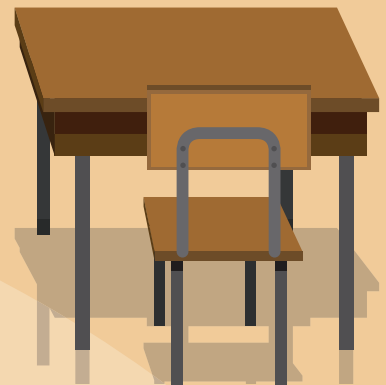
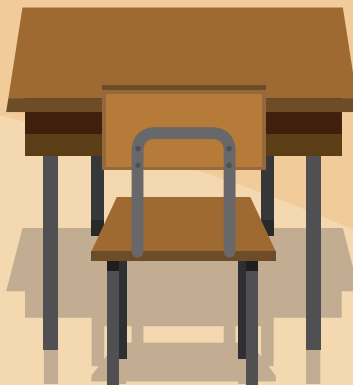
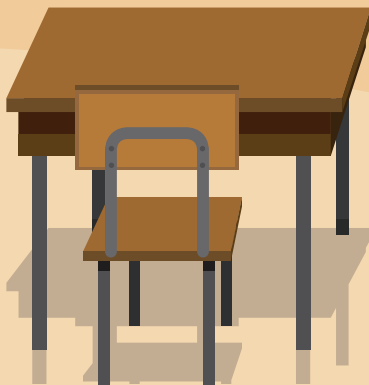




# Exploring Kentucky 4-H



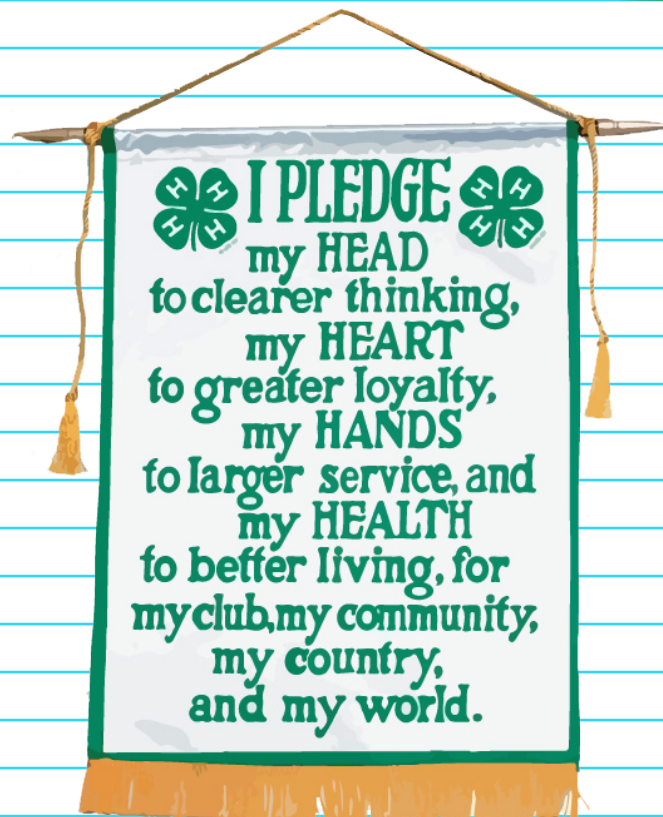
**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

Dear 4-Her,

Way to go! You have begun an exciting new adventure. It is called Exploring 4-H. You are a member of the largest club for young people in the world. The symbol for 4-H is a four-leaf clover. It means good luck. The color of the clover is bright green. There is a letter H on each of the four leaves of the clover. They stand for head, heart, hands, and health. The national motto for 4-H is "To Make the Best Better."

Utilize this book to learn more ways you can Explore 4-H through a variety of programs from Expressive Arts to Science, Engineering, and Technology. Discover the starting point of your 4-H journey here!

