

# Project Selection Guide

There are hundreds of opportunities available to 4-H members, projects, exchanges, conferences, camps, trips, scholarships and so much more. The toughest part might be choosing where to start!

The following is a list of 4-H projects that are available on a provincial basis. Contact your local Association to find out what clubs are offered in your area. And, if a club that you'd like to do is not available, you can work with your local 4-H Association to recruit new volunteers.

The (F) beside a project title means the project materials are also available "en français".



## JUST FOR FUN!

### THE CRAFT PROJECT

If you like to have fun, work with your hands and be creative this is the project for you! Learn about a variety of crafts, be introduced to different craft mediums, and basic colour and design concepts, as well as a number of practical skills.

### SEW EASY (F)

Discover the sewing machine, how to measure, fine tune the fit and select and read a pattern. Get the "fabric facts", tips on stitching, seams and pressing. Make a vest or a pair of shorts, a windsock or a beach bag. Try your hand at a loose fitting jacket, a pair of baggy pants or overalls. If you are more experienced, then the sky is the limit!

### SEWING PLUS (F)

Ever wondered how to determine which size of pattern to buy or which fabric to buy? Learn how in this club! Learn interactively with games such as; "Big Shirt Bingo" and "Sewing Crosswords". Sewing skills like pockets, facings, collars and cuffs, top stitching and hems will be taught.

### WORKING WITH WOOL

Did you know that in early times it was the men of the family who did the hand knitting? Find out first hand that knitting is not just for Grandma sitting in her rocking chair by the fire! Or try fresh from 2007 - Knitting is Kool!



### ALL THE WORLD'S A STAGE – 4-H DRAMA PROJECT (F)

Drama, it's all about the three 'c's: celebration, communication and community. No acting experience is needed - this project touches on storytelling and the art of pretending, using your imagination, voice exercises and miming. Discover the world of make up, hair design, lights and sound effects. Explore how radio, video, music, dance, puppets and masks fit into drama.



### A SPORTING CHANCE (F)

4-H members are not Couch Potatoes! Here's a club where it's all about sports. At club meetings you'll learn to play a variety of games from soccer to croquet, aerobics to curling, road hockey to bowling. You'll also get to try your hand at being a coach, trainer, referee or organizer. Get up, get active and have fun!



New for spring 2008 – three new Sporting Chance projects! "Enjoy Yourself" through dance, discover "Something New" by trying unconventional sports, and "Focus on Fun" with social recreation!

### TO YOUR GOOD HEALTH

No time for a healthy lifestyle? Think again! This project will give you the skills and knowledge to make better choices – big and small - that will lead to a healthier life. With informative fact sheets, fun and interactive activities, and links to valuable resources, you'll focus on healthy eating; fitness and exercise; and developing a positive self image. Here's to your good health!



### EXPLORE 4-H (F)

This project explores several interesting and different topics instead of focusing on just one. Content is geared towards junior members. This will be an exciting opportunity for the members to get introduced to 4-H. Fun activities that is a great way to get members involved and enthusiastic about starting their 4-H career.

### THE ART OF PHOTOGRAPHY (F)

What types of cameras and films are there? What makes up a camera and how does it work? Come explore the world of digital cameras; their technology, different resolutions, how to print pictures from your computer, as well as things to look for when you are shopping and tips on getting a great digital camera.





### TAKE A KID FISHING

You won't be telling another "fish that got away" story after taking this project. Gain an understanding of how to catch and release fish in a safe, ethical and responsible manner. Members apply their skills in real fishing experiences and will be able to host an afternoon of fishing education and fun.

### TAKE A KID ICE FISHING

Members will be able to examine and evaluate a range of fishing gears and determine the differences between essential and non-essential gear on an ice fishing experience. Try your hand at creating an ice fishing rig and learn how to use the rig including presentation, hookset and landing fish. Experience jigging, bite detection and hooksets in a controlled environment.



### COMMUNITY INVOLVEMENT

A community involvement project can be anything you make it. You take control - the value of one - or team up with other 4-H club members - the power of many. It doesn't matter how big or small your project is, what matters is that you can create your own opportunities to be involved in your community. Do you see things that you would like to support, build on or change? Then a community involvement project offers a great way for you to play a role in shaping your community.

