their journals as one of the first activities of the project and add to them at the end of each meeting.

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Project Completion Checklist

Statewide Requirements

- Record the Title, Author, and Chapter or Page Numbers (when appropriate) of the story you heard in your Reading Makes Cents Journal.
- Record all of the Activities completed in your Reading Makes Cents Journal on the same page as the story they went with.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Reading Makes Cents Journal showing the books read and activities completed.

**Approved for
2022-23**



Age Requirements:	9 and up	Project Description: 4-H Create Art Now is an adult helper/volunteer guide to teach drawing, painting, sculpting, along with wraparound activities on exhibiting, community art, and the entrepreneurial side of art.
Listed in Z-Suite As:	Creative Arts: Create Art Now	
Last Revised	09-22	

Youth Materials:

- [Elements and Principles of Design Card](#) (SKU 924)
- Color Wheel Card (Available late Fall 2022, University of Idaho 4-H)
- [Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet](#) (9/22)
- Sketchbook and portfolio (see curriculum or purchase any brand)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- Optional for youth: 4-H Create Art Now (Available late Fall 2022, UI 4-H)

Volunteer/Leader Materials:

- 4-H Create Art Now (Available late Fall 2022, University of Idaho 4-H)
- [Elements and Principles of Design Card](#) (SKU 924), 2018
- Color Wheel Card (Available late Fall 2022, University of Idaho 4-H)
- [Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet](#) (9/22)

Optional Support Materials:

Idaho 4-H Create Art Now Page: Available late Fall 2022, University of Idaho 4-H

Please note: Create Art Now is designed for youth, 9-14 years, and may be used in a variety of youth development and academic settings. Youth will be most successful doing this project when the adult helper/volunteer incorporates the life skills, elements and principles of design, and background information provided with each lesson in the curriculum.

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Project Completion Checklist

Statewide Requirements

Note: Art skills develop with practice and it is strongly encouraged that activities are repeated multiple times to build skills and produce a quality artwork. A lesson may have one or more activities.

- Complete five lessons from the three units (Drawing, Painting, or Sculpting).
OR complete five lessons from one unit.
OR complete one lesson five times, showing growth in art skills in the final artwork.
- With an adult, critique one of your artworks.
- Write an artist statement for one of your artworks (See Artpreneurship).
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete a final artwork and exhibit in a community space (library, school, fair, or other public locations).
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Final artwork created during this project year not to exceed, including mounting board if needed, 24" x 36" or for sculpture 11½" x 17½" x 10½".
 - On a 4" x 6" index card label the final artwork with the following: Your Name, Artwork Title and Date, Element(s) expressed, Principle(s) expressed, Art Skill(s) learned.

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: In this project, youth will learn to basic art terms and concepts, and practice applying them through creating artworks.
Listed in Z-Suite As:	Creative Arts: Get Started in Art	
Last Revised	09-22	

Youth Materials:

- [Get Started in Art](#) (The Ohio State University 4-H592) 2019
- [Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet](#) (rev. 9/3/20)
- Large, bound sketchbook (any brand)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Get Started in Art](#) (The Ohio State University 4-H592) 2019
- [How to Teach Art to Children](#) (Evan-Moor Publishing, 2001)
- [4-H Art Helper's Guide](#)
- [Sharing Your Artwork: Critiquing-Reflecting-Learning Worksheet](#) (rev. 9/3/20)
- [4-H Art Matrix](#)
- [Elements & Principles of Design Card](#) (BUL 924), 2018

Optional Support Materials:

- Idaho 4-H Get Started in Art Page: <http://www.uidaho.edu/extension/4h/projects/art-get-started>

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Project Completion Checklist

Statewide Requirements

- Complete six (6) activities producing your best piece. This may require repeating the same activity several times to build your skills and produce a quality art piece.
- Complete the Talking It Over section for each activity.
- Take part in at least one (1) learning experience and at least one (1) leadership/civic activity (page 6).
- Write a project summary/story (page 7).
- With an adult, critique one of your artworks.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete a final art piece (page 7) and exhibit it.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Get Started in Art Activity Book.
- Final art piece created during this project year not to exceed, including mounting board if needed, 24" x 36" or for sculpture 11½" x 17½" x 10½".
 - On a 4" x 6" index card label the final artwork with the following: Your Name, Artwork Title and Date, Element(s) expressed, Principle(s) expressed, Art Skill(s) learned.

Final art piece ideas are suggested, but optional, in the book, pages 29-37.

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: Youth will choose a traditional handcraft area with a history of at least 100 years. Skills will be acquired through research and/or learning from community members with experience in the art form. Project may be repeated multiple years, building new skills in each year.
Listed in ZSuite As:	Creative Arts: Handwork From Our Heritage	
Last Revised	09-22	

Youth Materials:

- [Handwork From Our Heritage](#) (#23120), 2006
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Handwork From Our Heritage Leader's Guide](#) (#23122), 2006

Optional Support Materials:

If working on Unit 4 Patchwork, Applique, or Embroidered Quilt it is recommend to use [Quilt Quest](#), (4-H 1310) University of Nebraska, Lincoln

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Project Completion Checklist

Statewide Requirements

- Choose one traditional handcraft area and set at least three goals that they want to achieve. You are not limited to the specific areas listed in the manual.
- Learn and develop skills necessary to complete your goals and the area unit through research or instruction from a person in your community who has this skill.
- Write a history of the handwork you have chosen as your project area. Include when and where the handwork originated, what it was used for, and how and when it came to the United States. Be sure to cite your sources.
- Complete the specific unit requirements in the manual for your project area. You will complete a new unit each year you repeat the project.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your report on the history of your chosen handcraft area
- Finished item(s) as listed in the exhibit requirements for the area and unit you completed this year

**Approved for
2022-23**



Creative Arts

Leathercraft: Beginning Level 1: Beginning Leathercraft

Age Requirements:	8 and up	Project Description: In this project, youth will learn about six basic leatherworking tools, how to prepare leather for tooling, transferring designs, edging and finishing, and protective finishes for leather items.
Listed in Z-Suite As:	Creative Arts: Leathercraft Lv 1	
Last Revised	09-22	

Youth Materials:

- [Leathercraft Supplement Skills Checklist \(#23102\) 2020](#)
- [ABC's of Leatherwork](#) (Tandy 61904-00) 1984
- [Leathercrafting](#) (Tandy 618910-01) 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

None

Optional Support Materials:

None

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Project Completion Checklist

Statewide Requirements

- Complete a rounder or square of tooled practice leather (3" x 4").
- Learn to use three of six basic tools: bev-eler, veiner, pear shader, camouflage, backgrounder, or seeder.
- Learn how to prepare leather for tooling (casing).
- Learn how to transfer a design.
- Learn how to edge and finish leather arti-cles.
- Learn to apply different protective finishes.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete ZSuite 4-H Project Record Book .
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Leathercraft Supplement/Skills Checklist
- One article you made, which shows the skills expected for your unit. Precut kits may be used as long as the expected learning experiences for the level can be performed and demonstrated through completing the kit.

OPTIONAL: Youth may enter up to three optional exhibits that are an outgrowth of the project level. Each optional exhibit must focus on a different leathercrafting skill learned within the project.

**Approved for
2022-23**



Creative Arts
Leathercraft: Intermediate
Level 2: Intermediate Leathercraft

Age Requirements:	8 and up	Project Description: In this project, youth will learn to use additional tools and stamps, including the swivel knife, and basic lacing and stitching skills.
Listed in Z-Suite As:	Creative Arts: Leathercraft Lv 2	
Last Revised	09-22	

Youth Materials:

- [Leathercraft Supplement Skills Checklist \(#23102\) 2020](#)
- [ABC's of Leatherwork](#) (Tandy 61904-00) 1984
- [Leathercrafting](#) (Tandy 618910-01) 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

None

Optional Support Materials:

None

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Project Completion Checklist

Statewide Requirements

- Complete a rounder or square of tooled practice leather (3" x 4").
- Choose three new skills to learn and demonstrate in your exhibition project.
- Learn to use the three basic tools you did not learn in Beginning level: beveler, veiner, pear shader, camouflage, backgrounder, or seeder.
- Learn to carve leather using a swivel knife.
- Learn lacing skills such as whipstitch, running stitch, handstitch, decorative stitches, and splicing.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete Leathercraft Supplement/Skills Checklist (#23102).
- Complete ZSuite 4-H Project Record Book .
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Leathercraft Supplement/Skills Checklist
- One article you made, which demonstrates the new skills you learned this year. Precut kits may be used as long as the expected learning experiences for the level can be performed and demonstrated through completing the kit.

OPTIONAL: Youth may enter up to three optional exhibits that are an outgrowth of the project level. Each optional exhibit must focus on a different leathercrafting skill learned within the project.

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: Youth will continue their leathercrafting mastery by learning skills such as how to dye leather, carve figures, filigree, and advanced lacing techniques.
Listed in Z-Suite As:	Creative Arts: Leathercraft Lv 3	
Last Revised	09-22	

Youth Materials:

- [Leathercraft Supplement Skills Checklist \(#23102\) 2020](#)
- [ABC's of Leatherwork](#) (Tandy 61904-00) 1984
- [Leathercrafting](#) (Tandy 618910-01) 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

None

Optional Support Materials:

- [Leatherwork Manual](#) (Tandy 61891-00)
- [Figure Carving Book](#) (Tandy 6045-00)
- [How to Carve Leather](#) (Tandy 6047-00)
- [Lacing and Stitching for Leathercraft](#) (Tandy 61906-00)
- [How to Buckstitch](#) (Tandy 61946-00)
- [Coloring Leather Book](#) (Tandy 61942-00)

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Project Completion Checklist

Statewide Requirements

- Complete a rounder or square of tooled practice leather (3" x 4").
- Add two new skills or techniques not mastered in Beginning or Intermediate levels.
- Learn figure carving.
- Learn inverted leather carving.
- Learn to apply dyes using techniques such as block, solid color, background dyeing, or antique stains.
- Learn to filigree.
- Assemble a filigreed article with a suitable colored background.
- Learn advanced lacing skills such as backstitch, buckstitching, or Florentine.
- Design and produce your own exhibit project using advanced techniques.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete Leathercraft Supplement/Skills Checklist (#23102).
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Leathercraft Supplement/Skills Checklist
- One article you designed and made, which demonstrates the advanced skills learned this year. Precut kits may be used as long as the expected learning experiences for the level can be performed and demonstrated through completing the kit.

OPTIONAL: Youth may enter up to three optional exhibits that are an outgrowth of the project level. Each optional exhibit must focus on a different leathercrafting skill learned within the project.

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: In this project, youth will begin to explore the photography. Topics include equipment, lighting, composition, skill building, using the flash, black and white photography, and taking selfies.
Listed in Z-Suite As:	Creative Arts: Photography Lv 1— Photography Basics	
Last Revised	09-20	

Youth Materials:

- [Photography Basics, Book 1](#) (#01902Y), 2019
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- Youth will need access to a camera (cell phone or DSLR), and adequate photo storage (digital and/or physical) to complete this project.

Volunteer/Leader Materials:

None

Optional Support Materials:

None

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Project Completion Checklist

Statewide Requirements

- Explore four (4) project areas in Book 1: Equipment, Lighting, Composition, and Skill Building. For each area, complete two (2) photo shoot activities of your choice, plus the “talking it over” activity from the manual.
- Maintain a photo journal or scrapbook.
- Complete one Learning Experience from the suggestions on page 5 of the manual.
- Complete one Leadership/Civic Engagement activity from the suggestions on page 6 of the manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Photography Basics Manual (#01902Y)
- Photo journal/scrapbook
- An 8" x 10" photo-quality print of your best photograph, mounted on mat board no larger than 12" x 14".

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: In this project, youth will continue a more formal study in photography by building on the basics learned in Level 1. New concepts introduced include the rule of thirds, lens selection, and panoramic shots.
Listed in Z-Suite As:	Creative Arts: Photography Lv 2—Next Level Photography	
Last Revised	09-22	

Youth Materials:

- [Next Level Photography Book 2](#) (#01903Y), 2019
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- Youth will need access to a camera (cell phone or DSLR), and adequate photo storage (digital and/or physical) to complete this project.

Volunteer/Leader Materials:

None

Optional Support Materials:

None

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Project Completion Checklist

Statewide Requirements

- Explore the major content areas of photography in Book 2: Equipment, Lighting, Composition, and Skill Building. For each area, complete two (2) photo shoot activities of your choice, plus the “talking it over” activity from the manual.
- Maintain a photo journal or scrapbook.
- Complete one Learning Experience from the suggestions on page 5 of the manual.
- Complete one Leadership/Civic Engagement activity from the suggestions on page 6 of the manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Next Level Photography Manual (#01903Y)
- Photo journal/scrapbook
- An 8" x 10" photo-quality print of your best photograph, mounted on mat board no larger than 12" x 14".

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: Mastering Photography is an advanced-level book for the serious study of photography. Activities build from Levels 1 and 2, plus new concepts introduced such as smartphone exposure tips, low light challenges, and taking studio portraits.
Listed in Z-Suite As:	Creative Arts: Photography Lv 3— Mastering Photography	
Last Revised	09-20	

Youth Materials:

- [Mastering Photography Book 3](#) (#01904Y), 2019
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- Youth will need access to a camera (cell phone or DSLR), and adequate photo storage (digital and/or physical) to complete this project.

Volunteer/Leader Materials:

None

Optional Support Materials:

None

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Project Completion Checklist

Statewide Requirements

- Deepen your study and understanding of the major content areas of photography on Book 3: Equipment, Lighting, Composition and Skill Building. For each area, complete two (2) photo shoot activities of your choice, plus the “talking it over” activity from the manual.
- Maintain a photo journal or scrapbook.
- Complete one Learning Experience from the suggestions on page 5 of the manual.
- Complete one Leadership/Civic Engagement activity from the suggestions on page 6 of the manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Mastering Photography Manual (#01904Y)
- Photo journal/scrapbook
- An 8" x 10" photo-quality print of your best photograph, mounted on mat board no larger than 12" x 14".

**Approved for
2022-23**



Age Requirements:	11 and up	Project Description: In this project, youth will work independently or with assistance while painting, printing or graphic designing; make local connections with the artistic community through service learning; and explore cultural and historical art experiences.
Listed in Z-Suite As:	Creative Arts: Portfolio Pathways	
Last Revised	09-22	

Youth Materials:

- [Portfolio Pathways Curriculum](#) (SKU 08141) 2005
- [Elements & Principles of Design Card](#) (BUL 924), 2018 (recommended)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Portfolio Pathways Curriculum](#) (SKU 08141) 2005
- [Elements & Principles of Design Card](#) (BUL 924), 2018

Optional Support Materials:

Please note: Portfolio Pathways is designed for middle through high school aged youth, and may be used in a variety of youth development and academic settings. Youth will be most successful doing this project when the adult helper incorporates the life skills, elements and principles of design, and background information provided with each activity in the manual.

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Project Completion Checklist

Statewide Requirements

- Complete five activities from one unit of the Manual (Painting, Printing, or Graphic Design)

OR

- Complete five activities from the three units in the Manual

OR

- Complete a single activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity.

Note: Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.

- Record activities in the Activity Log section of your ZSuite 4-H Record Book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete a two original artworks and exhibit them.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Portfolio Pathways Manual (#23114)
- Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:
 - Artist name, unit, activity, and title
 - Original artwork title, element of design used, principle of design used, and life skill
 - On the back of the card explain how you used these elements and principles in your artwork.

