

Category	Title	Description	Recommended ages	Ref Number	Project length
Arts & Crafts	Arts and Crafts	This project promotes learning-by-doing and focuses on developing skills for a lifetime.			1 year
Bicycle	Bicycle Adventures 1	Beginning riders learn the essentials for getting started safely and successfully!	Ages 8-10	78019a	1 year
Bicycle	Bicycle Adventures 2	Youth learn advanced skills as they explore their surroundings. Guide includes activities that will last a lifetime. Youth choose a bike that's right for them & practice bike maintenance & road rules to make their ride safe & fun.	Ages 11-13	78019b	1 year
Bicycle	Bicycle Adventures 3	Specialized repairs and maintenance. Learn advanced maneuvers such as emergency handling, efficient gear shifting, and how to ride in adverse conditions. How to advocate for bicycle friendly communities and turn your cycling knowledge into a career.	Ages 14-19	78019c	1 year
Bicycle	Bicycle Adventures Helpers Guide	Designed to provide engaging & fun group activities for cycling enthusiasts. Contains information & activities related to basic bicycle handling, traffic skills & bicycle events & activities the whole group will enjoy	Adult Guide Not a project book		
Career Education	Youth Entrepreneurship	This project is for senior 4-Hers starting a small business	Ages 15-19	22001	2 years
Cat	Pur-fect Pals -Level 1	Selection, breed identification, parts identification, handling, grooming, showing, budgeting, identifying parasites, controlling fleas and spaying activities are featured.	Ages 8-10	16005A	2 years
Cat	Climbing Up – Level 2	This guide features breeds, cat senses, shows, tricks, signs of illness and health, cat sounds, emergency situations, feeding, special diets and traveling with a cat	Ages 11-13	16005B	2 years
Cat	Leaping Forward – Level 3	Youth explore veterinary procedures, body systems, diseases, reproduction, genetics, older cat needs, behavior, showmanship, community laws, animal welfare and personal strengths	Ages 14-19	16005C	2 years
Child Care	Caring for Children 1	Youth learn more about themselves and what young children are like. They will spend time with younger children and their parents or caregivers, playing and having fun with them. Further, youth will have the opportunities to create games, toys, and play activities especially for young children. These experiences will help them decide if they really want to have babysitting jobs when they are older.	Ages 9-13	41001	1 year
Child Care	Caring for Children 2	Teaches youth valuable life skills, such as, responsibility, understanding self, problem solving, decision-making, communication, leadership, and acquiring knowledge. Through this project book youth will learn, the roles and responsibilities of babysitters and parents of young children; how to care for and keep infants and young children safe and happy; how to solve problems related to minor accidents, emergencies, and behavior; to understand the physical, social, mental, and emotional characteristics of young children; and how to communicate with young children during playtime using toys and games.	Ages 14-19	41002	1 year
Citizenship	Me, My Family & My Friends - Level 1	Focuses on self identity, self-acceptance, and relations with family and friends.	Ages 8-10	30001	1 year
Citizenship	My Neighborhood - Level 2	Is focused beyond the family and friends and goes into the neighborhood and school.	Ages 8-10	30002	1 year
Citizenship	My Clubs and Groups - Level 3	Helps 4-H members learn to function in organized groups so that they can be more effective participants	Ages 8-10	30003	1 year
Citizenship	My Community - Level 4	Opens the doors for community understanding and involvement.	Ages 11-13	30004	1 year
Citizenship	My Heritage - Level 5	Helps members learn about family heritage through developing a family tree.	Ages 11-13	30005	1 year
Citizenship	My Government - Level 6	Focuses on the government systems, laws, and voting. Becoming a good citizen includes understanding the government.	Ages 14-17	30006	1 year
Citizenship	My World - Level 7	Focuses on International topics and cultural diversity. This unit of the 4-H Citizenship project is designed to help you develop skills in relating with youth and adults from varied backgrounds.	Ages 14-19	30007	1 year
Citizenship	Public Adventures	A kit designed to engage youth in changing a piece of the public world, discovering the possibilities of democratic citizenship and building a commitment to taking action in new and exciting ways. This is not a traditional project book and may be difficult to complete.	17-19 years-old	30011	2 years

