

Exploring



Name: _____ School's Name: _____
Teacher's Name: _____ Date Completed: _____

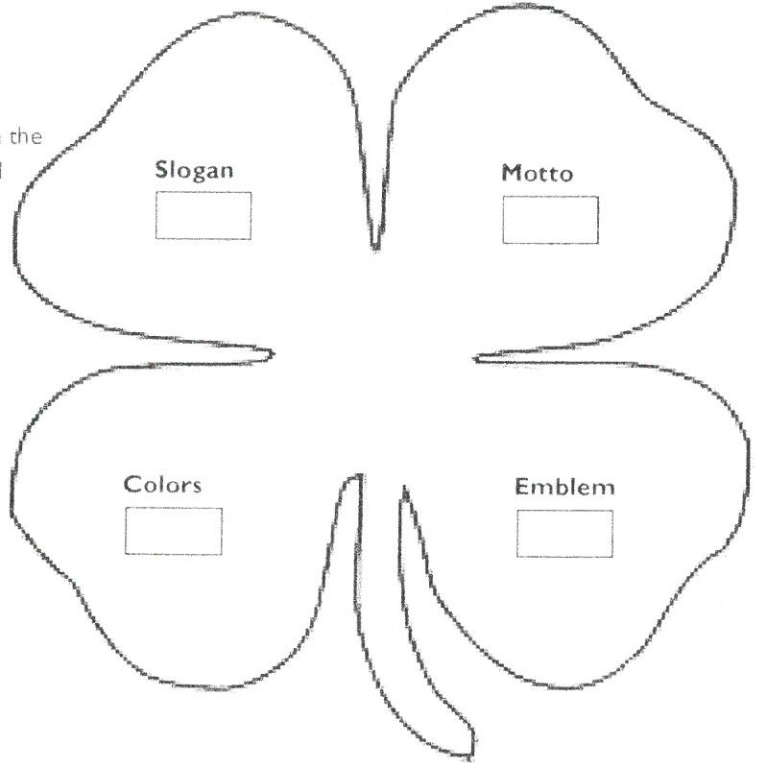


Discover 4-H

Take this time to "discover" 4-H! First, match the letters in the box to the word that best fits! Then, take your crayons and color your clover.

Match the letter to the word that best describes the following parts of the 4-H program:

- A. "Learn by Doing"
- B. "To Make the Best Better"
- C. Green and white
- D. Four-leaf clover with white "H" in each leaf



Putting the Four "H's" Into Action

The 4-H pledge encourages 4-H members to learn and serve others. 4-H activities help members develop their head, heart, hands and health. Now, put your 4-H pledge into action. Here is a list of activities that you can do that put the four "H's" into action. Once you have completed the 4-H action, check it off. Add your own activities to each "H" as well.

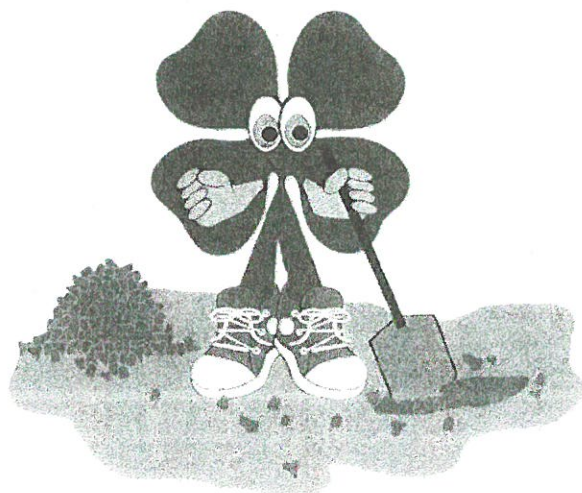
Head	Heart	Hands	Health
<input type="checkbox"/> Do math homework.	<input type="checkbox"/> Talk to a family member.	<input type="checkbox"/> Take out the trash.	<input type="checkbox"/> Play outside.
<input type="checkbox"/> Learn 4-H pledge.	<input type="checkbox"/> Make a new friend.	<input type="checkbox"/> Clean your room.	<input type="checkbox"/> Try a new vegetable.
<input type="checkbox"/> Do you know being in 4-H makes you a student of UT or TSU?	<input type="checkbox"/> Write a thank-you note or a birthday card.	<input type="checkbox"/> Rake leaves.	<input type="checkbox"/> Brush teeth.
<input type="checkbox"/> Help friend with school work.	<input type="checkbox"/> Make a gift for friend.	<input type="checkbox"/> Help wash dishes.	<input type="checkbox"/> Wash your hands before eating.
<input type="checkbox"/> Select a 4-H project.	<input type="checkbox"/> _____	<input type="checkbox"/> Put clothes away.	<input type="checkbox"/> Have a medical or dental checkup.
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Take care of pet.	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____		

Digging Deeper

Find Christopher Clover's Match

Christopher Clover has just joined 4-H, and he is discovering more about what it means to be a 4-H member. Help Christopher find the answers he is looking for. Using the clues on the right, draw a line to the word(s) that best describes the clue on the left.

- | | |
|-------------------------|--|
| 4-H camp | 1.) 4-H colors |
| 4-H | 2.) 4-H emblem |
| Learn by Doing | 3.) The 4 H's are head, _____, hands and health. |
| 4-H Clover | 4.) Colleges that offer the 4-H program in Tennessee |
| Fourth-12th graders | 5.) Person that conducts the 4-H program |
| Free | 6.) Motto of 4-H |
| Extension agent | 7.) What it cost to join 4-H? |
| Projects | 8.) Largest youth organization in the world |
| To Make the Best Better | 9.) Fun subjects you might want to learn more about |
| Heart | 10.) Fun-filled week away from home |
| Green and white | 11.) Who can be in 4-H? |
| UT and TSU | 12.) 4-H slogan |
| 4-H pledge | 13.) Said at the beginning of 4-H meetings |

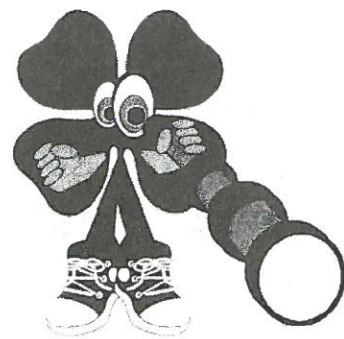


Words to Know . . .