**Approved for
2022-23**



Age Requirements:	9 and up	Project Description: Learn how to prepare and deliver speeches in front of crowds with confidence! Topics include how to handle various speaking situations, deliver different types of speeches, and resolve any problems you may experience along the way. This is a project that will serve youth for a lifetime!
Listed in Z-Suite As:	Creative Arts: Public Speaking—Finding Your Voice	
Last Revised	09-20	

Youth Materials:

- [Finding Your Voice: Public Speaking Made Easy](#) (SKU 4H377), The Ohio State University, 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Finding Your Voice: Public Speaking Made Easy](#) (SKU 4H377), The Ohio State University, 2014

Optional Support Materials:

None

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Project Completion Checklist

Statewide Requirements

- Complete all seven activities in the Finding Your Voice: Public Speaking member manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
 - ZSuite 4-H Project Record Book
 - Your completed Finding Your Voice: Public Speaking Made Easy manual
 - A poster (14" x 22") or display illustrating a skill or skills learned in this project
- OR
- A scrapbook, portfolio, or journal showing the activities and skills learned this year.

**Approved for
2022-23**



Age Requirements:	11 and up	Project Description: In this project, youth will work independently or with assistance while drawing, sculpting, or creating fiber arts; make local connections with the artistic community through service learning; and explore cultural and historical art experiences.
Listed in Z-Suite As:	Creative Arts: Sketchbook Crossroads	
Last Revised	09-22	

Youth Materials:

- [Sketchbook Crossroads Curriculum](#) (SKU 08140) 2005
- [Elements & Principles of Design Card](#) (BUL 924), 2018 (recommended)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sketchbook Crossroads Curriculum](#) (SKU 08140) 2005
- [Elements & Principles of Design Card](#) (BUL 924), 2018

Optional Support Materials:

Please note: Sketchbook Crossroads is designed for middle through high school aged youth, and may be used in a variety of youth development and academic settings. Youth will be most successful doing this project when the adult helper incorporates the life skills, elements and principles of design, and background information provided with each activity in the manual.

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Project Completion Checklist

Statewide Requirements

- Complete five activities from one unit in the Manual (Drawing, Fiber Arts, or Sculpting)
OR
- Complete five activities from the three units in the Manual
OR
- Complete one activity five times showing variation in the final artwork. A Brain Jogger is equal to one activity.
Note: Because art techniques and skills require practice, patience and time, repeating a single activity many times is acceptable.
- Record activities in the Activity Log section of your ZSuite 4-H Record Book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project. You may build on the learning experience or the leadership/civic activities.
- Complete two original artworks and exhibit them.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Sketchbook Crossroads Manual (#084140)
- Two completed original artworks. Attach a 4 x 6-inch index card to each artwork with the following information:
 - Artist name, unit, activity, and title
 - Original artwork title, element of design used, principle of design used, and life skill
 - On the back of the card explain how you used these elements and principles in your artwork

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: Youth will experience the oral traditions of cowboy poetry through writing and reciting cowboy poems.
Listed in Z-Suite As:	Creative Arts: Spurrin' The Words— Cowboy Poetry	
Last Revised	09-20	

Youth Materials:

- [Spurrin' the Words Member's Manual](#) (MSU 5308) 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Spurrin' the Words Volunteer's Guide](#) (MSU 5309) 2004

Optional Support Materials:

None

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Project Completion Checklist

Statewide Requirements

- Complete the required activities in sections 1-4 of the Spurrin' the Words Member Manual.
- Write at least three (3) original poems composed of at least four (4) line stanzas.
- Demonstrate a specific rhyme pattern in your original poems.
- Complete at least three (3) additional activities from the Member Manual.
- Give an oral presentation (poem, speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book.
- Complete ZSuite 4-H Involvement Report.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Exhibits may include any ONE of the following:
 - Display for one or more original poems
 - Educational display about classic cowboy poets
 - Educational display about historical BIPOC cowboys
 - Educational display about Western culture or history
 - Public performance of your original poems in an approved public exhibition (check with your local 4-H office)

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Measure, cream, sift, mix, cut, fold, beat and bake your way to delicious baked goods! Youth will learn to read and follow recipes, explore baking ingredients, equipment and techniques, and troubleshoot baking problems.
Listed in Z-Suites As:	Food & Cooking: Baking Lv 1	
Last Revised	09-20	

Youth Materials:

- [Beginning Baking 1 Manual](#) (#ND EC111), 2020
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Beginning Baking 1 Manual](#) (#ND EC111), 2020

Optional Support Materials:

- [Make Half Your Grains Whole Grains tip sheet](#) (English and Spanish available)

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Project Completion Checklist

Statewide Requirements

- Review the Eating Well and Getting Ready to Bake sections with your project leader.
- Make baking powder biscuits. Evaluate your product using the judging sheet provided on page 15.
- Make at least one type of muffin. Evaluate your product using the judging sheet provided on page 19.
- Make at least one type of cookie. Evaluate your product using the judging sheet on page 28.
- Complete at least one service/leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Baking 1 Manual
- ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card.
 - Three biscuits
 - Three plain muffins
 - Three chocolate chip cookies
 - Three round sugar cookies, plain, un-iced.
 - Three oatmeal cookies
 - Three peanut butter cookies
 - A poster or display (14" x 22") illustrating what you learned in the project this year.

Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients requiring refrigeration should not be used.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will building on their baking skills, learning how to bake quick breads and cookies.
Listed in Z-Suites As:		
	Food & Cooking: Baking Lv 2	
Last Revised	09-20	

Youth Materials:

- [Baking 2 Manual](#) (#ND EC112), 2016
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Baking 2 Manual](#) (#ND EC112), 2016

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Review the Eating Well and Getting Ready to Bake, Let's Talk about Ingredients, Let's Look at Equipment and More Baking Terms sections of the project manual.
- Make at least one quick bread. Evaluate your product using the judging sheet on page 22.
- Make at least one coffee cake. Evaluate your product using the judging sheet on page 26.
- Make at least one cookie or bar. Evaluate your product using the judging sheet on page 35.
- Make gingerbread.
- Make cornbread.
- Complete at least one service/leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Baking 2 Manual.
- ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card.
 - Basic nut bread OR zucchini bread (one loaf)
 - Quick coffeecake (2 3"x3" squares)
 - Fruit filled coffeecake (2 wedges)
 - Three brown sugar nut OR jam thumbprint blossom cookies
 - Gingerbread OR cornbread (2 3"x3" squares)
 - Plain brownies OR butterscotch bars (3 3"x3" squares)
 - A poster or display (14" x 22") illustrating what you learned in the project this year.

Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients requiring refrigeration should not be used.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will learn how to bake and evaluate yeast breads.
Listed in Z-Suites As:		
	Food & Cooking: Baking Lv 3	
Last Revised	09-20	

Youth Materials:

- [Baking 3 Manual](#) (#ND EC113)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Baking 3 Manual](#) (#ND EC113)

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Review the Teen Health and The Goodness of Bread sections.
- Make at least one loaf of Fast French Bread.
- Make at least one type of bread rolls.
- Make at least one type of yeast bread. Evaluate your product using the judging sheet provided on page 27.
- Make at least one type of microwave bread.
- If equipment is available, make at least one type of bread with a bread machine.
- Complete at least one service/leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Baking 3 Manual
- ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card.
 - Fast French Bread (one loaf)
 - Basic yeast rolls OR refrigerator rolls (3 rolls, any shape)
 - White wheat yeast bread (one loaf)
 - Dakota bread (one loaf)
 - Three bread sticks
 - Shaped bread, such as bears, lions or owls (one loaf)
 - White wheat OR whole wheat bread using the bread machine (one loaf)
 - A poster or display (14" x 22") illustrating what you learned in the project this year.

Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients requiring refrigeration should not be used.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this unit, youth will explore the many types of cakes! Activities include cake science experiments and comparing boxed cake mixes to scratch-baked cakes.
Listed in Z-Suites As:		
	Food & Cooking: Baking Lv 4—Cakes	
Last Revised	09-20	

Youth Materials:

- [Baking 4 Manual](#) (#ND EC114), 2018
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Baking 4 Manual](#) (#ND EC114), 2018

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Review the Eating Well and Cake Science sections in the manual.
- Conduct at least one Cake Science Experiment (pages 10-11). Record your findings and answer the questions in the manual about your experiment.
- Make at least one yellow, sponge, or oatmeal cake with frosting.
- Make at least one cake using a packaged mix and compare with your “scratch” cake using the criteria on page 18.
- Complete at least one Service/Leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Baking 4 Manual
- ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3”x5” or 4”x6” recipe card.
 - Frosted yellow cake
 - Frosted or unfrosted sponge cake
 - Frosted or unfrosted oatmeal cake
 - A poster or display (14” x 22”) illustrating what you learned in the project this year.

Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients requiring refrigeration should not be used.

Approved for
2022-23



Age Requirements:	8+	Project Description: In this unit, youth will bake all types of pies, from traditional fruit and cream pies to savory empanadas and turnovers.
Listed in Z-Suites As:		
Food & Cooking: Baking Lv 4—Pies		
Last Revised	09-20	

Youth Materials:

- [Baking 4 Manual](#) (#ND EC114), 2018
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Baking 4 Manual](#) (#ND EC114), 2018

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Review the Eating Well and Basic Recipe for Pastry sections of the manual.
- Make a one-crust baked pie crust and evaluate using the scoresheet on page 25.
- Conduct one or more of the Let's Experiment activities (Pastry, pg 26-28; Filling, pg. 31-34; Thickening Agents, pg. 35-37; Pie Comparison, pg. 57-58). Record results and answer the questions in the manual about the experiment(s).
- Make at least one type of cream pie with meringue. Evaluate your product using the judging sheet on page 46.
- Make at least one type of double-crust fruit pie. Evaluate your product using the judging sheet on page 50.
- Make at least one type of empanada or turnover. Evaluate your project using the judging sheet on mpage 54.
- Complete at least one Service/Leadership activity.
- Complete at least one career exploration activity from page 19.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Baking 4 Manual
- ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card.
 - One 8- or 9-inch fruit pie
 - Two fruit-filled empanadas or turn-overs.
 - A poster or display (14" x 22") illustrating one of the experiments you chose to complete in the project this year.

Note: Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients requiring refrigeration should not be used.





Age Requirements:	8+	Project Description: Learn the basics of cake decorating! Basics like preparing and tinting icing, bag position, pressure control, and beginner piping techniques. It is recommended youth participate in Level 1 for two years before progressing to Level 2.
Listed in Z-Suites As:	Food & Cooking: Cake Decorating Lv 1	
Last Revised	09-22	

Youth Materials:

- [Idaho 4-H Cake Decorating Skills Checklist Level 1](#) (2022)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Note: For Instructional materials, please see Curricula Options below

Volunteer/Leader Materials:

- [Idaho 4-H Cake Decorating Skills Checklist Level 1](#) (2022)

Note: For Instructional materials, please see Curricula Options below

Curricula Options

- Wilton Method Cake Decorating, Course 1 Student Guide (check Amazon, Walmart, Michaels or JOANN Fabrics)
- [Discover 4-H: Cake Decorating Clubs](#), Utah State University 4-H
- [4-H Cake Decorating, University of Wyoming 4-H](#)
- [Cake Decorating Unit 1-3, Colorado State University 4-H](#)

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Project Completion Checklist

Statewide Requirements

- Learn at least 10 new skills from the Skills Checklist. Have your project leader or helper initial and date each skill as it is completed.
- Document each technique you learned in the Activity Log section of your ZSuite record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Idaho 4-H Cake Decorating Skills Checklist Level 1
- ONE of the following exhibit options:
 - Decorated single-layer 9- or 10-inch cake*, or may use specialty shape single layer cake pan. Your cake should be decorated using 2-3 decorating skills learned this year.
 - A poster (14" x 22") or display illustrating something you learned in the project this year.

*Note: The cake must be baked by the 4-H member. Commercial cake mix may be used, as it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

Approved for
2022-23



Age Requirements:	8+	Project Description: Level 2 cake decorating focuses on planning and selecting colors for cakes, as well as piping flowers and borders, and cake construction. It is recommended that youth participate in Level 2 for two years before progressing to Level 3.
Listed in Z-Suites As:		
	Food & Cooking: Cake Decorating Lv 2	
Last Revised	09-22	

Youth Materials:

- [Idaho 4-H Cake Decorating Skills Checklist, Level 2](#) (2022)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Note: For Instructional materials, please see Curricula Options below

Volunteer/Leader Materials:

- [Idaho 4-H Cake Decorating Skills Checklist, Level 2](#) (2022)

Note: For Instructional materials, please see Curricula Options below

Curricula Options

- Wilton Method Cake Decorating, Course 2 Student Guide (check Amazon, Walmart, Michaels or JOANN Fabrics)
- [4-H Cake Decorating, University of Wyoming 4-H](#)
- [Cake Decorating Unit 1-3, Colorado State University 4-H](#)
- [Cake Decorating Unit 4-6, Colorado State University 4-H](#)

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Project Completion Checklist

Statewide Requirements

- Learn at least 10 new skills from the Level 2 Skills Checklist. Have your project leader or helper initial and date each skill as it is completed.
- Document each technique you learned in the Activity Log section of your ZSuite record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Idaho 4-H Cake Decorating Skills Checklist Level 2
- ONE of the following exhibit options:
 - One decorated two-layer 10-inch round or 2-layer oval cake. Your cake should be decorated using at least four (4) decorating skills learned this year.
 - A poster (14" x 22") or display illustrating something you learned in the project this year.

*Note: The cake must be baked by the 4-H member. Commercial cake mix may be used, as it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

Approved for
2022-23



Age Requirements:	8+	Project Description: Advanced Cake Decorating continues to build on previous skills, and adds new techniques using fondant, gum paste, marzipan and modeling chocolate.
Listed in Z-Suites As:	Food & Cooking: Cake Decorating Lv 3	
Last Revised	09-22	

Youth Materials:

- Idaho 4-H Cake Decorating Skills Checklist, Level 3 (2022)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Note: For Instructional materials, please see Curricula Options below

Volunteer/Leader Materials:

- [Idaho 4-H Cake Decorating Skills Checklist, Level 3](#) (2022)

Note: For Instructional materials, please see Curricula Options below

Curricula Options

- Wilton Method Cake Decorating, Course 3 Student Guide (check Amazon, Walmart, Michaels or JOANN Fabrics)
- [4-H Cake Decorating, University of Wyoming 4-H](#)
- [Cake Decorating Unit 4-6, Colorado State University 4-H](#)
- [Cake Decorating Unit 7-9, Colorado State University 4-H](#)

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Project Completion Checklist

Statewide Requirements

- Learn at least 10 new skills from the Level 3 Skills Checklist. Have your project leader or helper initial and date each skill as it is completed.
- Document each technique you learned in the Activity Log section of your ZSuite record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Idaho 4-H Cake Decorating Skills Checklist, Level 3
- ONE of the following exhibit options:
 - One two-tiered cake covered with fondant and decorated with fondant, gum paste, marzipan, or modeling chocolate. Use at least six (6) of the skills you learned this year.
 - A poster (14" x 22") or display illustrating something you learned in the project this year.

*Note: The cake must be baked by the 4-H member. Commercial cake mix may be used, as it is smoother and easier to frost. Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be used.

Approved for
2022-23



Age Requirements:	8+	Project Description: In the 4-H cooking series, youth learn about food preparation, food and kitchen safety, meal planning, and nutrition. Cooking 101 includes lessons on using MyPlate, measuring and mixing ingredients, testing food for doneness and setting the table for the family.
Listed in Z-Suites As:	Food & Cooking: Cooking Lv 1—4-H Cooking 101	
Last Revised	09-20	

Youth Materials:

- [4-H Cooking 101 Manual](#) (#01512Y), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Cooking Helper’s Guide](#) (#01516F), 2015

Optional Support Materials:

- [USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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Project Completion Checklist

Statewide Requirements

- Complete two (2) learning activities or experiments from the Cooking 101 manual and document in your ZSuite Record Book Activity Log.
- Prepare 1-2 recipes from each of the recipe sections: Snacks, Side Dishes, Main Dishes, Quick Breads and Desserts.
- Complete the project checklist on page 6 of the Cooking 101 manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options:
 - A non-perishable food item you have learned about while taking this project. Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card.
 - A poster (14" x 22") or a display illustrating what you learned in this project this year.

