

# Family and Consumer Sciences

Family and Consumer Sciences projects help teach the necessary skills to make informed decisions and wise consumer choices. These projects teach everyday life skills — from clothing consumerism and construction to quilting and from home environments to child care.

## CHILD DEVELOPMENT

What can you do to help yourself and others handle emergencies, develop home-alone skills, stay healthy, and relate appropriately to others? All of these issues are covered in the exciting child development curriculum, Kids on the Grow. When you are ready, you may want to take the Babysitting project.

### Child Development, Level 1

In this level, you'll do fun activities: make a "Bloomin' Bag", create a special learning place for yourself, make your own clock and become a toy inspector.

#### PROJECT REQUIREMENTS:

To complete this level, you should do at least seven of the activities. To complete the Achievement Program for this level of the project, you should complete all eight of the required activities and five of the optional activities in three years or less.

#### MATERIALS

**M** .....Growing On My Own, BU8075, \$6.00

**L** .....Child Development Helper's Guide, BU8078, \$6.00

### Child Development, Level 2

In this level, you will learn about self-care, select toys appropriate for different age groups, create a circle of friends, make a family tree, develop family rules, prepare healthy meals and check out your home for safety hazards.

#### PROJECT REQUIREMENTS

To complete this level, you should do at least seven of the activities. To complete the Achievement Program for this level of the project, you should complete all 14 of the required activities and seven of the optional activities in three years or less.

#### MATERIALS

**M** .....Growing With Others, BU8076, \$6.00

**L** .....Child Development Helper's Guide, BU8078, \$6.00

### Child Development, Level 3

You'll learn about potential careers in the child development field, do a profile of families in your community, participate in an intergenerational community service project, gain experience as a teacher or coach, develop a car-safe campaign and more.

#### PROJECT REQUIREMENTS

To complete this level, you should do at least seven of the activities. To complete the Achievement Program for this level of the project,

you should complete all 14 of the required activities and seven of the optional activities in three years or less.

#### MATERIALS

**M** .....Growing in Communities, BU8077, \$6.00

**L** .....Child Development Helper's Guide, BU8078, \$6.00

### Child Development Independent Study (see pg 7)

### Child Development Helper's Guide, BU8078, \$6.00

This guide features nine engaging group activities, encouraging work with younger kids in after-school programs, day care centers and day camps as well as within their own 4-H club.

## BABYSITTING

This project curriculum familiarizes teens with the responsibilities of babysitting and provides the necessary information for them to become capable, caring, trustworthy and competent sitters. They will learn how to keep children safe and happy, talk with parents and adults, make responsible decisions and handle emergencies. Youth will also engage in hands-on activities, learn from guest speakers, do role plays, use their creativity and have fun while learning.

### Babysitting

There are five chapter lessons in the babysitting member guide that include safety, First Aid and CPR, child development, nutrition, entertaining children and the business of babysitting. Each lesson contains four to five areas of study/activity. Babysitting curricula is based on character traits including trustworthiness, respect, responsibility, fairness, caring and citizenship. This series should be combined with Certified First Aid and CPR instruction to complete the babysitting course requirements.

#### PROJECT REQUIREMENTS

A member could work on this book for two years but it is recommended that they finish the book in one year to become a certified babysitter. To be certified, he/she would also need certification from the Red Cross or another group in First Aid and CPR.

#### MATERIALS

**M** .....Do I Have What It Takes to be Your Babysitter?, Guide and CD, 5318, \$ 7.00

**L** .....Do I Have What it Takes to be Your Babysitter?, Instructor Guide, 5319, \$10.50

### Child Development Independent Study (see pg 7)

## FAMILY ADVENTURES

Family Adventures is a special kind of project in Montana 4-H. Your family, no matter how you define it, will fit this project. So, ask everyone in your family if they will join you. This doesn't mean you cannot do the project unless your whole family takes part, but do try to get everyone you can to participate.