## 4-H Pledge



### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506

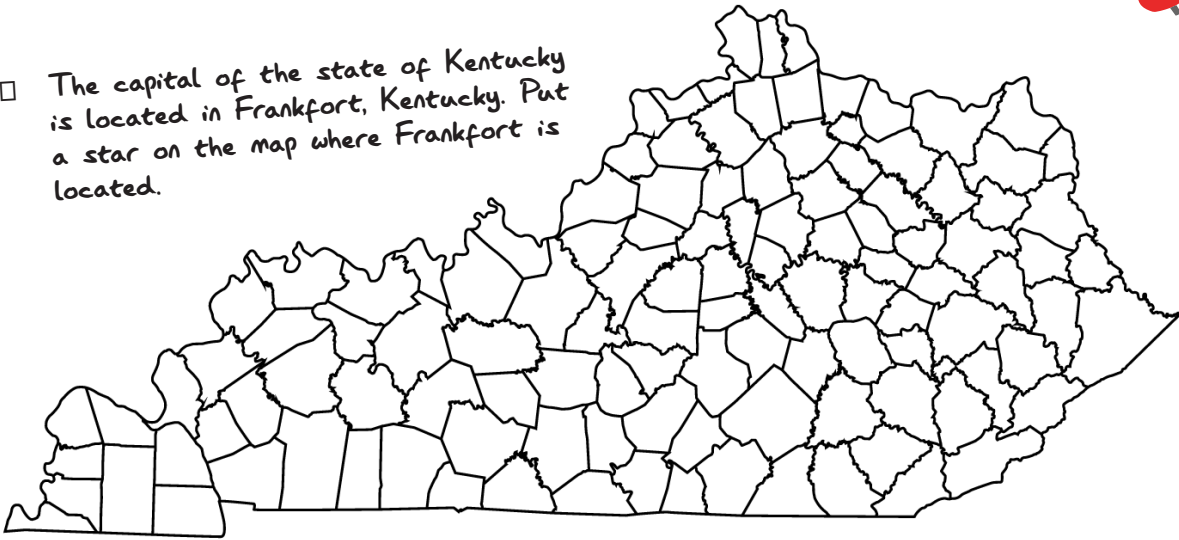


Disabilities  
accommodated  
with prior notification.

# Citizenship

A good citizen knows about the place he or she lives and is a good neighbor. In addition, a good citizen follows the 4-H mottos and tries to make the place where they live better.

- The capital of the state of Kentucky is located in Frankfort, Kentucky. Put a star on the map where Frankfort is located.



- The name of the county where I live is called \_\_\_\_\_
- Draw a red dot on the map where your county is located.
- Draw an outline of your county on the piece of paper to the right.
- The county seat in my county is what city? \_\_\_\_\_
- Put a blue circle on your map drawing where your county seat is located.



## Dig Deeper

My county judge executive is \_\_\_\_\_  
My governor is \_\_\_\_\_  
My state representative is \_\_\_\_\_  
My congressman is \_\_\_\_\_  
My senator is \_\_\_\_\_



# Natural Resources

## Soil is Essential to Life



### Make a Soil Texture Jar

#### Materials Needed:

- Garden trowel or shovel
- 1 cup of soil
- Clear pint-size jar with lid (such as a glass canning jar)\*
- Water



1. Collect a soil sample. To collect a sample, take a garden trowel or shovel, go outside (anywhere will work backyard, neighborhood, Extension office just make sure you have permission before digging a sample), and prepare to dig a sample. To dig a sample, do your best to remove any grass, plants, or mulch, and then dig a hole about 6 inches deep. Then collect about 1/2 - 1 cup of soil from the hole.
2. Place about 1/2 - 1 cup of soil in a jar.
3. Add water to the jar, leaving only around 1/4 inch at the top.
4. Place the lid on the jar (make sure the lid fits tight!).
5. Shake the jar until all the soil is mixed with the water.
6. Allow the jar to sit for at least 24 hours. Do not disturb the jar.
7. After the jar has sat for at least 24 hours, observe the jar.

Do you see different layers? These layers are the sand, silt, and clay particles and organic matter in the soil. To learn more about soil and natural resources in Kentucky, contact your county 4-H agent.