Citizenship	Older Adults as Special Friends	For someone who volunteers at an assisted living or nursing home; also for someone who works with an older family member. This project helps you understand older people.		30014	1 year
Category	Title	Description	Recommended ages	Ref Number	Project length
Clothing and Textiles	Sew and Have Fun	Offers challenges and opportunities to explore a wide range of activities in the sewing and textiles areas.		40019	2 years
Clothing and Textiles	Discovering Choice - Level 2	Allows 4-Hers to practice the basics of clothing selection as they think about size, color, sources, and the "hows" of smart shopping.	12-14 years-old	40021A	2 years
Clothing and Textiles	Managing Choice - Level 3	Allows 4-Hers to examine the details of smart shopping including advertising, wants versus needs, true value of a clothing item, and dealing with undesirable purchases.	14-19 years-old	40021B	2 years
Clothing and Textiles	Clothing and Textiles Helpers Guide		Adult Guide Not a project book		
Clothing and Textiles	Personal Appearance Level 1	In this project, you can learn how to take care of your clothes, hair and shoes. Also, the basics of the sewing machine.	Novice	PACT1	2 years
Clothing and Textiles	Personal Appearance Level 2	In this project, you can learn about clothes and people, grooming, care of clothes, fabrics, buying clothes, wardrobe planning.		PACT2	2 years
Clothing and Textiles	Personal Appearance Level 3	In this project you can learn about color in clothing, texture in clothing, face care, posture, maintenance of clothing, laundry products, accessories, construction skills – seams, seam finishes, hems, etc.		PACT3	2 years
Clothing and Textiles	Personal Appearance Level 4	In this project you can learn about silhouettes and design, makeup, hairstyles, mending, dry cleaning, buying vs. sewing, custom finishing techniques, construction skills.		PACT4	2 years
Clothing and Textiles	Personal Appearance Helpers Guide		Adult Guide Not a project book		
Clothing and Textiles	4-H Fabrics and Fashions Beginner	How to choose sewing equipment, to use a sewing machine, to do some hand stitches, to make seams and seam finishes, how to sew on buttons, snaps, hooks and eyes, to hem, to make a facing, to make an elastic casing and decorative stitching.			1 year
Clothing and Textiles	4-H Fabrics and Fashions Intermediate	How to make additional seam and hem finishes, how to cover a button and make a buttonhole, to put in zippers, to match plaids and stripes, to make pleats, to sew darts, to make a waistband.			1 year
Clothing and Textiles	4-H Fabrics and Fashions Advanced	How to make bound buttonholes; to cover a snap and hook and eye, additional zipper insertions, some quick sewing techniques, lace applications and to attach cuffs in one step.			1 year
Clothing and Textiles	4-H Fabrics and Fashions Helpers Guide		Adult Guide Not a project book		
Clothing and Textiles	Construction Leaders Guide	Help you support youth in his or her efforts to set goals and complete activities, as well as providing resources for the member's to use in completing the series.	Adult Guide Not a project book		
Communication	Picking Up the Pieces	Youth engage in nonverbal, verbal, and written activities that stretch and strengthen personal communication skills. Encrypting codes, writing songs, giving directions, dealing with bullies, and making a statement through art are a few of the exciting activities.		37002a	2 years
Communication	Putting It Together	Youth practice and gain confidence in communicating in a variety of situations. They gain confidence as strong communicators as they present oral reasons, plan and present speeches, communicate assertively, practice making a good first impression and mentor others.		37002b	2 years
Communication	The Perfect Fit	Youth polish their communication skills and develop a public presence by speaking in public, exploring communication careers, writing resumes, interviewing for a job, developing presentations, dealing with anxiety and much more.		37002c	2 years
Computer	Inside the Box - Level 1	Identify computer components, operating systems; Exhibit knowledge of the building, maintenance and repair of computers	Ages 12 and up	76005A	2 years
Computer	Peer to Peer- Level 2	The basics of computer networking. They will then work with adults and peers to build a functioning network.	Ages 14 and up	76005B	2 years
Computer	Teens Teaching Tech - Level 3	Work with peers, adults and community partners to develop service-related computer goals or to develop lesson plans and teach diverse populations basic computer skills.	Ages 14 and up	76005C	1 year
Consumer Education	The Consumer in Me Level 1	What it means to be a consumer through saving, spending, and sharing.	Ages 8-10	21016A	2 years

