



Welcome to 4-H



New 4-H Member Guide



UNIVERSITY OF ILLINOIS
EXTENSION

ACKNOWLEDGEMENTS

Written by Madonna Weese, Ed. D., Extension Specialist 4-H Youth Development

Graphic Design by Paula Wheeler, www.WheelerArts.com

Illustrations with copyright symbol: QuickArt © by Wheeler Arts

For ordering information contact National 4-H Council Supply Service at: (301) 961-2934 or www.4-Hmall.org.



UNIVERSITY OF ILLINOIS
EXTENSION

© Copyright 2015 University of Illinois Board of Trustees

University of Illinois College of Agricultural, Consumer and Environmental Sciences
• United States Department of Agriculture • Local Extension Councils Cooperating

Urbana-Champaign, Illinois

01517

February 2015

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, GEORGE CZAPAR, Director, University of Illinois Extension. University of Illinois Extension provides equal opportunities in programs and employment. *The 4-H Name and Emblem are Protected Under 18 U.S.C. 707.



Welcome
to 4-H!



New Member Guide

4-H Makes Learning Fun!

In your 4-H club, you will work with other young people and adult volunteers to make new friends, learn new skills, practice being a leader, and give back to your community.

You will learn about topics that interest you. As a 4-H member, you will choose one or more topics to learn about during the year. That includes everything from learning how to cook, build a robot, or care for the environment. These are referred to as members' "projects." Hundreds of projects are offered through 4-H so you can pick the ones that most interest you.

Your first project will be doing the activities in this new member project guide. You will:



Record information about your 4-H club.



Sample some of the projects offered in 4-H.



Learn the 4-H pledge and motto.



Lead your family or friends in a fun activity.








When you finish all the activities in this guide, ask your parent or other adult family member to sign your Certificate of Completion on page 33. At your next 4-H club meeting, ask your 4-H club leader to review your work and sign the certificate. You can display your signed certificate in your room or home.



Sample Some Fun 4-H Activities

When you join a 4-H club, you also enroll in a 4-H project. A project is something you want to learn more about, make, or do. You can choose from hundreds of projects that are offered through 4-H. Pick one or two projects that interest you.

To help you decide on your first project, this book has some project activities for you to sample. You may want to work on these with a friend in your 4-H club. Working with friends makes learning more fun!

4-H Activities	Page
 My 4-H Club	4
 4-H Cooking	6
 4-H Gardening	15
 4-H Animals	20
 4-H Family	23
 Understanding Self	25
 4-H Facts	28



As you finish the project activities that interest you, ✓ check them off the following list.

- ☐ My 4-H Club
- ☐ 4-H Cooking
- ☐ 4-H Gardening
- ☐ 4-H Animals
- ☐ 4-H Family
- ☐ Understanding Self
- ☐ 4-H Facts

You have completed your first 4-H project work! Good for you! In 4-H, we often recognize young people for their good work. Ask your parent and 4-H club leader to look over your work and sign the Certificate of Completion on page 33 to show you have completed your project work.





My 4-H Club

Name of my 4-H club _____

My club meets at (where) _____

The meetings begin at _____

My club leader _____

Leader's phone number _____

Leader's email address _____

My club officers

President _____

Vice-President _____

Secretary _____

Treasurer _____

Reporter _____

Recreation Leader _____

Other _____



Name of an older 4-Her in
my club who could answer
my questions about 4-H _____

His/her phone number _____

Some things I would like to learn more about

My hobbies



List some rules that you already know when cooking food or working in the kitchen.

Keep Food and Yourself Safe

Read this list of simple rules to follow when you are cooking to keep your food and you safe. Place a ✓ checkmark beside any rules that you had on your list from page 6.

Before You Begin to Cook

_____ Wash your hands with soap and warm water for at least 20 seconds.

_____ Clean under your fingernails.

_____ Wear clean clothes.

_____ Wipe down your work area with warm soapy water.

While You Are Cooking

_____ Keep your hands away from your hair, face, and pets.

_____ Don't lick your fingers.

_____ Don't use your mixing spoon to taste foods. Use a separate spoon for tasting.

_____ Keep things made with milk cold.

_____ Keep meat and eggs cold.

Be Safe When You Use the Kitchen

_____ Ask permission to use the kitchen and prepare food.

_____ Never plug in or unplug electric cords with wet hands.

_____ Do not use metal in the microwave.

_____ Do not start the microwave when it is empty.

_____ Use hot pads to take things out of the microwave or oven.

_____ Wipe up spills to prevent falls.

Are you ready to start cooking? Let's get started!

Quick Veggie Pizza

Pizza is always a favorite snack. You can add the toppings you like. Before you begin making your pizzas, ask permission from an adult in your family. Ask them to work with you as a helper and show you how to safely use a knife and an oven or toaster oven to make this delicious snack. Makes 6 servings.

Gather Your Ingredients

3 English muffins cut in half or 6 slices of Italian bread

1 cup pizza or spaghetti sauce

½ cup vegetables — choose ones you like, such as sliced onions, chopped green peppers, sliced mushrooms, or diced tomatoes

1 cup shredded cheese

Equipment You Will Need

Cookie sheet

Fork

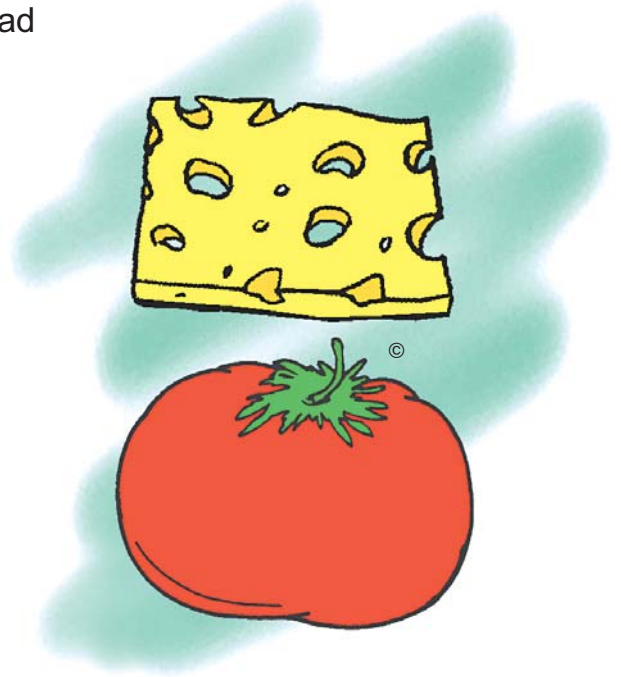
Knife

Cutting board

Hot pads

Spoon

Measuring cups



Order of Work

1. Preheat oven to 425 degrees F.
2. Use fork to split English muffins (or use knife to slice Italian bread) and place on an ungreased cookie sheet.
3. Spread a small amount of pizza sauce (2-3 tablespoons) over bread.
4. Add chopped vegetables and top with cheese.
5. Place cookie sheet in oven and bake for 5 to 7 minutes or until cheese melts.
6. Remove cookie sheet from oven using hot pad.
7. Cool pizzas slightly and serve.

After preparing food, it's always important to clean your work area and put away any unused food and washed equipment.

Ask your helper to discuss your answers to the questions on the next page about your first cooking activity.