Note: Foods such as brownies, pancakes, cookies or muffins display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should be avoided.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Building on the skills learned in Cooking 101, youth will learn to prevent foodborne illnesses, safely thaw frozen food, use proper knife techniques, read Nutrition Facts labels and make soups, rice, pasta, and other foods.
Listed in Z-Suites As:	Food & Cooking: Cooking Lv 2—4-H Cooking 201	
Last Revised	09-20	

Youth Materials:

- [4-H Cooking 201 Manual](#) (01513Y), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Cooking Helper’s Guide](#) (#01516F), 2015

Optional Support Materials:

- [USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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Project Completion Checklist

Statewide Requirements

- Complete two (2) learning activities or experiments from the Cooking 201 manual and document in your ZSuite Record Book Activity Log.
- Prepare 1-2 recipes from each of the recipe sections: Vegetable and Fruit Group, Grains Group, Protein Foods Group, Dairy Group, and Desserts.
- Complete the project checklist on page 7 of the Cooking 201 manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options:
 - A non-perishable food item you have learned about while taking this project. Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card.
 - A poster (14" x 22") or a display illustrating what you learned in this project this year.

Note: Foods such as quick breads, muffins, biscuits, scones, cakes, or cookies display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should be avoided.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This unit in the 4-H Cooking series explores topics like making bread, grilling meats, vegetables and fruit, and making butter. Youth learn the science behind yeast, gluten, and different types of fats.
Listed in Z-Suites As:		
	Food & Cooking: Cooking Lv 3—4-H Cooking 301	
Last Revised	09-20	

Youth Materials:

- [4-H Cooking 301 Manual](#) (#01514Y), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Cooking Helper’s Guide](#) (#01516F), 2015

Optional Support Materials:

- [USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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Project Completion Checklist

Statewide Requirements

- Complete two (2) learning activities or experiments from the Cooking 301 manual and document in your ZSuite Record Book Activity Log.
- Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Group, Protein Foods Group, Dairy Group, and Desserts.
- Complete the project checklist on page 7 of the Cooking 301 manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options:
 - A non-perishable food item you have learned about while taking this project. Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card.
 - A poster (14" x 22") or a display illustrating what you learned in this project this year.

Note: Foods such as breads, rolls, granola, pretzels, cookies or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should be avoided.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In the final level of the 4-H Cooking series, youth will explore the world by learning about herbs and spices and how to make ethnic foods. Youth also practice making cakes, candy, pies and pastries.
Listed in Z-Suites As:		
	Food & Cooking: Cooking Lv 3—4-H Cooking 301	
Last Revised	09-20	

Youth Materials:

- [4H Cooking 401 Manual](#) (#01515Y), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Cooking Helper's Guide](#) (#01516F), 2015

Optional Support Materials:

- [USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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Project Completion Checklist

Statewide Requirements

- Complete two (2) learning activities or experiments from the Cooking 401 manual and document in your ZSuite Record Book Activity Log.
- Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Group, Protein Foods Group, Dairy Group, and Desserts.
- Plan and prepare a celebration meal each project year.
- Complete the project checklist on page 7 of the Cooking 401 manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options:
 - A non-perishable food item you have learned about while taking this project. Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card.
 - A poster (14" x 22") or a display illustrating what you learned in this project this year.

Note: Foods such as breads, muffins, candy, fruit pies, or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should be avoided.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will learn how to select, care for, and stay safe around a Dutch oven. Cook up a variety of tasty foods outdoors Because Dutch oven cooking requires lifting heavy ovens and handling hot coals, ages 12 and up recommended.
Listed in Z-Suites As:	Food & Cooking: Dutch Oven Cooking Unit 1	
Last Revised	09-20	

Youth Materials:

- [Dutch Oven Cooking](#) (#BUL938), 2019
- [Dutch Oven Recipes](#), 2010
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Dutch Oven Helper’s Guide](#) (#BUL940), 2019

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete all reflection questions in the Dutch Oven Cooking Unit 1 member manual.
- Complete three (3) Beyond Cooking activities.
- Prepare one item from each of the following categories:
 - Soup or stew
 - One-dish meal
 - Vegetable
 - Quick bread
 - Dessert
 - Breakfast
 - Cooking on the lid
- Create a recipe book or file that includes everything you cooked PLUS additional recipes to total 11 recipes each year.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Dutch Oven Cooking Unit 1 manual.
- Recipe File or book with a minimum of 11 recipes included for each year in the project.
- ONE of the following exhibit options:
 - Non-perishable dessert* you learned to make during the project year. Include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card.
 - A poster (14" x 22") or display illustrating what you learned in the project this year.

* Foods using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be exhibited.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Build your outdoor cooking skills with Dutch Oven Unit 2: explore one-dish meals, breakfasts, and cooking on the lid. Plus, learn how to manage cooking in multiple Dutch ovens at the same time!
Listed in Z-Suites As:	Food & Cooking: Dutch Oven Cooking Unit 2	
Last Revised	09-20	

Youth Materials:

- [Dutch Oven Cooking Unit 2](#) (#BUL939), 2019
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Dutch Oven Helper's Guide](#) (#BUL940), 2019

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete all reflection questions in the Dutch Oven Cooking Unit 2 member manual.
- Complete 3 Beyond Cooking activities.
- Prepare at least 10 recipes not previously used, including at least one item from each of the following categories:
 - Soup or stew
 - Vegetable
 - Yeast breads or rolls
 - Sweet rolls or specialty breads
 - Dessert
 - Meat (beef, pork, lamb, game)
 - Fowl (turkey, chicken, game hen)
- Continue building your recipe book or file that includes everything you cooked plus additional recipes to total 12 new recipes each year of Unit 2.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Dutch Oven Cooking Unit 2 manual.
- Continued Recipe File or book with a minimum of 12 new recipes included for each year in Unit 2 of the project.
- ONE of the following exhibit options:
 - Non-perishable* yeast bread, roll, sweet bread or specialty bread you learned to make during the project year. Bread should be displayed on a plate, not in the Dutch oven. Include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card.
 - A poster (14" x 22") or display illustrating what you learned in the project this year.

* Foods using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be exhibited.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Everyone loves home-made jellies and jams. Learn how to preserve your own jellies, jams, fruits, tomatoes, pickles and other high-acid foods in a boiling water bath canner. Experiment with pectin for thickening, sugar alternatives, and low-sugar recipes.
Listed in Z-Suites As:	Food & Cooking: Food Preservation—Boiling Water Canning	
Last Revised	09-20	

Youth Materials:

- [Food Preservation Boiling Water Canning Manual](#) (PNW #652), 2013
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

- [Canning Fruits](#) (PNW #199)
 - [Guardado de frutas en conserva](#) (PNW 199S)
- [Canning Tomatoes and Tomato Products](#) (PNW #300)
 - [Elaboración de conservas de tomates y productos de tomates](#) (PNW 300S)
- [Pickling Vegetables](#) (PNW #355)
- [Salsa Recipes for Canning](#) (PNW #395)
 - [Recetas de Salsa para Guardar en Conserva](#) (PNW 395S)
- [USDA Complete Guide to Home Canning](#) (Ag. Bull. #539)
- [So Easy to Preserve](#) (University of Georgia Extension)
- [National Center for Home Food Preservation](http://www.nchfp.uga.edu/#gsc.tab=0) (www.nchfp.uga.edu/#gsc.tab=0)

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Project Completion Checklist

Statewide Requirements

- Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
- Answer at least two of the questions in the Reflections on Boiling Water Canning section on page 39 of the manual.
- Participate in at least one Citizenship/Leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Food Preservation Boiling Water Canning Manual
- One of the following exhibit options:
 - A poster (14" x 22") illustrating something you learned in this project this year.
 - A labeled photo journal showing how to freeze a food item from start to finish.
 - Display (12" x 12" x 12") and label some of the equipment used to complete this project.
 - A home-canned tomato product with a correctly completed label.
 - A home-canned fruit product with a correctly completed label.
 - A home-canned jam or jelly with a correctly completed label.
 - A home-canned acidified pickled product with a correctly completed label.
 - Recipes and a menu plan using foods preserved in this project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Spoilage bacteria can't grow without water, which makes drying a great way to preserve food. Learn how to dry fruits, vegetables, and herbs. Make your own dried food mixes and use dried foods in recipes and menu plans.
Listed in Z-Suites As:	Food & Cooking: Food Preservation—Drying	
Last Revised	09-20	

Youth Materials:

- [Food Preservation Drying Manual](#) (PNW #651), 2013
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

- [Drying Fruits and Vegetables](#) (PNW #397)
- *How to Dry Foods* by Deanna DeLong (check with your local library or bookstore)
- [So Easy to Preserve](#) (University of Georgia Extension)
- [National Center for Home Food Preservation](http://www.nchfp.uga.edu/#gsc.tab=0) (www.nchfp.uga.edu/#gsc.tab=0)

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Project Completion Checklist

Statewide Requirements

- Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
- Answer at least two of the questions in the Reflections on Drying section on pages 39-40 of the manual.
- Participate in at least one Citizenship/Leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Optional: complete a menu plan using foods preserved in this project.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Food Preservation Drying Manual.
- One of the following exhibit options:
 - A poster (14" x 22") illustrating something you learned in this project this year.
 - A labeled photo journal showing how to dry a food from start to finish.
 - A display (12" x 12" x 12") showing some of the equipment used in this project. Please label each piece of equipment.
 - Two dried fruits, in a proper storage container with a correctly completed label.
 - Two dried vegetables, in a proper storage container with a correctly completed label.
 - Two dried herbs, in a proper storage container with a correctly completed label.
 - Recipes and a menu plan using foods you preserved in this project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Freezing food is quick, easy and convenient. In this project, youth will learn the best ways to prepare, package, freeze, and use frozen fruits, vegetables, janes, meats, main dishes, casseroles and pies.
Listed in Z-Suites As:		
	Food & Cooking: Food Preservation—Freezing	
Last Revised	09-20	

Youth Materials:

- [Food Preservation Freezing Manual](#) (PNW #650)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

- [Freezing Fruits and Vegetables](#) (PNW #214)
- [Freezing Convenience Foods](#) (PNW #296)
- [So Easy to Preserve](#) (University of Georgia Extension)
- [National Center for Home Food Preservation](http://www.nchfp.uga.edu/#gsc.tab=0) (www.nchfp.uga.edu/#gsc.tab=0)

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Project Completion Checklist

Statewide Requirements

- Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
- Answer at least two of the questions in the Reflections on Freezing section on page 37 of the manual.
- Participate in at least one Citizenship/Leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Food Preservation Freezing Manual
- One of the following exhibit options:
 - A poster (14" x 22") illustrating something you learned in this project this year.
 - A labeled photo journal showing how to freeze a food item from start to finish.
 - Display (12" x 12" x 12") and label some of the equipment used to complete this project.
 - An empty freezer container with a correctly completed label.
 - Recipes and a menu plan using foods you preserved in this project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Pressure canning takes place at higher temperatures than boiling water canning, killing the botulism-causing bacteria that thrive in low-acid foods. Learn how to safely process vegetables, soups, stews, and other low-acid foods in a pressure canner.
Listed in Z-Suites As:	Food & Cooking: Food Preservation— Pressure Canning	
Last Revised	09-20	

Youth Materials:

- [Pressure Canning Project Manual](#) (PNW 653)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

- [Canning Vegetables](#) (PNW 172)
 - [Guardado de vegetales en conserva](#) (PNW 172S)
- [Canning Tomatoes and Tomato Products](#) (PNW #300)
 - [Elaboración de conservas de tomates y productos de tomates](#) (PNW 300S)
- [USDA Complete Guide to Home Canning](#) (Ag. Bull. #539)
- [So Easy to Preserve](#) (University of Georgia Extension)
- [National Center for Home Food Preservation](http://www.nchfp.uga.edu/#gsc.tab=0) (www.nchfp.uga.edu/#gsc.tab=0)

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Project Completion Checklist

Statewide Requirements

- Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
- Answer at least two of the questions in the Reflections on Pressure Canning section on page 36 of the manual.
- Participate in at least one Citizenship/Leadership activity.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed Food Preservation Pressure Canning Manual
- One of the following exhibit options:
 - A poster (14" x 22") illustrating something you learned in this project this year.
 - A labeled photo journal showing how to freeze a food item from start to finish.
 - Display (12" x 12" x 12") and label some of the equipment used to complete this project.
 - A home-canned vegetable product with a correctly completed label.
 - A home-canned meat product with a correctly completed label.
 - A home-canned combination product with a correctly completed label.
 - A pressure-canned tomato product with a correctly completed label.
 - Recipes and a menu plan using foods you preserved in this project.

**Approved for
2022-23**



Food & Cooking

What's On Your Plate: Food Science Unit 1

The Secrets of Baking

Age Requirements:	8+	Project Description: What's on your plate explores chemistry, biology, and physics through baking. Youth will use the Food Science Journal to document their experiments. The Secrets of Baking is written for youth grades 6-9 but maybe adapted for younger and older learners.
Listed in Z-Suites As:		
	Food & Cooking: Food Science Lv 1—The Secrets of Baking	
Last Revised	09-20	

Youth Materials:

- [What's On Your Plate? Exploring Food Science Unit 1: The Secrets of Baking Youth Science Journal](#) (01411Y), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [What's On Your Plate? Exploring Food Science Unit 1: The Secrets of Baking Facilitator Guide](#) (01415F), 2014

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete the three (3) activities and the three (3) Be a Food Scientist exercises in the Youth Science Journal.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed *What's on Your Plate, Exploring Food Science Unit 1: The Secrets of Baking* Youth Science Journal
- A poster (14" x 22") or display illustrating something you learned in the project this year.

**Approved for
2022-23**



Food & Cooking

What's On Your Plate: Food Science Unit 2

The Power of Protein Chemistry

Age Requirements:	8+	Project Description: The Power of Protein Chemistry explores the basic building blocks of protein through delicious experiments like cooking eggs and making cheese. This project curriculum is written for youth in grades 6-9 but can be adapted for younger and older learners.
Listed in Z-Suites As:		
	Food & Cooking: Food Science Lv 2—The Power of Protein Chemistry	
Last Revised	09-20	

Youth Materials:

- [What's on Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Youth Science Journal](#) (01412Y), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [What's on Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry Facilitator Guide](#) (01416F), 2014

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed *What's On Your Plate? Exploring Food Science Unit 2: The Power of Protein Chemistry* Youth Science Journal
- A poster (14" x 22") or display illustrating something you learned in this project year.

**Approved for
2022-23**



Food & Cooking

What's On Your Plate: Food Science Unit 3

The Inner Mysteries of Fruits and Vegetables

Age Requirements:	8+	Project Description: Why do fruits and vegetables turn brown when they are cut? Learn the science behind this phenomenon and more in Unit 3 of the Food Science series. This curriculum is written for grades 6-9, but may be adapted for younger or older learners.
Listed in Z-Suites As:	Food & Cooking: Food Science Lv 3—The Inner Mysteries of Fruits & Vegetables	
Last Revised	09-20	

Youth Materials:

- [What's on Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Youth Science Journal](#) (01413Y), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [What's on Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables Facilitator's Guide](#) (01417F), 2014

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed *What's On Your Plate? Exploring Food Science Unit 3: The Inner Mysteries of Fruits and Vegetables* Youth Science Journal
- A poster (14" x 22") or display illustrating something you learned in this project year.

**Approved for
2022-23**



Food & Cooking

What's On Your Plate: Food Science Unit 4

Be A Food Scientist!