Current as of 10/30/12

Consumer Education	Consumer Wise Level 2	Influence of peer pressure, the power of advertising, and the use of web sites for marketing as they learn to make independent shopping decisions.	Ages 11-13	21016B	2 years
Category	Title	Description	Recommended ages	Ref Number	Project length
Consumer Education	Consumer Roadmap Level 3	Lets 4-H'ers further explore the potholes of the marketplace as they work towards becoming savvy consumers	Ages 14-18	21016C	2 years
Consumer Education	Helpers Guide	Help you support youth in his or her efforts to set goals and complete activities, as well as providing resources for the member's to use in completing the series.	Adult Guide Not a project book		
Dairy	Dig Into Dairy Level 1	Explores dairy cattle breeds, selecting calves, identifying body parts, recognizing desirable traits, packing a show box, grooming and showing a calf, and identifying stages of calving and care.		11508A	2 years
Dairy	Mooving Ahead Level 2	Judging and identification skills, ethical decision making, keeping animals healthy, parasites, behavior, housing, hay quality, milking, food safety and careers.		11508B	2 years
Dairy	Leading theWay Level 3	Allows 4-H'ers to practice body condition scoring, selection through records, mastitis detection, balancing a ration, pregnancy detection, delivery of calf, promoting dairy products and exploring career opportunities.		11508C	2 years
Dog	Wiggles 'n Wags Level 1	Explores body parts, selection, correcting behavior, house breaking a puppy, body language, controlling fleas, health care, grooming and how to train a dog to respond to seven basic commands.	Ages 8-10	16208A	2 years
Dog	Canine Connection Level 2	Explores dog web resources, breed origins, safety, locating a missing dog, socializing a dog, showmanship, tricks, health, feeding and controlling parasites.	Ages 11-13	16208B	2 years
Dog	Leading the Pack Level 3	Teaches 4-H'ers how to plan and conduct a dog show, a showmanship clinic, a puppy training class and a skillathon as well as research zoonosis diseases, administer emergency first aid, explore dog laws and dog related careers.	Ages 14-19	16208C	2 years
Electrics	Magic of Electricity - Level 1	Teaches 4-Hers to identify how they: use electricity, wire a simple circuit, build and test a switch, the difference between open and closed circuits, identify conductors of electricity, the difference between the north and south poles of a magnet, build a compass, build and electromagnet, and build a galvanometer.	Ages 8-10	77008A	2 years
Electrics	Investigating Electricity - Level 2	Teaches 4-Hers about Ohm's Law, how to select and use a Volt-Ohm meter, how to use the Volt-Ohm meter to determine if something is a conductor or insulator, to read circuit diagrams, how to build a parallel circuit, how to build circuits and test voltages, how to build a momentary switch and use it to communicate in Morse Code, how to build a three way switch, and how to build a rocket launcher and a burglar alarm.	Ages 11-13	77008B	2 years
Electrics	Wired for Power Used after completing Levels 1 and 2	Teaches 4-Hers how to put together a basic electrical tool and supply kit, how to determine electrical usage, to locate and identify the service entrance panel, to decipher the symbols on wires and cables, to make the best light bulb selection for the job, how to measure electricity usage of appliances, to identify different receptacles, how to test for electrical power (voltage), and how to replace a switch.	Ages 13-16	77009	2 years
Electrics	Entering Electronics - Level 3	Teaches 4-Hers about how a diode operates in a circuit, what a transistor is and how it works, how to test the voltage and polarity characteristics of the light emitting diodes (LED), what a photocell is and how it reacts to light, and how to solder and prepare parts for circuit assembly.	Ages 14-18	77008C	2 years
Electrics	Helpers Guide	This Helper's Guide will help you support youth in his or her efforts to set goals and complete activities, as well as providing resources for the member's to use in completing the series.	Adult Guide Not a project book		
Entomology	The Buzz about Bees	Basic biology and behavior of honey bees and give you hands-on management skills. The honey bee project books begin with basic honey bee and insect information (junior level) and advance to instruction on how to rear honey bee colonies and extract honey (senior level). These project books are intended to provide in-depth information related to honey bee management, yet they are written for the amateur beekeeper, whether or not you have previous experience in rearing honey bees.	Ages 9-19	72005	2 years
Entomology	Creepy Crawlies – Level 1	Explores how to make an insect collection, where to look for insects and how to identify and classify insects as they practice	Ages 8-10	72007A	2 years