### Family Adventures

#### PROJECT REQUIREMENTS

Fourteen "family adventures" are included in this project. Each family is encouraged to select seven of the adventures in order to complete the project. The adventures include: Cooking Together, Stories, Family Fun Time, Outdoor Adventures, Photo Stories, Fire Safety, Energy Adventures, About the Flag, Shopping Adventures, Family Tree, Family Rituals, Volunteering and Creating your own Adventure. You can always do more if wanted.

#### MATERIALS

**M** .....Family Adventures, 5302, \$5.50

### Family Adventures Independent Study (*see pg 7*)

## HOME ENVIRONMENT

Intermediate – Advanced. Design Decisions is used for all 4 levels of project completion. Develop a designer's touch by navigating through four exciting sections. In Level 1, youth will learn and apply basic design concepts to walls, windows and floors. Level 2 explores how to design with style as youth plan, select and care for furniture, fabrics and decorative items for a room. Level 3 is all about accessories and adding personality and interest to a room. Level 4 challenges youth to create a home that is healthy, energy efficient, and conserves natural resources.

### Home Environment, Level 1

Youth will learn and apply basic design concepts to walls, windows and floors. Youth interested in a new color scheme, furnishings and accessories for their own rooms or for other projects will love this level. Design Decisions takes youth step-by-step through the design process.

#### PROJECT REQUIREMENTS

Finish a minimum of one activity in two sections to complete the level. The level may be completed in one year, but can be done in two.

#### MATERIALS

**M** .....Design Decisions: The Basic Touch, Level 1, 4H1600, \$9.45; CD's available, \$6.45

### Home Environment, Level 2

Explore how to design with style as you plan, select and care for furniture, fabrics and decorative items for a room.

#### PROJECT REQUIREMENTS

Finish a minimum of one activity in 3 sections per year to complete the level. Youth may stay involved in this level for up to three years.

#### MATERIALS

**M** .....Design Decisions: The Distinctive Touch, Level 2, 4H1600, \$9.45; CD's available, \$6.45

### Home Environment, Level 3

In this level, you will learn about accessories and adding personality and interest to a room.

#### PROJECT REQUIREMENTS

Complete all four sections of The Finishing Touch, and at least one activity per section.

#### MATERIALS

**M** .....Design Decisions: The Finishing Touch, Level 3, 4H1600, \$9.45; CD's available, \$6.45

### Home Environment, Level 4

This level will challenge youth to create a home that is healthy, energy efficient and conserves natural resources. Explore career ideas, community service, safety tips and Internet resources.

#### PROJECT REQUIREMENTS

Each of six sections has activities that you can complete. Choose up to three sections you are interested in and complete a minimum of one of the activities per section to complete this project level. The Environmental Touch can be taken as a project for three years.

#### MATERIALS

**M** .....Design Decisions: The Environmental Touch, Level 4, 4H1600, \$9.45; CD's available, \$6.45

### Home Environment Independent Study (*see pg 7*)

## SEWING AND TEXTILES

Sewing introduces you to the diverse world of clothing and sewing and includes 3 levels. This project will help you explore the world of sewing and textiles by completing various sewing projects.

### Sewing, Level 1

Members will learn the tools of the sewing trade and how to use them. There are several projects members can complete in the Maker's Guide, improving their skills as they go along.

#### PROJECT MATERIALS

Utilize the lessons in Fundamentals and complete 3-4 projects per year in the Maker's Guide or similar skill level projects.

#### MATERIALS

**M** .....STEAM Clothing: Maker's Guide to Sewing, 4H2240, \$13.45

**M** .....STEAM Clothing 1: Fundamentals, 4H2210, \$13.45

**M** .....The Singer Complete Photo Guide to Sewing, 5338, \$20.00

### Sewing, Level 2

In this level you will advance your sewing skills to include; sewing in a set-in sleeve and a collar. You will explore various pocket applications, and fitting and design basics.

**PROJECT REQUIREMENTS**

Utilize the lessons in Level 2 and complete 3-4 projects per year using skills learned at this level.

