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4-H Home Economics Projects and Materials

Beginning Home Economics
Child Development
Home Environment

Clothing
Knitting
Crocheting

Food Preparation
Outdoor Cookery
Food Preservation
Food Fun (Nutrition)

Experiences in home economics projects are not only interesting and fun, but offer opportunities for developing skills which will be useful throughout a lifetime. Male or female, married or single, we all eat, wear clothing, live in some kind of dwelling, and relate to other people. Home

economics projects help prepare boys and girls to assume adult roles and at the same time provide a setting for enjoying the exploring, investigating, and learning experiences of youth.

Project guides are listed in **boldface** type; leaders' guides in *italics*.

Beginning Home Economics

This project is for 4th and 5th graders who want to begin by doing several home economics activities in the areas of foods, clothing, child care, and interior design. It is planned to teach basic knowledge and skills in home economics.

- 901 **The Beginner's Project—Members' Guide**
038R **My 4-H** Project Record
901L *The Beginner's Project—Leaders' Guide*

Child Development

The **Child Development** project has two sections. One focuses on experiences with pre-school children; the other on the care of babies.

- 911 **Fun with Children**—for members in the 4th through 6th grades. Included are opportunities to develop an interest in and positive attitudes toward younger children and to learn skills and techniques of working with younger children. There are four kinds of activities which can be done in any order: stories and make-believe, art and music, toys and play, and nature and animal activities.
- 911R **Record Book for Fun with Children**
911L *Leaders' Guide for Fun with Children*
- 9121 **Caring for Babies**—for 7th graders or older. Members have opportunities to learn about the growth and development of babies and how to hold, diaper, feed, and care for babies. Babysitting is included.
- 9121R **Caring for Babies Record**
9121L *Caring for Babies Leaders' Guide*

Home Environment

The **Home Environment** project is for boys and girls of all ages. Every member can choose to make or re-do something that is needed for his or her own home. Parents and other adults can help.

Opportunities offered in this project include: making or re-doing articles; learning about color, texture, and design; maintaining pleasant surroundings; learning to be a good shopper; and telling others something learned in the project. Members enroll according to grade in school:

- Junior (grades 4, 5, and 6)
Intermediate (grades 7, 8, and 9)
Senior (grades 10, 11, and 12)
- 9410 **Create Your Home Environment—Guide for Leaders & Members**
038R **My 4-H** Project Record

Supplemental Materials:

- S & H **Color . . . Texture . . . Design . . . In Space—Members' Manual**
- S & H **Leaders' Guide to Color . . . Texture . . . Design . . . In Space**
- 94104 **Storage Slick Tricks**

Clothing

Through the **4-H Clothing** project, boys and girls have opportunities to develop decision-making abilities, express themselves creatively, and gain knowledge and skills in the area of clothing and personal appearance.

This year begins the introduction of a series of nine progressive skill levels incorporating activities in five learning areas:

- Planning and evaluation
- Individual development and outreach
- Management, consumership, and wardrobe building
- Textiles
- Construction

Skill Level 1 is appropriate for members who have had little or no previous experience in the clothing area, regardless of age. Skill Levels 2-9 will be introduced over the next



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several years, replacing current materials. The nine skill levels and suggested learning activities are described in the *4-H Clothing Program Guidelines for Leaders*.

All Units:

- 9210L *4-H Clothing Program Guidelines for Leaders*
038R My 4-H Project Record

Skill Level 1:

- *9211 **The 4-H Clothing Project—Skill Level 1**
*92111 Sewing Equipment
*92112 Cutting Skills
*92113 Basic Handsewing Skills
*92114 Woven, Knit, and Other Fabrics
*92115 The Sewing Machine
9211L *Clothing Project Leaders' Guide—Skill Level 1*
EC 893 *Sewing Equipment—What Do You Need?*
EC 895 *Cutting Skills for Garment Construction*
*EC 894 *Basic Handsewing Stitches*
EC 897 *The Structure of Woven, Knit, and Other Fabrics*

Unit 2 and above:

- 9212 **Beginning Clothing 2/75**
9212L *Beginning Clothing 2—Leaders' Guide*
9213, 4 **4-H Sub-Deb Clothing—units 3 and 4**
9213, 4L *Sub-Deb Clothing Leaders' Guide*
9215, 6 **4-H Junior Miss Clothing—units 5 and 6**
9215, 6L *Junior Miss Clothing Leaders' Guide*
9217, 8 **4-H Oregon Miss Clothing—units 7 and 8**
9217, 8L *Oregon Miss Clothing Leaders' Guide*
9201L *Simplicity Sewing Book—for second year and above leaders only*

Supplemental Materials (unit 2 and above)

- 9204 4-Hers Be a Model Everyday
FS 233 Pressing Pads
PNW 166 Removing Stains from Fabrics
EC 892 Decisions About Recycling Clothing
EC 891 How to Recycle Clothing by Restyling and Making Over

Knitting

In the **Knitting** project, members can learn knitting skills for making useful articles for themselves and others. Also included are opportunities to learn about color, design, and the care of knitted articles. The project has seven phases and may be continued for seven or more years.