### OUR HERITAGE (F)

Are you curious about your family background? Gather old pictures, letters, diaries, newspapers and scrapbooks. Delve right into all kinds of hands on crafts and cooking, just crafts, just cooking or family and community heritage with no hands on crafts or cooking. Make a video about pioneer life, do some scrapbooking or develop a tour of your area to include some historical points of interest.

### CULTURAL DIVERSITY (F)

I am Canadian! Find out what this really means. Learn how each culture in a multicultural society keeps its own unique "flavour" like the ingredients in a tossed salad. Have you ever put yourself in someone else's shoes? Experience new things like clothes, food and ideas without making judgments. Discover how your culture is like your backpack.

### WOODWORKING (F)

Do you want to learn to make more than a fire from wood? You'll learn to make bird feeders, musical instruments and much more in this 4-H project. Two project levels are offered - one for the beginner and one for the more experienced. Unfortunately power tools are not necessary for this project. Sorry to get your hopes up dad!

### AG AWARENESS



#### AGRICULTURAL AWARENESS PROJECT

This project discusses issues that members believe affect the public's perception of agriculture, how these issues have affected themselves or someone they know, and how the agriculture industry has been viewed because of these issues. Members will also be asked to determine what issues they think are important to other 4-H members.

#### A TASTE OF ONARIO FRUITS AND VEGETABLES

Members learn how fruits and vegetables can maintain vibrant health. This project increases awareness about the wide variety of fruits and vegetables grown in Ontario, develops food preparation skills and grows abilities in leadership. Play it cool and learn the basics of preparing individual fresh fruit and raw vegetable salads. Complete the Ontario Foodland challenge, or have members conduct mini demonstrations.

### FROM FARM TO TABLE

Members learn how food is produced and think beyond the supermarket as a source of their meals. They also learn about food processing, marketing, distributing, and retailing. Explore the reasons for food processing. Learn the difference between producer, processor, and retailer markets, and the different advertising methods used to promote food products.

### THE POWER OF PRODUCE

You have the power with this project to discover the full cast of Ontario fruits and vegetables and see them in a new light as you experience taste testing and fun food activities. Play "Let's Make a Meal", "Super Mock-It Tour" or create a rap or jingle about fruits and veggies!

### FARM SAFETY

There's no doubt about it - farming can be a hazardous occupation. Through this project, you will learn about the many hazards related to agriculture and farming - and how to prevent them. You may even become an ambassador for farm safety in your community!



### FIELD CROPS

#### SPECIES & MANAGEMENT

Discover the various species of Ontario field crops and their production techniques. Develop your skills in identifying plants and seeds of the commonly grown crops in Ontario. Expand your skills in problem solving, judging, communication and leadership. Examine rain gauges, samples of soil types and soil sampling equipment.

## WEEDS, INSECTS & DISEASES

Investigate the villains of field crops. Learn practical detective skills and solutions to pest identification and control. Discover who the pests are and if they are friend or foe. You will definitely learn to do by doing during this project!

## FARM MACHINERY TRACTORS

Journey to expand your knowledge.

Learn about the history of the tractor and the six phases in its development. Discover how a tractor really works and how to keep it working. Explore how a tractor should be prepared for work and how to operate it safely.



## HARVESTING METHODS

Weigh and analyze forage samples, examine worn and damaged parts and learn about harvesting bottlenecks. Investigate forage harvesters, blowers and forage wagons and why adjustments are crucial to avoid delays and prevent crop losses. Discover the ins and outs of balers, knotters and packaged hay.

## PLOWING

Learn about the different types of plows, their parts, and usage, maintaining a plow, adjustments, and different hitch designs. Learn how to set a plow in a field and coulter adjustment, the differences between plowing for home and plowing for competition and about planning a field layout. Learn about soil structure, tillage, different drainage systems, tile drainage and about erosion.

## ANIMALS

### ANIMAL FRIENDS (F)

An introduction to junior 4-H members who like animals. Investigate how to choose the right pet and how to feed it. Practice grooming, handling and training.



## RABBIT

### SELECTION & NUTRITION

Learn about feeds and feeding programs, recognize health problems and practice fitting and showing rabbits. Discover how to weigh a pen of rabbits, how to follow feeding instructions and how to condition rabbits for show.



