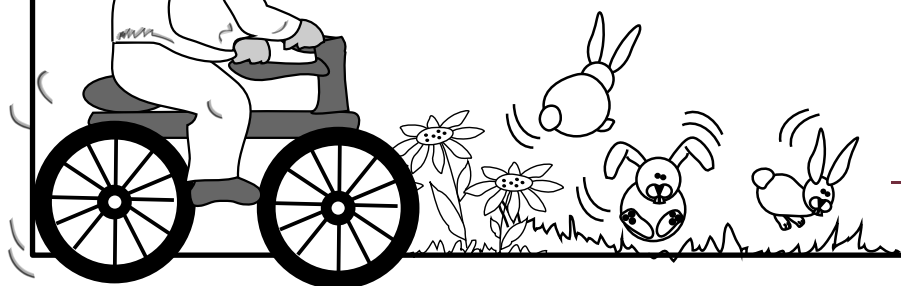
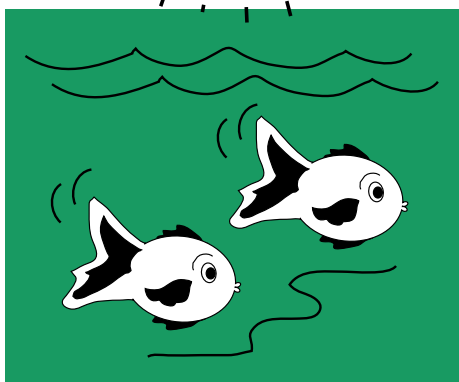
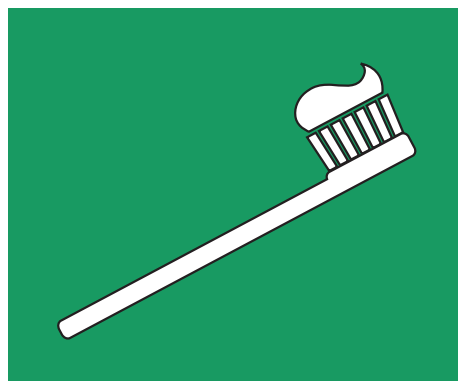
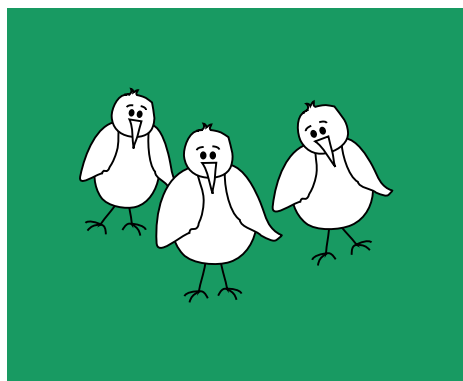
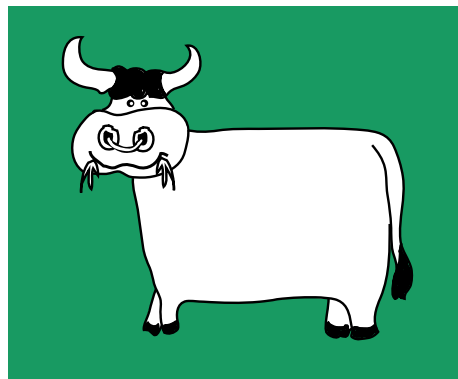
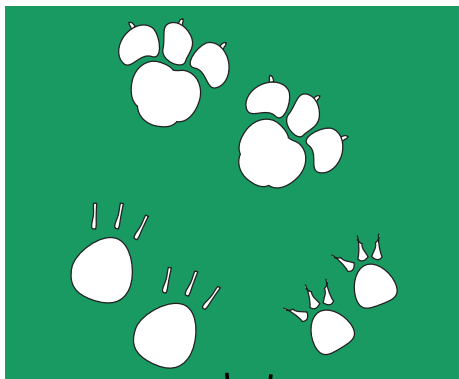
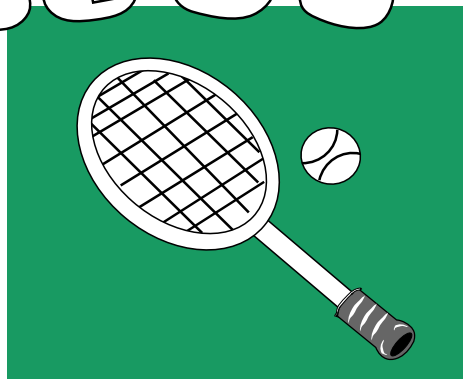




Exploring 2 and 3



Dear Explorer Two,

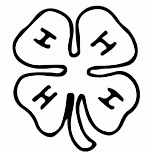
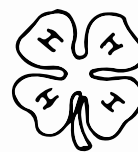
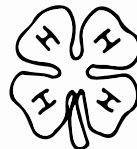
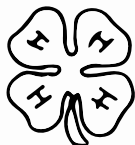
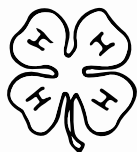
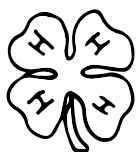
Congratulations!! You are now ready to begin Exploring 2,
which will show you more about:

- animals.
- your home and friends.
- growing things.
- foods and nutrition.
- writing and talking.
- tools, bikes, and cars.
- nature.
- being a good citizen.