- 960 **4-H Knitting Members' Guide and Record**
9601 The ABC of Knitting—Members' Guide from Coats & Clark (right-handed)
96011 The ABC of Knitting—Members' Guide from Coats & Clark (left-handed)
96012 First Projects—Members' Guide from Coats & Clark
96013 4-H Knitting I Pattern Ideas for First Year Knitters
9602 4-H Knitting II Pattern Ideas for Second Year Knitters
960L *4-H Knitting Leaders' Guide*
961 *4-H Knitting Skills* (provided to leaders, may be purchased by members)

Also available to members are the following "Learn to Knit" references, as long as they are in supply:

- 9232 Increase and Decrease
9233 Buttonholes and Pick-up Stitches
9235 Four Needles
9236 Mixed Colors
9237 Combined Knitting and Fabric

* These new materials were in the process of being printed as of August 1. Copies will be sent to organized clubs as soon as supplies arrive in county Extension offices.

Crocheting

The **Crocheting** project offers opportunities for boys and girls to develop skills that can be useful and bring pleasure throughout a lifetime. Objectives include learning to select, use, and care for crocheting tools; read and follow crocheting instructions; and create articles for themselves and others to supplement wardrobes and enhance home environments. The project has a sequence of six phases.

- 9621 **ABC of Crocheting—Members' Guide** from Coats & Clark (right-handed)
96211 **ABC of Crocheting—Members' Guide** from Coats & Clark (left-handed)
96212 **Crochet Projects**
038R My 4-H Project Record
926L *Crocheting Leaders' Guide*

Food Preparation

Everyone likes to eat. And most people, when they have learned how, enjoy cooking. In the **Food Preparation** project, members can learn to select and prepare foods and to plan and prepare nutritious, attractive, and well-balanced meals.

- 9311 **Tricks for Treats**—for 4th and 5th graders, to make learning to cook simple, exciting, and fun. Foods prepared include cocoa, sandwiches, soups, fruit desserts, one-dish meals, biscuits, cookies, and kabobs.
9311L *Tricks for Treats Leaders' Guide*
9312 **All American Foods**—for 5th and 6th graders who have had some experiences in food preparation. Emphasis is on the development of food preparation skills, and is spiced with facts and folklore about foods in different parts of America. Members prepare brunches and buffets and other kinds of meals and will want to try Pecos Bill Burgers, Star Spangled Salads, Yankee Snicker-doodles, Dixie Breakfast, Squanto's Beans, Breakfast Bunyan Style, Jambalaya, and Chocolate Brownies.
9312L *All American Foods Leaders' Guide*
9313 **Meals for Today—The Easy Way**—for 6th, 7th, and 8th graders. Members are introduced to main dish mixes, dehydrated ingredients, new discoveries in cookware, and other convenience products that save time and effort in the kitchen. Featured are preparing and serving spaghetti, oven chicken, chowders, cobblers, salads, eggs, and pizza.
9313L *Meals for Today—The Easy Way Leaders' Guide*
9314 **Food with an International Flavor**—for 7th, 8th, and 9th graders. Members prepare foods and learn about the cultures of Mexico, Germany, Scandinavia, Italy, and Japan. With the help of neighbors, friends, and relatives of different national origins, members can bring each of these countries right into their own meetings.
9314L *Food with an International Flavor Leaders' Guide*
9315 **Teens Entertain**—for 8th, 9th, and 10th graders. Teens learn how to plan many kinds of fun get-togethers and party foods. They prepare specialty foods such as fondues and a Hawaiian Luau, and learn more about nutritious vs. high-calorie foods.
9315L *Teens Entertain—Leaders' Guide*
9316 **Advanced Foods**—for members who have completed the first five phases. Many ideas for activities are listed in the guide, or members can plan their own activities. Ideas include weight control, foods for children, specialty foods, family meals, and experimental foods.
9312R 4-H Foods Record, all units

Supplemental Materials (3rd year and above)

- 93110 Food for You and Your Family
93111 Basics about Beef, Oregon Beef Council
93112 New Now Nutrition for 4-H Dairy Foods

Outdoor Cookery

The **Outdoor Cookery** project is for boys and girls who like to cook out-of-doors. The outdoors may be a city park, forest camp, beach, primitive forest, or backyard patio. The project has four divisions designed to be taken in sequence.