Age Requirements:	8+	Project Description: Explore being a food scientist through activities like making a new beverage and experimenting with crystallization. This project curriculum is written for youth in grades 6-9, but may be adapted for use with older or younger learners.
Listed in Z-Suites As:		
Food & Cooking: Food Science Lv 4—Be a Food Scientist!		
Last Revised	09-20	

Youth Materials:

- [What's on Your Plate? Exploring Food Science Unit 4: Be a Food Scientist! Youth Science Journal](#) (01414Y), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [What's on Your Plate? Exploring Food Science Unit 4: Be a Food Scientist! Facilitator's Guide](#) (01418F), 2014

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete the three (3) activities and the three (3) Be a Food Scientist in the Youth Science Journal.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your completed *What's On Your Plate? Exploring Food Science Unit 4: Be a Food Scientist!* Youth Science Journal
- A poster (14" x 22") or display illustrating something you learned in this project year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Become a member of the Dairy Police Task force in this immersive food science project! Youth will learn the science behind butter, cheese, curds while solving the Mystery of the Missing Milk.
Listed in Z-Suites As:	Food & Cooking: Science Fun with Dairy Foods	
Last Revised	09-20	

Youth Materials:

- [Science Fun With Dairy Foods](#) (#OH 490), 2016
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Science Fun With Dairy Foods](#) (#OH 490), 2016

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete the planning section (Steps 1-4 in the member guide)
- Conduct at least 4 of the 9 project experiments. Answer the questions and complete at least one Digging Deeper activity for each experiment you complete.
- Keep an Experiment Journal. Record your observations and draw conclusions from your findings. Use the Journal of Experiments section on pages 37-42 of the manual, or record your findings in a separate notebook.
- Take part in at least two Learning Experiences.
- Complete at least two Citizenship/Leadership activities.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Science Fun with Dairy Foods member guide and Experiment Journal.
- One of the following exhibit options:
 - Poster or storyboard (14" x 22") describing one of the experiments you completed in the project.
 - Display and label some of the equipment you used to complete this project. Your labels should include how the equipment was used.
 - Display a dairy product you made during this project (NOTE: this option is ONLY available in counties with refrigeration available at the fair. Check with your local 4-H Extension Office for approval before exhibiting this option.

**Approved for
2022-23**



Age Requirements:	Teens (13+)	Project Description: This project is part of the 4-H Military Partnership. Youth in this project will learn the ages and stages of child growth and development, gain safety skills and learn how to handle emergencies, and develop materials to market their babysitting services.
Listed in Z-Suite As:	Health & Wellness: Babysitting	
Last Revised	09-21	

Youth Materials:

- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Army Child & Youth Services “I have what it takes to be YOUR Teen Babysitter guide.”, 2020](#)

Optional Support Materials:

Note: This project provides instructor guided activities for youth 13 years and older. It requires eight (8) hours to cover all lessons, with an option of six to eight (6-8) hours to complete first aid and CPR certification from a qualified instructor.

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of two activities per lesson.
- Maintain a portfolio, which must contain at a minimum:
 - Worksheets 1-5, completed
 - Handouts, checklists, surveys and questionnaires
- Make a Babysitter's Magic Bag, and include a basic first aid kit (see Lesson 3)
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project, OR complete a mock interview (see Lesson 8)
- Optional but encouraged: Pass a first aid/CPR course taught by a qualified instructor.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22") or display illustrating what you learned in the project this year. Consider including photographs of your Magic Bag.

**Approved for
2022-23**



Age Requirements:	5-7	Project Description: This is a Cloverbuds level activity/ curriculum. Please see other side of this sheet for details on the Cloverbuds Program.
Listed in Z-Suite As:	Cloverbud	
Last Revised	09-20	

Youth Materials:

- [Growing On My Own](#) (#08075DD) 2004

Volunteer/Leader Materials:

- [Growing All Together Helper's Guide](#) (#08078DD), 2004

Optional Support Materials:

- [Cloverbuds Memory Book](#) (#63013), 2009

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Project Completion Checklist

Statewide Requirements

Cloverbuds is an educational program that introduces younger youth to 4-H in a fun, non-competitive way.

The Cloverbuds program is non-competitive; Therefore, there are no project requirements for this curriculum. At this stage in a young person's emotional development, "losing" is tied to their personal feelings of self and identity. Cloverbuds should be encouraged to try new things, but with an emphasis on experiences rather than finished products or accomplishments.

Cloverbuds may enter exhibits at a County Fair, but these exhibits will not compete or be judged, and all participants should receive equal recognition for their participation. They may be given advice and taught new things to continue to improve their knowledge and skills, but in a supportive and positive manner.

Cloverbuds are not eligible to participate in state contests or events.

For more information on the Cloverbuds program within Idaho 4-H, please refer to the [Idaho 4-H Cloverbuds Handbook](#).

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

Please check with your local Extension Office for information regarding Cloverbud Exhibits at the fair.

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: In this project, youth will be introduced to babysitting, become more aware of how their family members and friends grow, and work with others to be aware of common dangers.
Listed in Z-Suite As:	Health & Wellness: Child Development Lv 2—Growing With Others	
Last Revised	09-20	

Youth Materials:

- [Growing with Others](#) (#08076DD) 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Growing All Together Helper’s Guide](#) (#08078DD), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of seven required/ optional activities each year.
- Finish at least 21 of the required and optional activities within 3 years to complete this level.
- Have your club leader or project helper initial and date (mm/yy) each activity when it is completed.
- Develop a portfolio of notes, drawings, photos, and other items created as part of the project activities.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Growing With Others Project Manual
- Activity Portfolio to demonstrate what you learned this project year. Exhibits should utilize only the skills, tools, and techniques learned through completing activities in this project book.

**Approved for
2022-23**



Age Requirements:	8 and up	Project Description: In this project, teens can explore child development careers, gain experience as a teacher or coach, participate in community service projects and how to meet the needs of differently abled children.
Listed in Z-Suite As:	Health & Wellness: Child Development Lv 3—Growing In Communities	
Last Revised	09-20	

Youth Materials:

- [Growing In Communities](#) (#08077DD) 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Growing All Together Helper’s Guide](#) (#08078DD), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of seven required/ optional activities each year.
- Finish at least 21 of the required and optional activities within 3 years to complete this level.
- Have your club leader or project helper initial and date (mm/yy) each activity when it is completed.
- Develop a portfolio of notes, drawings, photos, and other items created as part of the project activities.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Growing In Communities Project Manual
- Activity Portfolio to demonstrate what you learned this project year. Exhibits should utilize only the skills, tools, and techniques learned through completing activities in this project book.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Choose Health: Food, Fun and Fitness is a group curriculum, led by an adult volunteer. It may be used multiple years.
Listed in Z-Suites As:	Health & Wellness: Choose Health— Food, Fun & Fitness	
Last Revised	09-20	

Youth Materials:

- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Choose Health: Food, Fun and Fitness \(#01601F\), 2011-15](#)
- [Downloadable Files and Resources for Supplemental Materials are available from Cornell University Food and Nutrition Education in Communities Website:](#)
(<https://fnec.cornell.edu/for-partners/curricula/chfff/order-information/>)

Optional Support Materials:

- [Choose My Plate - USDA Nutrition website](#) (www.myplate.gov)
- [US Department of Health & Human Services Dietary Guidelines for Americans](#) (www.dietaryguidelines.gov)
- [Choose Health: Food, Fun, and Fitness Handout Bundles](#) (#01601B)

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Project Completion Checklist

Statewide Requirements

- Complete at least one activity from each of the six sections each year.
- Include one physical activity and one snack activity at each meeting.
- Share one newsletter with family members.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22") or labeled display (12" x 12" x 12") illustrating something you learned during this project year

Sample Ideas for Poster/Display:

- Choose My Plate poster with healthy food choices for each section.
- Feature local foods that fit into the fruit, vegetable, grain, protein and dairy sections of My Plate.
- Reading Package Labels.
- Recipe book of healthy snacks
- Eating out using healthy strategies
- Ideas for healthy snacks "on the go" from gas stations/convenience stores

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth in this project will plan and assemble a home first aid kit, learn how to treat cuts, scrapes, nosebleeds and bee stings and to help someone who is choking or has broken a bone, as well how to interview an injured person to determine what help they need.
Listed in Z-Suites As:	Health & Wellness: Keeping Fit & Healthy Lv 1—First Aid in Action	
Last Revised	09-20	

Youth Materials:

- [First Aid in Action: First Aid Activities for Youth](#) (#08174), 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least seven (7) activities from the First Aid in Action manual.
- Assemble a home first aid kit.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your First Aid Kit assembled in the project.
- ONE of the following exhibit options:
 - A poster (14" x 22") or display illustrating a skill or skills learned in this project.
 - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Learn more about making healthy choices related to good hygiene, healthy eating and being active. Whether you enjoy working with numbers, playing sports, drawing, writing, or singing, share your commitment to health with others in a way you enjoy!
Listed in Z-Suites As:	Health & Wellness: Keeping Fit & Healthy Lv 2—Staying Healthy	
Last Revised	09-20	

Youth Materials:

- [Staying Healthy: Health Project Activities for Youth](#) (#08175), 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least seven (7) activities from the Staying Healthy manual.
- Complete a self-assessment of personal talents.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your Personal Talents Assessment
- ONE of the following exhibit options:
 - A poster (14" x 22") or display illustrating a skill or skills learned in this project.
 - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth in this project will learn more about physical activity and how to design and manage their own fitness plans.
Listed in Z-Suites As:	Health & Wellness: Keeping Fit & Healthy Lv 3—Keeping Fit	
Last Revised	09-20	

Youth Materials:

- [Keeping Fit: Fitness Activities for Youth](#) (#18176), 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least seven (7) activities from the Keeping Fit manual.
- Complete a personal fitness plan.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your Personal Fitness Plan
- ONE of the following exhibit options:
 - A poster (14" x 22") or display illustrating a skill or skills learned in this project.
 - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This project book is divided into four levels, which are all covered within the one manual. Youth will learn the story of the earth through its rocks in order to gain a better understanding of the earth and the sources of the minerals we use every day.
Listed in Z-Suites As:		
	Natural Science: 4-H Geology	
Last Revised	09-20	

Youth Materials:

- [4-H Geology: Introduction to the Study of the Earth](#) (01706Y), 2017
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [4-H Geology: Introduction to the Study of the Earth](#) (01706Y), 2017

Optional Support Materials:

- [Idaho-specific websites for Geology Project](#)

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Project Completion Checklist

Statewide Requirements

- For each level in the manual (Pebble Pups 1, Pebble Pups 2, Rock Hounds 1, or Rock Hounds 2), complete the number of Required Activities and Closer Look Activities specified. Have your project leader or helper initial and date each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- For Pebble Pups 1:** 8-19 rock specimens, with 3 minerals in the collection. May include duplicates that show variations. Label collection and note where found.
- For Pebble Pups 2:** 20-29 rock specimens, with 7 minerals in the collection. May include duplicates that show variations. Label collection and note where found.
- For Rock Hounds 1:** 30-40 rock and mineral specimens, with 10 minerals in the collection. Rocks must include at least 3 igneous, 2 metamorphic and 3 sedimentary groups. Label collection and note where found.
- For Rock Hounds 2:** No more than 50 specimens, selected to illustrate a specific theme of your choosing. Examples include industrial minerals and their use, fossils traced through geological areas, or rocks and minerals used in lapidary arts.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Beekeeping has become an increasingly popular hobby. In Understanding the Honey Bee, youth will learn the basics about types of bees, plants that attract bees, beekeeping equipment, and honey and beeswax.
Listed in Z-Suites As:	Natural Science: Beekeeping Lv 1— Understanding the Honey Bee	
Last Revised	09-20	

Youth Materials:

- [4-H Beekeeping Level 1: Understanding the Honey Bee \(#4-H-571-W\)](#), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Indiana 4-H Beekeeping Helper's Guide \(#4-H-576-W\)](#), 2008

Optional Support Materials:

- [Foundation for the Preservation of Honey Bees](#) (preservationofhoneybees.org)
- [Purdue University Honey Bee Extension](#) (extension.entm.purdue.edu/beehive/)
- [Beekeeping Project and Record Book](#) (Ohio 4-H641)

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Project Completion Checklist

Statewide Requirements

- Complete each section of the Understanding the Honey Bee Manual
- Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14"x22") or display illustrating something you learned in this project this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this level of the beekeeping project, youth acquire a colony of bees, learn how to care for bees and a hive throughout the year, basic beekeeping operations and produce extracted, chunk, or cut comb honey.
Listed in Z-Suites As:	Natural Science: Beekeeping Lv 2— Working With Honey Bees	
Last Revised	09-20	

Youth Materials:

- [4-H Beekeeping Level 2: Working With Honey Bees \(#4-H-586-W\)](#), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Indiana 4-H Beekeeping Helper’s Guide \(#4-H-576-W\)](#), 2008

Optional Support Materials:

- [Foundation for the Preservation of Honey Bees](#) (preservationofhoneybees.org)
- [Purdue University Honey Bee Extension](#) (extension.entm.purdue.edu/beehive/)
- [Beekeeping Project and Record Book](#) (Ohio 4-H641)

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Project Completion Checklist

Statewide Requirements

- Complete each section of the Working with Honey Bees Manual
- Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit items:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - One jar of honey.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Advanced beekeeping teaches youth about increasing honey bee colonies, better honey production. producing specialized honey, bee societies, and how to manage bee diseases and parasites.
Listed in Z-Suites As:	Natural Science: Beekeeping Lv 3— Advanced Beekeeping	
Last Revised	09-20	

Youth Materials:

- [4-H Beekeeping Level 3: Advanced Beekeeping Methods \(#4-H-593-W\)](#), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Indiana 4-H Beekeeping Helper’s Guide \(#4-H-576-W\)](#), 2008

Optional Support Materials:

- [Foundation for the Preservation of Honey Bees](#) (preservationofhoneybees.org)
- [Purdue University Honey Bee Extension](#) (extension.entm.purdue.edu/beehive/)
- [Beekeeping Project and Record Book](#) (Ohio 4-H641)

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Project Completion Checklist

Statewide Requirements

- Complete each section of the Advanced Beekeeping Methods Manual
- Record the completed activities in the Project Activity log of your ZSuites 4-H Project Record Book
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit items:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - One jar of honey.

Approved for
2022-23



Age Requirements:	8+	Project Description: Grow one half-acre of dry beans for consumption or use as seed. Use certified seed. Advanced projects include growing string beans or certified bean seed under contract with a seed company.
Listed in Z-Suites As:	Natural Science: Crops—Field Beans	
Last Revised	09-20	

Youth Materials:

- [4-H Field Bean Production Guide](#) (#73117), 2004
- [4-H Bean Grower Workbook](#) (#73118)
- [ZSuite 4-H Involvement Report](#)

Volunteer/Leader Materials:

- [4-H Field Bean Production Guide](#) (#73117), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Own your project with a bona-fide agreement with your family member or landowner covering machinery, labor, seed, share, etc. This must be signed by the landowner, your project leader, and, if applicable, the contracting company field man.
- Complete a soil test on your bean field area.
- Attend the annual field tour of bean projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.
- Have an up-to-date record book available for review during the field tour.
- Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Involvement Report
- 4-H Bean Grower Workbook

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- 4-H Bean Grower Workbook
- If your beans are harvested by fair time, exhibit a one-quart sample of beans prepared for exhibit as outlined in the 4-H Bean Grower Manual (#73117). If your beans are not harvested, display a sample of bean plants with pods attached

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Grow at least three acres of potatoes under written contract. This real-world project included fertilizing, insect control, irrigation, disease control, weed control, harvesting, and marketing.
Listed in Z-Suites As:	Natural Science: Crops—Potatoes	
Last Revised	09-20	

Youth Materials:

- [4-H Potato Grower Workbook](#)
- [4-H Potato Project and Record Book](#)
- [ZSuite 4-H Involvement Report](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Own your project with a bonafide agreement with your family member or landowner covering machinery, labor, seed, share, etc. This must be signed by your landowner and project leader.
- Supply a legal description of land where you grow potatoes.
- Complete a pesticide report.
- Attend the annual field tour of potato projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.
- Deliver approximately 1,000 hundred (cwt) of potatoes to purchaser.
- Watch your samples being graded by the USDA. The fieldman will set up the grading at a time when you are able to attend.
- Close, summarize, and turn in projects to the County Extension Office on or before December 30 of the current calendar year.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete 4-H Potato Grower Workbook
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- 4-H Potato Grower Workbook
- Pesticide Report
- Exhibit a sample of potatoes at the county fair according to local fair regulations or at a public exhibit other than the county fair (talk to your Extension 4-H Educator for approval).

