



SECTION 1 • PART A
PROJECT REPORT FORM

PROJECT IDENTIFICATION

Member's Name: _____ Report Year: 2017 4-H

Project/Category: Biological Science – Cheese making Yrs. in this Project/Category: 1

SIZE AND SCOPE

Planning and Preparation

Cheese Club Implementation

Activity	Time Spent		Activity	Time Spent	
Making posters, handouts, etc.	4 hours		Club Meeting #1	2 hours	
Working with Dairy Council	1.5 hours		Club Meeting #2	2 hours	
Planning with Beehive Cheese	1 hour		Club Meeting #3	2 hours	
Prepare and plan workshops	5.5 hours		Club Meeting #4	2 hours	
Shopping and gathering supplies	2 hours		Club Meeting #5	2.5 hours	
Planning with office staff	1 hour		Club Meeting #6	2.5 hours	
Totals:	15 hours			13 hours	

Afterschool Club Activities

Expenses

Date	Activity	# of Youth	# of Leaders		
1/31/17	The Power of Cheese	16	4	Cheese Varieties	\$27.50
2/2/17	The Power of Cheese	21	4	Cheese Supplies	\$ 9.00
2/7/17	Cheese making	14	5	Poster Supplies	\$10.00
2/9/17	Cheese making	20	4		
2/14/17	Factory Tour	16	7		
2/16/17	Factory Tour	16	6		
	Totals:	37 youth	7 leaders		\$46.50



3 Month State Ambassador Project Impacts:

- Organized and carried out a successful 4-H after-school cheese club
- Recruited 3 teen leaders and 5 adults
- Taught a total of 37 youth in grades 3-5
- Taught kids the importance of cheese and its health benefits
- Gave the kids experience in making their own homemade cheese
- Partnered with the Utah Dairy Council and Beehive Cheese to make the experience more impactful for the youth – and to make those organizations more aware of 4-H and the opportunities it gives to youth
- Left a lasting impression with many parents who were amazed that their kids could make cheese
- Based on the survey response I found that on average, youth experienced at 2.2-point increase based on a 5-point Likert Scale.

KNOWLEDGE LEARNED:

- Learned that kids learn better through hands on projects
- Learned to be prepared with the knowledge to answer any questions
- Learned to adjust if time was cut short or ran long
- Learned that you have to keep kids' attention through activities
- Learned that it is important to have help from others
- Learned that 4-H is an excellent way for youth to learn cool life skills
- Learned a lot of interesting and amazing facts about cheese
- Learned the importance of organization and record keeping
- Learned how to prepare and administer a survey to collect data about program impacts

SKILLS DEVELOPED:

- How to work with adults and other teens to accomplish various objectives
- How to work with energetic kids
- How to create interesting activities and lessons for each week
- How to take control of a group
- How to be prepared with everything before you start the camp
- How to use technology to make classes more interesting to kids



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Member's Name: _____ Report Year: 2016

4-H Project/Category: Genealogy Yrs. in this Project/Category: Three

SIZE AND SCOPE

Hours Spent		Expenses	
Finding Photos	1	Old Book	Free
Cutting and Pasting	3	Craft Paper	\$4.00
Researching/story writing	4	Markers	\$5.00
Drawing/doodling	2	Photos	\$7.00
Total:	10	Total	\$16.00

For my genealogy project this year I created a book of my ancestors. I found an old book that we didn't need any more, and I glued in pictures, cute papers, and clip art to represent my family tree. I researched stories of my parents, grandparents, and great-grandparents and typed them up and glued them into the book. This was a fun way for me to learn about my ancestors and also use my art talent to make a cute book that I can show my children.



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KNOWLEDGE LEARNED:

- I learned important stories and dates of my ancestors.
- I learned that family history can be fun and interesting.
- I learned that gluing pages into a book is a lot harder than you would think.
- I learned that Sharpies bleed through thin book pages – and that you have to be careful what supplies you use when you want something to last.
- I learned that something simple like learning stories and seeing pictures of your ancestors can actually make you want to meet them and learn more.