### MANAGEMENT & MARKETING

Learn the parts of the rabbit and how to hold and carry it. Practice keeping good records, fitting and showing your rabbit and judging skills. Learn the key ingredients to the successful rabbitry and how important sanitation is.

### HOUSING & HEALTH

A comfortable rabbit is a productive rabbit. Learn how to make rabbits comfortable and productive, keep them healthy and minimize disease.



### SHEEP HOUSING & MANAGEMENT

Gain some understanding of the principals of natural sheep behaviour.

Explore the facilities needed for the housing, handling and treatment of sheep. Learn to judge market and replacement lambs. Learn the etiquette of showmanship.

### HEALTH & BREEDING

Identify different breeds and some of their characteristics. Explore basic breeding including early vs. late lambing, flushing and preg testing. Learn how to build up your ewe flock and the general judging terms for breeding & market sheep.

### NUTRITION & MARKETING

Learn about nutrition, weight gain, reproduction, health and appearance of sheep. Discover what is needed in a ration. Explore pasture management and pasture hazards. Investigate the feeding steps for a lamb, weaning strategies and how to finish lambs.

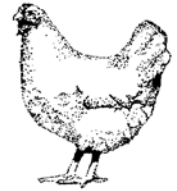
## POULTRY

### HOUSING & MANAGEMENT

Learn about lighting, humidity, disease control, heat stress, ventilation, types of feeders and waterers. Explore the location and types of barns available and free range vs. controlled housing.

### NUTRITION

Discover what every bird needs to have in its home and why each of them are important. Explore the selection of ingredients in feed, the sources of nutrients, the processing of feeds and feed tags. Practice judging dressed poultry.



### BREEDING & MARKETING

Gain experience in handling and selecting poultry stock. Prepare a chicken for show and demonstrate showing and handling techniques. Discuss incubation, brooding and the preparation and setup of a brooder house.



### THE 4-H HORSE PROJECT

Learn to appreciate the nature of the horse, it's body language and the psychology of the horse. Learn all about vital signs, injections, vaccinations and diagnosing lameness. Explore the nine good feeding rules, hoof care, fitting a saddle and the how-to's of riding. Investigate the basics of movement, gaits, leads, stride, pressure and the centre of gravity. Get some judging tips, share grooming difficulties and learn how to work with your horse safely from your approach to using restraints.

## THE 4-H BEEF PROJECT



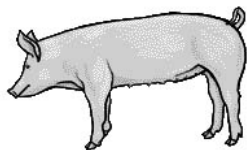
Explore the life cycle of a beef cow. Make a rope halter, develop

a breeding program, or do an experiment. Learn how to be organized and prepared. Learn how to bottle feed calves and care for newborn calves. Learn how to purchase the right kind of cattle at the right price and how to prevent disease transmission. Learn all about buying and raising a heifer and what beef farmers can do to support their industry.

## THE 4-H DAIRY PROJECT

(F)

Explore the life cycle of the dairy cow and be introduced to the major aspects of the dairy industry. Discuss farm safety, the mechanics of a milking machine, feeding programs and improving farm management. Discover how to take a culture sample, handle medicines safely and the farm inspection checklist. Explore mob feeding, reading bull proofs and mating strategies. Learn about comfy cows, parlour and pipeline milking and how to choose a milking system.



## SWINE

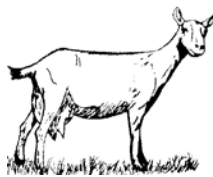
Breeding and Health - Housing and Management - Nutrition  
Today's consumer wants pork that's lean, nutritious, and residue free product. Explore some of the breeding and health management factors that lead to the production of a modern market pig. Learn what the typical market pig in Ontario is, while judging swine for breeding

purposes and marketing animals. Gain an understanding of the care of swine and the importance of keeping records. You will be introduced to the various nutritional requirements of swine. Examine practical feeding applications, metabolism and how food breaks down, learn the nutrient requirements at each stage of the pig's lifecycle.

## GOATS FOR ALL REASONS

Do you know how useful goats are? Well get

ready to explore the wonderful world of goats! Try your hand at making cheese out of goats milk, spinning mohair, making your own ice cream, or making goats milk soap.



## HOUSING AND HEALTH

Learn about basic housing requirements for dairy and meat goats, ways of maintaining health in the goat herd, breeding and reproduction of goats. Learn how to fit your goat for showing.