4-H	Volunteers	University
Extension	Agent	Head
Heart	Hands	Health
Club	Officer	Pledge
Motto	Slogan	Projects
Emblem	Goals	

Career Exploration

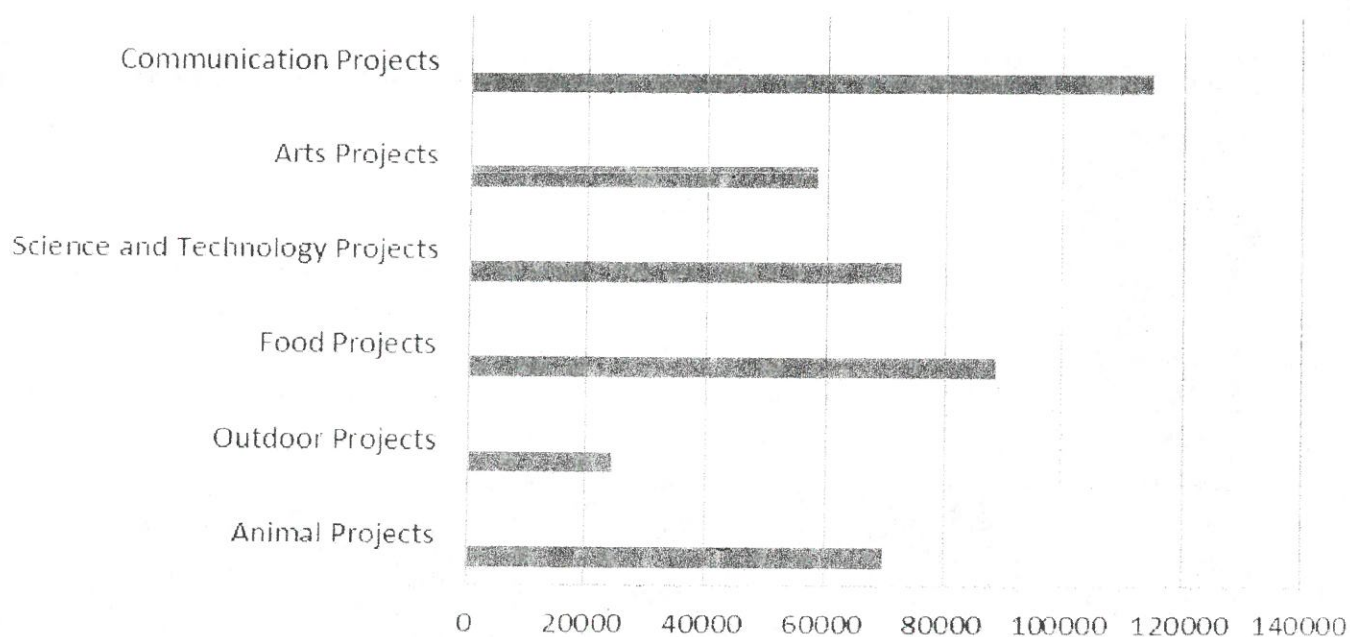
- Who does your 4-H agent work for?
- What does a 4-H agent do?



Tennessee 4-H has almost 200,000 members. Those members are enrolled in 26 different 4-H projects. Using the graph below, answer the following questions:

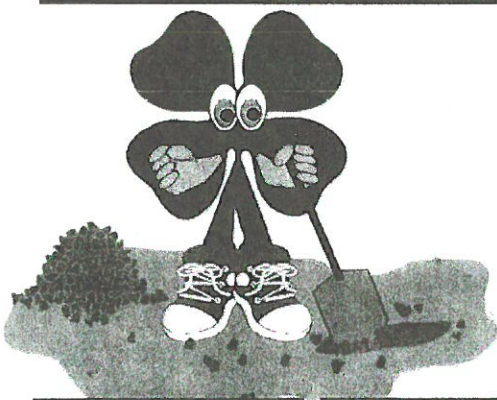
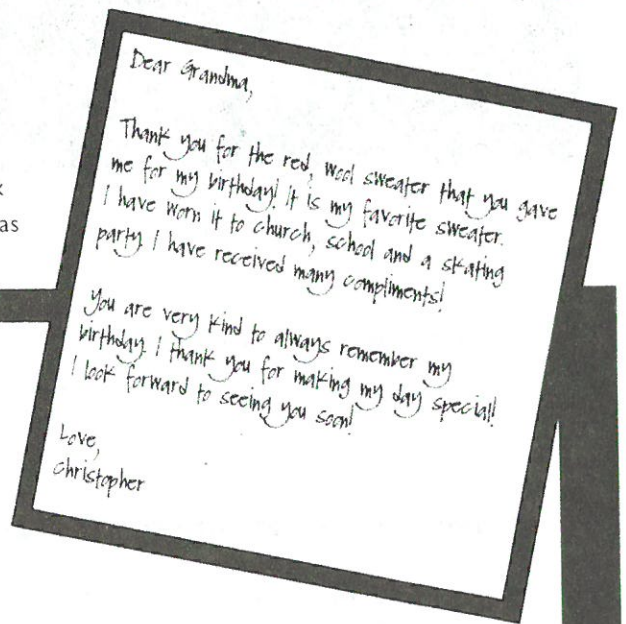
1. Which project is the most popular? _____
2. Which project has the least amount of participation? _____
3. Which projects involve more than 40,000 4-H members? _____
4. How many 4-H members are in the communication project? _____
5. What project interests you? _____