Current as of 10/30/12

		the following life skills: learning to learn, critical thinking, and decision making.			
Entomology	What's Bugging You? - Level 2	Teaches how to identify insects to order, design insects, complete an insect collection table, plan an insect collection trip, rear meal worms, explore insect legs and collect insects with an extractor.	Ages 11-13	72007B	2 years
Category	Title	Description	Recommended ages	Ref Number	Project length
Entomology	Dragons, Houses & Other Flies - Level 3	Teaches how to keep an insect journal, determine the effect of food on mealworm larvae production, test ant food preferences, conduct honey bee learning experiments, organize an insect club, use an insect key, plan a butterfly garden, and record insect observations.	Ages 14-18	72007C	2 years
Entomology	Leader/Helper Guide	This Helper's Guide for the Entomology Series will help you support youth in his or her efforts to set goals and complete activities, as well as providing resources for the member's to use in completing the series.	Adult Guide Not a project book		
Environmental Science	Eco-Wonders – Level 1	Teaches 4-Hers to use the scientific method to investigate what plants need, how the four elements of life interact, describe the food chain, measure the weather, make a compost pile, how to clean an oil spill plus several bird & animal related activities.	Ages 8-10	61007A	2 years
Environmental Science	Eco-Adventures – Level 2	Explore how things in nature interrelate, what happens to garbage after it is thrown away, how farmers control pests, what resources for wildlife are found in their neighborhood and much more.	Ages 11-13	61007B	2 years
Environmental Science	Eco-Actions – Level 3	Explores biochemistry, the biome, urban sprawl and wildlife and biodiversity. Each section focuses on an ecological concept and provides activities that help youth explain environment.	Ages 14-18	61007C	2 years
Environmental Science	Be Water Wise	Investigate the importance of water, water in the environment, getting water to and from our homes, water conservation.			1 year
Environmental Science	Leader/Helper Guide	This Helper's Guide will help you support youth in his or her efforts to set goals and complete activities, as well as providing resources for the member's to use in completing the series.			2 years
Exploring 4-H	Exploring the Treasures of 4-H	This activity guide will help you find the many "treasures" 4-H has to offer.		80004	1 year
Fashion Revue	Fashion Revue/Clothing Record	Packet for 4-Hers who participate in Fashion Revue.		40901	1 year
Financial Champions	Money Fun-damentals	Youth learn money management skills, including deciding whether to make a purchase, determining whether they can afford it, and living within a spending plan.	Grades 7-9	21014	1 year
Financial Champions	Money Moves	Youth learn about wants and needs, values, goal-setting, communications, ways to use and save money, the benefits and drawbacks of credit, advertising influences, consumer decision making and how to select financial services.	Grades 7-9	21015	1 year
Fishing	Take the Bait Level 1	Youth have fun tying knots, casting to a target, rigging various lines, selecting tackle, identifying where fish are, using different baits & lures, identifying fish, and identifying internal & external fish parts.	Grades 3-5.	62006A	2 yrs
Fishing	Reel in the Fun Level 2	Youth cast using a spinning rod & fly rod & bait casting reel, practice responsible citizenship, research fishing regulations, decorate a lure, sew a fly wallet, tie an artificial fly & test a water sample.	Grades 7-9.	62006B	2 yrs
Fishing	Cast into the Future Level 3	Youth will demonstrate how to assemble a fishing reel, design and conduct a sport fishing skillathon, make artificial flies, crafts a lure, customize tackle, builds and uses a kick net & more.	Grades 9-12	62006C	2 yrs
Fishing	Sport Fishing Helpers Guide	For the group helper looking for activities that will involve the entire group and even the parents, this guide is an excellent resource.	Adult Guide Not a project book		
Foods and Nutrition	Now You're Cooking	You will put your mind and hands to work as you learn how to measure ingredients, handle food safely, work with different kitchen tools, and practice your cooking skills.		45002	1 year
Foods and Nutrition	Six Easy Bites Level 1	This activity guide is divided into six major categories or "bites." Each bite is designed to give a general background of information followed by four different activities.	Grades 3-5	45003	2 yrs
Foods and Nutrition	Tasty Tidbits Level 2	Youth solve problems, acquire information (learn to learn), make decisions, keep records, and learn how to use resources wisely. Fun packed recipes allow choices for food preparation, such as pretzels, biscuits and lasagna.		45004	2 yrs
Foods and Nutrition	You're the Chef Level 3	This activity guide is designed to help select healthy food, food preservation and preparation, and careers. Youth learn to evaluate fad diets, connect emotions to eating habits and to can		45005	2 yrs

