



Central Kansas District 4-H Project Guide

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K-STATE
Research and Extension



Project descriptions taken from:
The Kansas 4-H Journal Project Selection Guide &

<http://www.kansas4-h.org>

K-State Research and Extension is an equal
opportunity employer and provider.

Beef – Learn about an important industry by caring and being responsible for your own animal. You will learn things about nutrition, range and forage, how to keep records, management, selection, health, facilities, parasites, economics, reproduction, showing, and meats!

Citizenship – Learn more about your friends, family, community and the world! In this project you will have opportunities to meet new people and work with groups. Make new relationships with people through an economic, political, social and physical environment. This project will also give you the great opportunity to learn about how you can give back to your community through service projects.



Clothing & Textiles – This project is for the fashion lover. Whether you want to construct your own garment or showcase your ability to select an outfit on a budget this project is for you! This project gives you the opportunity to learn more about textiles, how clothes are made, and design. You even get to learn how to model your garments that you either purchased or made at a fashion revue.

Dairy Cattle/Dairy Goats – Increase your knowledge of milk production and the Dairy Industry by raising a dairy calf, producing cow or a dairy goat. Learn responsibility and gain knowledge of dairy nutrition, breeding, management, exhibiting, facilities, health, marketing, and feedstuffs.



Dog Care & Training – Learn how to train and care for your best friend - your dog! Start by understanding the behavior of dogs, selecting nutritious food, and how to properly train and groom your dog. Don't have a dog? You can still participate in quiz bowls and other activities that don't require you to own a dog.

Energy Management – Learn about the energy you use every day. This project will teach you about safety, small engines, how to measure energy, how to repair engines and circuits. You can also learn about wind energy and what it can be used for!

Entomology – Do you chase fireflies and put them in jars to get a closer look? Do you love studying bugs and want to know more about them? Well, that's what this project is all about! Learn about insects on plants, in soil, in homes, and many other places!



Family Studies – Enrolling in this project will help you learn about not only your own growth and development, but your family's as well. This project is designed to teach you life skills such as determining needs and wants, balancing a checkbook, how to cope with change and learn the importance of employment.

Fiber Arts – Explore the history of using fiber, fabric, and yarn to create quilts, scarves, rugs or even pillowcases. You'd be surprised with all of the wonderful things you can create for your family, a service project, or even for decoration! Try your hand at crocheting, knitting, quilting, weaving, macramé and more!



Food & Nutrition – Do you love to cook and create new dishes? Do you want to learn more about nutrition and healthy eating habits? If so this project is just what you've been looking for. Start at the beginning by learning about food safety and nutrition. Then, advance to food preparation and creating your own cuisine and tasty desserts!

Geology – How were volcanoes formed? What's a fossil? Enroll in this project and you'll get the answers to these questions and more. You'll get to look for your own rocks, fossils and minerals and learn the difference between the three. Discover how fossils were made and what minerals are made of; then, show off your smarts by creating your own display!

Health & Wellness – Camping, biking, hiking and first-aid; these are just a few activities that you can learn about. This project focuses on physical activity and healthy eating along with safety. Be involved with caring for the environment, making your own first-aid kit, repairing your bicycle and learning about healthy food choices.

Home Environment – This project focuses on interior design. Learn about color schemes and how they can influence space and balance. Be able to determine whether it's more economical to buy or make your own pillowcases, sheets, etc. Then you can use this knowledge to redecorate your room or help make your house look like a home.

Horse – Learn horse safety, how to ride, the different breeds of horses, and compete in different events at shows. If you don't have a horse you can still enroll and learn about horses, how to judge them and participate in quiz bowl.

Leadership – The name says it all! Acquire the skills you need to start your journey as a leader. You will discover the importance of communication, responsibility, teamwork and how to identify different leadership styles that will help you along the way to being a leader.

Meat Goats – The meat goat industry is growing and becoming more popular in the U.S. This project is designed to teach you meat goat anatomy, selection, diseases, how to develop your own herd and how to show meat goats.

Performing Arts – Lights! Camera! Action! This project is for the actor in you. Unleash your creativity by writing your own play, singing, or acting. You can even learn to do stage make-up, create costumes, or put together your own set.

Pets – Whether you have a lizard, cat, hamster or turtle, this is the perfect project to learn more about your special pet. You'll learn more about its nutritional needs to keep them healthy, how to recognize when they are sick and how to better care for your pet in general.

Photography – If you love capturing those special moments or just snapping pictures of the outdoors this project is definitely something to look into. Besides learning about different types cameras you will be taught the importance of light, types of lenses, and photo composition.



Plant Science – Want to grow your own vegetables, create a beautiful flower garden or maybe you just want to learn more about plants in general? This project will teach you about seeds, soil, insects, and plant care.

Poultry – This project will teach you about chickens and other poultry. You'll start by learning the basics, like how to care for your chicken and showmanship techniques. Then learn about eggs and how they are formed. You'll even get insight about careers in the poultry industry.

Rabbits – This project will prepare you for raising and caring for your own rabbit. You'll gain the skills necessary grooming and showing your rabbit. As you advance in the project you'll be taught more about breeding, selection, and genetics.



Reading – Whether you like to read just for fun or to learn more about other 4-H projects, this project is for the bookworm. Become familiar with your library so you can find information for specific topics or interests, read for fun, or even write your own book review.

Self-Determined – Is there a hobby or a sport you are interested in but there's not a specific project for it? Don't worry! That's what this project is for. In the Central Kansas District one of our self-determined projects is CO₂ Cars.

Sheep – Discover more about the sheep industry by raising a breeding ewe or a market lamb. This project will teach you how to care for, show, and market your lamb. You'll also learn more about management practices and how to build your own herd.

Shooting Sports – Interested in bows and arrows, pistols, shotguns, or BB guns? Then this is the project for you. You'll learn gun safety, hunting skills, and you'll be able to test those skills at local and state events.



Space Tech – If you enjoy stars, robots and rockets you should look into this project. You'll acquire the skills needed to build and safely launch your own rocket, learn more about space through astronomy, and UAS.

Swine – Start with breeding gilt or a market hog to get your project started. Then, you'll acquire the knowledge to select a market hog/breeding gilt, how to care for and feed it and inquire about career opportunities in the swine industry.

Visual Arts – Sketching, drawing, painting, ceramics, leather crafts; it's all here! Learn about art history and culture while discovering the importance of balance and design. This project will enable you to express yourself and show off your artistic abilities.



Wildlife – Explore and learn about the wildlife in Kansas and the different habitats where they live. You'll also start to realize the effect humans have on wildlife and how they adapt to different situations. This project also gives you the opportunity to expand your knowledge of fishing. You'll be able to identify fish, types of tackle and learn about the different fishing techniques.

Wood Science – This project is for the builder in you. You'll be working with wood to create tables, dressers, birdhouses, clocks or anything your heart desires. Start by learning the basics of safety and get familiar with the tools you'll be using. Then, start building!