To complete Exploring 2, you must complete all the activities in each area.
The "Dig Deeper" section in each area is optional. You will use it for Exploring 3.

After you have completed all areas and have your book signed on the back,
turn in your Exploring 2 and 3 book to your 4-H club volunteer leader.

P.S. Remember—parents, 4-H volunteers, and older 4-H members will be glad
to help you.



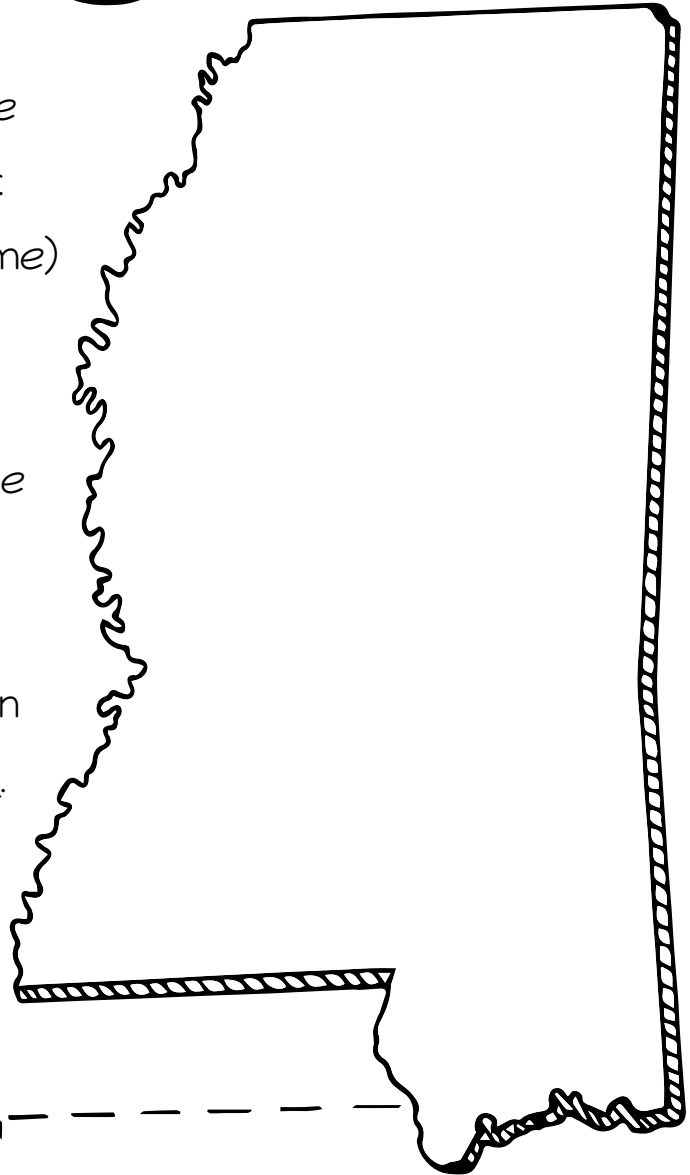
Hi, Neighbor!

A good citizen knows about the place
he or she lives and is a good neighbor.

_____ (your name)
is a good citizen.

A good citizen tries to make the place
where he or she lives better.

I live in _____ county in
the state of _____.