# Agriculture



Farm animals are raised for food and products that we need in our lives. Swine and almost all other farm animals produce meat. Cows provide milk, chicken lay eggs, and sheep supply wool.

Can you name another product that comes from farm animals?

\_\_\_\_\_

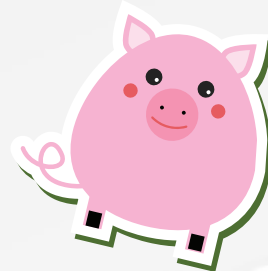
When you visit a grocery store's meat department, notice the different cuts and types of meat.

What is your favorite cut of meat from the following:

Chicken (Poultry): \_\_\_\_\_

Swine (Pork): \_\_\_\_\_

Cow (Beef): \_\_\_\_\_



## Learn and Care for an Animal

Choose an animal. This can be one you already own or a neighbor's animal.

Type of animal I selected is:

Is it a pet? \_\_\_\_\_

Is it a farm animal? \_\_\_\_\_

My animal's weight is? \_\_\_\_\_

My animal's age is? \_\_\_\_\_

My animal's temperature is? \_\_\_\_\_

My animal's heartbeat is about \_\_\_\_\_ beat per minute.

My animal's food is made up of \_\_\_\_\_



# Agriculture



## Agriculture Word Search



HAMSTER	CHICKEN
CANINES	EQUINE
HORSE	RABBIT
AVIAN	DUCKS
PONY	BIRD
PIG	DOGS
BAT	GOAT
POULTRY	MICE
RODENTS	BEEF
SWINE	GILT
SHEEP	HOG
HEN	CAT
COW	