## NUTRITION

Ever wondered how to feed a goat or what a goat eats? Learn proper goat nutrition, about rumen, the importance of forage, recognizing quality hay, pasture management, alternative feeds for goats, and how to recognize a sick goat.

## VETERINARY PROJECT



Learn about strawberry foot, brittle hood, striated muscles and smooth muscles, embryo transfer, reproductive

failure, and enzyme action. Make an emulsion, have some lung fun, take a journey through the respiratory system, make a backbone from empty spools of thread. Construct a Punnett's square. Visit a vet clinic or an animal research centre.

## HORTICULTURE A GREENER HOUSE

Build a terrarium or dish garden, dry and make an arrangement of flowers, start a bonsai plant or grow a pineapple plant from the top of a grocery store pineapple. Sound interesting? Then this is a project you may want to explore.



## GROW YOUR OWN (F)

Grow your name on a pumpkin, pickle a cucumber in a bottle, grow plants in a maze and learn about companion planting. You could do all this and much more by participating in this project.

## LOYAL TO THE SOIL

Get your hands dirty during this project! The focus is on soil structure and conservation. Discover how soil is made, how we grow crops on it and some practical ways to keep it where it belongs. Prepare a display on how soil is made or carry out residue counts on fields under different tillage practices. Grab a shovel and dig in!



## LET'S LANDSCAPE (F)

This is a great hands-on project with lots of opportunity to be creative. You will be introduced to the plant's role in the landscape and develop some basic design skills. Explore why people landscape and what materials might be used and why.

## CONSERVATION



### WATCHING OUT FOR WILDLIFE

Find out more about the wildlife in your area, where and how they live and what you can do to help them survive. Go on a silent hike making observations and journal notes or a ten metre hike crawling on your hands and knees with a magnifying glass.

### EYE ON ENERGY

You really can make a difference! You may only be one person but you can do your part to impact energy use and conservation. Gain a greater appreciation of the importance of energy, become aware of alternate forms of energy and better understand how specific types of energy impact our environment.

### PROTECTING PLANET EARTH

Be prepared to get your feet wet and your hands dirty. Learn the NIMBI (Now I Must Become Involved) method. This is a very hands on type of project that all ages can benefit from.

### ON YOUR OWN – YOU CAN DO IT

This is an awesome “Learn to do by Doing” fun, practical project! By exploring ideas and practicing skills, this project will help you gain the confidence to “be on your own”. It focuses on everything from doing laundry, to basic cooking to personal safety. You will develop the skills, knowledge, judgment and confidence to live more independently.



## SAFETY FIRST

### LOOKING OUT FOR # 1

Celebrate you! Valuing yourself is the number one rule of personal safety. Discover some ways to take responsibility for your own personal safety and practice making decisions. You will even learn about crime proofing yourself on the internet as well as protecting yourself from crime in general. Discover how to protect your senses. Your personal safety; Looking Out For # 1, it should be # 1 on your list of priorities. Use your head, heart, hands and health to ensure your safety!



### IN AND AROUND THE HOME

Discover how to identify potential hazards, how to prevent them in the first place and how to react when an emergency does arise. Discover how electricity flows, what happens when you receive an electric shock and where to place smoke detectors in your home. Learn about ladder safety, lawnmower safety, safety when shoveling or blowing snow.

## FUTURE FOCUS

### MAKING THE RIGHT CAREER CHOICES

Fasten your seatbelt because you are about to embark on a personally rewarding journey that will take you along many different roads that may finally bring you to your goal of getting a job! Access your interests, skills and goals. Explore career opportunities and training options.

### THE JOB HUNTING CLUB

It is recommended that this resource be used with Future Focus – Making the Right Career Choices. Learn how to create a resume that will reach out to grab a potential employer’s attention and how to really sell yourself and leave a good impression. Get to know yourself, your qualities and abilities. Be confident and develop your leadership skills.

## MARKETING 4-H

Discover the 4 P’s of marketing and understand how they relate to the 4-H’s. Explore the world of market research. Set goals and objectives, develop strategies and have loads of fun!

### CONSUMING PASSIONS – 4-H CONSUMER PROJECT

Were you born to shop? You may think you were but we must all learn how to be wise shoppers. When is a bargain really a bargain? What are your rights as a consumer?. Experience “mall magic”, ‘commando consumers’ and the potato chip taste test.

