

# A Taste of 4-H



Cooperative Extension's  
Youth Development Program

4-H clubs usually provide educational activities for young people at Farm City Day, which is always the first Saturday in October in Jackson Park in Hendersonville, NC. Because of COVID-19, we were not able to do that this year. Instead, 4-H clubs created this booklet of activities for you to enjoy. For more information about 4-H, visit [henderson.ces.ncsu.edu/4-H](https://henderson.ces.ncsu.edu/4-H), or Henderson County 4-H on [Facebook](#) or Instagram, or call 828-697-4891.

Through 4-H classes and clubs young people learn skills that will help them throughout life, with a focus on leadership, citizenship, and responsibility.





# Dana 4-H Club

**"I pledge...my hands to larger  
service...for my club, my  
community, my country and my world."**

Community Service Learning strengthens the skills and knowledge 4-H'ers are acquiring by actively combining their learning with service to help meet real community needs. Every 4-H participant is encouraged to take part in community service as an important feature of 4-H youth development.

Service and volunteering provide opportunities for adolescents to contribute to society in meaningful and valued ways. Providing all young people with opportunities to serve enables them to become contributors, problem solvers and partners with adults in improving their community and the larger society. (Lewis, 1987).

## **Directions for this activity:**

1. Try to complete a minimum of 5 activities in each category
2. Take pictures of each task to mark it off your list
3. Post your pictures on social media and tag Henderson County 4-H.
4. Write a paragraph describing what you learned from this experience: How did it make you feel to do these activities? Do you plan to continue to do community service projects in the future? Read the paragraph to your 4-H Leader, parent, grandparent, or guardian.

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# Service Opportunities

## At your home:

- ☐ Offer to help with whatever needs to be done
- ☐ Help make dinner
- ☐ Give someone in your home a compliment
- ☐ Write a sweet note to your parents and leave it on their bathroom mirror
- ☐ Leave a thank you note in your mailbox for your mail carrier
- ☐ Donate toys, books, clothes

## At someone else's home:

- ☐ Clean a bathroom
- ☐ Take out the trash
- ☐ Vacuum a living room
- ☐ Sweep the kitchen
- ☐ Unload the dishwasher
- ☐ Clean the microwave
- ☐ Fold some laundry
- ☐ Deliver a plate of goodies
- ☐ Homeowner's choice

## In the community:

- ☐ Leave note of encouragement on random car windows in a parking lot
- ☐ pick up trash at a local park or parking lot
- ☐ give a flower to 3 different people and wish them a great day
- ☐ Write thank you notes and drop them off at local fire stations and police stations
- ☐ Write a happy message in chalk on the sidewalk to brighten someone's day
- ☐ Write someone a letter and mail it. Think of someone who could be in need of a message from a friend
- ☐ Pick up trash at your local park or playground

# CITIZENSHIP

## How do you define Citizenship?

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## Circle Citizenship Activities you can do!

Lead the Pledge	Dance	Write to a Soldier
Jump	Skip	Put a flag on Veterans' graves
Interview a Veteran	Vote	Pick up Trash
Host a Military Family	Sing	Interview a Politician
Attend a County Commissioner Meeting	Hop	
Sing the National Anthem	Write to the President	

Leaders are Key in our country. They help develop laws and rules that allow us to live freely as American Citizens. Let's see if you know some of our leaders.

Who is the President of the United States?

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Who is the Governor of North Carolina?

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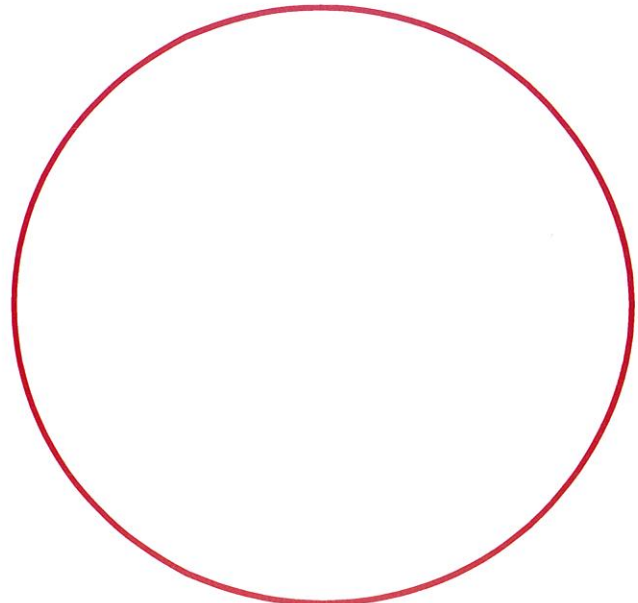
Plan a visit to our old Henderson County Courthouse. Learn some history about Henderson County and ask who our County Commissioners are. Take a photo of yourself, or of something interesting at the old courthouse, and post it on Social Media. Tag Henderson County 4-H.