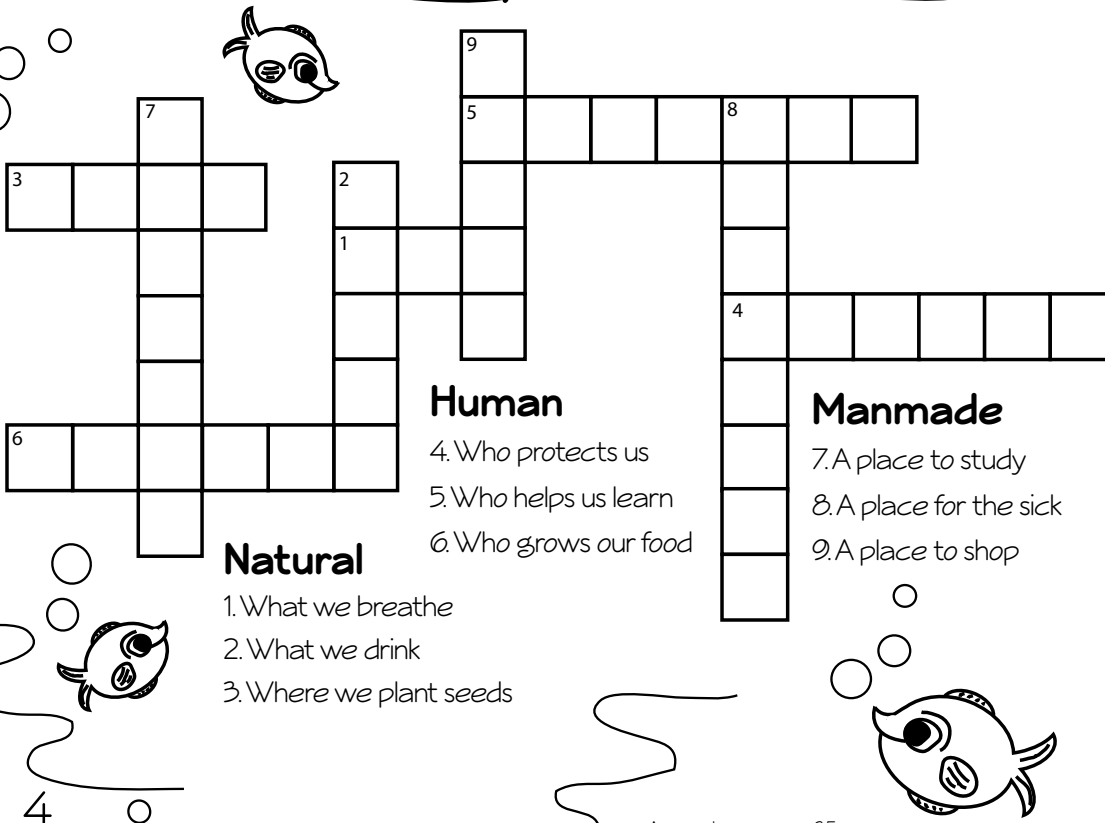
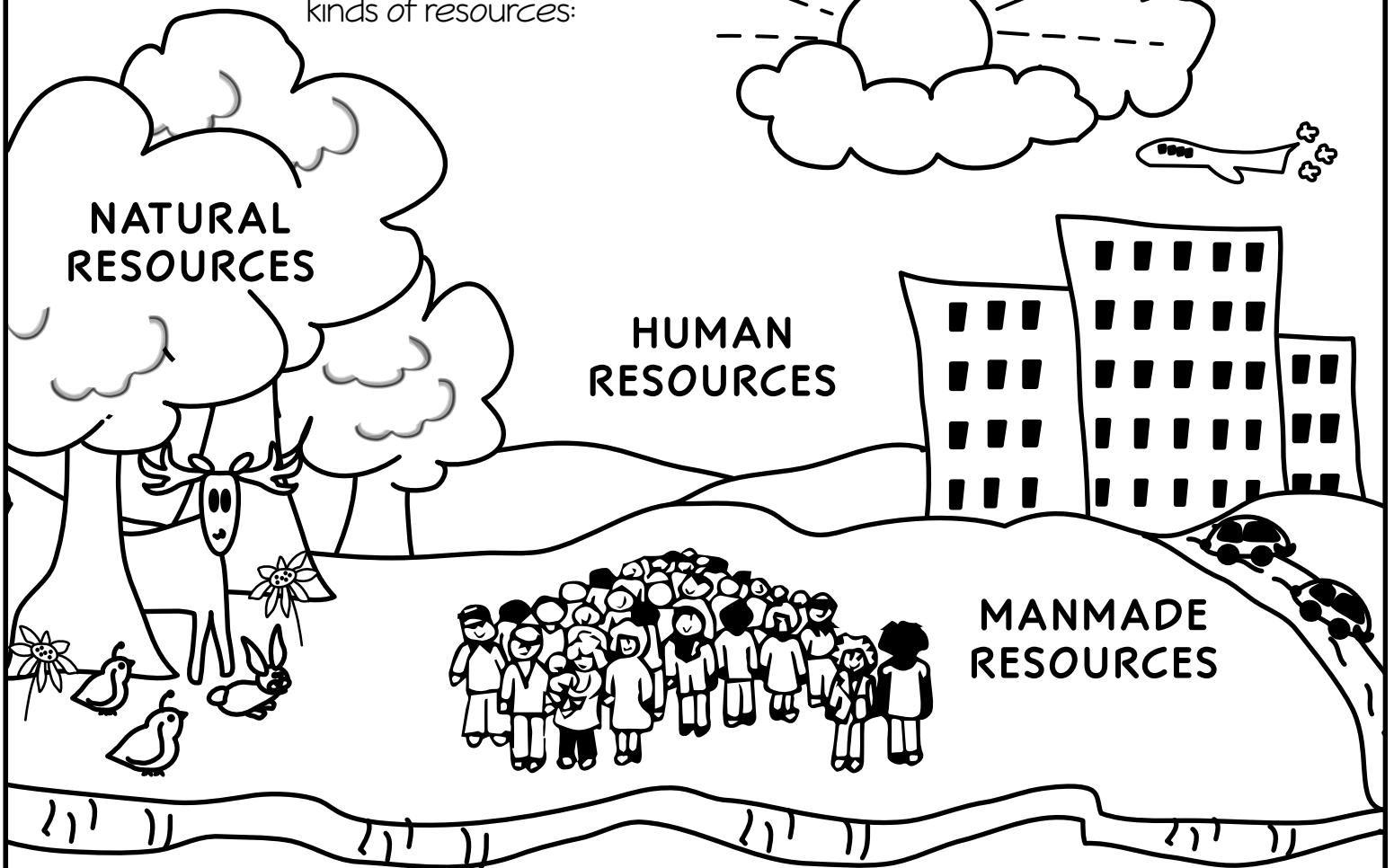
Draw a map of your county.

Put a star where you live.

Put a dot where the county
seat is located.

The county seat is _____.

Some things you have in the place you live can make that place better. These are called resources. There are three kinds of resources:



Natural resources are things that are found in nature. Human resources are people and the skills they have. Manmade resources are things made by men and women using their skills and things from nature.

Find a tree you like. Give it a name that fits.

What kind of tree did you adopt? _____

Give its complete name. Example: red maple.