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Use UI Extension best management practices to grow five acres of small grains under written contract to a family member or landowner. Prepare an operating budget and keep accurate records of all labor, materials, and practices.
Listed in Z-Suites As:	Natural Science: Crops—Small Grains	
Last Revised	09-20	

Youth Materials:

- [4-H Small Grains Production Guide](#) (#73115), 2002
- [4-H Small Grains Record Book](#) (#73116)
- [ZSuite 4-H Involvement Report](#)

Volunteer/Leader Materials:

- [4-H Small Grains Production Guide](#) (#73115), 2002

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Own your project with a bona-fide agreement with your family member or landowner covering machinery, labor, seed, share, etc. This must be signed by the landowner, project leader, and, if applicable, the contracting company field man.
- Plant a minimum of five acres of small grains
- Attend the annual field tour of small grain projects and give an oral presentation on cultural practices (what it takes to produce the crop) during the tour.
- Have an up-to-date record book available for review during the field tour.
- Close, summarize, and turn in project to the County Extension Office on or before the county fair, if crop is harvested by that time. If crop is harvested after the fair turn in project on or before December 30 of the current calendar year.
- If raising malting barley, an additional individual contract with the malting barley company is required. Seed source and grain variety must be approved by the malting barley contract.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.
- Complete ZSuite 4-H Involvement Report
- Complete 4-H Small Grains Production Guide (#73115)
- Complete 4-H Small Grains Record Book (#73116)

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- 4-H Small Grains Production Guide
- 4-H Small Grains Record Book
- If your grain is harvested before the county fair, exhibit a one-quart sample. If your grain is not harvested, display a sample of plants with grain heads attached.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Grow at least one acre of sugarbeets under written contract. This real-world project included fertilizing, insect control, irrigation, disease control, weed control, harvesting, and marketing.
Listed in Z-Suites As:		
	Natural Science: Crops—Sugar Beets	
Last Revised	09-20	

Youth Materials:

- [4-H Youth Sugarbeet Grower Record Book](#) (2019)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

none

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Grow a minimum of 2 acres of crop as measured by the club volunteer or crop consultant. Individual contracts with the sugar company are required.
- Own your project with a bonafide agreement with your grower and/or landlord covering machinery, labor, seed, share, etc. This must be signed by your grower and/or landlord, your club volunteer, and a sugar company crop consultant.
- Complete a research project and display research at the Presentation Fair (see Presentation Fair Requirements for more detailed instructions).
- Participate in the annual Presentation Fair with completed display board, oral presentation and interview.
- Individual project weight slips or market receipts must be included with record book at project completion. This means that project beets must be weighed at the receiving stations separately from other beets produced on the same farm.
- Close, summarize, and turn in projects to the County Extension Office on or before the second Monday in January.
- Participate in a club-based service project.
- Complete the 4-H Youth Sugarbeet Grower Record Book
- Complete Suite 4-H Involvement Report
- One research project and presentation at the Sugar Beet Presentation Fair

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- 4-H Youth Sugarbeet Grower Record Book
- Exhibit a sample of sugar beets (3) at the county fair according to instructions (Preparing Sugar beets for Exhibit) section of the record book.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Discover the fascinating world of insects! This level introduces youth to entomology basics like insect anatomy, biodiversity, integrated pest management and forensic entomology.
Listed in Z-Suites As:	Natural Science: Entomology Lv 1— Teaming With Insects 1	
Last Revised	09-20	

Youth Materials:

- [Teaming With Insects, Level 1](#) (#08440), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Teaming With Insects, Facilitator's Guide](#) (#08443), 2014

Optional Support Materials:

- *Field Guide to Insects of North America* (Eaton/Kaufman) - check your local library or bookstore
- *Field Guide to Insects and Spiders of North America* (Evans) - check your local library or bookstore
- [Preparing Insect Specimens for Exhibit](#) (#82358)
- [Bug Guide](#) (Iowa State University)
- [Purdue University Youth Entomology Webpage](#)

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 5 activities in the Teaming With Insects Level 1 project book per year.
- Complete all 16 activities within 3 years to pass Level 1.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Special Instructions for Insect Collections

Exhibit boxes should be approximately 18"x12" (for up to 25 insects) or 18"x24" (for up to 50 insects) and about 3" to 3 ½" deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. **All insects must be mounted, labeled and identified to order, and should be arranged by order.**

**Approved for
2022-23**

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - **A collection of specimens that meets the following requirements and uses at least 2 collection methods.**
 - **1st Year:** At least 15 adult insects representing at least 3 orders, including Lepidoptera
 - **2nd Year:** At least 20 adult insects representing at least 4 orders (at least 15 insects cannot have been exhibited before)
 - **3rd Year:** Minimum 25 adult insects representing at least 5 orders, (at least 15 insects cannot have been exhibited before)
 - A report of things you have learned or researched (such as a two month long diary of observing an insect species-behavior, communication, movement, habitat, etc.).
 - A poster (14"x22") or display illustrating something you learned in this project this year.



Age Requirements:	8+	Project Description: In level 2 of the Teaming With Insects series, youth will make insect collection tools, expand their knowledge of biodiversity, invasive species, and integrated pest management, and create a data-tracking journal.
Listed in Z-Suites As:	Natural Science: Entomology Lv 2— Teaming With Insects 2	
Last Revised	09-20	

Youth Materials:

- [Teaming With Insects, Level 2](#) (#08441), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Teaming With Insects, Facilitator's Guide](#) (#08443), 2014

Optional Support Materials:

- *Field Guide to Insects of North America* (Eaton/Kaufman) - check your local library or bookstore
- *Field Guide to Insects and Spiders of North America* (Evans) - check your local library or bookstore
- [Preparing Insect Specimens for Exhibit](#) (#82358)
- [Bug Guide](#) (Iowa State University)
- [Purdue University Youth Entomology Webpage](#)

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 5 activities in the Teaming With Insects Level 2 project book per year.
- Complete all 16 activities within 3 years to pass Level 2.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Special Instructions for Insect Collections

Exhibit boxes should be approximately 18"x12" (for up to 25 insects) or 18"x24" (for up to 50 insects) and about 3" to 3 ½" deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. **All insects must be mounted, labeled and identified to order, and should be arranged by order.**

**Approved for
2022-23**

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - **A collection of specimens that meets the following requirements and uses at least 2 collection methods.**
 - **Year 1:** At least 15 adult insects representing at least 3 orders, with at least 7 identified to family. Five insects should be mounted with card-point for display. Use ethyl alcohol to preserve.
 - **Year 2:** At least 20 adult insects and 5 nymphs. representing at least 5 orders with 10 or more identified to family. At least 10 insects cannot have been exhibited before. Use soft body preservation techniques.
 - **Year 3:** Minimum 25 adult insects representing at least 10 orders, with 15 or more identified to family. At least 15 insects cannot have been exhibited before. Use "rearing cage" collection method.
 - A report of things you have learned or researched (such as results of observations of insect traps, habitats, life cycle, entomology careers, etc.).
 - A poster (14"x22") or display illustrating something you learned in this project this year.



Age Requirements:	8+	Project Description: In the final level of the Teaming with Insects series, youth will take control of their learning by doing research using the scientific method and reference materials, and teach others what they've learned.
Listed in Z-Suites As:	Natural Science: Entomology Lv 3— Teaming With Insects 3	
Last Revised	09-20	

Youth Materials:

- [Teaming With Insects, Level 3](#) (#08442), 2014
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Teaming With Insects, Facilitator's Guide](#) (#08443), 2014

Optional Support Materials:

- *Field Guide to Insects of North America* (Eaton/Kaufman) - check your local library or bookstore
- *Field Guide to Insects and Spiders of North America* (Evans) - check your local library or bookstore
- [Preparing Insect Specimens for Exhibit](#) (#82358)
- [Bug Guide](#) (Iowa State University)
- [Purdue University Youth Entomology Webpage](#)

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 5 activities in the Teaming With Insects Level 3 project book per year.
- Complete all 15 activities within 3 years to complete level 3 Entomology.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Special Instructions for Insect Collections

Exhibit boxes should be approximately 18"x12" (for up to 25 insects) or 18"x24" (for up to 50 insects) and about 3" to 3 ½" deep. Boxes should be covered with a plexiglass/clear plastic lid that can be removed. All insects must be mounted, labeled and identified to order, and should be arranged by order.

**Approved for
2022-23**

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - **A collection of specimens that meets the following requirements and uses at least 2 collection methods.**
 - **Year 1:** Collection of at least 20 insects, including 1 incomplete and 1 complete metamorphosis. At least 10 insects cannot have been exhibited before. Identify at least 10 to family, and include 10 or more orders.
 - **Year 2:** At least 25 insects, representing at least 10 orders with 10 or more identified to family. At least 10 insects cannot have been exhibited before. Use Ethyl Acetate to kill and preserve.
 - **Year 3:** Minimum 40 insects, including 1 incomplete and 1 complete metamorphosis. Represent 8 or more orders. Use UV light for nighttime collection of at least some specimens. Include 10 insects that have not been exhibited before, and identify at least 20 to family.
 - A written research report with sources cited.
 - A poster (14"x22") or display illustrating something you learned in this project this year.



Age Requirements:	8+	Project Description: In these projects, youth will learn about how plants, animals, and the environment interact in amazing and sometimes surprising ways. They will explore ecological issues like pollution, waste, and energy consumption, and design methods to solve them.
Listed in Z-Suites As:		
	Natural Science: Exploring Your Environment	
Last Revised	09-20	

Youth Materials:

- [Exploring Your Environment—Earth's Capacity](#) (#08411), 2008
- OR
- [Exploring Your Environment—Ecosystems Services](#) (#08410), 2008
 - [ZSuite 4-H Involvement Report](#)
 - [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Exploring Your Environment: Facilitator Guide](#) (#08412), 2008

Optional Support Materials:

- [Ecology Skills Checklist](#) (#42500), 2003

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Project Completion Checklist

Statewide Requirements

- In the member's manual, complete a minimum of seven (7) achievement activities and two (2) leadership activities each project year. Have your project leader or helper initial and date each activity as it is completed.
- Finish all four (4) steps of the planning guide.
- Keep an *Eco-Wonders Journal* throughout the project.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Display your Eco-Wonders Journal
- A poster (14" x 24") or display illustrating something you learned in the project this year.

Note: Exhibits should only utilize skills, tools, and techniques learned during the current project book or previous project years.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth explore different types of trees and tree parts, characteristics of different forests, what forests need to grow and thrive and the different products people produce from trees and forests.
Listed in Z-Suites As:	Natural Science: Forestry Lv 1—Follow the Path	
Last Revised	09-20	

Youth Materials:

- [Follow the Path, Level 1](#) (#08038), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Forestry Helper’s Guide](#) (#08041), 2008

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- In your Follow the Path manual, complete a minimum of 6 (6) required activities. Have your project leader or helper initial and date each activity when it is finished.
- Finish at least 20 of the required and optional activities within 3 years to complete this project level.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22"), or display illustrating something you learned in this project this year.

Note: Exhibits should utilize only skills, tools, and/or techniques taught in the current member manual or previous levels.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth in this project will take a closer look at the inner workings of trees, explore forest change, learn about forest health concerns, and discover the health benefits trees have on people.
Listed in Z-Suites As:	Natural Science: Forestry Lv 2—Reach for the Canopy	
Last Revised	09-20	

Youth Materials:

- [Reach for the Canopy, Level 2](#) (#08039), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Forestry Helper's Guide](#) (#08041), 2008

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- In your Reach for the Canopy manual, complete a minimum of 6 (6) required activities. Have your project leader or helper initial and date each activity when it is finished.
- Finish at least 20 of the required and optional activities within 3 years to complete this project level.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22"), or display illustrating something you learned in this project this year.

Note: Exhibits should utilize only skills, tools, and/or techniques taught in the current member manual or previous levels.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, youth examine and distinguish different types of trees, look at forests on a global scale, learn to care for trees, and think about forest conservation.
Listed in Z-Suites As:	Natural Science: Forestry Lv 3—Explore the Deep Woods	
Last Revised	09-20	

Youth Materials:

- [Explore the Deep Woods, Level 3](#) (#08040), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Forestry Helper’s Guide](#) (#08041), 2008

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- In your Explore the Deep Woods manual, complete a minimum of 6 (6) required activities. Have your project leader or helper initial and date each activity when it is finished.
- Finish at least 20 of the required and optional activities within 3 years to complete this project level.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- A poster (14" x 22"), or display illustrating something you learned in this project this year.

Note: Exhibits should utilize only skills, tools, and/or techniques taught in the current member manual or previous levels.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this four-level project, you will plan your garden, prepare the soil, plant, water and fertilize, deal with harmful and friendly insects, and harvest, store and eat your home-grown produce!
Listed in Z-Suites As:	Natural Science: Gardening	
Last Revised	09-20	

Youth Materials:

- [See Them Sprout: Gardening Level A](#) (4H1037), 2016
- [Let's Get Growing: Gardening Level B](#) (4H1038), 2016
- [Take Your Pick: Gardening Level C](#) (4H1039), 2016
- [Growing Profits: Gardening Level D](#) (4H1040), 2016
- [Suggested 4-H Garden Exhibits](#) (#4H970W), 2016
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Gardening Curriculum Helper's Guide](#) (4H1041W), 2016

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete the 6 designated activities for the respective year you are in the given book (first year = 1A-6A, second year = 1B-6B, etc.).
- Have your project helper date (month and year) each activity when it is finished.
- Complete the questions at the back of the member manual for their respective year in the project.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Exhibit produce raised during the project as outlined in Suggested 4-H Garden Exhibits

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Get your hands in the dirt with dozens of fun, hands-on projects that promote a love of gardening while developing an appreciation for the environment and cultivating the mind.
Listed in Z-Suites As:	Natural Science: Junior Master Gardener	
Last Revised	09-20	

Youth Materials:

- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)
- [Junior Master Gardener Handbook Level 1](#) (HORT-PU-220) - *note: each youth does not need their own handbook—it is OK to copy pages of the activities your club completes each year.*

Volunteer/Leader Materials:

- [Junior Master Gardener Level 1 Teacher & Leader Guide](#) (HORT-PU-222)

Optional Support Materials:

- [Junior Master Gardener website](https://jmgkids.us) (https://jmgkids.us)
- *Digging Deeper: Integrating Youth Gardens Into Schools & Communities* by Joseph Kiefer, Martin Kemple and Melanie Manaugh—Check your local library or bookstore (1998)

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 different JMG activities each year.
- Have your project helper date (month and year) and initial a copy of each activity completed for your notebook.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Copies of the activities you have completed that are initialed by your helper (in notebook or folder).
- ONE of the following exhibit items:
 - A scrapbook of labeled plants, herbs or aspects of plant ecology.
 - A display of 5 or more vegetables, fruits, herbs, flowers, native or introduced ornamental plants.
 - Something you built or made related to the project.
 - A labeled photo story depicting something related to the project.
 - A poster (14"x22") or display illustrating something you learned in this project this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this three-level wildlife series, youth will first learn basic wildlife types and their similarities and differences. They will then explore increasingly complex wildlife topics and issues, and finally learn how to put their knowledge into action in their communities.
Listed in Z-Suites As:	Natural Science: Wildlife Science	
Last Revised	09-20	

Youth Materials:

- [Wildlife Science 1](#) (#PU 4-H-1044), 2017
- [Wildlife Science 2](#) (#PU 4-H-1046), 2017
- [Wildlife Science 3](#) (#PU 4-H-1048), 2017
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Wildlife Science 1, Facilitator's Guide](#) (#PU 4-H-1045), 2017
- [Wildlife Science 2, Facilitator's Guide](#) (#PU 4-H-1047), 2017
- [Wildlife Science 3, Facilitator's Guide](#) (#PU 4-H-1049), 2017

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete at least five (5) activities (found under Table of Contents, Chapter headings in member manuals) each year for your respective level (1, 2, or 3)
- Record the activity name, date, and short description of what you learned in the Project Activity Log of your ZSuite 4-H Record Book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Any one of the following exhibits:
 - Something you build or made related to the project
 - A labeled photo story depicting something related to the project
 - A poster (14" x 22") or display illustrating something you learned in the project this year.
 - Other suitable exhibit approved by your local Extension Office.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This project teaches beginning riders the essentials for cycling safely and successfully. Topics include protective equipment, fitting a helmet. Identifying bike parts, choosing and fitting a bike, braking, traffic signs, locating road hazards, and planning a bicycle trip.
Listed in Z-Suites As:	Outdoor Recreation: Bicycle Lv 1— Bicycling for Fun	
Last Revised	09-20	

Youth Materials:

- [Bicycling for Fun](#) (#08334), 2006
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Bicycle Helper's Guide](#) (#08336), 2006

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 activities (5 regular activities and 2 pedaling harder) each year in the Bicycling for Fun project manual
- Finish all 4 steps of the Planning Guide.
- Complete this book within 2 years to move to Level 2.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Bicycling For Fun project manual.
- A poster (14" x 22") or display illustrating something you learned in the project this year.