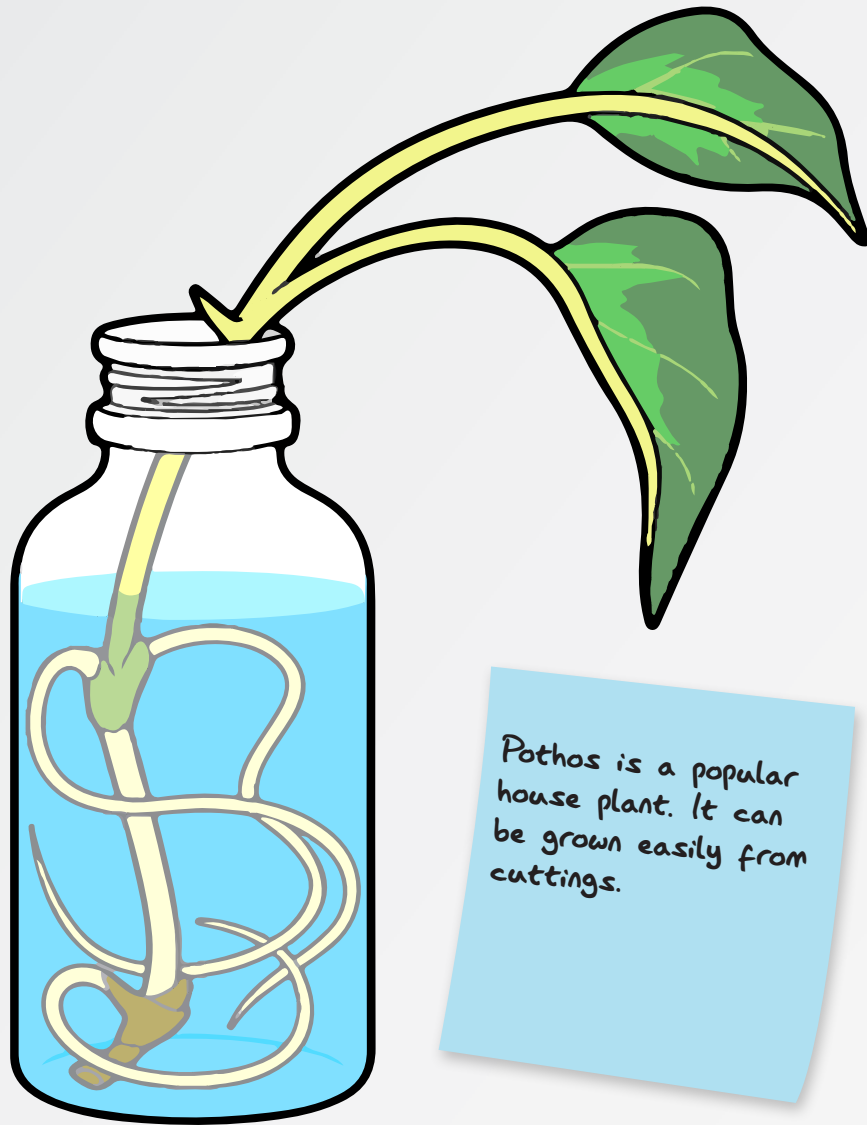
## Dig Deeper

Identify different breeds of your favorite animal. Learn how to show that animal, by attending your county livestock club meeting. Learn about livestock evaluation, and how to prepare and present oral reasons about your animal. Show your animal at the county, district, or state fair.

Research the history of the Country Ham Belt of the United States. Learn the process for curing a ham and join your county's country ham club. Cure your own country ham and prepare a speech about the process. Give the speech and present the ham at the state fair.



# Agriculture



Pothos is a popular house plant. It can be grown easily from cuttings.

## Plant Science

- Cut a piece of pothos. Make sure the cutting has at least three or four nodes (these are the small bumps on the vine where new roots will grow).
- Remove the bottom leaves. Leave at least two or three leaves at the top.
- Place the bottom part of the cutting in water, leaving the leaves out of the water.
- When there are several long roots, your cutting is ready to plant in soil.

# Family & Consumer Sciences



All foods that make you healthy belong in one of the basic food groups. You need two to three servings from the dairy group, two servings from the protein group, 2 servings of fruit, 3 servings of vegetables, and three servings from the grains group.

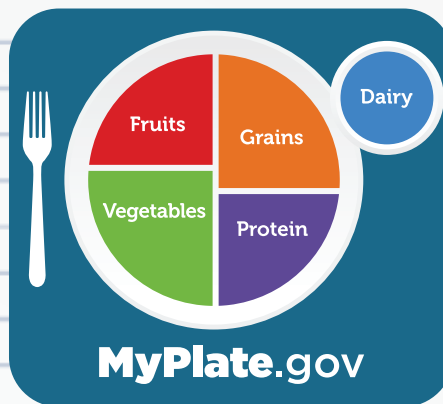
Can you name what you ate today?

Breakfast:

Lunch:

Dinner:

Snack:



Did you eat the right amount of servings for each food group?

## Being a Good Consumer: Let's Go Shopping

Name of the store my family usually shops is \_\_\_\_\_

Make a grocery list for your family of foods your family normally buys. Name the food group where each food item belongs in. Then take a field trip to the store with your family, and bring along your list. Name the department where each item can be found. Lastly, place the store aisle in which the food is found.

Food	Food Group	Department	Aisle



# Family & Consumer Sciences

## Dig Deeper



### More For Your Money

Compare two brands of the same size jar of peanut butter at your local grocery store. Find the price for each jar. Divide the price of the jar by the number of the total price of the jar of peanut butter by the number of ounces in the jar. This will give you the price per ounce.

Jar 1: \_\_\_\_\_ Jar 2: \_\_\_\_\_

Weight: \_\_\_\_\_ Weight: \_\_\_\_\_

Total Price: \_\_\_\_\_ Total Price: \_\_\_\_\_

Unit Price: \_\_\_\_\_ Unit Price: \_\_\_\_\_

Which brand is the best buy?

---

---

### Important Information

Labels on canned food tell us a lot! Read a label on a canned good. List five facts you find on the label.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Plan a Party

Plan a nutritious snack or party for your family or friends. Then create the shopping list of the food items you will need. Find the prices of each item needed

Food	Price
Total Price	

How many people will be at the party?

---

Cost per person?

---



# Science, Engineering & Technology



## Anatomy of a Bicycle

A bicycle is a machine that many kids like to ride. Use a bicycle to help you answer the questions below.