**MATERIALS**

- M** ....STEAM Clothing 2: Simply Sewing, 4H2220, \$13.45
- M** ....The Singer Complete Photo Guide to Sewing, 5338 \$20.00
- M** ....Easy, Easier and Easiest Tailoring, 5285 \$7.50

**Sewing, Level 3**

In this level, practice advanced sewing skills and garment construction techniques. Enroll if you and your leader agree you are ready. Skills include tailoring, linings, interfacing and sewing with challenging fabrics.

**PROJECT REQUIREMENTS**

Utilize lessons in Unit 3 to complete 1-2 projects per year using skills learned at this level.

**MATERIALS**

- M** ....STEAM Clothing 3: A Stitch Further, 4H2230, \$13.45
- M** ....The Singer Complete Photo Guide to Sewing, 5338 \$20.00
- M** ....Easy, Easier and Easiest Tailoring, 5285 \$7.50

**Sewing/Textiles Independent Study (see pg 7)****Knitting****Beginning, Intermediate or Advanced levels**

The 4-H knitting project is designed to teach the basic skills of knitting and then allows you to use creativity in producing articles that will enhance your wardrobe. There are three levels: beginning, intermediate and advanced.

**PROJECT REQUIREMENTS**

Check with your County Extension office for appropriate guidelines for project completion and achievement recognition.

**MATERIALS**

- M** ....Knitting Made Easy, 102, download only, Extension online store
- M** ....Knit Together, 4H416, \$4.50
- L** ....Knitting Made Easy (CD-ROM), CD104E, \$8.25

**Crochet****Beginning, Intermediate or Advanced levels**

The 4-H crochet project is designed to teach you about tools and equipment, choosing materials and working from a plan. The project includes several basic stitches as well as pattern stitches. The three levels in the crochet project are beginning, intermediate, and advanced.

**PROJECT REQUIREMENTS**

Check with your County Extension office for appropriate guidelines for project completion and achievement recognition.

**MATERIALS**

- M** ....Crochet Made Easy, 103, \$5.50

**Embroidery****Beginning, Intermediate or Advanced levels**

The 4-H embroidery project is designed to encourage creativity and to meet the needs of each individual member. There are three levels: beginning, intermediate, and advanced. Embroidery could include, but is not limited to crewel, huck or Swedish weaving and creative stitchery on clothing or other articles.

**PROJECT REQUIREMENTS**

Check with your County Extension office for appropriate guidelines for project completion and achievement recognition.

**MATERIALS**

- M** .... Embroidery and Needlework, 2B1195, \$2.00

**Ready-to-Wear Level 1**

In Shopping in Style, youth will learn about clothing. Youth will learn what looks best on them and how to build a versatile wardrobe while staying in budget. Youth will be able to identify their clothing needs and learn to "put it all together" and present themselves with confidence.

**PROJECT REQUIREMENTS**

Complete 7 lessons in the project book per year. It may take 3 years to complete the project.

**MATERIALS**

- M** ....Shopping in Style, 4H435 \$12.50

**Ready-to-Wear Independent Study (see pg 7)****QUILTING**

This quilting project is designed to teach techniques and skills in making quilted, appliquéd or patch-worked items for home or personal use. Youth choosing to do special projects would complete an Independent Study Project.

**Quilting: Beginner**

Beginning quilting project available to youth that will teach about, "What is quilting and piecing?" It will help them select their fabrics, learn how to cut and stitch the quilt top as well as finishing the quilt. Some basic patterns will be included in this project for them to start on.

**PROJECT REQUIREMENTS**

Complete all seven activities in the book, take part in two learning experiences, complete two leadership activities, and write a project summary.

**MATERIALS:**

- M** ....You Can Quilt!, 4H499, \$8.00

**Quilting: Intermediate**

Youth can print off the book or learn right from the CD. This project is designed for completion in two years. Since there is not a leader manual specific to this project, use the self-determined project (pg. 7) to set goals. The Quilt Quest Leaders Guide gives guidance to help youth succeed in their Quilt projects and has additional projects and resources.