What nickname did you give it? _____

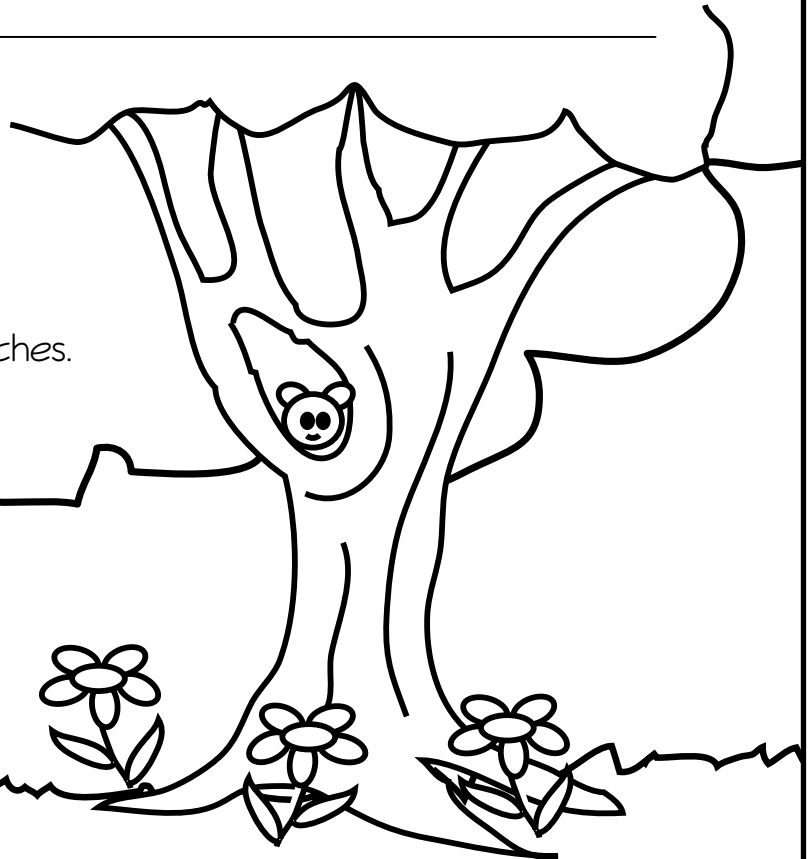
Why did you select this tree? _____

Place a tape measure around your tree
4½ feet above the ground.

Measure around the trunk.
This is the circumference of your tree.

My tree measures _____ inches.

Draw or photograph
your tree.
Put the picture
in this book.

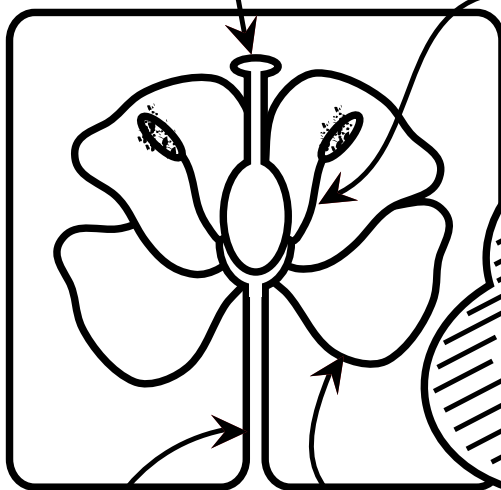


DIG DEEPER

- ✿ Visit a senior citizen. This might be a grandparent or a neighbor. Ask, "What did you do when you were my age?" Help do a simple job around the house. Run an errand.
- ✿ Visit a public building in your county. You might go to the courthouse, city hall, library, hospital, post office, or recreation department. Write down who works there. Tell your 4-H club.

pistil

stamen



stem

petal

Plants need
WATER
to grow.

petal

All plants have flowers. The purpose of flowers is to produce seeds. The stamen is the "father" part of the flower. The pistil is the "mother" part of the flower.

Mount and label your flower here.

Find a flower. Take it apart to find the petal, pistil, and stamen.

stem

The kind of soil
affects plant growth.

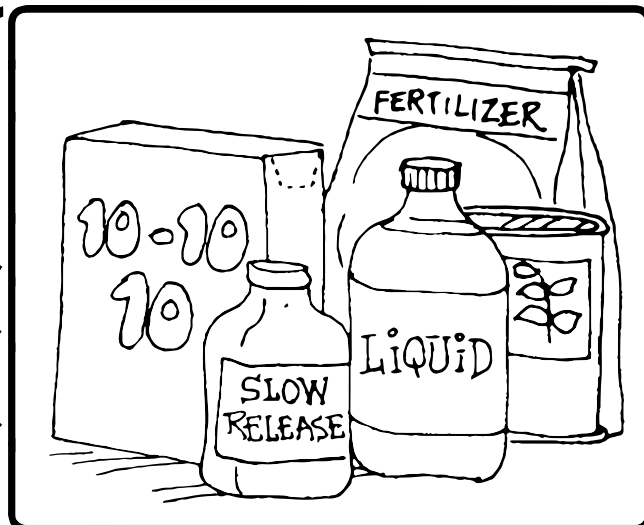
another friend
to plants

roots

Plants AND soil

Plants need
ENERGY
from the
SUN to make
food from
WATER and
CARBON
DIOXIDE.

Plants also need fertilizer to help them grow.