Current as of 10/30/12

		foods			
Foods and Nutrition	Food Works Level 4	Food works is a more advanced way for older 4-H youth to expand their knowledge and skills. Some examples are how to alter recipes, plan menus and how to plan and cater a party. A great project for those youth who help around the kitchen		45006	2 yrs
Foods and Nutrition	Microwave Magic – Bag of Tricks Level A	Youth engage in activities to understand how the microwave works, learn to use the microwave safely and prepare foods such as scrambled eggs, apples, popcorn treats, fudge and desserts.		45031a	1 year
Category	Title	Description	Recommended ages	Ref Number	Project length
Foods and Nutrition	Microwave Magic – Micro Magicians Level B	Youth participate in activities on understanding watts and prepare foods such as potatoes, vegetables, pudding bar cookies, beans, upside down cake and brownies.		45031b	1 year
Foods and Nutrition	Microwave Magic – Amazing Rays Level C	Through activities youth practice more advanced microwave techniques such as shielding, defrosting and browning.		45031c	1 year
Foods and Nutrition	Microwave Magic – Presto Meals Level D	Youth learn techniques such as adapting recipes for the microwave, blanching fruits and vegetables and stacking whole meals.		45031d	1 year
Foods and Nutrition/ Animal Science	Beef Ambassador	To increase the knowledge of the beef cattle industry, the safety and wholesomeness of beef, how beef fits into a healthy diet, the convenience and versatility of beef, and preparation and cookery methods of beef.		45007	1 year
Foods and Nutrition/ Poultry	Chick-N-Que	Develop the members’ skills in selection, preparation, and barbecuing of poultry meats.		15901	1 year
Foods and Nutrition/ Poultry	Turkey Que	Develop the members’ skills in selection, preparation, and barbecuing of poultry meats.		15902	1 year
Foods and Nutrition/ Poultry	Egg Cookery – The Egg-citing Egg	Youth gain knowledge about eggs.		15519	1 year
Forestry	Follow the Path Level 1	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 get from trees and forests.	Grades 3-5.	63019A	2 yrs
Forestry	Reach for the Canopy Level 2	Youth 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.	Grades 4-6.	63019B	2 yrs
Forestry	Explore the Deep Woods Level 3	Youth examine and distinguish different types of trees, look at forests on a global scale, learn to care for trees and think about how to conserve forests.	Grades 7-12	63019C	2 yrs
Forestry	Helpers Guide	The Helper’s Guide provides useful forest information, group youth activities & practical tips for volunteers. Using this curriculum, youth develop a life-long appreciation for forests & have loads of fun in the process.	Adult Guide Not a project book		
Gardening	See Them Sprout Level A	Teaches about planning, planting, seed germination, the different plant parts, gardening tools, harvesting vegetables, identifying vegetable products, & greenhouses	Ages 8-10	70016A	1 year
Gardening	Let’s Get Growing Level B	Teaches 4-Hers about transplants, crop rotation, plant responses, growing plants from plant parts, a worm box, feeding plants, judging vegetables, storing vegetables, selling your vegetables, and careers in horticulture.	Ages 11-13	70016B	1 year
Gardening	Take your pick Level C	Teaches 4-Hers about improving soil, succession planting, growing herbs, broadcast planting, pH levels, photosynthesis, cross-pollinating, insect damage, teaching, irrigation, record keeping, food preservation, and horticulture careers.	Ages 14-18	70016C	1 year
Gardening	Growing Profits Level D	Growing Profits teaches 4-Hers about intercropping, a doublecrop, using a computer to plan, pollution, hydroponics, biotechnology, plant diseases, fertilizers/nutrient deficiencies, pesticides, and keeping financial records.	Ages 15-19	70016D	1 year
Gardening	4-H Vegetable Gardening for Beginners and Intermediates	Perfect project for gardeners that want to enter vegetables in the County Fair – Two short publications to be completed in one year	Ages 9-19	70061	1 year
Gardening	Horticulture Helpers guide	Helps you support youth in his or her efforts to set goals and complete activities, as well as providing resources for the member’s to use in completing the series.	Adult Guide Not a project book		

Healthy Living	1 st Aid in Action Beginner	Youth practice first aid skills to treat cuts, scrapes, nosebleeds and bee stings. They learn how to respond to someone who is choking or has broken a bone; assemble a first aid kit; and interview members of the medical profession.		47012A	1 year
Healthy Living	Staying Healthy Beginner	Youth use a self-assessment tool to identify personal talent areas - "smarts", explore hygiene, nutrition and physical activities, and share what they discover with a new appreciation of personal interests and talents		47012B	1 year
Healthy Living	Keeping Fit Intermediate	Youth design their own personal fitness plan and track it using their own fitness file. Through interviews and personal experiences youth discover the benefits to being fit as they practice making decisions, managing themselves and speaking with others.		47012C	1 year
Category	Title	Description	Recommended ages	Ref Number	Project length
Horse	Horsing Around Level 1	Explores breed identification, horse body parts, selection, grooming, saddling and bridling, design the perfect horse, safety and equipment	Ages 8-10	13203A	2 years
Horse	Galloping Ahead Level 2	Explores horse behavior, anatomy and basic care practices.	Ages 11-13	13203B	2 years
Horse	Blazing Trails Level 3	Explores keeping horses healthy while practicing basic care techniques.	Ages 11-13	13203C	2 years
Horse	Riding the Range Level 4	Explores beginning riding skills and everything you need to know before getting on a horse for the first time. Some of the activities are round pen workout, bridle in a bucket, saddle up, where do you ride and basic riding	Ages 14-18	13203D	2 years
Horse	Jumping to New Heights Level 5	Explores the quarter system, showmanship, self-rating sheets, goal selection and sportsmanship.	Ages 14-18	13203E	2 years
Horse	Virginia 4-H Junior Horse Project	For 4-H members who are just beginning to ride a horse. This will help you keep records of shows you attend as well as your equestrian abilities. Members will need to be supervised during some of the activities. This book must be completed for juniors to be eligible for the state show.	Ages 9-13	13204A	1 year
Horse	Virginia 4-H Senior Project	keep records of your shows and equestrian abilities as well as better understand his/her horse and how to care for his/her horse. Members will have the opportunity to advance their riding and handling skills, and learn how to make their experience with horses more interesting and enjoyable. This book must be completed for Seniors to be eligible for the state show.	Ages 14-19	13204B	1 year
Leadership	Secretary's Book	Project book for the club secretary – complete to be eligible for Leadership medal	Club recording Secretary		1 Year
Leadership	Treasurer's Book	Project book for the club treasurer – complete to be eligible for Leadership medal	Club Treasurer		1 Year
Leadership	Move Over World Officer Recordbook	Project book for the club officer – complete to be eligible for Leadership medal.	Indicate club office held. President Vice President Secretary Treasurer Reporter	50005	1 Year
Leadership	My Leadership Workbook	This project will bring out the best in you. You will learn what it takes to be a really good leader. You will learn mostly about yourself and what you can do if you put your head, heart, hands and health to work. Assess myself, put yourself in someone else's shoes, communication, teamwork, etc.	Grades 3-5	50007A	2 years
Leadership	My Leadership Journal	What motivates you, trust goes hand-in-hand, responsibility, planning and organizing.	Grades 6- 8	50007B	2 years
Leadership	My Leadership Portfolio	A collection of the best and most memorable pieces of your work. It establishes who you are and documents what you can as a leader.	Grades 9-12	50007C	2 years
Livestock	Rockingham Market Animal Record Book	Record book for any of the Market Animal Livestock Projects. This book must be completed for each species shown. Failure to do so will result in the loss of showing and selling privileges the following year.		11001-Beef 12506-Goat 17002-Lamb 17502 – Hog	1 year
Livestock	Beef steer	Handout to go with the Market Animal Record Book – request this if you are new to Market Steers	Novice	11001H	1 year
Livestock	Market Lamb	Handout to go with the Market Animal Record Book – request	Novice	17002H	1 year