Who is one of our County Commissioners?

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## Design your own "I Voted" sticker

*Get Creative*



# Health



In the 4-H pledge, we pledge our health to better living. How is your health?

COVID-19 has brought many changes into our world.

When we have changes, that often brings extra emotions. Changes can be hard for some, but there can also be good things happening from these changes. In the box below, draw or write about your different feelings about all the changes you are going through. If possible, discuss your drawing or words with a trusted adult.

Please document your work in one of these ways:

- take a picture of your drawing or words, post it on social media and tag Henderson County 4-H,
- or email or text the picture to Denise\_Sherrill@ncsu.edu.

Write one sentence or more about what you learned from focusing on your feelings:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Introduction to Livestock

## Match the Animal to its product

Cattle

Goats

Sheep

Chicken

Pigs

Eggs

Bacon

Wool

Ground Beef

Cheese

### **SHEEP**

Sheep are unique animals! They produce meat, milk and wool.

#### **Fast Facts:**

Sheep live between 10-12 years.

A Female sheep is called a Ewe.

Sheep are shorn at least once a year.

There are more than 60 Breeds in the USA.

Baby Sheep are called lambs.

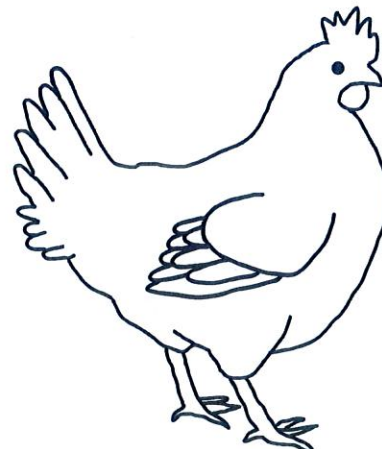
Find a piece of yarn and attach it below.



Yarn often comes from wool.

### **CHICKENS**

Chickens that are raised for meat are called Broilers. Chickens that are raised to produce eggs are called Layers. Many people enjoy showing their chickens at fairs across the country! Find a breed of chicken that you like and color the chicken below to look like that breed.



## GOATS

Goats are clever, intelligent animals. Despite the myth that goats eat cans, they actually do not.

Circle what goats eat:

- Hay
- Grass
- Grain

Visit the Carl Sandburg Home and check out the goats. Take a picture of yourself with the goats or of the barn and goats. Post on social media and tag Henderson County 4-H or send to Denise\_Sherrill@ncsu.edu! What are the three breeds at the Sandburg barn?

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Challenge: Try eating goat cheese, or making a food with goat milk. You can find both at your local grocery store. What did you make? How do you like it?

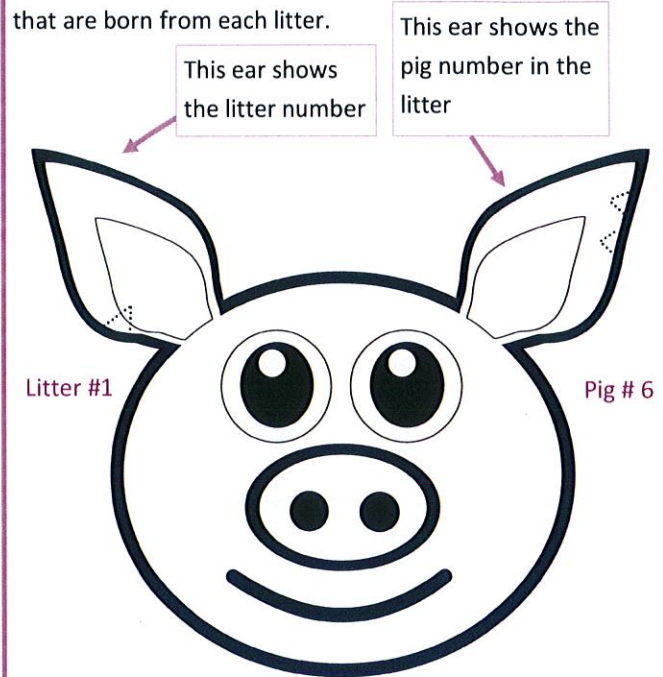
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## PIGS

Pigs provide us with meat, such as bacon, sausage and ham.