- 93321 **Outdoor Cookery I**—Members learn “rules of the woods” and good manners for outdoor living. They learn how to build a safe fire and to prepare some foods over an open fire.
- 93322 **Outdoor Cookery II**—Members plan a complete meal, select a suitable campsite, make safe campfires and camp out-of-doors. They learn to cook over an open fire with green sticks, foil, tin cans, bean hole, barbecue, and skillet. (Can be done in the backyard if no campsite is available.)
- 93323 **Outdoor Cookery III**—Major emphasis includes menu planning, making and using reflector ovens, fish cookery, barbecuing meats and chickens, main dish meals, and improving skills in making salads, desserts and drinks.
- 93324 **Outdoor Cookery IV**—Members continue to practice and improve the skills they have learned and cook more and different meals out-of-doors. Those interested can go on more extensive hikes and camping trips. This division may be continued for several years with the members improving their skills and learning new techniques of enjoyable outdoor living.
- 9312R 4-H Foods Record, all units

Food Preservation**

The **Food Preservation** project provides opportunities for members to learn principles of safe food preservation; practice techniques in canning, freezing, and drying foods; and use preserved foods creatively in meals and snacks. Members enroll according to grade in school:

- Junior (grades 4, 5, and 6)
Intermediate (grades 7, 8, and 9)
Senior (grades 10, 11, and 12)

All Units:

- 9331L 4-H Food Preservation—Leaders’ Guide
933R 4-H Food Preservation Record

For Juniors:

- 93310 4-H Food Preservation for Juniors
93311 Ways Food is Preserved
93312 Canning Equipment
93313 How to Label Preserved Foods
93314 How to Use Preserved Foods Safely

Supplemental Materials for Juniors:

- HG 56 How to Make Jellies, Jams, and Preserves at Home
EC 864 Home Freezing of Fruits and Vegetables
HG 8 Home Canning of Fruits and Vegetables
FS 232 Making Dried Fruit Leather

For Intermediates:

- 93320 4-H Food Preservation for Intermediates
93311 Ways Food is Preserved
93312 Canning Equipment
93313 How to Label Preserved Foods
93314 How to Use Preserved Foods Safely
93322 Family Food Preservation Plan

Supplemental Material for Intermediates:

- EC 889 Drying Fruits and Vegetables at Home
HG 92 Making Pickles and Relishes at Home
EC 696 Fresh Fruit and Vegetable Availability in Oregon
Appropriate junior division materials not previously received.

For Seniors:

- 93330 4-H Food Preservation for Seniors
93311 Ways Food is Preserved
93312 Canning Equipment
93313 How to Label Preserved Foods
93314 How to Use Preserved Foods Safely
93322 Family Food Preservation Plan

Supplemental Materials for Seniors:

- EC 873 A Daily Food Guide
EB 820 Prepared and Precooked Foods for the Freezer
EB 685 Making Berry Syrups at Home
HG 106 Home Canning Meat and Poultry
HG 93 Freezing Meat and Fish in the Home
SG 7 Home Freezing of Seafoods
FS 21 Canning Tuna and Salmon at Home
EB 790 Game Foods
EB 800 Treats with Venison
FS 146 Home Drying of Prunes, Filberts, and Walnuts
FS 213 Preserving Foods at Home without Salt or Sugar
Appropriate junior division materials not previously received.

Food Fun

This project offers a fun way for 4th through 6th graders to learn about nutrition. It consists of 10 lessons with leaders’ guides filled with activity ideas for teaching good nutrition.

- 9351 **Super Snacks**
9351L *Super Snacks Leaders’ Guide*
9352 **Mighty Milk**
9352L *Mighty Milk Leaders’ Guide*
9353 **Vitamin C for You and Me**
9353L *Vitamin C for You and Me Leaders’ Guide*
9354 **Meet the Meat Group**
9354L *Meet the Meat Group Leaders’ Guide*
9355 **Bring in Breads & Cereals**
9355L *Bring in Breads & Cereals Leaders’ Guide*
9356 **Eat Your Way to Vitamin A**
9356L *Eat Your Way to Vitamin A Leaders’ Guide*
9357 **Milky Ways**
9357L *Milky Ways Leaders’ Guide*
9358 **Meat & More**
9358L *Meat & More Leaders’ Guide*
9359 **Amazing Ways with Grains**
9359L *Amazing Ways with Grains Leaders’ Guide*
9360 **Get It All Together**
9360L *Get It All Together Leaders’ Guide*
9361L *Bag of Tricks (Nutrition Games)*
038R My 4-H Project Record

** This project is undergoing a major revision. Leader and member materials listed are planned to be available by January 15. Copies will be sent to organized clubs as soon as supplies arrive in county Extension offices. Supplemental materials listed are currently available.

