

# 4-H...it's not just cows and cooking.

## *What is 4-H?*

4-H is a club . . . a really big club! 4-H is the largest youth organization in the United States! Louisiana has thousands of 4-H members in hundreds of 4-H Clubs across the state. 4-H is conducted by the LSU AgCenter through its Louisiana Cooperative Extension Service. So, in a way, you're an LSU student when you join 4-H. Make the leap! Enter a whole new sphere of possibilities! 4-H is open to youth in 4<sup>th</sup> – 12<sup>th</sup> grades.

## *What do 4-H members do?*

“Learn by doing” is the 4-H slogan. 4-H members don't just read about things; they do them! This year's club focus is going to be Louisiana Wetland Animals, at every club meeting youth will learn about animals from Louisiana's wetlands by doing fun activities from research based lesson plans.

4-H Members will also be able to participate in various parish wide events throughout the year (4-H Talent Show, 4-H Pet Show, Babysitting Workshop, Cookery Contests, and Tie-Dye Workshop). Members also have the opportunity to participate in statewide activities like 4-H Camp (4<sup>th</sup> – 6<sup>th</sup> Grade) or Challenge Camp (7<sup>th</sup> Grade).

## *Why should your child be in 4-H?*

4-H is more than just fun. 4-H can help your child grow in leadership, new skills, citizenship, friendship and self-esteem! 4-H projects help children learn about things like animals, plants, science and nature. But, that's not all! The project work and being part of a 4-H Club also helps a child learn life skills. Members learn to look at all sides of a problem or task, and they learn to decide on the best solution. 4-H helps reinforce what children learn in the classroom. 4-H uses more informal, hands-on teaching methods and enables children to excel in new areas and take new roles in a group.

## *What is a 4-H project?*

Every 4-H member selects at least one 4-H project. “Completing a project” means doing everything the project book tells you to do. Members who complete one project book will be allowed to participate at Achievement Day at the end of the school year. All new 4<sup>th</sup> grade members choose the “Discovering 4-H” project book, new 5<sup>th</sup> grade members choose “Exploring 4-H”. Older and returning members may select one book. Possible project subjects are:

### Science, Engineering & Technology

Agronomy	Aquaculture
Aerospace	Electricity
Environment	Forestry
Gardening	Insects
Small Engines	Veterinary Science
Wildlife	Woodworking

### Healthy Living

Bicycle Safety	Child Development
Consumer Savvy	Finance
First Aid	Health
Nutrition	

### Pet Care

Dog	Cat
Other Pets	



### Citizenship

Communication	Leadership
Public Speaking	Theater Arts