Note: Exhibits should only utilize skills, tools, and techniques taught in that project book or previous levels.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will learn advanced cycling skills as they explore their surroundings. Topics include shopping for a bike, performing specialized repairs and maintenance, shifting gears, riding safely at night or in bad weather, and good nutrition for cyclists.
Listed in Z-Suites As:	Outdoor Recreation: Bicycle Lv 2— Wheels in Motion	
Last Revised	09-20	

Youth Materials:

- [Wheels in Motion](#) (#08335), 2006
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Bicycle Helper’s Guide](#) (#08336), 2006

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 activities (5 regular and 2 pedaling harder) in the Wheels in Motion project manual.
- Finish all 4 steps of the Planning Guide.
- Complete this book within 2 years.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Wheels in Motion project manual.
- A poster (14" x 22") or display illustrating something you learned in the project this year.

Note: Exhibits should only utilize skills, tools, and techniques taught in that project book or previous levels.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Layer up, clip on your skis (not provided) and kick, glide, and skate your way over the snow! This is a three-year project.
Listed in Z-Suites As:	Outdoor Recreation: Cross Country Skiing	
Last Revised	09-20	

Youth Materials:

- [Cross-Country Skiing Adventures Manual](#) (#45120), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Cross-Country Skiing Adventures Manual](#) (#45120), 2004

Optional Support Materials:

Note: Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.

- [4-H Outdoor Adventures Youth Activity Guides](#) (Youth Guides 1-3 + Helper's Guide)
- Field Guide to Wilderness Medicine by Paul Auerbach, Howard Donner and Eric Weiss
- [Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry](#) by Eric A. Weiss (Open Library link)
- [Ski Safety—First Aid for Snowboarding and Skiing—2022 Guide](#) (ABC of Snowboarding)
- [Taking a New Bearing](#) by Phyllis M. Ford (Open Library link)
- [The Basic Essentials of Map & Compass](#) by Cliff Jacobson (Open Library link)

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Project Completion Checklist

Statewide Requirements

- Work with your project leader to set goals for your project.
- Complete the appropriate year in the Cross-Country Skiing Adventures Manual. Document your learning in the manual.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Cross-Country Skiing Adventures Manual
- One of the following exhibits:
 - A poster (14" x 22") or display illustrating something you learned in the project this year.
 - A scrapbook of labeled pictures related to the project.
 - A photo story depicting something related to the project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Take advantage of Idaho’s great fishing opportunities! In this introductory project, youth will have fun tying knots, casting to a target, rigging lines, selecting tackle, using different baits and lures, and identifying fish species and anatomy.
Listed in Z-Suites As:	Outdoor Recreation: Fishing Lv 1—Take the Bait	
Last Revised	09-20	

Youth Materials:

- [Take the Bait—Fishing Curriculum Level 1](#) (#07598), 2001
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sportfishing Helper’s Guide](#) (#07601), 2001
- [Idaho General Fishing Season Regulations](#)
- 4-H Wildlife Bulletins:
 - [SW442](#) Fishing (Bait, Spin, Fly Casting and Safety)
 - [SW439](#) Making Artificial Lures
 - [SW451](#) Handling and Care of Game and Fish

Optional Support Materials:

- [Sport Fishing Skills Checklist](#) (#44371)
- “The Curtis Creek Manifesto,” by Sheridan Anderson, an illustrated guide to fly fishing (check your local library to bookstore)
- [4-H Sportfishing Manual](#) (Wyoming #64000BB), 2008

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Project Completion Checklist

Statewide Requirements

- In your Take the Bait project manual, complete a minimum of seven (7) required/optional activities plus the required number of Learning Experiences found on page 3.
- Finish at least 21 of the required and optional activities within 3 years to complete Level 1.
- Have your project leader or helper date (MM/YY) and initial each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Plus one of the following (select a different item each 4-H year in Take the Bait):
 - A display or poster (14"x22") showing something learned this year.
 - A scrapbook of labeled pictures.
 - Something you built or made related to the project.
 - A labeled photo story depicting something related to the project.
 - Other suitable exhibit approved by the County Extension Office.

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Continue to build on your fishing skills. Learn to use spinning rods, fly rods and bait casting reels, practice responsible citizenship, research fishing rules, decorate a lure, sew a fly wallet, tie an artificial fly and test water samples!
Listed in Z-Suites As:	Outdoor Recreation: Fishing Lv 2—Reel In The Fun	
Last Revised	09-20	

Youth Materials:

- [Reel in the Fun](#) (#07599), 2001
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sportfishing Helper’s Guide](#) (#07601), 2001
- [Idaho General Fishing Season Regulations](#)
- 4-H Wildlife Bulletins:
 - [SW442](#) Fishing (Bait, Spin, Fly Casting and Safety)
 - [SW439](#) Making Artificial Lures
 - [SW451](#) Handling and Care of Game and Fish

Optional Support Materials:

- [Sport Fishing Skills Checklist](#) (#44371)
- “The Curtis Creek Manifesto,” by Sheridan Anderson, an illustrated guide to fly fishing (check your local library to bookstore)
- [4-H Sportfishing Manual](#) (Wyoming #64000BB), 2008

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Project Completion Checklist

Statewide Requirements

- In your Reel in the Fun project manual, complete a minimum of seven (7) required/optional activities plus the required number of Learning Experiences found on page 3.
- Finish at least 21 of the required and optional activities within 3 years to complete Level 1.
- Have your project leader or helper date (MM/YY) and initial each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Plus one of the following (choose a different item to exhibit each 4-H year in Reel in the Fun):
 - A display or poster (14"x22") showing something learned this year.
 - A scrapbook of labeled pictures.
 - Something you built or made related to the project.
 - A labeled photo story depicting something related to the project.
 - Other suitable exhibit approved by your local Extension Office.

Note: Exhibits must utilize only skills, tools, and techniques taught in this or the previous project book(s).

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Develop leadership skills through fishing! Demonstrate how to disassemble and reassemble a fishing reel, design and conduct a fishing skillathon, tie flies, design and craft a lure, customize tackle, respond to ethical situations and interview a professional fisherman.
Listed in Z-Suites As:	Outdoor Recreation: Fishing Lv 3—Cast Into the Future	
Last Revised	09-20	

Youth Materials:

- [Cast Into the Future](#) (#07600)
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Sportfishing Helper’s Guide](#) (#07601), 2001
- [Idaho General Fishing Season Regulations](#)
- 4-H Wildlife Bulletins:
 - [SW442](#) Fishing (Bait, Spin, Fly Casting and Safety)
 - [SW439](#) Making Artificial Lures
 - [SW451](#) Handling and Care of Game and Fish

Optional Support Materials:

- [Sport Fishing Skills Checklist](#) (#44371)
- “The Curtis Creek Manifesto,” by Sheridan Anderson, an illustrated guide to fly fishing (check your local library to bookstore)
- [4-H Sportfishing Manual](#) (Wyoming #64000BB), 2008

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Project Completion Checklist

Statewide Requirements

- In your Cast Into the Future project manual, complete a minimum of seven (7) required/optional activities plus the required number of Learning Experiences found on page 3.
- Finish at least 21 of the required and optional activities within 3 years to complete Level 1.
- Have your project leader or helper date (MM/YY) and initial each activity as it is completed.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Plus one of the following (choose a different item to exhibit each 4-H year in Cast Into the Future):
 - A display or poster (14"x22") showing something learned this year.
 - A scrapbook of labeled pictures.
 - Something you built or made related to the project.
 - A labeled photo story depicting something related to the project.
 - Other suitable exhibit approved by your local Extension Office.

Note: Exhibits must utilize only skills, tools, and techniques taught in this or the previous project book(s).

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Begin your Outdoor Adventures by learning about shelter selection, Leave No Trace camping skills, outdoor cooking, and environmental awareness and appreciation.
Listed in Z-Suites As:	Outdoor Recreation: Outdoor Adventure Lv 1—Hiking Trails	
Last Revised	09-20	

Youth Materials:

- [Hiking Trails, Level 1](#) (#08043), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Outdoor Adventures Group Activity Helpers Guide](#) (#08046), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of seven (7) required/optional activities, plus the required number of Learning Experiences found on page 3 of the Hiking Trails project book. Have your project leader or helper initial and date (MM/YY) each activity as it is finished.
- Finish at least 20 of the required and optional activities within 3 years to complete this level.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A scrapbook of labeled outdoor adventure activities.
 - A display of five (5) or more types of outdoor hiking equipment.
 - Something you built or made related to the project.
 - A labeled photo story of something you did this project year.
 - A poster (14" x 22" or display illustrating something you learned this project year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Camping Adventures focuses on hiking for a day. Youth will learn how to pack a daypack, what to wear, reading topographic maps and orienteering skills.
Listed in Z-Suites As:	Outdoor Recreation: Outdoor Adventure Lv 2—Camping Adventures	
Last Revised	09-20	

Youth Materials:

- [Camping Adventures, Level 2](#) (#08043), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Outdoor Adventures Group Activity Helpers Guide](#) (#08046), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of seven (7) required/optional activities, plus the required number of Learning Experiences found on page 3 of the Camping Adventures project book. Have your project leader or helper initial and date (MM/YY) each activity as it is finished.
- Finish at least 20 of the required and optional activities within 3 years to complete this level.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A scrapbook of labeled outdoor adventure activities.
 - A display of five (5) or more types of outdoor camping equipment.
 - Something you built or made related to the project.
 - A labeled photo story of something you did this project year.
 - A poster (14" x 22" or display illustrating something you learned this project year.

Approved for
2022-23



Outdoor Recreation Backpacking Expeditions Outdoor Adventure Level 3

Age Requirements:	8+	Project Description: The final unit of the Outdoor Adventures series focuses on being on the trail for extended periods of time. Includes clothing needs, tent setup, using backcountry stoves, basic nutrition and menu planning, personal hygiene and basic first aid.
Listed in Z-Suites As:	Outdoor Recreation: Outdoor Adventures Lv 3—Backpacking Expeditions	
Last Revised	09-20	

Youth Materials:

- [Backpacking Expeditions, Level 3](#) (#08045), 2004
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Outdoor Adventures Group Activity Helpers Guide](#) (#08046), 2004

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of seven (7) required/optional activities, plus the required number of Learning Experiences found on page 3 of the Backpacking Expeditions project book. Have your project leader or helper initial and date (MM/YY) each activity as it is finished.
- Finish at least 20 of the required and optional activities within 3 years to complete this level.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A scrapbook of labeled outdoor adventure activities.
 - A display of five (5) or more types of outdoor backpacking equipment.
 - Something you built or made related to the project.
 - A labeled photo story of something you did this project year.
 - A poster (14" x 22" or display illustrating something you learned this project year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, youth will learn archery safety and rules of the range, how to shoot a bow and arrow with proper form, selecting and caring for archery equipment, scoring targets and shooting with a compound bow.
Listed in Z-Suites As:	Outdoor Recreation: Shooting Sports—Archery	
Last Revised	09-20	

Youth Materials:

- [Archery Skills Checklist](#) (#45310), 2018
- [4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

Optional Support Materials:

- [National 4-H Shooting Sports STEM Lessons](#)
- [Basic Archery Member Manual](#) (Ohio State, #631)
- [4-H Archery Member Record Book](#) (Ohio State, #751)

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Project Completion Checklist

Statewide Requirements

Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.

- Complete at least five (5) new items from the Archery Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
- Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website.
 - Record the activities completed in the Project Information and Activity Log section of your record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A poster (14" x 22") or display showing something you learned in the project this year.
 - A scrapbook of labeled pictures related to the project (ex: wildlife species, types of archery equipment, being a responsible hunter, etc.)
 - Something you built or made related to the project (ex: target holder, quiver)
 - A labeled photo story showing you or someone else engaged in an archery activity.

Note: For safety reasons, shooting sports exhibits **CANNOT** include live ammunition, broadheads, knives, or functional firearms.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, youth will explore the relationships between hunting and wildlife management, understand the role of humans as natural predators, examine their personal reasons for hunting, and have fun while learning outdoor skills.
Listed in Z-Suites As:	Outdoor Recreation: Shooting Sports—Hunting	
Last Revised	09-20	

Youth Materials:

- [4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

Optional Support Materials:

- [National 4-H Shooting Sports STEM Lessons](#)
- [Hunting/Wildlife Record Book](#) (Ohio State, #754)

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Project Completion Checklist

Statewide Requirements

Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.

- Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website.
 - Record the activities completed in the Project Information and Activity Log section of your record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A poster (14" x 22") or display showing something you learned in the project this year.
 - A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.)
 - Something you built or made related to the project (ex: gun sling, target holder, etc.)
 - A labeled photo story showing you or someone else engaged in a hunting activity

Note: For safety reasons, shooting sports exhibits **CANNOT** include live ammunition, broadheads, knives, or functional firearms

**Approved for
2022-23**



Age Requirements:	11-18	Project Description: Learn to use a muzzleloader gun for target shooting, hunting or re-enacting historical events. In this project, youth learn shooting safety, different shooting positions, and how to care for, transport, and safely store a firearm.
Listed in Z-Suites As:	Outdoor Recreation: Shooting Sports—Muzzleloader	
Last Revised	09-20	

Youth Materials:

- [4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

Optional Support Materials:

- [National 4-H Shooting Sports STEM Lessons](#)
- [Muzzleloader Member Record Book](#) (Ohio State, #755)

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Project Completion Checklist

Statewide Requirements

Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.

For safety reasons, this project is restricted to 4-H members ages 11-18.

- Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website.
 - Record the activities completed in the Project Information and Activity Log section of your record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A poster (14" x 22") or display showing something you learned in the project this year.
 - A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.)
 - Something you built or made related to the project (ex: gun sling, target holder, etc.)
 - A labeled photo story showing you or someone else engaged in a muzzleloader activity

Note: For safety reasons, shooting sports exhibits **CANNOT** include live ammunition, broadheads, knives, or functional firearms

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this project, youth will learn about safe and responsible recreational pistol/handgun use. Topics include caring for handguns, shooting positions, adjusting sights, scoring targets, and be eligible to compete in sanctioned 4-H shooting sports events.
Listed in Z-Suites As:		
	Outdoor Recreation: Shooting Sports—Pistol/Handgun	
Last Revised	09-20	

Youth Materials:

- [Pistol Skills Checklist](#) (#45410), 2015
- [4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

Optional Support Materials:

- [National 4-H Shooting Sports STEM Lessons](#)
- [Pistol Member Record Book](#) (Ohio State, #753)

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Project Completion Checklist

Statewide Requirements

Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.