4-H Project Enrollment



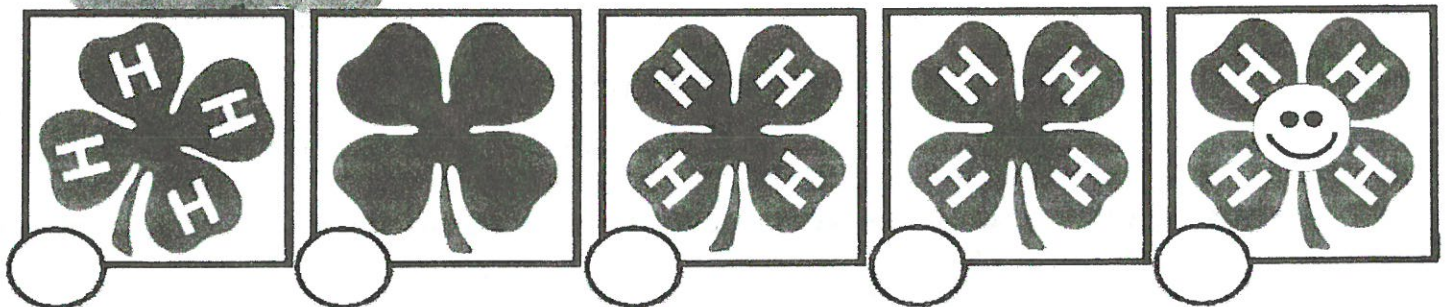
Digging Deeper

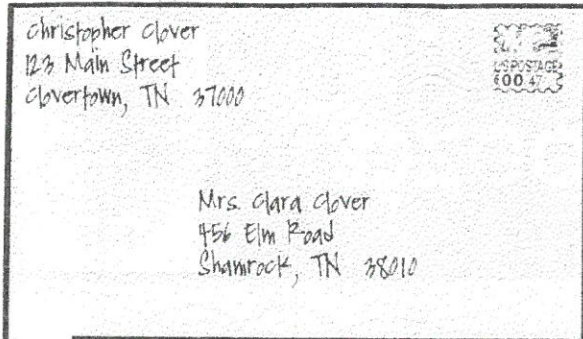
Let's practice writing a thank-you note! In the space below and in your neatest handwriting, write a thank-you note to your teacher. Be sure to include the five important parts of a thank-you note! Bring your note back to your next 4-H meeting. Christopher Clover's letter has been included as an example.



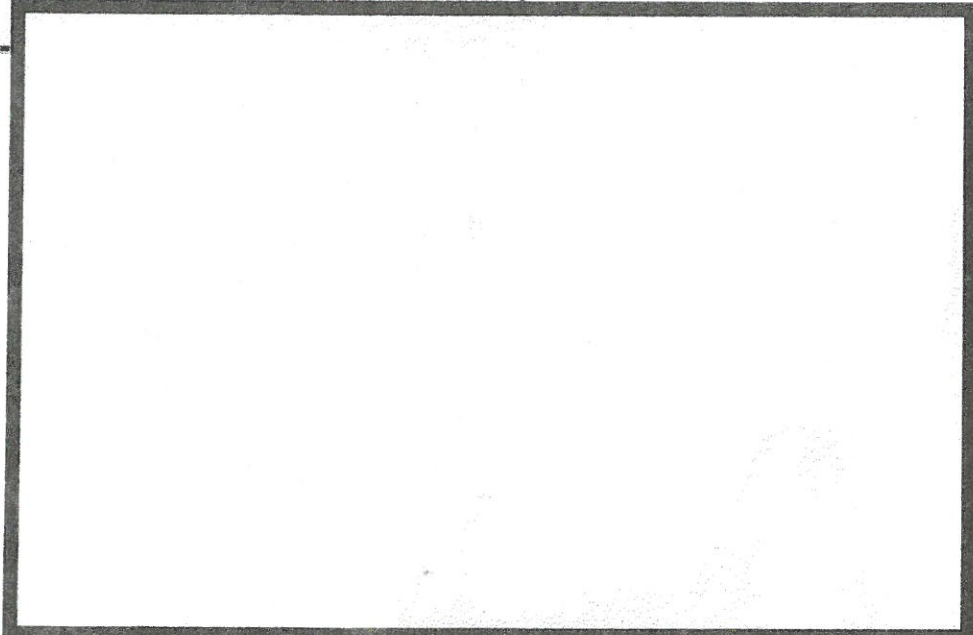
Digging Deeper

Using the 4-H clover in your 4-H poster contest is important ... but can be tricky! There are rules regarding how you can use the 4-H clover. Do you know what they are? Of the five 4-H clovers below, only one clover is the "official" 4-H clover. Do you know which it is? Do a web search, and put a check mark in the circle by the clover that is the official 4-H clover. Put an "x" in each circle beside the unofficial 4-H clovers.



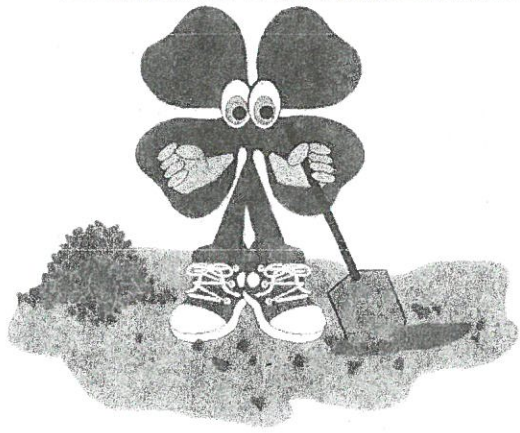


Now that you have written your thank-you note, you need to mail it. Look at Christopher's envelope on the left. Notice the information he has included and how it is lined up on the envelope. Using your address and your teacher's address, write the addresses on the blank envelope below. Draw a stamp where the stamp should go.