		this if you are new to Market Lambs			
Livestock	Market Goat	Handout to go with the Market Animal Record Book – request this if you are new to Market Goats	Novice	12506H	1 year
Livestock	Market Hog	Handout to go with the Market Animal Record Book – request this if you are new to Market Hogs	Novice	17502H	1 year
Livestock	Virginia Beef Heifer Junior book	Members plan their project, calculate monthly feed costs, provide pedigree information, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit of loss.	Ages 9-13	11003A	1 year
Category	Title	Description	Recommended ages	Ref Number	Project length
Livestock	Virginia Beef Heifer Senior book	Members plan their project, calculate monthly feed costs, provide pedigree information, and record feed tag information. Youth are also required to keep a record of care, management, equipment, supplies, feed, other expenses, and income. At the end of the project youth determine if the project was a profit of loss.	Ages 14-19	11003B	1 year
Livestock	Ewe flock project	Acquaint 4-H members with the selection of feeding, breeding, and general care and management of a sheep flock for the production of lambs and wool, and give the 4-Her the basic knowledge needed to begin and maintain a small ewe flock		17006	1 year
Livestock/Foods and Nutrition	Beef Ambassador	To increase the knowledge of the beef cattle industry, the safety and wholesomeness of beef, how beef fits into a healthy diet, the convenience and versatility of beef, and preparation and cookery methods of beef.		45007	1 year
Livestock Non-Ownership	Animal Science Non-Ownership Unit I	For individuals that are interested in livestock but do not or cannot have animals of their own. The colors of animals, name the parts, etc.		14501	1 year
Livestock Non-Ownership	Animal Science Non-Ownership Unit II	For individuals that are interested in livestock but do not or cannot have animals of their own. Label the different parts of the animal, determine the wholesale cuts, describe the different breeds, feeds.		14502	1 year
Livestock Non-Ownership	Animal Science Non-Ownership Unit III	For individuals that are interested in livestock but do not or cannot have animals of their own. Define terms, name the cuts, etc.		14503	1 year
Make Up Your Own Mind	Make Up Your Own Mind Self-Guided Project	If you don't see it anywhere else on this list- this is the project for you. It is whatever topic you want it to be – Alpacas, Climbing, Soapbox Derby, etc.	Ages 9-19	51001	1 year
Outdoor Adventure	Hiking Trails Level 1	Teaches 4-Hers some camping basics including shelter selection; Leave No Trace camping skills; outdoor cooking and environmental awareness and appreciation.	Ages 8-10	64007A	2 years
Outdoor Adventure	Camping Adventures Level 2	Focuses on the skills needed for hiking for a day. It will include clothing needs; packing daypack; reading topographic maps and orienteering skills	Ages 11-13	64007B	2 years
Outdoor Adventure	Backpacking Expeditions Level 3	Explores being on the trail for extended periods of time. It includes clothing needs; tent setup; using backcountry stoves; basic nutrition; menu planning for multi-day hikes; personal hygiene & basic first aid.	Ages 14-18	64007C	2 years
Pets	Pet Pals	Learn about kinds of pets, costs to raise the, pet care, showmanship, and much more.		16105	2 years
Photography	Focus on Photography Level 1	Allows you to explore the world of photography as you focus in on the basics of equipment, taking pictures, and the concepts of lighting and using a flash	Ages 8-10	36001A	2 years
Photography	Controlling the Image Level 2	Lets you explore advanced concepts including depth of field, apertures and shutter speeds, hard and soft lighting, and flash techniques	Ages 11-13	36001B	2 years
Poultry	Scratching the Surface Level 1	Explores how to identify and select different species and breeds. You will learn the parts of poultry animals including eggs and feather features as well as feeding, handling, washing and showing techniques	Ages 8-10	15514A	2 years
Poultry	Testing Your Wings Level 2	Explores how to recognize sickness early, identify parts and functions of a bird, how an egg is formed. 4-H'ers are also taught about judging, pecking order, selecting hens, feed tags, advertising poultry products, and preventing poultry diseases	Ages 11-13	15514B	2 years
Poultry	Flocking Together Level 3	Guides older 4-H'ers in taking leadership roles, managing a laying flock, genetics, safe handling of meat and eggs, processing meat, poultry careers, and preparing for the work	Ages 14-18	15514C	2 years