The flowers growing in my yard are:

Hint: Don't forget wildflowers!

flowers'
friend

leaf

We call the outer
layer of the earth's surface "soil."
Soil is one of the things plants need
to grow. Soil is formed by the
breakdown of parent material
by heat, cold, water, and rain.

topsoil

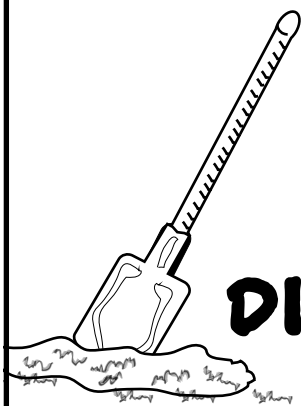
subsoil

See What's In Soil

- ☐ Get a quart jar with a top and enough soil to fill 1/4 of the jar.
- ☐ Let the soil dry, crush all the lumps, and remove trash and rocks.
- ☐ Fill the jar 1/4 full with the soil and 3/4 full with water.
- ☐ Add 1 tablespoon of laundry detergent, close the lid, and shake hard for 3 minutes. Shake until the particles are separated.
- ☐ Put the jar down and watch very closely for a few minutes. Write down what you see happening.

- ☐ Do not disturb the jar for 2 days.
- ☐ Place a card beside the jar and mark the different layers of soil. Find out what the layers are.

- ☐ Bring the card to your 4-H club meeting and tell what happened.



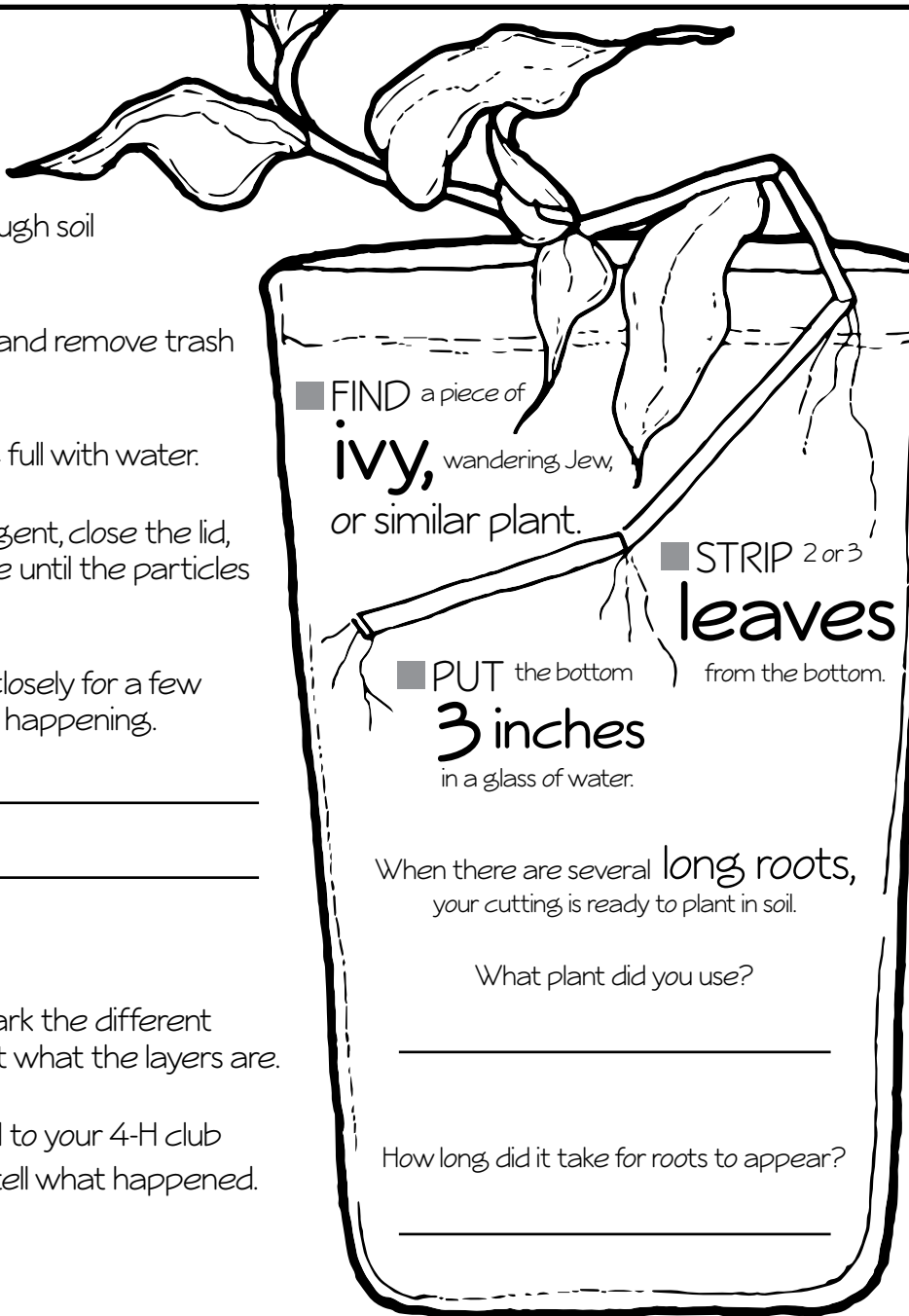
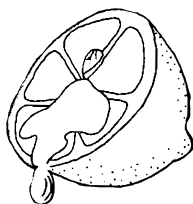
DIG DEEPER

Did you know that you can grow house plants from garbage?? Lemon, orange, and grapefruit seeds that are usually thrown out in your kitchen garbage can grow into very attractive plants. Fill some 3-inch clay pots with new potting soil. Plant one to three seeds in each pot. Put the pots in a dimly lit place and keep the soil moist but not wet. Bring into the light as soon as seeds germinate and the first leaves appear.