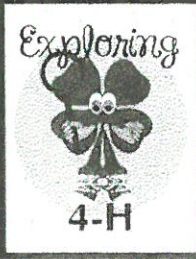
Words to know:

- Body
- Communication
- Closing
- Gratitude
- Introduction
- Media
- Official
- Oral
- Pitch
- Proofing
- Public Speaking
- Regards
- Rhythm
- Topic
- Tone
- Visual
- Volume



Digging Deeper

The top 10 winning 4-H posters in the state of Tennessee are featured on a website. Can you find it? After you find the posters, list the theme of each poster on the lines below.



Insect-a-palooza

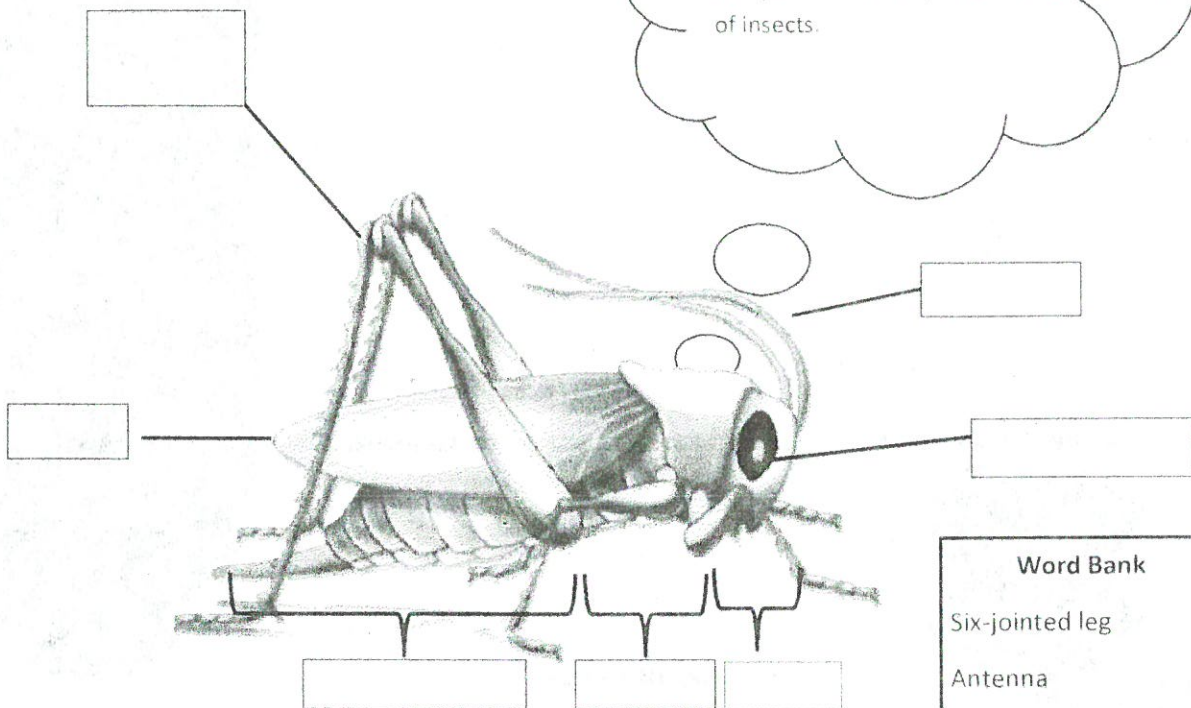
What to do ...

Label the parts of the grasshopper below.

Did you know?

Arachnids (spiders, mites and ticks) are not insects but are relatives.

Millipedes and centipedes are also relatives of insects.



Word Bank

- Six-jointed leg
- Antenna
- Compound eye
- Abdomen
- Thorax
- Head
- Wing

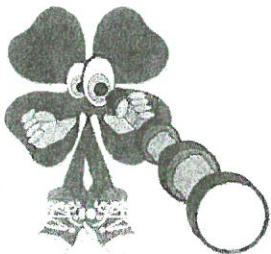
Career Exploration

An example of a career with insects is ...

Entomologist

What does an entomologist do?

What skills are required for this career?

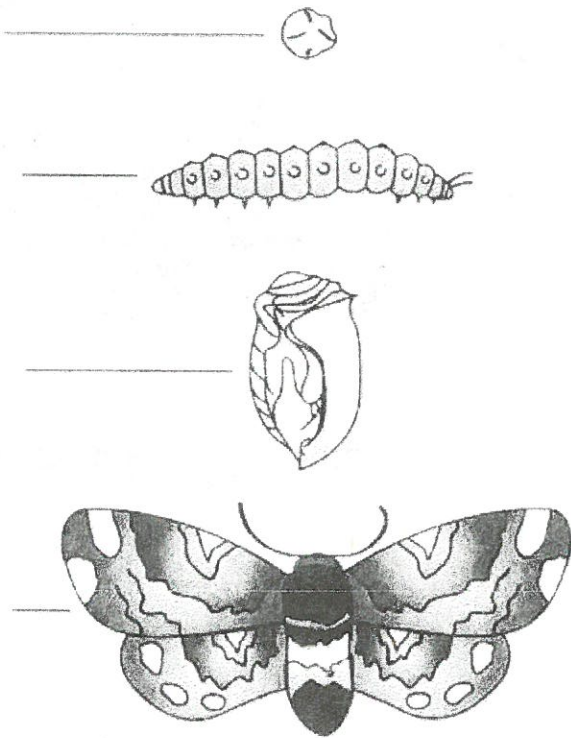


Marvelous Metamorpho-

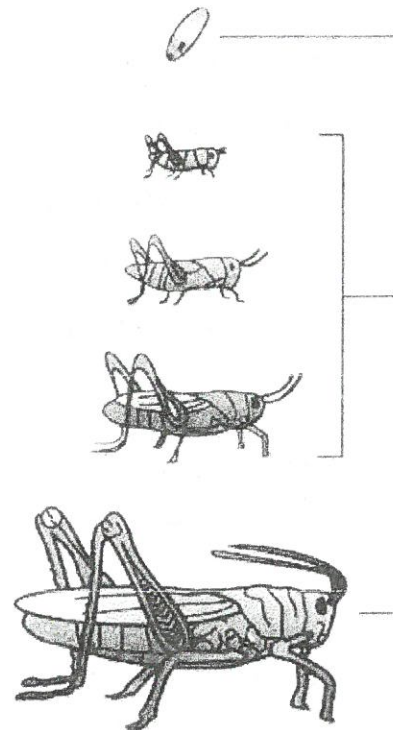
What to do...

