



# 4-H + Projects + Events = Fun and Learning

## What are 4-H projects?

The basic philosophy of 4-H is “learn by doing” and 4-H projects are where the learning by doing takes place. A 4-H project is:

- Planned work that is of interest to the 4-H member;
- Guided by a 4-H adult, teen leader, or parent;
- Aimed at planned objectives that can be attained and measured; and
- Summarized by some form of record keeping.

## How many projects does a 4-H member carry? Who helps?

Each 4-H member participates in at least one project. There is no limit to how many projects a 4-H member may be involved in, but we recommend that first-year members choose one project and then increase the number based on available time, interest, and parental approval. Generally, 4-H project work is supervised or guided by a 4-H club leader, project leader, teen leader, or parent.

## How does a 4-H member choose a project?

The process of choosing a project is as individual as each 4-H member, but youth are most likely to successfully complete a project if they:

- Think it’s interesting;
- Find it challenging and fun;

## 4-H at a Glance



**The 4-H Emblem:** The H’s on each leaf stand for the words Head, Heart, Hands, and Health.

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**4-H Colors:** Green and White

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**4-H Slogan:** “Learn by Doing”

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**4-H Motto:** “To Make the Best Better”

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**4-H Pledge:** “I pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service and my Health to better living, for my club, my community, my country, and my world.”

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There are 4-H programs in Baltimore City and in every county in Maryland.

- Know that it’s suitable to them, their family, and the area in which they live; and
- Have access to any tools and equipment needed to complete the project.

See reverse side for a project listing

## What are 4-H events?

4-H events are educational activities that supplement 4-H project work. Demonstrations, field trips, fashion revue, fairs, camps, conferences, and judging and showmanship events are some of the available activities. They are all designed to be fun for kids and teens and to give them opportunities to learn new things. Many of these educational events help youth increase their self-confidence, sense of responsibility, and ability to work with others while developing essential life skills involving decision making and problem solving. 4-H events are offered at the club, county, regional, state, national, and international level.

## 4-H Project Areas

### Human Science

- **Citizenship/Civic Education**
  - Citizenship/Service Learning, Domestic/International Exchange Programs
- **Communications/Expressive Arts**
  - Public Speaking and Communications, Creative Arts and Crafts, Cultural and Graphic Arts, Photography
- **Consumer/Family Sciences**
  - Child Development and Care, Clothing and Textiles, Consumer Education, Fashion Revue, Home Environment/Management
- **Healthy Lifestyles**
  - Expanded Food and Nutrition Education Program, Food Nutrition/Food Science, Culinary Arts, Food Science and Safety, Health, Fitness Leadership
- **Personal Development and Leadership**
  - Career Exploration, Commodity Marketing, Leadership, Entrepreneurship, Self-determined Projects

### Environmental Science

- **Environmental Education/Earth Sciences**
  - Soil and Water Conservation, Forestry, Wildlife, Conservation of Natural Resources, Energy Management, Marine Biology and Oceanography, Shooting Sports, Outdoor Education/Camping
- **Plant Sciences**
  - Field Crops, Horticulture, Vegetable and Flower Gardening, Plant and Soil Science, Flower Arranging, Ornamental Horticulture
- **Agriculture Sciences**
  - Beekeeping, Embryology, Entomology
- **Science and Technology**
  - Aerospace, Automotive, Bicycles, Computers, Electric Energy, Farm Machinery, General Engineering, Safety, Small Engines, Wood Science

### Animal Science

- **Animal Sciences--Companion Pets**
  - Cavies, Dog Care and Training, Exotic Birds, Guide Dogs, Pets and Small Animals, Pygmy Goats
- **Animal Sciences--Livestock Production**
  - Angora Goats, Beef, Dairy, Dairy Goats, Horses, Poultry, Rabbits, Sheep, Swine
- **Veterinary Science**



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**For more information...**