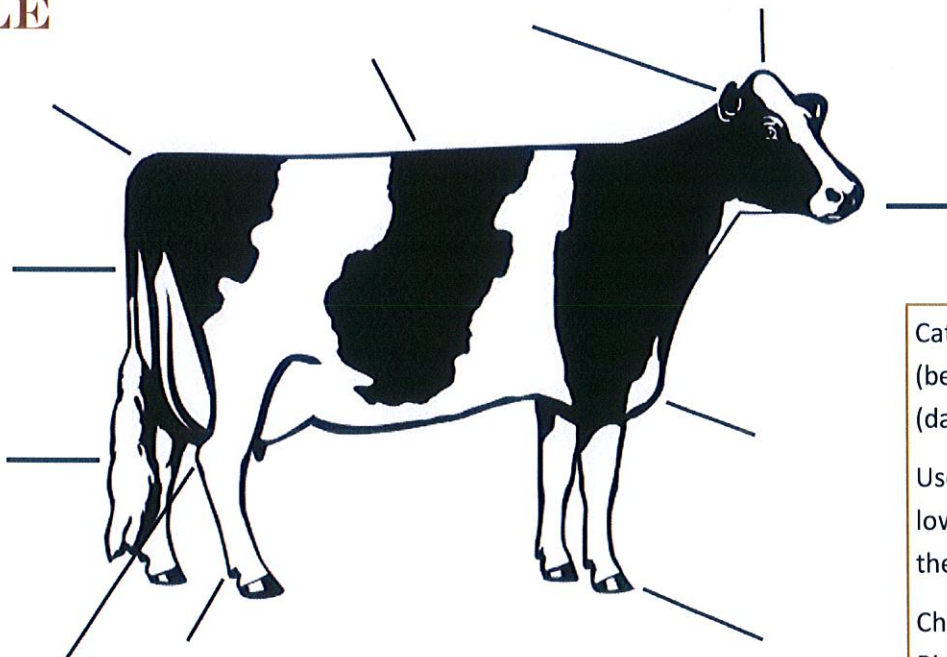
People also enjoy showing pigs at the fair!

Ear Notching is used as a way to identify the multiple pigs that are born from each litter.



Draw on the dotted lines to "notch" the pigs ear.

## CATTLE



Cattle produce meat (beef cattle) and milk (dairy cattle).

Use the word bank below to label the parts of the cow.

Challenge: Visit the Mills River Creamery and try their special A2 milk ice cream!

Word Bank:

Back Dewclaw Brisket Hock Muzzle Pin Ear Tail Hoof Poll Switch



## Hoofbeats 4-H Club



Learn about horses by taking a selfie with a horse, or something you put on a horse, in the background. Don't have a horse? Draw a large picture or visit a local feed store to find a picture of a horse or something that you could put on it.

Please document your work in one of these ways:

- draw a picture of you with a horse or something to put on the horse, and mount it on this page,
- post the selfie of you with a horse, or something to put on a horse, on social media and tag Henderson County 4-H,
- print the picture and mount it on this page,
- or email or text the picture or drawing to Denise\_Sherrill@ncsu.edu.

Write one sentence about what you learned about horses:

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## Young Naturalists 4-H Club

**Learn about Nature by being outside:** When you are outside look up, look down, look at eye level, look all around.

Look for the following:

**A bird's nest** --- If it doesn't have eggs in it and you can collect it, then do so. Spray it with hairspray to preserve it. Then try to identify what kind of bird made it by the materials that were used to make it. Draw or take a picture of your bird nest.

**A squirrel's nest** ----- You won't be able to collect this one because they are high up in the trees and they are really big.

**Can you name 3 types of squirrels that are native to North Carolina?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**An acorn** ---- What kind of tree produces this nut? Look way up and see what the leaves on the tree look like. Circle the leaf below from the tree that produces an acorn.



Can you name three animals that would eat acorns?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Tree Identification by leaves:**

**Are you able to find these trees while hiking?**



1. \_\_\_\_\_



2. \_\_\_\_\_

© tree-guide.com



3. \_\_\_\_\_



4.



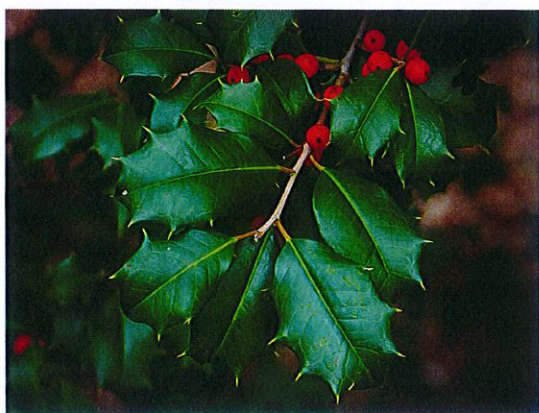
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5.



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6.



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**Do you know what insect makes this egg sac?**



**If you are able to find one of these in the spring then break off the twig that it is on and take it inside and put it in a jar with a lid that has some very small holes punched in it. Watch it and see what happens. You will be amazed! Be sure to release your hatchlings outside.**

Please document your work in one of these ways:

- draw a picture about your work above these sentences,
- take a picture, post it on social media and tag Henderson County 4-H,
- or email or text the picture to Denise\_Sherrill@ncsu.edu.

Write one sentence about what you learned:

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