Identify the stages of complete and incomplete metamorphosis.

_____ Metamorphosis



_____ Metamorphosis



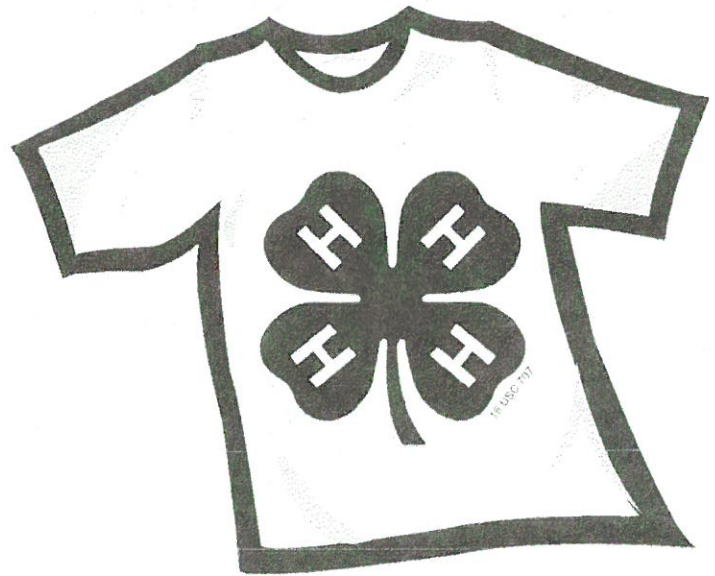
Word Bank	
Egg	Nymph
Pupa	Complete
Larva	Incomplete
Adult	



Label Lingo

Reading the care label on any clothing item is the first step in taking care of your clothes. By law, clothing must have a permanently attached label that tells you how to care for the item. The label should be sewn in seams, usually side or neckline seams. Care labels for socks are on the package. The information found on the label should include fiber content, country of origin, size, care instructions, and name brand. As you shop for clothing, labels should be used to help you in deciding whether to make a purchase.

<p>Medium</p> <p><i>4-H Outfitters</i></p> <p>50% Cotton</p> <p>50% Polyester</p> <p>Machine wash in warm water</p> <p>Tumble dry low</p> <p>Remove promptly</p> <p>No bleach</p> <p>Made in USA</p>
--



1. What size is the garment? _____
2. How should the garment be cleaned? _____
3. What is the name brand on the garment? _____
4. Where was the garment manufactured? _____
5. What is the fiber content of the garment? _____
6. Can you use bleach on the garment? _____

Extension

Words to know

Find the words below:

BLEACH

CARE

CLOTHES

COTTON

DESIGNER

FIBER

GARMENT

HANGTAG

LABEL

LAUNDRY

MANUFACTURED

ORIGIN

POLYESTER

PROMPTLY

M G O S C U R T Z P S B W T Z
T A E R C J N J D O E D G F F
R T N X I E X E F L H N L Y K
L E S U M G S K U Y T J Y Y R
N F B R F I I A X E O M T M N
A X A I G A X N U S L R Y A C
E G M N F N C N I T C Y S M B
H F E M U D V T K E Z Y U V Y
L R G S Y R W G U R E Q B C E
Y L T P M O R P A R R L Z O R
L A U N D R Y U K T E Z N T A
V I C T B J C R M A G D L T C
L E B A L X I P C G J N R O S
X V F O E X R H H R M Z A N O
N Z J Y F Y X M N Q F Q Z H G

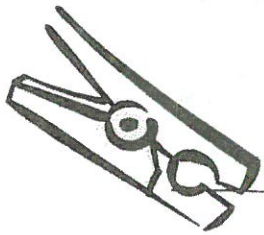
Digging Deeper:

- Sort a load of clothes at home according to the care label.
- Read the care labels on three or more garments at home. Write down where the garments were made. Find these countries on a globe and write a short essay about the counties. Give your report at your next 4-H club meeting.

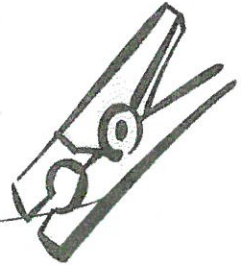
Other projects to explore:

Line and Design, Personal Development





Who's doing the Laundry?

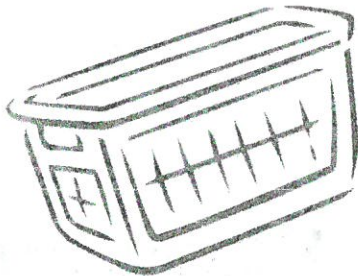


Everyone has favorite clothes that they wear more often than others. It's frustrating when the clothes you want to wear are in the laundry hamper waiting to be cleaned. Knowing the skills of laundry care will help you take care of your clothes. Learning how to sort the laundry is one of the first steps in clothing care. "Sorting" is the way you group similar items for washing by the care the clothing needs. You sort laundry to separate garments that could cause damage to other garments. Have you ever had white socks turn pink? It happens when a red and white garment are washed together.