Current as of 10/30/12

		place.			
Poultry	Poultry Yearly Plan and Record book	A report book used by 4-Hers to manage their poultry flock.		15516	1 year
Poultry/Foods and Nutrition	Chick-N-Que	Develop the members' skills in selection, preparation, and barbecuing of poultry meats.		15901	1 year
Poultry/Foods and Nutrition	Turkey Que	Develop the members' skills in selection, preparation, and barbecuing of poultry meats.		15902	1 year
Poultry/Foods and Nutrition	Egg Cookery – The Egg-citing Egg	Youth gain knowledge about eggs.		15519	1 year
Category	Title	Description	Recommended ages	Ref Number	Project length
Public Speaking	Express Yourself Public Speaking	Public speaking is an important skill that is basic to good citizenship. Youths' ability to communicate effectively throughout life will be reflected at home, work, and even in the community. A speech or presentation gives youth the opportunity to share ideas and knowledge with others. <i>Express Yourself!</i> reviews a seven step process for public speaking and giving presentations. This guide reviews the importance of recording ideas, organizing ideas, thinking about the audience, composing a speech, concluding a speech, preparing visual aids, and rehearsing the speech.		37001	1 year
Rabbits	What's Hopping Level 1	Explores breeds, handling and showing rabbits, identifying rabbit parts and equipment, recognizing a healthy rabbit, reading a pedigree and kindling a litter.	Ages 8-10	16807A	2 years
Rabbits	Making Tracks Level 2	Teaches how to recognize body types, judge and show rabbits, tattoo a rabbit, keep records, identify diseases, administer medication, record growth rates and market products.	Ages 11-13	16807B	2 years
Rabbits	All Ears Level 3	Teaches how to develop a breeding program, design a rabbitry, cull based on production, prevent diseases, develop sportsmanship and develop a marketing plan.	Ages 14-18	16807C	2 years
Rabbit	Show Rabbit	For pet and show rabbit projects. Rabbit inventory record, health record, death record, show record and expense record. Doe breeding records, feed expense, buck breeding record, litter record.		16805	1 year
Small Engines	Crank It Up Level 1	Teaches 4-Hers to identify the external parts of a small motor, how to start engines properly, identify tools, about power, about lubrication, about air filters, about cooling systems, about spark plug maintenance, identify different small engines, and understand safety labels and protective gear.	Ages 8-10	78105A	1 year
Small Engines	Warm It Up Level 2	Teaches 4-Hers how to classify small engine types, to identify small engine parts, to identify specialty tools, engine sizes, to understand compressions, to understand oil grades, to understand carburetors, to understand transmission of power, seasonalize your engine, and how to start your own business.	Ages 11-13	78105B	1 year
Small Engines	Tune It Up Level 3	Teaches 4-Hers how to identify small engines by sound, use diagnostic tools, overhaul an engine, reassemble an engine's air and fuel system, tear down and rebuild an electric system, tear down and reassemble an engine base, about buying and selecting new engines, and how to start your own business.	Ages 14-18	78105C	1 year
Space and Flight	Pre-Flight Level 1	Look closely at rockets, discover how birds and airplanes are alike, different jobs in aviation and space, design a space buggy.		75007A	1 year
Space and Flight	Lift Off Level 2	Building a straw rocket, building a "Gnome" rocket, exploring aerospace careers, making paper airplanes, making and reading a map, identifying different aircrafts, how weather affects flying, the effects of disorientation in space, the "angle of attack", hot air balloon, making a paper helicopter, the International Phonetic Alphabet, and the parts of an airplane	Ages 8-10	75007B	1 year
Space and Flight	Reaching New Heights Aerospace/Rocketry Level 3	Will teach 4-Hers about; exhibiting a model rocket, launching a "Gnome" rocket, making a flight stimulator, making a feather wing glider, building a controllable glider, experimenting with roll, pitch and yaw, stimulating gravitational pull, building a balloon shuttle, experimenting with payload weight, why rockets fly, building a fighter kite, identifying parts and functions of a remote control, discovering basic helicopter	Ages 11-13	75007C	1 year