## FOODS

### ALL MANNER OF RED MEAT

Does the thought of a well-grilled steak make your mouth water? If so, this project is for you! Discover the role red meat plays in a healthy lifestyle. You’ll cook with red meats like beef, lamb and pork, while investigating the safe handling of meat products, and the cost of including this food group in the diet.



### SPICE OF LIFE

Variety is the spice of life and this project offers lots of variety for learning all you ever wanted to know about herbs and spices. Discover hands-on to use them in cooking and crafts and for cosmetic and therapeutic uses. Make salsa and guacamole, herbal tea, herbal sun catchers, garden potpourri, aromatherapy hand massage and herbal lip balm and shampoo and more.



### HEALTHY EATING 'ROUND' THE CLOCK (F)

Prepare "munchable lunchables", build the ultimate sandwich and read about how the hot dog was born. Be creative and adventurous as you build an edible centerpiece for the dinner table and then plan a "House Hop" to eat healthy round the clock with fun activities in between. This project will definitely feed your appetite for food and fun!

### BATTER UP (F)

There's no strikeouts here, only home runs with this project as you experience winning recipes and tips to making your own delicious home baking! Experience the fun; savour the sights, sounds and smells and feel the sense of pride and accomplishment that comes from planning, preparing and enjoying home baked products.

### THE GREAT CHICKEN & EGG PROJECT

What came first? The mystery continues to unravel as you experience hands-on fun cooking and creating with eggs and poultry. Follow the chicken and the egg as they cross the road from the farm to the store. Learn some interesting food facts and experience first hand the roles eggs play as ingredients. Discover the versatility of eggs and chicken in our menus and healthy eating plans.

### MILK MAKES IT BETTER

Mooove over milk substitutes, here comes the real thing. Learn how to make your own ice cream pizza, get the scoop on the difference between dairy products and dairy substitutes and try Baguette Au Fromage to discover that milk does indeed make it better!



### THE MAPLE SYRUP PROJECT

MMMM good is the theme of this project. Learn about production, marketing and uses of maple syrup as well as the equipment used in the past and the present. Some of the cool activities included in this project are, Making Taffy in the Snow, Syrup & Signatures, Maple Mountain, Syrup for the Stars and Bark & Leaf Rubbings. The sweetest part of all is trying out the recipes and advertising and marketing your end product!

### BREADVENTURE (F)

Let's make bread together and enjoy tasty, warm freshly baked homemade bread! Learn the five basic techniques of bread making as well as common problems and their causes. Create your very own bread dough art, flowerpot bread, pretzels and pita bread.

### GOOD FOODS FAST

Who has time to prepare foods or eat in our busy world today? What is your "fast food style"? Do you have cereal sense? Learn some snappy snack alternatives, experience meals that taste good, look good and smell good. Learn all about fast fixins' with a food processor and how to convert recipes to microwave cookery.



### YOUTH LEADER (F)

The 4-H Youth Leader project offers senior 4-H members an opportunity to develop leadership and organizational skills through the practice of leadership with the guidance of a 4-H Leader. Take a leadership role in your club, county, district or region by planning club meetings, 4-H events, achievement days or training sessions. (Only 1 youth leader per six members is allowed per club.)

## Locally Approved Projects

In addition to this listing of 4-H projects, your local association may have "Locally Approved Projects". Contact your local association or check your local 4-H Association web page at [www.4-hontario.ca](http://www.4-hontario.ca) for more information. 4-H is always looking to meet the needs of its members, and therefore, clubs can develop their own "locally approved project" with the assistance of 4-H volunteers and staff.

Check with your local 4-H Association to see which of these clubs are available in your area, or consider becoming a volunteer and start a club.

## Still Feeling Overwhelmed?

Don't be! It's easy to pick the right project. Just think about your interests and hobbies. Are there certain activities you like to do with your family and friends? Anything you'd like to become better at, or is there anything you'd like to learn from scratch? Anything you'd like to create?

And remember whatever you choose, you will have learned something new and will have a lot of FUN because that's what 4-H is all about!

Our knowledgeable staff can help you find the club that is right for you. Feel free to ask lots of questions.

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4-H Ontario projects are created and updated regularly. Be sure to check out the website for availability.