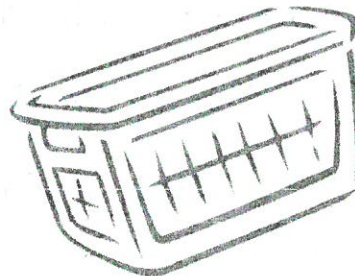
Sort the following garments into the correct wash load:

- 1 white cotton/polyester sheet
- 3 pairs denim jeans, heavily soiled
- 1 navy fleece robe
- 1 light yellow cotton sweater
- 4 pairs of denim jeans, lightly soiled
- 1 light blue towel
- 4 pairs of dark blue socks, heavily soiled

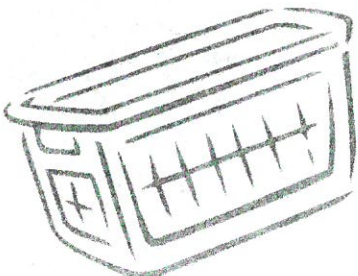
- 4 green washcloths
- 1 pair of khaki dress pants
- 5 light green towels
- 1 blue denim jacket
- 2 white pillowcases
- 2 green dress shirts
- 1 light blue cotton sweater



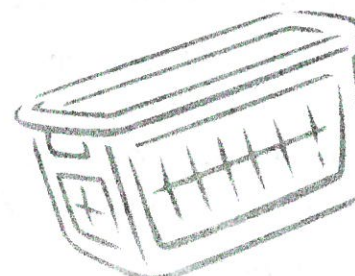
Bright/Dark Colors



White/Light Colors



Lint Givers



Heavily Soiled

Dear Parent or Guardian:

We are asking your son/daughter to work with you to do the family laundry one time. Here is a checklist of steps we want him/her to consider. Have him/her check off the skills practiced, sign the paper and return it to their next 4-H club meeting. Thank you very much.



Objective: I will practice appropriate laundry sorting practices.

1. I sorted the laundry by light colors. _____
2. I sorted the laundry by dark colors. _____
3. I sorted the laundry by degree of soil. _____
4. I sorted the laundry by lint givers/takers. _____
5. I avoided risk of damage to items by being sure to:
 - Empty pockets. _____
 - Close zippers, hooks and eyes, etc. _____
 - Mend rips or tears before laundering. _____
 - Tie strings and sashes loosely to avoid tangling. _____
 - Remove belts, trims or pins that aren't washable. _____
 - Turn shirts with beads or decorations inside out before washing to prevent damage _____

Signature: _____

Digging Deeper Activities:

1. Complete a clothing service learning project and give a report at your local 4-H club meeting. Examples include:
 - Clean out your closet and donate the items to a local shelter or Goodwill store.
 - Volunteer to sort donated clothes at a second hand store.
 - Organize a community clothing drive.
 - Do a demonstration in your 4-H club on how to sort clothes.
 - Do a demonstration in your 4-H club on how to sew on a button.

How to Sew on a Button

Items needed: Needle Thread Scissors

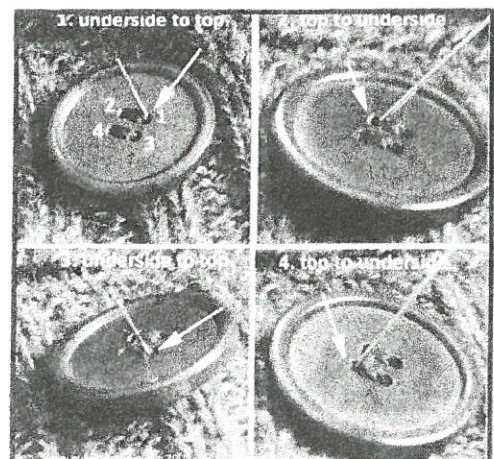
Step 1: First thread the needle. The thread will feed through the eye of the needle more easily if you cut it rather than pull to break.

Step 2: Once the thread is in the eye, pull a length of thread about 12-16 inches long. Double the thread over so that you have 12-16 inches of doubled thread.

Step 3: To make a knot at the end of the thread, wrap the ends of the thread around your index finger. Then roll the thread down to the end of your finger, using your thumb. Take the little mass you've produced and pull on it lightly to tighten it into a small knot.

Step 4: Insert the needle on the underside of the article of clothing, threading it out through one of the holes in the button. Continue to feed the needle into the button from one side and then the other. Do this six or seven times until you are satisfied that the button is attached properly.

Step 5: Now on the underside of the garment, make a knot by sewing into the material and making a loop with the thread several times. When you feel confident that the thread won't break loose, cut the thread.



What Is in Your Slice of Pizza?

Vegetarian Pizza

Nutrition Facts	
Service Size 1 piece (1/8 of a 12" diameter)	
Amount Per Serving	
Calories from Fat 81	
Calories 242	
% Daily Values*	
Total Fat 8.95g	14%
Saturated Fat 3.511g	18%
Polyunsaturated Fat 1.053g	
Monounsaturated Fat	
Cholesterol 10mg	3%
Sodium 546mg	23%
Potassium 204mg	
Total Carbohydrate 30.93g	10%
Dietary Fiber 1.9g	8%
Sugars 2.56g	
Protein 9.33g	
Vitamin A 0%	Vitamin C 17%
Calcium 16%	Iron 13%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Nutrition Values are based on USDA Nutrient Database SR18	

Cheese Pizza

Nutrition Facts	
Service Size 1 piece (1/8 of a 12" diameter)	
Amount Per Serving	
Calories from Fat 91	
Calories 237	
% Daily Values*	
Total Fat 10.1g	16%
Saturated Fat 4.304g	22%
Polyunsaturated Fat 1.776g	
Monounsaturated Fat 2.823g	
Cholesterol 21mg	7%
Sodium 462mg	19%
Potassium 138mg	
Total Carbohydrate 26.08g	9%
Dietary Fiber 1.6g	6%
Sugars 3.06g	
Protein 10.6g	
Vitamin A 0%	Vitamin C 0%
Calcium 18%	Iron 9%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Nutrition Values are based on USDA Nutrient Database SR18	