**PROJECT REQUIREMENTS**

Youth must finish two projects of their choice each year in the Block 1 book to complete the project. Youth may do more than two projects and could use other patterns included in the project book. This level is designed for completion in two years. Use the self-determined project to set goals.

**MATERIALS**

- M** ....Creative Corners Project Block 1 (Quilt Quest), (CD ROM) 4H1320, \$8.50
- M** ....Terrific Triangles Project Block 2, (CD ROM) 4H1330, \$8.50
- M** ....You Decide, 5314, \$3.50 or Web
- L**.....Quilt Quest Leaders Guide, (CD ROM) 4H1310, \$10.50

**Quilting: Advanced**

Terrific Triangles CD includes a wide variety of designs using basic triangles — both half square and quarter square triangles, plus a couple using equilateral triangles. You can print off the book or use right from the CD. Each Block in Quilt Quest increases in skills and mastery of quilting, building upon the previous Project Block.

**PROJECT REQUIREMENTS:**

Youth must complete two projects of their choice each year in the Terrific Triangles book to complete the project. Youth may do more than two projects and could use other patterns included in the project book. This level is designed for completion in two years. Use the self-determined project (pg. 7) to set goals.

**MATERIALS**

- M** ....Creative Corners Project Block 1 (Quilt Quest), (CD ROM) 4H1320, \$8.50
- M** ....Terrific Triangles Project Block 2, (CD ROM) 4H1330, \$8.50
- M** ....You Decide, 5314, \$3.50 or Web
- L**.....Quilt Quest Leaders Guide, (CD ROM) 4H1310, \$10.50

**ADDITIONAL PROJECT MATERIALS**

- S**.....Beginners Guide to Quilting: 16 Projects to Learn to Quilt, 5340, \$22.00
- S**.....Start Quilting with Alex Anderson, 5339, \$15.00

**Sewing/Textiles Independent Study (see pg 7)****Plant Sciences**

Plant Sciences projects are designed to teach how plants and soils are exciting and interesting. You will learn to identify plants, develop skills in caring for and using plants, recognize undesirable and poisonous plants, grow crops properly, harvest and process crops and to use them or market them. You will also learn about the relationships between all phases of natural resource management including wildlife, range, forestry, water and soils and develop an appreciative attitude toward sound management of natural resources and a broad understanding of relationships between agriculture and nature. You will also be able to seek out the scientific principles of plant growth and develop an interest in further work or careers.

**CROP SCIENCE****Small Grains: Wheat, Oats, Barley, and Rye**

This project is suggested for youth in grades 5 – 12. Level 1 and 2 members can study plant variety and selection, display stages of plant development, test seed germination and methods of seeding, learn about seasonal pests and determine pesticide hazards. Level 3 and 4 members can take soil samples, learn to recognize diseases, pests, and weeds, study production costs and market prices, learn about necessary nutrients and determine field acreages.

**PROJECT REQUIREMENTS**

To complete the project members should complete at least three exercises in the book and make a project plan.

**MATERIALS**

- M** ....Small Grains, MJ0110, \$4.25

**Crop Science Independent Study (see pg 7)****GARDENING****Gardening, Level A**

This book is for youth in grades 3-4. Learn how to plan an in-ground or container garden; prepare soil; and when, where, and what to plant. Level A introduces basic plant science, garden friends and foes, tool safety, using the vegetable harvest, and horticulture-related careers. Youth “learn by doing” in 12 fun activities that include germinating seeds, growing a super-sized pumpkin, experiments with plant parts, and visiting a grocery store to explore vegetables.

**PROJECT REQUIREMENTS**

Complete the activities listed in the book for year one. Six additional activities are listed to be completed in year 2.

**MATERIALS**

- M** ....See them Sprout, 4H1037, \$7.50
- L**.....Gardening Helper's Guide, 4H1041W, \$7.50