What brand is your bike? \_\_\_\_\_

How many speeds does it have? \_\_\_\_\_

Name three parts on your bike that are safety features.

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

Tires are filled with air and have valve stems. Sometimes valve stems become loose and the tire loses air a little at a time.

What is the name of the tool designed for tightening a valve stem?

\_\_\_\_\_

What size are the bike's tires?  
(Hint: look on the side of the tire)

\_\_\_\_\_

What is the tire pressure?  
(Hint: look on the side of the tire)

\_\_\_\_\_

What are three things that can cause a flattire?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Bicycles and many other machines have ball bearings to make them run smoother.

Where are the ball bearings on your bicycle?

\_\_\_\_\_

Some bicycle parts should be lubricated now and then to make them run smoother and prevent rust. You should use oil on some parts and grease on other parts.

What should be used to lubricate the ball bearings in the axles?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



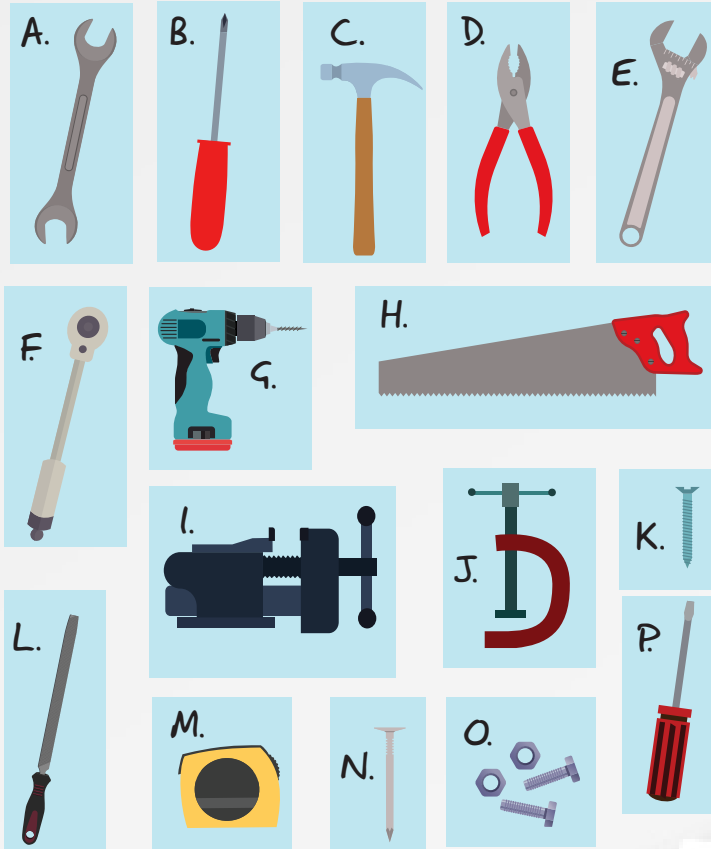
# Science, Engineering & Technology



## Tools of the Trade

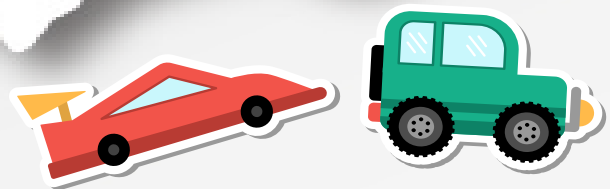
If you are planning to work with machines, you need to know some of the tools that you will use. Match the picture with the name of the tool by writing the corresponding letter on the line.

1. Screw \_\_\_\_\_
2. File \_\_\_\_\_
3. Nail \_\_\_\_\_
4. Nuts and Bolts \_\_\_\_\_
5. Drill \_\_\_\_\_
6. Wrench \_\_\_\_\_
7. Flat Head Screwdriver \_\_\_\_\_
8. Adjustable Wrench \_\_\_\_\_
9. C-Clamp \_\_\_\_\_
10. Measuring Tape \_\_\_\_\_
11. Table Vice \_\_\_\_\_
12. Socket Wrench \_\_\_\_\_
13. Pliers \_\_\_\_\_
14. Saw \_\_\_\_\_
15. Phillips Head Screwdriver \_\_\_\_\_
16. Hammer \_\_\_\_\_



## Car Talk

Ask an adult to explain the part of a car and what each part does. You can use this list of car parts to help you get started.