- Complete at least five (5) new items from the Pistol Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
- Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website.
 - Record the activities completed in the Project Information and Activity Log section of your record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A poster (14" x 22") or display showing something you learned in the project this year.
 - A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.)
 - Something you built or made related to the project (ex: target holder)
 - A labeled photo story showing you or someone else engaged in a pistol/handgun activity

Note: For safety reasons, shooting sports exhibits **CANNOT** include live ammunition, broadheads, knives, or functional firearms.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will learn firearm safety and the rules of the shooting range. They will experience shooting a rifle from different firing positions, target scoring, and how to care for, transport, and safely store a rifle. shooting events.
Listed in Z-Suites As:	Outdoor Recreation: Shooting Sports—Rifle	
Last Revised	09-20	

Youth Materials:

- [Rifle Skills Checklist](#) (#45510), 2018
- [4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

Optional Support Materials:

- [National 4-H Shooting Sports STEM Lessons](#)
- [Rifle Member Record Book](#) (Ohio State #750)

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Project Completion Checklist

Statewide Requirements

Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.

- Complete at least five (5) new items from the Rifle Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
- Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website.
 - Record the activities completed in the Project Information and Activity Log section of your record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A poster (14" x 22") or display showing something you learned in the project this year.
 - A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.)
 - Something you built or made related to the project (ex: rifle sling, target holder)
 - A labeled photo story showing you or someone else engaged in a rifle activity

Note: For safety reasons, shooting sports exhibits **CANNOT** include live ammunition, broadheads, knives, or functional firearms

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Whether you want to shoot trap, skeet, or shoot ducks from a blind, firearm safety comes first! In this project, youth practice 10 basic shotgun safety rules, learn range etiquette and commands, how to care for a shotgun, and compete in sanctioned shooting events.
Listed in Z-Suites As:	Outdoor Recreation: Shooting Sports—Shotgun	
Last Revised	09-20	

Youth Materials:

- [Shotgun Skills Checklist](#) (#45610), 2018
- [4-H Shooting Sports STEM Connections Workbook](#) (Colorado 4-H Shooting Sports), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- All shooting sports volunteer materials are provided at the [Shooting Sports Volunteer Certification](#) training.

Optional Support Materials:

- [National 4-H Shooting Sports STEM Lessons](#)
- [Shotgun Member Record Book](#) (Ohio State, #752)

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Project Completion Checklist

Statewide Requirements

Please note: All shooting sports projects must be conducted under the direction of an adult 4-H volunteer who has completed University of Idaho 4-H Shooting Sports Certification in the appropriate discipline.

- Complete at least five (5) new items from the Shotgun Skills checklist each year you are enrolled in the program. Have your certified project leader initial and date each skill as it is learned.
- Complete two (2) new STEM Activities each year from the STEM Connections Workbook OR National 4-H Shooting Sports Website.
 - Record the activities completed in the Project Information and Activity Log section of your record book.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- ONE of the following exhibit options:
 - A poster (14" x 22") or display showing something you learned in the project this year.
 - A scrapbook of labeled pictures related to the project (ex: wildlife species, types or parts of a firearm, being a responsible hunter, etc.)
 - Something you built or made related to the project (ex: shell holder or casings pouch, target holder)
 - A labeled photo story showing you or someone else engaged in a shotgun activity

Note: For safety reasons, shooting sports exhibits **CANNOT** include live ammunition, broadheads, knives, or functional firearms

**Approved for
2022-23**



Age Requirements:	5-7	Project Description: This is a Cloverbuds level activity/ curriculum. Please see other side of this sheet for details on the Cloverbuds Program.
Listed in Z-Suites As:	Cloverbuds	
Last Revised	09-20	

Youth Materials:

- [Pre-Flight Activity Guide](#) (06842), 2003

Volunteer/Leader Materials:

- [Flight Crew Helper's Guide](#) (06846), 2003

Optional Support Materials:

- [Cloverbuds Memory Book](#) (#63013), 2009

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Project Completion Checklist

Statewide Requirements

Cloverbuds is an educational program that introduces younger youth to 4-H in a fun, non-competitive way.

The Cloverbuds program is non-competitive; Therefore, there are no project requirements for this curriculum. At this stage in a young person's emotional development, "losing" is tied to their personal feelings of self and identity. Cloverbuds should be encouraged to try new things, but with an emphasis on experiences rather than finished products or accomplishments.

Cloverbuds may enter exhibits at a County Fair, but these exhibits will not compete or be judged, and all participants should receive equal recognition for their participation. They may be given advice and taught new things to continue to improve their knowledge and skills, but in a supportive and positive manner.

Cloverbuds are not eligible to participate in state contests or events.

For more information on the Cloverbuds program within Idaho 4-H, please refer to the [Idaho 4-H Cloverbuds Handbook](#).

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

Please check with your local Extension Office for information regarding Cloverbud Exhibits at the fair.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: In this level of Aerospace Adventures, youth build straw rockets, learn about weather conditions, make a paper hot air balloon and learn the phonetic alphabet!
Listed in Z-Suites As:	Tech, Engineering & CS: Aerospace Lv 2—Lift Off	
Last Revised	09-20	

Youth Materials:

- [Lift-Off: Stage 2 Aerospace Activity Guide](#) (#06843), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Flight Crew Helper's Guide](#) (#06846), 2003

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional activities, plus 3 Learning Experiences (pg.4) each year.
- Finish at least 20 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Special Directions for Aerospace Exhibits

Engines and igniters are not permitted with the exhibit. Rockets and other models must be able to stand freely on their own or be supported on a wooden base. Do not display rockets on a launch pad, or at an angle. Select a different item to exhibit for your second and third year within a given book; members wishing to build another rocket may select a different style within that skill level. For original design rockets or other models, describe in an attached summary how the model was tested for stability prior to flying.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options:
 - An item you made in this project. Include building plans in the exhibit. Some examples include:
 - Rocket made from a kit (Skill Level 1 or 2)
 - Handmade Kite
 - Model airplane from a kit
 - A beginner-level model rocket or airplane not built from a kit
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A report of things you researched and learned this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will continue their hands-on aerospace studies through making a shuttle on a string, Japanese kite, hang glider, and more. They will also learn about aircraft control panels.
Listed in Z-Suites As:	Tech, Engineering & CS: Aerospace Lv 3—Reaching New Heights	
Last Revised	09-20	

Youth Materials:

- [Reaching New Heights: Stage 3 Aerospace Activity Guide](#) (#06849), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Flight Crew Helper's Guide](#) (#06846), 2003

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional activities, plus 3 Learning Experiences (pg.4) each year.
- Finish at least 20 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Special Directions for Aerospace Exhibits

Engines and igniters are not permitted with the exhibit. Rockets and other models must be able to stand freely on their own or be supported on a wooden base. Do not display rockets on a launch pad, or at an angle. Select a different item to exhibit for your second and third year within a given book; members wishing to build another rocket may select a different style within that skill level. For original design rockets or other models, describe in an attached summary how the model was tested for stability prior to flying.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options:
 - An item you made in this project. Include building plans in the exhibit. Some examples include:
 - Rocket made from a kit (Skill Level 2 or 3)
 - Fighter kite that can roll, pitch, and yaw
 - Model airplane from a kit
 - An intermediate-level model rocket or airplane not built from a kit
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A report of things you researched and learned this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Complete your aerospace 4-H experience through creating an altitude tracker, determining fuel efficiency for commercial aircraft, exploring pilot certification, evaluating navigation systems and more!
Listed in Z-Suites As:	Tech, Engineering & CS: Aerospace Lv 4—Pilot in Command	
Last Revised	09-20	

Youth Materials:

- [Pilot in Command: Stage 4 Aerospace Activity Guide](#) (#06845), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Flight Crew Helper's Guide](#) (#06846), 2003

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Pilot In Command Aerospace Level 4

Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional activities, plus 3 Learning Experiences (pg.4) each year.
- Finish at least 20 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Special Directions for Aerospace Exhibits

Engines and igniters are not permitted with the exhibit. Rockets and other models must be able to stand freely on their own or be supported on a wooden base. Do not display rockets on a launch pad, or at an angle. Select a different item to exhibit for your second and third year within a given book; members wishing to build another rocket may select a different style within that skill level. For original design rockets or other models, describe in an attached summary how the model was tested for stability prior to flying.

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options:
 - An item you made in this project. Include building plans in the exhibit. Some examples include:
 - Rocket made from a kit (Skill Level 3 or 4)
 - Handmade Box Kite
 - Remote control airplane from a kit
 - An advanced-level model rocket or airplane not built from a kit
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A report of things you researched and learned this year.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth explore why certain things insulate from electricity better than others and the effect that magnetism has on certain substances. They build a flashlight, a compass, an electromagnet, and an electric motor.
Listed in Z-Suites As:		
	Tech, Engineering & CS: Electricity Lv 1: Magic of Electricity	
Last Revised	09-20	

Youth Materials:

- [Electric 1: Magic of Electricity](#) (#06848), 2002
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Electric Group Helpers Guide](#) (#06852), 2002

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Magic of Electricity Electric Excitement Level 1

Project Completion Checklist

Statewide Requirements

- Complete at least 3 required activities and 4 optional activities each year.
- Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
- Participation in at least two Leadership experiences a year.
- Have your electric helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Member Guide (this is a 3 year project make a delineation of what items are completed each year)
- ONE of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A scrapbook of pictures of a Leadership activity or circuits made or being tested.
 - One of the following items (each year it should be a different item):
 - Homemade Flashlight
 - Simple Switch
 - Circuit with two batteries and one light bulb
 - Compass
 - Electromagnet
 - Galvanometer
 - Electric Motor

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth build circuits and test voltages, build a rocket launcher, and build a burglar alarm as they practice decision-making and communication. This curriculum is designed for youth who have already completed the Magic of Electricity project.
Listed in Z-Suites As:	Tech, Engineering & CS: Electricity Lv 2 - Investigating Electricity	
Last Revised	09-20	

Youth Materials:

- [Electric 2: Investigating Electricity](#) (#06849), 2002
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Electric Group Helpers Guide](#) (#06852), 2002

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Investigating Electricity Electric Excitement Level 2

Project Completion Checklist

Statewide Requirements

- Complete at least 3 required activities and 4 optional activities from your Investigating Electricity project manual each year.
- Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
- Participation in at least two Leadership experiences a year.
- Have your electric helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Member Guide (this is a 3 year project make a delineation of what items are completed each year)
- ONE of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A scrapbook of pictures of a Leadership activity or circuits made or being tested.
 - One of the following items (each year it should be a different item):
 - Homemade Flashlight
 - Simple Switch
 - Circuit with two batteries and one light bulb
 - Compass
 - Electromagnet
 - Galvanometer
 - Electric Motor

**Approved for
2022-23**

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.



Age Requirements:	8+	Project Description: Build on skills learned in levels 1 and 2, plus learn how to measure electrical usage, replace switches, and determine electrical loads. Youth will also evaluate different light bulbs and test for electrical power.
Listed in Z-Suites As:		
	Tech, Engineering & CS: Electricity Lv 3 - Wired for Power	
Last Revised	09-20	

Youth Materials:

- [Electric 3: Wired for Power](#) (#06850), 2002
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Electric Group Helpers Guide](#) (#06852), 2002

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Wired for Power Electric Excitement Level 3

Project Completion Checklist

Statewide Requirements

- Complete at least 3 required activities and 4 optional activities in your Wired for Power project manual each year.
- Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
- Participation in at least two Leadership experiences a year.
- Have your electric helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Wired for Power Member Manual
- ONE of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A scrapbook of pictures of a Leadership activity or circuits made or being tested.
 - One of the following items (each year it should be a different item):
 - Electrical tool and supply kit
 - Display of wiring/cabling symbols and their meanings
 - Display of light bulbs and the jobs they do best
 - Poster on how to read an appliance nametag
 - Chart showing the electrical usage of appliances
 - Poster on how to replace a switch

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: This unit introduces the basics of solid-state electronics and provides hands-on activities for practical experience in understanding modern-day electronic equipment.
Listed in Z-Suites As:		
	Tech, Engineering & CS: Electricity Lv 4 - Entering Electronics	
Last Revised	09-20	

Youth Materials:

- [Electric 4: Entering Electronics](#) (#06851), 2002
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Electric Group Helpers Guide](#) (#06852), 2002

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Entering Electronics Electric Excitement Level 4

Project Completion Checklist

Statewide Requirements

- Complete at least 3 required activities and 4 optional activities in your Entering Electronics project manual each year.
- Complete at least 21 total required and optional activities in three years or less to complete this achievement program.
- Participation in at least two Leadership experiences a year.
- Have your electric helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Entering Electronics project manual
- ONE of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A scrapbook of pictures of a Leadership activity or circuits made or being tested.
 - One of the following items (each year it should be a different item):
 - Display of electronic parts
 - Diode
 - Transistor
 - Light emitting diode (LED)
 - LED flasher
 - Photocell alarm
 - Light Meter
 - Silicon controlled rectifier (SCR) intruder alarm
 - 6-8 Watt amplifier with integrated circuit

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous level.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Start with a bunch of “junk” like clothespins, paper clips, cardboard, wood scraps, popsicle sticks and nuts and bolts. Add your imagination and some elbow grease and have fun creating your own mechanical masterpieces!
Listed in Z-Suites As:		
	Tech, Engineering & CS: Junk Drawer Robotics	
Last Revised	09-20	

Youth Materials:

- [Junk Drawer Robotics: Youth Robotics Notebook](#) (#08435), 2011
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Junk Drawer Robotics Level 1: Give Robots a Hand](#) (#08431), 2011
- [Junk Drawer Robotics Level 2: Robots on the Move](#) (#08432), 2011
- [Junk Drawer Robotics Level 3: Mechatronics](#) (#08433), 2011

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Junk Drawer Robotics

Project Completion Checklist

Statewide Requirements

- In your Youth Robotics Notebook, complete the all the modules for each respective year
 - Year 1 = Level 1, Modules 1-3
 - Year 2 = Level 2, Modules 1-4
 - Year 3 = Level 3 Modules 1-5
- Give an oral presentation for each curriculum level demonstrating the designs. Presentations should include discussion of each of the Engineering Design Process stages.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Youth Robotics Notebook
- One or more youth-designed and built junk drawer robots

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Learn about what a robot is, how to build one, and how to program it. Activities are based on the LEGO Mindstorms EV3 kit, and require internet access to watch instructional videos.
Listed in Z-Suites As:	Tech, Engineering, & CS: LEGO Robotics Lv 1—Robotics 1 with EV3	
Last Revised	09-20	

Youth Materials:

- [Robotics 1: with EV3 \(#4H507\)](#), 2015
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- Facilitator materials are included in the member manual

Optional Support Materials:

- [EV3 Tutorials](http://www.ev3lessons.com) (www.ev3lessons.com)

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Project Completion Checklist

Statewide Requirements

- See p. 3 of Curriculum Guide and complete all 4 steps listed under Project Guidelines
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Robotics 1 with EV3 Manual
- One or more youth-designed and built functional robots

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Build increasingly sophisticated robots and programming in Robotics 2: EV3N More! A computer with internet access is required to view instructional videos associated with the lessons in this project manual.
Listed in Z-Suites As:	Tech, Engineering & CS: LEGO Robotics Lv 2—Robotics 2: EV3N More	
Last Revised	09-20	

Youth Materials:

- [Robotics 2: EV3N More](#) (#4H508), 2016
- LEGO Mindstorms EV3 Robot Kit
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- Facilitator materials are included in the member manual

Optional Support Materials:

- [EV3 Tutorials](http://www.ev3lessons.com) (www.ev3lessons.com)

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Technology, Engineering & Computer Science

Robotics 2: EV3N More LEGO Robotics Level 2

Project Completion Checklist

Statewide Requirements

- See p. 3 of Curriculum Guide and complete all 4 steps listed under Project Guidelines
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Robotics 2: EV3N More curriculum guide.
- One or more youth-designed and built functional robots

**Approved for
2022-23**



Technology, Engineering & Computer Science

FIRST LEGO League Challenge

Robotics Tournament Track 1

Age Requirements:	9-14	Project Description: Work in teams of 2-10 youth to solve real-world problems and build LEGO-based robots to complete timed missions in FIRST LEGO League Challenge! Please note: This project requires additional FIRST program fees not covered under 4-H Enrollment. Visit www.firstinspires.org for details.
Listed in Z-Suites As:	Tech, Engineering & CS: Robotics Tournament Track Lv 1—FIRST LEGO League Challenge	
Last Revised	09-20	

Youth Materials:

- LEGO Mindstorms NXT, EV3, or SPIKE Prime kit
- Computer with appropriate app to program your robot.
- FIRST LEGO League Challenge Field Kit (new every year)

Volunteer/Leader Materials:

- You will need to register your team with FIRST to purchase the Field Kit and access the Team Dashboard, which includes additional team materials for each year’s challenge.
- After registering your team, you will be contacted by the local FIRST Program Delivery Organization with more information regarding tournament dates, fees, requirements, etc.