What kind of seeds did you plant? _____

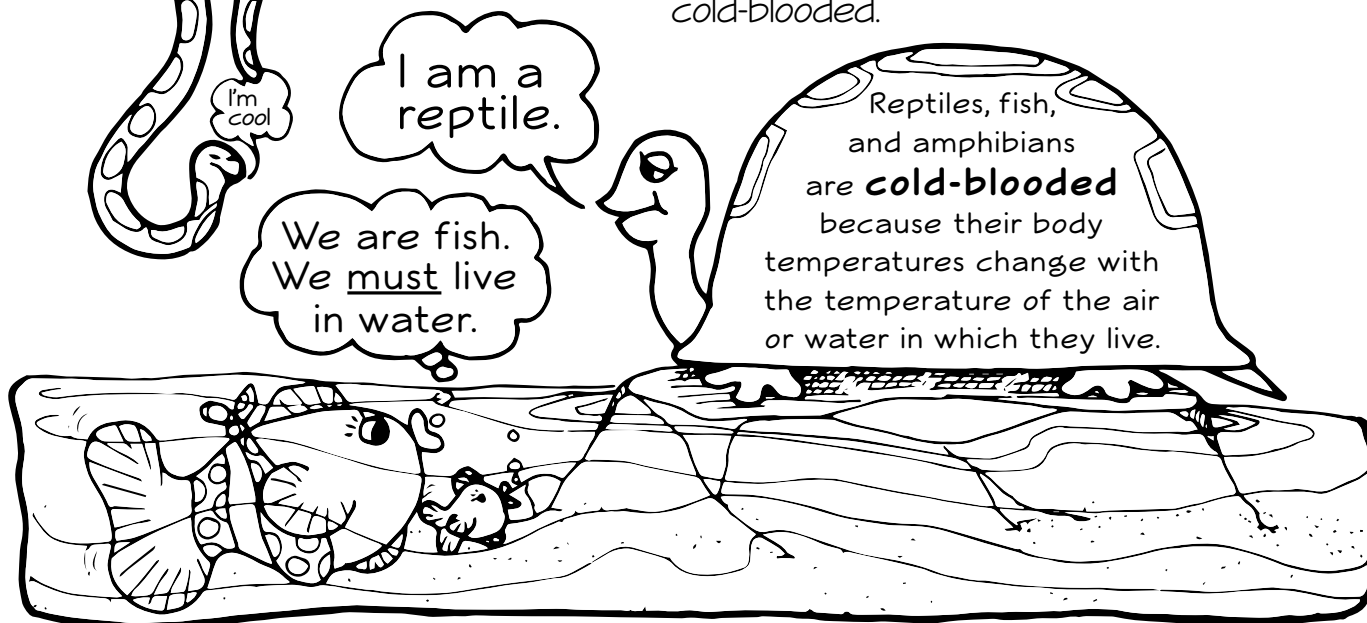
How long did they take to sprout? _____

Take your plants to your 4-H club meeting and report on what you did.

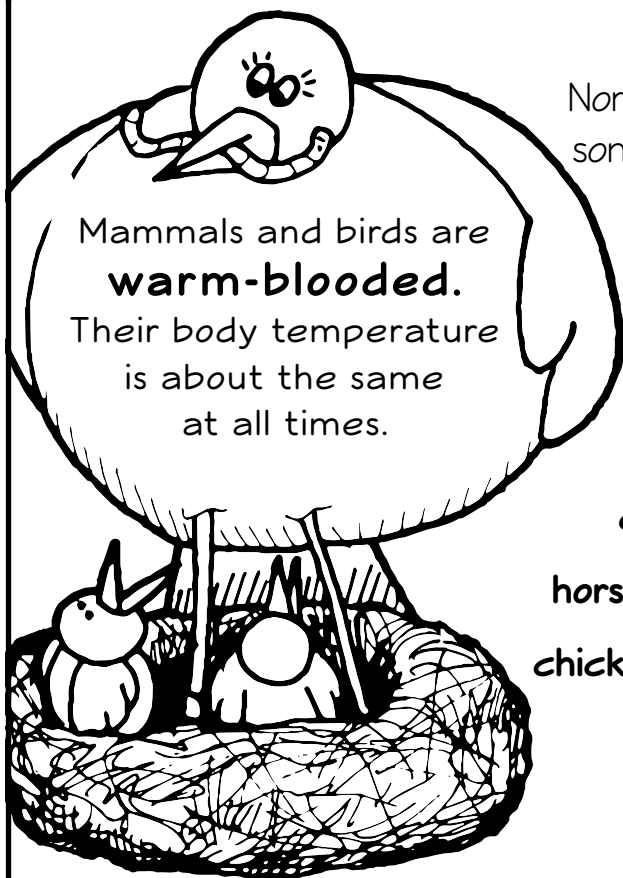


Animal World

Animals are living things. There are more than 1 million species (kinds) of animals in the world. Some are warm-blooded animals. Others are cold-blooded.