Pepperoni Pizza

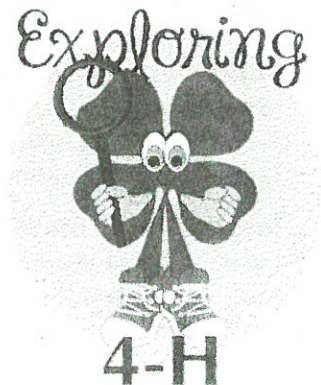
Nutrition Facts	
Service Size 1 piece (1/8 of a 12" diameter)	
Amount Per Serving	
Calories from Fat 110	
Calories 253	
% Daily Values*	
Total Fat 12g	19%
Saturated Fat 4g	21%
Polyunsaturated Fat 1.776g	
Monounsaturated Fat 2.823g	
Cholesterol 27mg	9%
Sodium 568mg	24%
Potassium 138mg	
Total Carbohydrate 33.98g	11%
Dietary Fiber 1.6g	6%
Sugars 4.11g	
Protein 13.2g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 13%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Nutrition Values are based on USDA Nutrient Database SR18	

Words to know

- Nutritious
- Carbohydrate
- Calcium
- Calories
- Vitamins
- Minerals
- Protein
- Grain

Using the food labels above, answer the questions below about the nutritional value of pizza.

- Circle in red the pizza that has the most number of calories.
- Circle in green the pizza that has the least number of calories.
- Circle in blue the pizza with the most amount of calcium.
- Circle in orange the pizza with the most amount of vitamins and minerals.
- Are there benefits of a slice pizza not listed on the nutrition facts?





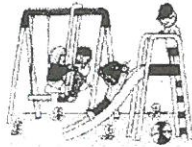
Do You Move 60 Minutes a Day?

4-H members should do 60 minutes of physical activity each day. Activities should get your heart beating more, such as moderate or vigorous intensity aerobic physical activities. They could include playing baseball/softball, chores, jogging, martial arts, volleyball, jumping rope, soccer, trampoline, swimming and roller sports. You also can break your 60 minutes a day into 10, 15 or 30 minutes at a time, too. The activities can be done inside or outside. But, most of all, have fun!

When you move, you burn calories. How long does it take you to burn 253 calories when you ...



Dance:
57 minutes



Play outside:
1 hour, 33 minutes



Play basketball:
43 minutes



Ride your bike in the neighborhood:
1 hour, 19 minutes



Walk:
1 hour, 44 minutes



Watch TV:
3 hours, 37 minutes

- Circle in red the activity above that you enjoy the most.
- A slice of pepperoni pizza has 253 calories; circle the activity in purple that will allow you to burn those calories off the quickest.
- Circle in blue the activity that will burn the pizza calories off the slowest.
- What is your favorite activity that gets you moving? _____

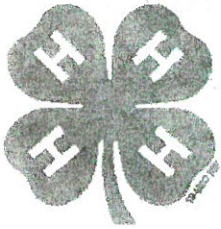
Words to know ...

- Moderate
- Vigorous
- Intensity
- Aerobic
- Physical activity
- Calories

Did You Know?

The following list includes activities and the number of calories burned when doing the activity for 30 minutes:

- Bicycling = 82
- Walking = 93
- Trampoline = 82
- Playing Outside = 135
- Basketball = 152
- Soccer = 164
- Horseback Riding = 89
- P.E. Class = 117



Let's Decide

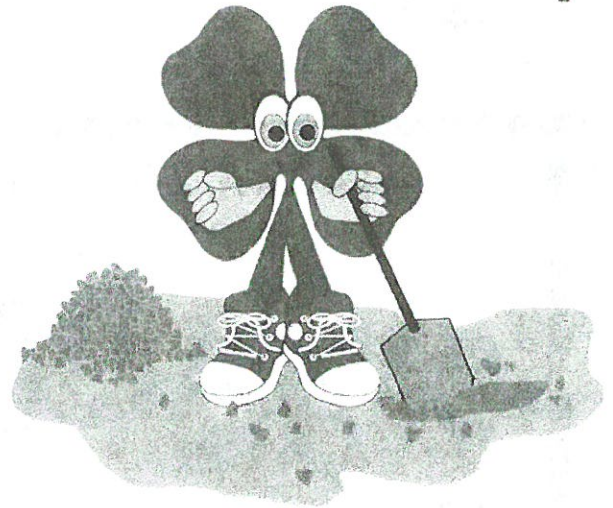
Digging Deeper

- List the three branches of government:

- Which branch of government would use parliamentary procedure for making a group decision the most often?

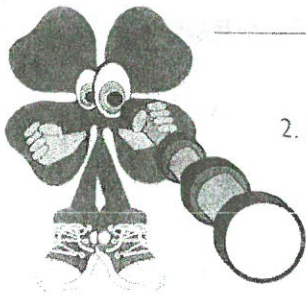
- Who presides over the U.S. House of Representatives?

 (You can put the name or the title.)



Career Exploration

1. Name a job where you would use parliamentary procedure.



2. Name a job where you would have to take notes or keep records.

If you liked this activity page, then you may want to take one of these projects in fifth grade 4-H.

- Communications/Public Speaking
- Leadership/Personal Development

If you have 4-H club officers, write their names here.