Optional Support Materials:

- [FIRST Idaho Robotics website](https://firstidahorobotics.org) (https://firstidahorobotics.org)

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Technology, Engineering & Computer Science

FIRST LEGO League Challenge

Robotics Tournament Track 1

Project Completion Checklist

Statewide Requirements

- Attend majority of club/project meetings
- Complete your FLL Project: 1) identify problem; 2) create innovative solution; 3) share research and solution; 4) present at a tournament
- Share your project research and solution with a community group
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- Complete an Innovation Project Summary and/or Robot Design Executive Summary to display at the fair. Please contact your local extension office (see above) for information on allowable display sizes.

**Approved for
2022-23**



Technology, Engineering & Computer Science

FIRST Tech Challenge Robotics Tournament Track 2

Age Requirements:	7th grade +	Project Description: FIRST Tech Challenge teams design, build, and program robots to compete in an alliance format against other teams. Teams also complete community outreach projects throughout the season, keep an engineering notebook, and present their work in an interview format at the competition.
Listed in Z-Suites As:	Tech, Engineering & CS: Robotics Tournament Track Lv 2—FIRST Tech Challenge	
Last Revised	09-20	

Youth Materials:

- [FIRST Tech Challenge Kit of Parts](#)
- First Tech Challenge Field Elements (new every year—see below)
- FTC Game Manuals 1 and 2

Volunteer/Leader Materials:

- You will need to register your team with FIRST to purchase the Challenge Field Elements and access the Team Dashboard, which includes additional materials for each year's challenge.
- After registering your team, you will be contacted by the local FIRST Program Delivery Organization with more information regarding tournament dates, fees, requirements, etc.

Optional Support Materials:

- [FIRST Idaho Robotics website](https://firstidahorobotics.org) (https://firstidahorobotics.org)
- [AndyMark](http://www.andymark.com) (FTC Field Elements supplier) (www.andymark.com)

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Technology, Engineering & Computer Science

FIRST Tech Challenge Robotics Tournament Track 2

Project Completion Checklist

Statewide Requirements

- Attend majority of club/project meetings.
- Complete community outreach projects (see FTC Game Manuals for current year)
- Complete your Engineering Portfolio (see FTC Game Manuals for current year)

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- Your team may wish to demonstrate their robot and/or create a display based on your accomplishments over the project year. Please contact your local 4-H office (see above) for more information regarding these opportunities.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth learn about engine parts, engine maintenance, oil grades, spark plugs, cooling systems, and safety labels.
Listed in Z-Suites As:	Tech, Engineering & CS: Small Engines Lv 1—Crank It Up	
Last Revised	09-20	

Youth Materials:

- [Crank It Up, Level 1](#) (#08186), 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Small Engines Helper's Guide](#) (#08189), 2005

Optional Support Materials:

- [Briggs & Stratton](http://www.briggsandstratton.com) (www.briggsandstratton.com)
- [Ariens](http://www.ariens.com/en-us) (www.ariens.com/en-us)
- [John Deere](http://www.deere.com) (www.deere.com)
- [Kohler](http://www.kohlerpower.com/en/engines) (www.kohlerpower.com/en/engines)
- [Tecumseh Engines](http://www.tecumsehengineparts.com) (www.tecumsehengineparts.com)

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Technology, Engineering & Computer Science

Crank It Up

Small Engines Level 1

Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/optional activities in the Crank It Up member manual each year.
- Finish at least 21 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Crank It Up Member Manual
- ONE of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A scrapbook of pictures of an activity you conducted
 - One of the following items (each year it should be a different item):
 - History of Engines
 - Classifying Small Engines
 - Uses of Small Engines
 - Matching machines to the job
 - Engine operation
 - Small Engine Parts
 - Buying Small Engine Parts
 - Electrical System Operation
 - Needs for Lubrication
 - Needs for Cooling System

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth explore the internal parts of engines, learn about engine sizes, compression ratios, seasoning their engines, and safety issues. Occupational and entrepreneurial possibilities are also discussed.
Listed in Z-Suites As:	Tech, Engineering & CS: Small Engines Lv 2—Warm It Up	
Last Revised	09-20	

Youth Materials:

- [Warm It Up, Level 2](#) (#08187), 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Small Engines Helper's Guide](#) (#08189), 2005

Optional Support Materials:

- [Briggs & Stratton](http://www.briggsandstratton.com) (www.briggsandstratton.com)
- [Ariens](http://www.ariens.com/en-us) (www.ariens.com/en-us)
- [John Deere](http://www.deere.com) (www.deere.com)
- [Kohler](http://www.kohlerpower.com/en/engines) (www.kohlerpower.com/en/engines)
- [Tecumseh Engines](http://www.tecumsehengineparts.com) (www.tecumsehengineparts.com)

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional activities in the Warm It Up project manual each year.
- Finish at least 21 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed Warm It Up project manual
- ONE of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A scrapbook of pictures of an activity you conducted
 - One of the following items (each year it should be a different item):
 - Classifying small engines
 - Determining engine size
 - Comparison of diesel and gasoline engines
 - Alternative energy sources
 - Grades of gasoline
 - Grades of engine oil
 - Small engine parts
 - Buying engine parts
 - Air cleaner cutaway
 - Electrical system cutaway

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth tear down and rebuild an engine, use diagnostic tools, research rules and regulations about using small engine machines, and learn how to select replacement engines.
Listed in Z-Suites As:	Tech, Engineering & CS: Small Engines Lv 3—Tune It Up	
Last Revised	09-20	

Youth Materials:

- [Tune It Up, Level 3](#) (#08188), 2005
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Small Engines Helper's Guide](#) (#08189), 2005

Optional Support Materials:

- [Briggs & Stratton](http://www.briggsandstratton.com) (www.briggsandstratton.com)
- [Ariens](http://www.ariens.com/en-us) (www.ariens.com/en-us)
- [John Deere](http://www.deere.com) (www.deere.com)
- [Kohler](http://www.kohlerpower.com/en/engines) (www.kohlerpower.com/en/engines)
- [Tecumseh Engines](http://www.tecumsehengineparts.com) (www.tecumsehengineparts.com)

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/optional activities in the Tune It Up project manual each year.
- Finish at least 21 of the required and optional activities within 3 years to pass each book.
- Have your project helper date (month and year) and initial each activity when it is finished.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Completed member guide
- ONE of the following exhibit options:
 - A poster (14"x22") or display illustrating something you learned in this project this year.
 - A scrapbook of pictures of an activity you conducted
 - One of the following items (each year it should be a different item):
 - Small engine cutaway
 - Small engine tools and uses
 - Troubleshooting small engines
 - Engine valve failures
 - Lawnmower blade service
 - Rebuild a small engine
 - Rebuild small engine equipment
 - Build equipment powered by small engines, such as log splitter, go-cart, etc.
 - Small engine design trends
 - Oil refining process

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book or previous levels.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Design, create, build and test a wind-powered device that solves a problem. Youth may examine national, state, and local issues surrounding wind power or explore wind as an energy source for your community as part of this project.
Listed in Z-Suites As:		
	Tech, Engineering & CS: The Power of the Wind	
Last Revised	09-20	

Youth Materials:

- [The Power of the Wind Youth Guide](#) (#08383), 2008
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [The Power of the Wind Facilitator Guide](#) (#08384), 2008

Optional Support Materials:

- [The Power of the Wind Online Resources](#)

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Technology, Engineering & Computer Science

The Power of the Wind

Wind Energy

Project Completion Checklist

Statewide Requirements

- Complete all five chapters including all challenges, explorations, and investigations.
- Give an oral presentation of at least one of the activities. Presentation about one of the Challenge Activities should address most of the steps of the engineering process. Presentations about the Investigation or Exploration Activities should describe what was done, why, and what was learned.
- Complete an Engineering Notebook (see Facilitator's Guide for details)
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Your *The Power of the Wind* Engineering Notebook
- One of the Challenge Activity Projects you created as part of this project.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will develop skills that woodworkers use, such as measuring, squaring & cutting a board, driving nails, and using clamps & screws. We recommend all youth begin with this guide to become well-grounded in the basics before moving on to other levels.
Listed in Z-Suites As:		
	Tech, Engineering & CS: Woodworking Lv 1—Measuring Up	
Last Revised	09-20	

Youth Materials:

- [Measuring Up, Level 1](#) (#06875), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Woodworking Helper's Guide](#) (#06879), 2003

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Measuring Up Woodworking Level 1

Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional Measuring Up Achievement Program activities and two (2) Leadership experiences each year.
- Complete all four steps of the Measuring Up Planning Guide—Project goals, Leadership experiences, project highlights and project review.
- Complete at least 21 of the required and optional activities within three years to complete this achievement program.
- Have your woodworking helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit options. Members must select a different item to exhibit for the second and third year in the Measuring Up project.
 - A rabbit puzzle (p. 27).
 - A wood airplane (p. 28).
 - A wood box (p. 30).
 - A letter holder (p. 32).
 - A picture frame (p. 34).
 - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 10).

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Youth will measure, cut, sand, drill, use advanced hand and power tools, apply finish, use bolts and staples as they continue to build their woodworking skills.
Listed in Z-Suites As:		
	Tech, Engineering & CS: Woodworking Lv 2—Making the Cut	
Last Revised	09-20	

Youth Materials:

- [Making the Cut, Level 2](#) (#06876), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Woodworking Helper's Guide](#) (#06879), 2003

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional Measuring Up Achievement Program activities and 2 Leadership experiences each year.
- Complete all four steps of the Making the Cut project manual—Project goals, Leadership experiences, project highlights and project review.
- Complete at least 21 of the required and optional activities within three years to complete this achievement program.
- Have your woodworking helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Making the Cut Project Manual
- One of the following exhibit items. Youth must select a different item to exhibit for the second and third year of the Making the Cut project.
 - A display of wood types (p.14).
 - A tool box (p. 29).
 - A bird house (p. 31).
 - A sawhorse (p. 32).
 - A wood whistle (p. 33).
 - A foot stool (p. 34).
 - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 11).

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

**Approved for
2022-23**



Technology, Engineering & Computer Science

Nailing It Together Woodworking Level 3

Age Requirements:	8+	Project Description: In this project, youth will build additional woodworking skills including measuring angles, cutting dado and rabet joints, using saws, and smoothing lumber with a hand planer.
Listed in Z-Suites As:		
	Tech, Engineering & CS: Woodworking Lv 3—Nailing It Together	
Last Revised	09-20	

Youth Materials:

- [Nailing It Together, Level 3](#) (#06877), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Woodworking Helper's Guide](#) (#06879), 2003

Optional Support Materials:

none

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Technology, Engineering & Computer Science

Nailing It Together Woodworking Level 3

Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional Nailing It Together Achievement Program activities and 2 Leadership experiences each year.
- Complete all four steps of the Nailing It Together Planning Guide—Project goals, Leadership experiences, project highlights and project review.
- Complete at least 21 of the required and optional activities within three years to complete this achievement program.
- Have your woodworking helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- One of the following exhibit items; select a different item to exhibit for the second and third year in the Nailing It Together project:
 - A boomerang (p. 26).
 - A belt buckle (p. 28).
 - A simple puzzle (p. 30).
 - A book shelf (p. 33).
 - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8).

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

**Approved for
2022-23**



Age Requirements:	8+	Project Description: Complete your woodworking journey! Youth will use a router, portable planer and jointer, make blind mortise and tenon joints, make dovetail joints, and experiment with adhesives and various chemical wood strippers.
Listed in Z-Suites As:	Tech, Engineering & CS: Woodworking Lv 4—Finishing Up	
Last Revised	09-20	

Youth Materials:

- [Finishing Up, Level 4](#) (#06878), 2003
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Woodworking Helper's Guide](#) (#06879), 2003

Optional Support Materials:

none

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Project Completion Checklist

Statewide Requirements

- Complete a minimum of 7 required/ optional Finishing Up Achievement Program activities and 2 Leadership experiences each year.
- Complete all four steps of the Finishing Up Planning Guide—Project goals, Leadership experiences, project highlights and project review.
- Complete at least 21 of the required and optional activities within three years to complete this achievement program.
- Have your woodworking helper date and initial the activities as you complete them.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Project Record Book
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- ZSuite 4-H Involvement Report
- ZSuite 4-H Project Record Book
- Finishing Up Project Manual
- One (1) item from the list below; select a different item to exhibit for the second and third year in the Finishing Up project
 - A wood vehicle (p. 26).
 - A tabletop hockey game (p. 28).
 - A step stool or chair (p. 31).
 - A toy dog (p. 33).
 - A door knocker (p. 34).
 - Any other item made from other plans, books or resources; must include a copy of the building plans with dimensions. (p. 8).

Note: Exhibits must utilize only skills, tools, and techniques taught in this project book.

**Approved for
2022-23**



Self-Determined Projects

Age Requirements:	12—18	Project Description: See Additional Information section below.
Listed in Z-Suites As:	Self-Determined	
Last Revised	09-20	

Youth Materials:

- [You Decide! Decision Making Guide for Self-Determined Projects](#) (#91001), 2020
- [ZSuite 4-H Involvement Report](#)
- [ZSuite 4-H Project Record Book](#)

Volunteer/Leader Materials:

- [Helping Them Decide! Mentor’s Guide for Self-Determined Projects](#) (#91002), 2020

Additional Information:

NOTE: The Idaho 4-H Self-Determined project option is only available to youth 12-18 years of age. It is designed for members to explore appropriate educational interests in subject areas where either: (1) no Idaho-approved 4-H curriculum exists, or (2) members have completed all levels of the approved curriculum and desire to continue learning about that subject in greater depth. At no time shall it be used to substitute for currently approved Idaho 4-H curriculum. For safety and liability reasons all proposed Self-Determined project plans must be submitted to local Extension 4-H Professional for review and approval before members begin their project. The Extension 4-H Professional may require plan modifications and/or deny approval of the proposed plan if they foresee potential safety issues or if it does not comply with the parameters set forth above. Because of inherent risk management issues, Self-Determined Projects related to the 4-H Shooting Sports program are not permitted under any circumstances.

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Project Completion Checklist

Statewide Requirements

- Fully complete the planning process outlined on pages 1-10 of the member manual. Submit the plan to your local 4-H Extension office and work with your local 4-H Professionals to obtain approval to proceed with the project.
- Complete required activities in the You Decide! Decision Making Guide for Self-Determined Projects (#91001) including a project report.
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.
- Complete ZSuite 4-H Involvement Report

Additional Local Requirements

Please check with your local Extension Office for more information. You can find your local office here: <https://www.uidaho.edu/extension/directory/counties>

What You Can Exhibit at the Fair

- You Decide! Decision Making Guide for Self-Determined Projects (#91001)
- ZSuite 4-H Involvement Report
- Finished Project Report using one of the methods included in the guide. This report must include the following elements:
 - A written description of your project idea
 - Goals you set for the project
 - Methods used to meet your goals
 - What you learned
 - Any observations you made from the process
 - A conclusion reflecting on your project
 - A self-evaluation of the project

**Approved for
2022-23**