		functions and parts, and testing a hang glider.			
Space and Flight	Pilot in Command Level 4	Will teach 4-Hers about; designing and building a model rocket, constructing an altitude tracker, pilot certification requirements, sharing aerospace skills and knowledge, planning a flight route, evaluating navigation systems, exploring life in space, building a box kite, establishing an EMS helicopter service, discovering gravity, and how to deal with diversity and conflict.	Ages 14-18	75007D	1 year
Space and Flight	Flight Crew Leader Guide				
Space and Flight	Helper's Guide Aerospace levels 1-2	Will help you support youth in his or her efforts to set goals and complete activities, as well as providing resources to use in completing the series	Adult Guide Not a project book		
Space and Flight	Helper's Guide Aerospace levels 3 -4	Will help you support youth in his or her efforts to set goals & complete activities, as well as providing resources to use in completing the series	Adult Guide Not a project book		
Theater Arts	Share the Fun	Record of practice hours, record of performing arts programs in which you participated, judges comments, description of your experiences, obstacles, disappointments and successes.	Ages 8-19	35001	1 year
Category	Title	Description	Recommended ages	Ref Number	Project length
Theater Arts	Journey Into the Imagination Level 1	To learn more about theatre arts. In this project you will have adventures with acting, putting on costumes and making puppets. You'll learn how to move in fun ways, create a play and much more.		35019A	2 years
Theater Arts	Soaring into Action Level 2	Talk as a character, focus for fun, discover many styles of puppetry, sound effects, build a color wheel and light rainbow, etc.		35019B	2 years
Theater Arts	Quest for Expression Level 3	Play improvisation games, synchronize body and voice in energized expression, puppetry, create characters with disguises, explore light and shadow effects for puppets, gather props, etc.		35019C	2 years
Theater Arts	Voyaging Beyond Level 4	Improvise, character development, select a script and determine the setting, lighting, costuming, sound and prop cues, create and present a short performance pieces, etc.		35019D	2 years
Theater Arts	Play the Role	The guide emphasizes movement, voice and speech, characterization, play building and playing a scene. Activities range from warm-ups to improvisation, from pantomime to monologue making, from clowning to theatre visits.		35017A	2 years
Theater Arts	Become a Puppeteer!	Youth learn types of puppets (hand, rod, marionette, shadow, etc.) how to create a puppet and puppet stage, development of their puppet character, how to create and present a puppet skit, and puppetry therapy		35017B	2 years
Theatre Arts	Set the Stage	Youth learn stagecraft options which tap into their unique skills and talents behind the scenes, including costumes, sound, lighting, props, set design, makeup and stage management.		35017C	2 years
Vet Science	From Airedales to Zebras Level 1	Introduces youth to the normal animal, basic anatomy and systems, elementary principles of disease and careers with animals	Ages 8-10	19009A	2 years
Vet Science	All Systems Go Level 2	Examines health and disease topics, normal and abnormal conditions and veterinary careers	Ages 11-13	19009B	2 years
Vet Science	On the Cutting Edge Level 3	Guides older 4-Hers in in-depth investigations of normal and abnormal systems, preparation for college and exploration of the diversity of the veterinary profession.	Ages 14-18	19009C	2 years
Wildlife	Wildlife Projects	This project consists of publications from Virginia Tech. You choose which animals you are interested in. Contact the Extension Office for more information.	Ages 8-19	66002	1 year
Woodworking	Measuring Up Level 1	Teaches you how to use skills that wood-workers use, such as measuring, squaring & cutting a board, driving nails, and using clamps and screws. It is suggested that all youth begin with this guide to be grounded in the basics of woodworking.	Ages 8-10	78206A	2 years
Woodworking	Making the Cut Level 2	Skills including how to measure, cut, sand, drill, use advanced hand and power tools, apply paint, and use bolts and staples	Ages 11-13	78206B	2 years
Woodworking	Nailing it Together Level 3	Allows youth to practice measuring angles; cutting dado and rabbet joints; using a circular saw, a table saw and a radial arm saw; smoothing lumber with a hand planer; and learning to sand and stain wood	Ages 11-13	78206C	2 years
Woodworking	Finishing Up Level 4	Allows youth to work on specific woodworking skills include using a router, portable planer and jointer; making a blind mortise and tenon joint; making dovetail joints; and experimenting with adhesives and various chemical wood strippers.	Ages 14-18	78206D	2 years

Current as of 10/30/12

Woodworking	Leader/Helper Guide	This Helper's Guide will help you support youth in his or her efforts to set goals and complete activities, as well as providing resources for the member's to use in completing the series	Adult Guide Not a project book		
Cloverbud Section		These are resources for adult leaders.			
	Digging Down and Growing				
	Lesson Plan Guide	Covers a variety of topics.			
	Exploring Farm Animals				
	Exploring 4-H				