SKILLS DEVELOPED:

- How to use the computer program – Family Search – to find out about my family tree and ancestors
- How to sort through pictures and get them reproduced and printed
- How to use clip art programs to find cute pictures to use as art
- How to recycle old books into something useful and important



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Member's Name: _____ Report Year: 2017

4-H Project/Category: Leadership Skills Training – Soft skills Yrs. in this Project/Category: One

SIZE AND SCOPE

Hours Spent		Expenses	
First Class – Resumes and Applications	2	Class Fee	\$15.00
Second Class – Personal Branding	2		
Third Class - Interviews	2	Income:	
Creating resume and application	1	1 st place in Interview Contest	\$100.00
Practicing for interview contest	.5		
Interview Contest	1		
Total hours	8.5	Total earned	\$85.00



KNOWLEDGE LEARNED:

- I learned about resources available from the Department of Workforce services like interview and resume helps, classes offered, job listings, etc.
- I learned about personal branding and how it can help me set myself apart from other job applicants.
- I learned interview skills like: sharing personal examples, relating to the interviewer, learning about the company before I go to the interview, and what to wear to look professional.
- I learned about types of resumes and applications – and that the new trend is for companies to only offer online applications. In some states resumes are out of “style”.
- I learned about trends in teen jobs and how important it is for me to have skills that employers are looking for.
- I learned that personal traits like honesty, time management, and work ethic are more important than technical skills that the employer already plans to train me on.

SKILLS DEVELOPED:

- How to write an impressive resume
- How to fill out job applications
- How to interview in a way that sets me apart
- How to use available resources to find a job



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Member's Name: _____ Report Year: 2016

4-H Project/Category: Quilting Yrs. in this Project/Category: Four

SIZE AND SCOPE

Hours Spent		Expenses	
Description	Hours	Item	Cost
Quilting Instruction	2	Fabric	\$ 170.00
Picking fabrics	2	Batting	\$ 30.00
Cutting out quilt	1.5	Club Dues	\$ 15.00
Sewing Quilt	10		
Quilt binding	2		
Total	17.5	Total	\$ 215.00

<p>Product Produced</p> <p>I created a patriotic quilt. It was pieced using red, white and blue fabrics. It has blocks of red and white stripes, with appliqued blue stars attached. It also has blocks made of 4 coordinating blue fabrics. It is backed with a thick red minky fabric. It is super cozy.</p>	<p>Plans for quilt</p> <p>I will be using the quilt on my bed and also to stay cozy when watching movies.</p>
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KNOWLEDGE LEARNED:

- I learned to coordinate fabrics so that they look good together.
- I learned about fabrics and how important it is to use the same fabric type when piecing a quilt so that I don't have some pieces shrinking or shifting more than others.
- I learned that the backing of a quilt is really important – and that using a really thick fabric is actually pretty hard to work with. I love how it feels, but it wasn't really the best fabric to use.
- I learned that quilting is an expensive hobby. In the past I have not used very expensive fabrics, but I wanted this quilt to be really nice. I bought quality fabrics and it was more expensive than I thought it would be.

SKILLS DEVELOPED:

- How to cut quilt pieces very accurately so they will fit well together.
- How to understand a pattern and figure out how the pieces fit together.
- How to use the strip quilt techniques so it was easier to make the red and white blocks.
- How to appliques details onto a quilt.



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Member's Name: _____ Report Year: 2016

4-H Project/Category: Fitness and Sports Yrs. in this Project/Category: Two

SIZE AND SCOPE

Hours Spent		Tasks Accomplished	Hours
Researched mountain biking – and its effects on the human body.	2	Completed a nutrition and Hydration plan for a female mountain biker	1
Studied nutrient requirements for athletes.	2	Completed a meal plan analysis of nutrients and hydration	2
Learned how to prepare balanced meal plans for athletes.	1	Completed a 3-day meal plan for competitive and non-competitive days.	2
Total Hours Spent	5		5

In this project I studied sports nutrition, specifically focusing on mountain biking, and developed a nutrition and hydration plan for a female mountain biker. I am a mountain biker, so I was very interested in studying the effect of mountain biking on the human body and what type of nutrition is required to be competitive in the sport.



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KNOWLEDGE LEARNED:

- I learned the importance of a balanced diet when involved in athletics.
- I learned that how an athlete fuels their body directly correlates with their performance.
- I learned how to determine what nutrients and calories an athlete needs.
- I learned the specifics of energy and nutrients required when mountain biking.
- I learned which resources are good to use when studying sports nutrition.
- I learned each athlete needs a specific nutrient plan for their sport and body type.