President _____

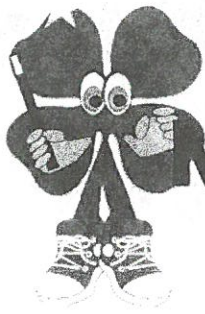
Vice President _____

Secretary _____

Service Leader _____

Recreation or Song Leader _____

Other _____



Magic of Line and Design

Forms and Shapes

Form and shape are two closely related elements of design. Usually, shape refers to the outer edges of a flat surface. Examples of shapes include rectangles, circles, squares, trapezoids, ovals, etc. A form is a three-dimensional object that you can look at from all angles. Three-dimensional forms include spheres, pyramids (cones), cylinders (tube), cubes, etc.

Vocabulary

Words:

Design

Form

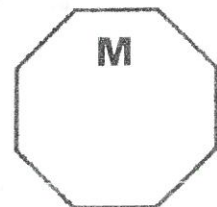
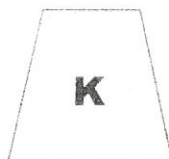
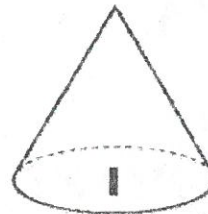
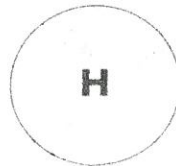
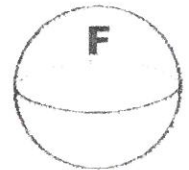
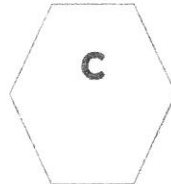
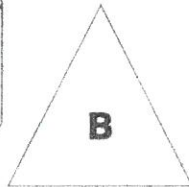
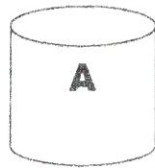
Shape

Color Wheel

Primary Colors

Secondary Colors

Tertiary Colors



Match the words below to the correct form or shape above.

___ Trapezoid

___ Hexagon

___ Triangle

___ Cone

___ Oval

___ Circle

___ Cube

___ Cylinder

___ Rectangle

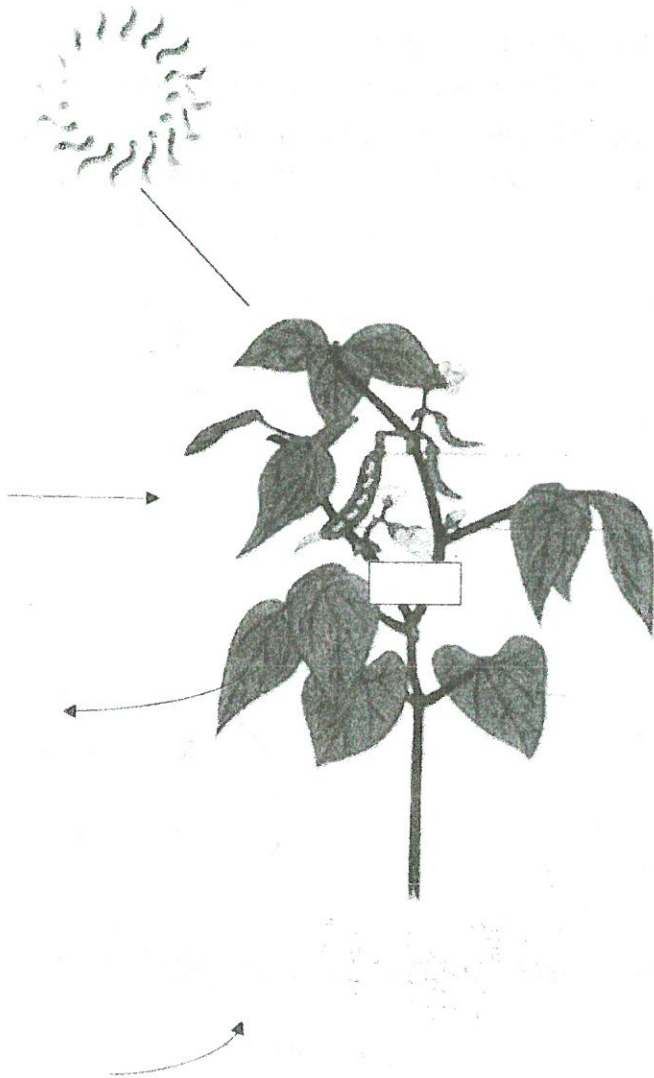
___ Octagon

___ Square

___ Sphere

Plant City

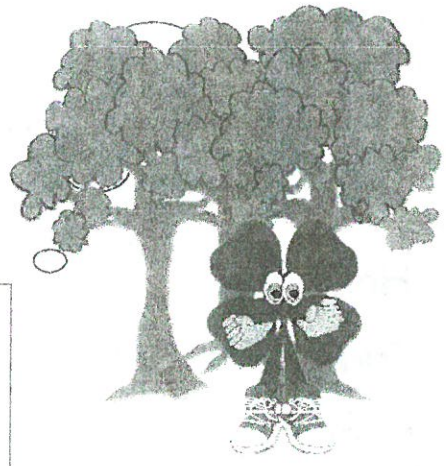
Label the parts of a plant on the picture below.



- Word Choices
- Stem
 - Leaf
 - Roots
 - Fruit
 - Flower
 - Seed

Photosynthesis is the process by which plants make food! Plants are very important to us, as they create oxygen so we can breathe and provide us with food to eat!

Color the steps (arrows) of photosynthesis: light (yellow), water (blue), carbon dioxide (black), oxygen (pink) and sugar (red).



What have I learned?



My Extension Agents Are:

The 4-H Program Assistants Are:

Who were my 4-H Club Officers?

President:

Vice President:

Secretary:

Service Learning Chairman:

Song Leader:

What are the names of
the Universities that
4-H is associated with?

Be the teacher and the student! Give yourself a grade (0 to 10) on how well you've learned.....

_____ The Pledge _____ The 4-H emblem _____ The 4-H motto

_____ the different projects _____ Your 4-H club's officers _____ How
4-H is connected to the University of Tennessee and Tennessee State
University

How did those 4-H facts come in handy this year?