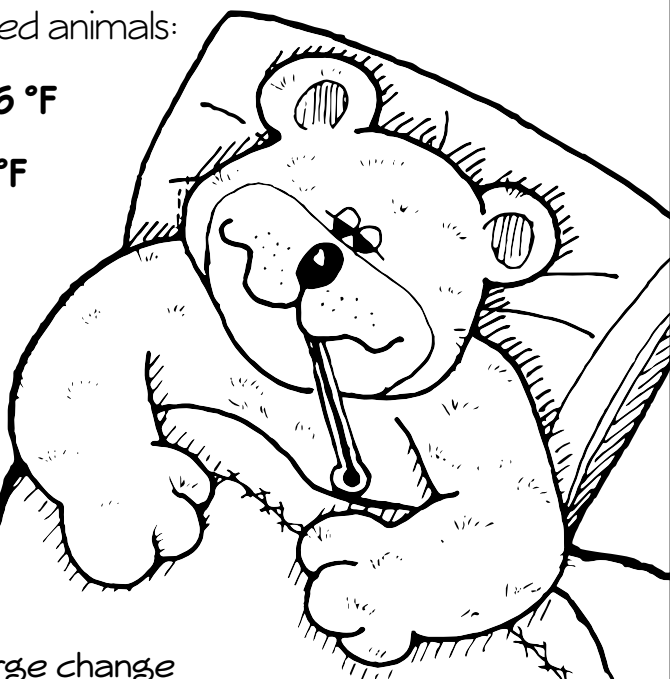


Name four cold-blooded animals: 1. _____ 2. _____
3. _____ 4. _____



Normal temperatures of some warm-blooded animals:

humans	98.6 °F
cows	101.5 °F
pigs	102 °F
dogs	102 °F
cats	101.5 °F
horses	100 °F
chickens	104 °F



A large change in temperature will mean they are sick.

Believe It or Not

Animals have changed in appearance over several million years. Scientists tell us that the common pet dog developed from a wild wolf-like animal.

List four ways a pet dog may still be like a wolf:

1. _____
2. _____
3. _____
4. _____

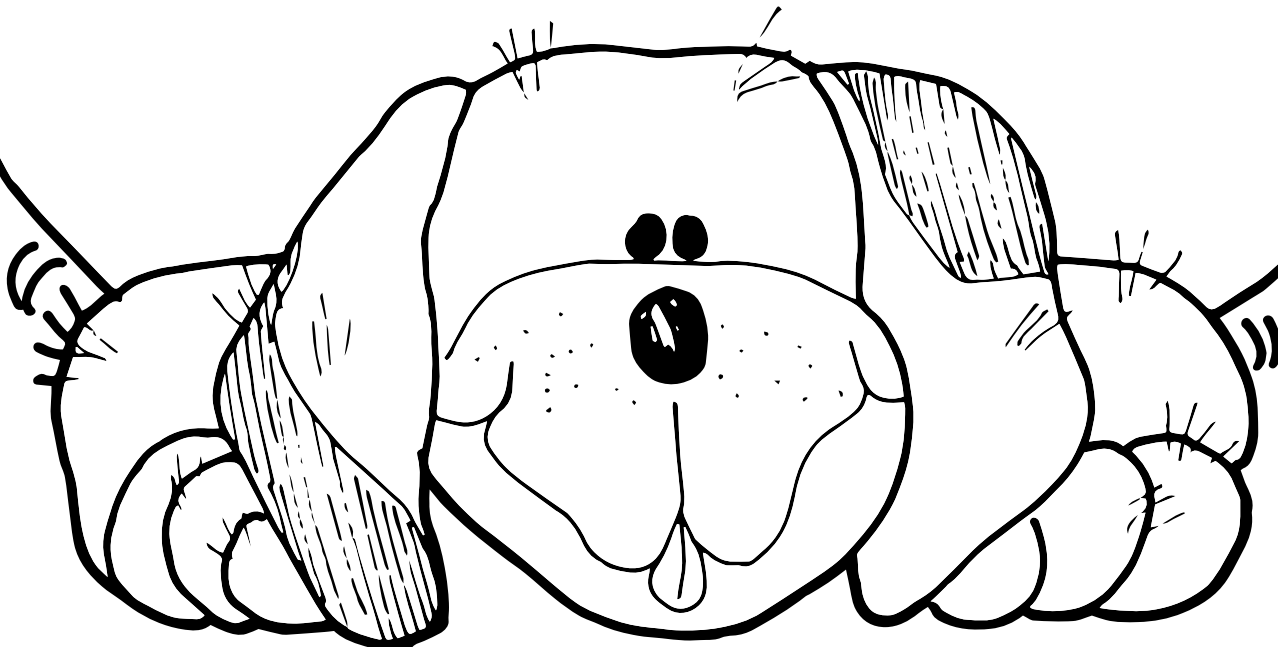
The horse developed from a small dog-like animal.
The earliest horses had padded feet with toes, short legs, and a slender body.
Today they have one hoof on each foot, long legs (for speed), and large bodies.

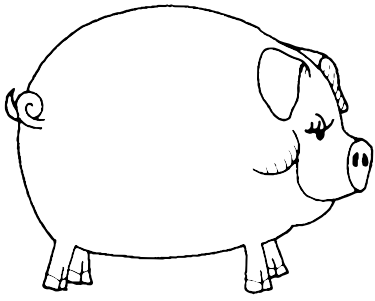
How do animals fit into our lives?

Many families keep animals in the house as pets.
Dogs, cats, hamsters, birds, and fish make good pets.

Do you have a pet? If you do, what kind of animal is it? _____

My pet's name is _____. My pet is a ___ male ___ female.