- |                                     |                                      |   |                                       |  |
|-------------------------------------|--------------------------------------|---|---------------------------------------|--|
| <input type="checkbox"/> Carburetor | <input type="checkbox"/> Air Cleaner | <input type="checkbox"/> Battery        | <input type="checkbox"/> Radiator     | <input type="checkbox"/> Windshield Wipers |
| <input type="checkbox"/> Oil Stick  | <input type="checkbox"/> Muffler     | <input type="checkbox"/> Speedometer    | <input type="checkbox"/> Fan          | <input type="checkbox"/> Windshield Washer |
| <input type="checkbox"/> Gas Pedal  | <input type="checkbox"/> Brake Pedal | <input type="checkbox"/> Air Filter     | <input type="checkbox"/> Turn Signals | <input type="checkbox"/> Distributor Cap   |
| <input type="checkbox"/> Gas Tank   | <input type="checkbox"/> Gear Shift  | <input type="checkbox"/> Light Switches | <input type="checkbox"/> Spark plugs  |  |

# Communication and Expressive Arts



Communication means telling or showing people what you think and feel and understanding what other people think and feel. People can communicate in many ways. You communicate when you talk to people, look at photographs, watch television, or the internet. What are some other ways in which you can communicate?

## Poetry

One way to communicate is through poetry. Poetry can be about anything the writer wants it to be about. Search the internet and find two poems you find interesting. Then answer the following questions about each poem.

Poem 1		Poem 2	
Title		Title	
Poem Style		Poem Style	
What is the poem about?		What is the poem about?	

## Dig Deeper

On the blank page try writing your own poem about whatever topic interests you. Don't worry about being perfect just write your own words down. Once you write your poem enter it in the state written.



# Communication and Expressive Arts



## Visual Arts

Expressing yourself can come through visual arts as well though:

- Explore and experiment with endless materials to make new art
- Develop your creative skills and talents
- Be confident in expressing yourself through various art forms
- Gain an understanding of art history, cultures, and various techniques
- Master the basics of making great art – its elements and principals



## Artist Interview

Interview a local artist

What type of art do they like to create? \_\_\_\_\_

What tools do they use to create this art? \_\_\_\_\_

Where do they display their art? \_\_\_\_\_

### Ideas

- Create a portfolio or a design idea book. Write and draw all your ideas and inspirations in a notebook.
- Experiment with line and color

### Create

- Create art or craft with a friend

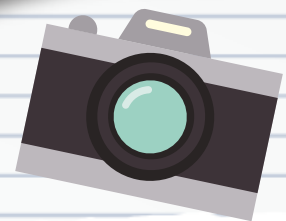
### Share your Art

- Put on your own art exhibition.
- Find a community location in which you can experiment with line and color



## Photography To Tell A Story

Take photos of your community that represent 4-H subject areas. Print the pictures. Use the pictures to mount on matte board to tell a 4-H story. Enter the project into the county fair 4-H photography division.



# Health & Wellbeing



## Health Careers

There are careers in the health field besides being a doctor. See if you can match the job description with the correct job title.

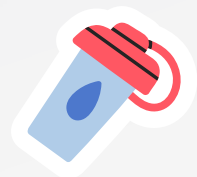
- A. Makes and distributes prescription drugs
- B. A special dentist who puts braces on people's teeth.
- C. Trained in methods of treatment other than the use of drugs or surgery
- D. An individual trained in first aid who rides with ambulances
- E. Work in a laboratory conducting various tests to provide information to help doctors determine treatment
- F. A person skilled in caring for the sick, usually under the supervision of a doctor
- G. Plans meals so that they are nutritious
- H. Person trained in the science of the mind and human behavior
- I. Treats animals when they are sick.
- J. Someone who is skilled in practicing prevention and diagnosis of teeth