SKILLS DEVELOPED:

- How to develop a nutrition and hydration plan for an athlete
- How to prepare menu/meal plans that provide a balance of nutrients that athletes need
- How to analyze the nutrient content of a meal by using a computer program that breaks down the nutrients and calories of a food
- How to use online programs and apps that aid in tracking nutrition and exercise
- How to adjust calories for competitive vs. non-competitive days.



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Member's Name: _____ Report Year: 2016

4-H Project/Category: Livestock - Swine Yrs. in this Project/Category: Eight

SIZE AND SCOPE

Hours Spent		Income	
Description	hours		Amount
Attending 4-H club meetings/activities	8	Sale price	\$2,250.00
Feeding	10	Ribbon premium money	\$6.00
Grooming	2	Boosts	\$68.25
Training to lead	5	Other income	0
Other		Total income:	\$2324.25
Total hours spent:	25		
Production Summary		Expenses	
Description		Description	Total cost
Beginning weight	114	Animal purchase expenses	\$150.00
Beginning date	May 1	Feed expense 1	\$200.00
Ending weight	313	Feed expense 2	0
Ending date	Aug 3	Feed expense 3	0
Total weight gained	199	Equipment expenses	0
Number of days on feed	95	Health expenses	\$5.00
Average daily gain	2.09	Other expenses	\$135.00
Total pounds of feed	375	Total expenses	\$490.00
Pounds gained per pound of feed	.53	Profit/expense	
		Total income – Total expense	\$1,834.25



KNOWLEDGE LEARNED:

- I learned about hog nutrition and how to balance carbs, fats, and protein for maximum health.
- I learned about current issues in the hog industry like antibiotic use and how animals can become resistant if they are overused.
- I learned about different sicknesses that hogs get and how to see symptoms before the sickness get to be incurable.
- I learned that to get pigs to gain the weight necessary, you need to keep them cool and provide them with adequate pen conditions.
- I learned that hogs need exercise to build muscle as well as tone those muscles and also to be healthy and strong.

SKILLS DEVELOPED:

- How to have commitment in sticking with a project
- How to keep records of weights and health and expenses of the hog
- How to care for an animal- feed, water, shelter, and health
- How to train a hog for a showmanship by walking daily and keeping my animal groomed



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Member's Name: _____ Report Year: 2017

4-H Project/Category: Livestock - Swine Yrs. in this Project/Category: Nine

SIZE AND SCOPE

Hours Spent		Income	
Description	hours		Amount
Attending 4-H club meetings/activities	8	Sale price	\$1,800.00
Feeding	10	Ribbon premium money	\$3.00
Grooming	4	Boosts	\$168.25
Training to lead	6	Other income	0
Other	0	Total income:	\$1,850.15
Total hours spent:	28		
Production Summary		Expenses	
Description		Description	Total cost
Beginning weight	150	Animal purchase expenses	\$300.00
Beginning date	May 15	Feed expense 1	\$200.50
Ending weight	268	Feed expense 2	0
Ending date	August 3	Feed expense 3	0
Total weight gained	118	Equipment expenses	0
Number of days on feed	80	Health expenses	0
Average daily gain	1.5	Other expenses	\$108.00
Total pounds of feed	400	Total expenses	\$608.00
Pounds gained per pound of feed	.3	Profit/expense	
		Total income – Total expense	\$1,242.15



KNOWLEDGE LEARNED:

- I learned about the different cuts of meat on swine, and the specific names, and the different values of each.
- I learned how nutrition affects the quality of meat and hog health.
- I learned about the hog industry and some issues that are going on today and how farmers are finding solutions.
- I learned how to care for sick pigs and give them proper medicine and where to administer shots.
- I learned about carcass quality and the importance of quality insurance to make sure that consumers get high quality.
- I learned about the different breeds of pigs and the different qualities that they each have and what I would want most in a pig.

SKILLS DEVELOPED:

- How to repair broken feeders and fences and maintain a clean and safe water system to ensure good fresh water for pigs
- How to balance rations and different vitamins and nutritional needs and know how much to feed my pig
- Showmanship skills with my pig and how to keep it under control
- Hard work and consistency – knowing that my pig needed care daily
- Record keeping skills – like tracking expenses and income and hours spent