- Orthodontist \_\_\_\_\_
- Dietitian \_\_\_\_\_
- Nurse \_\_\_\_\_
- Therapist \_\_\_\_\_
- Paramedic \_\_\_\_\_
- Pharmacist \_\_\_\_\_
- Medical Technician \_\_\_\_\_
- Veterinarian \_\_\_\_\_
- Dentist \_\_\_\_\_
- Psychologist \_\_\_\_\_



## Dig Deeper

- Create a recreation/activity plan for your club and lead the activities
- Evaluate online resources related to health and fitness. Are they trustworthy?
- Visit with your county risk management office and learn how prepared your county is for a natural disaster
- Encourage your fellow club members to enroll in Red Cross First Aid and CPR classes
- Lead age appropriate physical activity sessions at your local senior center
- Explore how mental and emotional health are connected to physical health



# Leadership



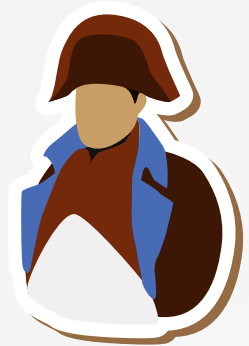
Leadership is influencing other people to follow. 4-H activities involved with leadership development vary greatly, but are focused on improving the aspects of a young leader through reflection, explanation of leadership principles, and personal experiences.

Take a journey on the internet and research someone you think is a leader, and answer the following questions about them

The person I researched is \_\_\_\_\_

The leader's most significant accomplishment is \_\_\_\_\_

I think they are an important leader because \_\_\_\_\_



## Dig Deeper

- Campaign and run for an officer position in your local 4-H clubs
- Serve on State Teen Council
- Apply for the 4-H Achievement Program
- Set the goal of becoming a Kentucky 4-H Officer
- Join fellow leaders at 4-H Leadership Boot Camp
- Apply for the Leadership Skills into Action Goodman Grant
- Attend 4-H State Leadership Event
- Participate in a National 4-H Series
- Participate in the Kentucky 4-H International Service-Learning Program

## Look in the Mirror

Look at yourself in the mirror. Name three things you see about yourself that would describe a leader:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

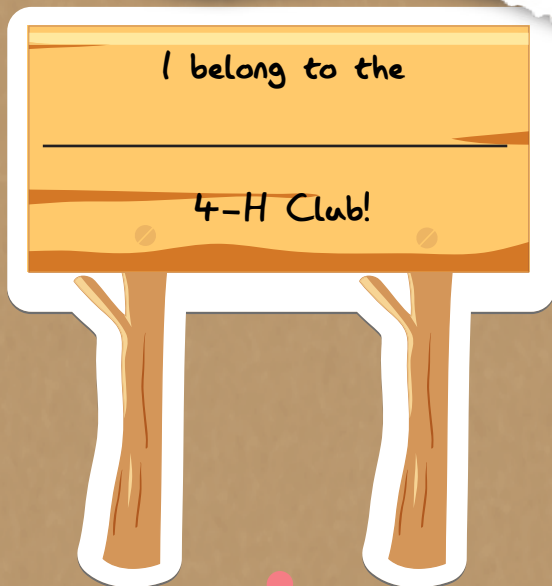
Name three things that you could do to become a better leader:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

You're Finished!



Congratulations on completing the Exploring 4-H Booklet. This is only the beginning and there are so many more things to get involved in 4-H from projects, activities, and places to go and see. For more information contact your local County Cooperative Extension Service for more information on 4-H and how you can be more involved at <https://extension.ca.uky.edu/>.



My Club Officers are:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Check all the Exploring 4-H areas you completed:

- Citizenship
- Leadership
- Healthy Living
- Science Engineering and Technology
- Natural Resources
- Family and Consumer Sciences
- Agriculture
- Communication and Expressive Arts

Check your knowledge of 4-H.

- Recite the 4-H pledge
- 4-H Emblem
- 4-H Mott
- 4-H Slogan

Name \_\_\_\_\_

County \_\_\_\_\_



# County Office Contact Info



Agent Name:

County:

Headshot

## Contact Information

Address:

Phone:

Website:

Email:

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

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