Farm animals are raised for food and products that we need in our lives. Hogs and almost all other farm animals produce meat. Cows also give milk. Chickens lay eggs, and sheep supply wool.

Can you name another product that comes from farm animals?

When you visit a grocery store meat counter, notice the different cuts of meat that come from farm animals.

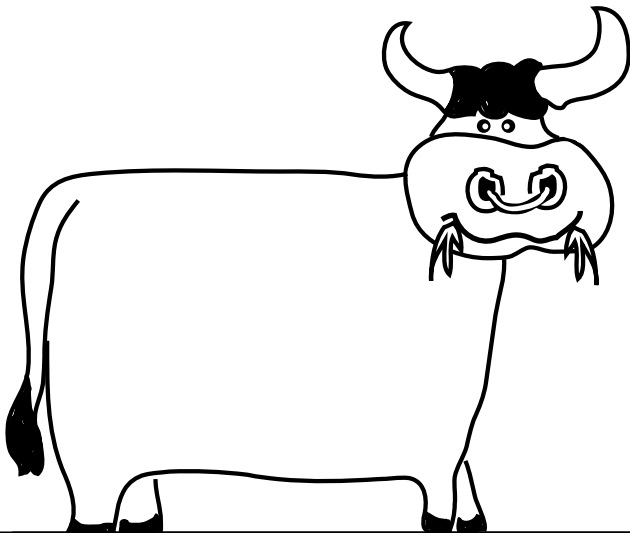
What is your favorite cut of meat from these farm animals?

chicken (poultry) _____

hog (pork) _____

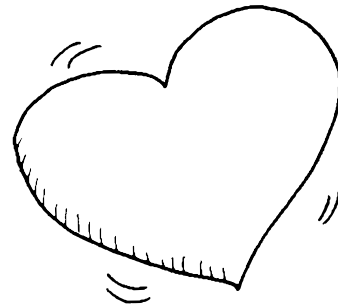
cow (beef) _____

sheep (lamb) _____



HEARTBEAT

A heartbeat is made by blood being pumped through the heart. The rate of speed of the blood pumping through the heart is called the pulse rate. You can hear heartbeats and you can count them to find the pulse rate.



Listen to an animal's heart and count its heartbeats for 1 minute. A veterinarian uses an instrument called a stethoscope to listen to an animal's heartbeat, but you can put your hand or your ear close to the animal's heart.

How many heartbeats did you count? _____

What animal? _____

Heartbeat rates for adult animals:

horse	32-44 per minute
dog	70-120 per minute
cat	110-130 per minute
pig	60-80 per minute

Do large or small animals have faster heartbeats?

Care for & Learn about an Animal

(The animal you choose can be your own or it can belong to a neighbor. It can be a mammal or a bird.)

The type of animal I selected to study is

_____.

It is a ___ pet ___ farm animal.

My animal's weight is _____ (pounds or ounces).

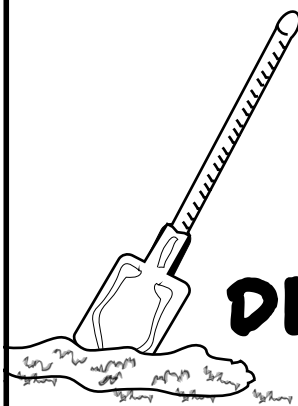
Its age is _____. Its temperature is _____°F.

Its heartbeat is about _____ times per minute.

My animal's food is made up of

_____.

(You may want to visit a pet shop or feed store. Learn what is in the food by looking at the package.)



DIG DEEPER

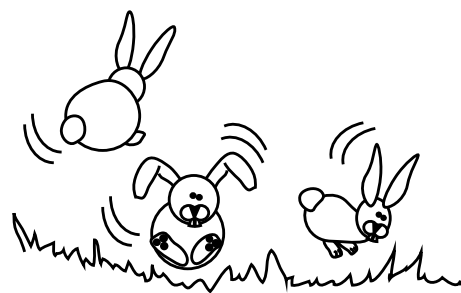
**Special
Dig Deeper
reference:**
Your local
veterinarian

Care for, groom, and show an animal in a 4-H show.

Attend judging workshops and/or contests for livestock, poultry, horse, or dairy judging.

Make an exhibit or bulletin board for public display. (Example: fair, store, window, library)

ANIMAL HUNT



E	Q	U	I	N	E	S	W	I	N	E
R	R	O	B	H	O	R	S	E	P	H
P	A	V	I	A	N	C	K	B	I	A
O	B	T	R	E	D	C	A	T	Q	M
U	B	Q	D	Y	I	R	D	O	G	S
L	I	P	N	H	T	W	I	K	O	T
T	T	O	C	L	O	L	M	L	A	E
R	P	M	I	C	E	G	N	B	T	R
Y	Z	G	D	U	C	K	H	E	N	X
R	O	D	E	N	T	S	H	E	E	P
C	A	N	I	N	E	S	T	F	V	W

Answer key on page 35

Circle the 19 animal words in the puzzle above.

avian	rabbit	hen	chicken
equine	bird	sheep	mice
poultry	hamster	cat	dogs
beef	rodent	horse	pig
goat	canines	swine	duck
			pony

Make a collection of animal prints (footprints in plaster of paris) and show them to your 4-H club.

Read about the diseases that can affect your animal or any other area of the animal world, and give a report to your 4-H club or leader.

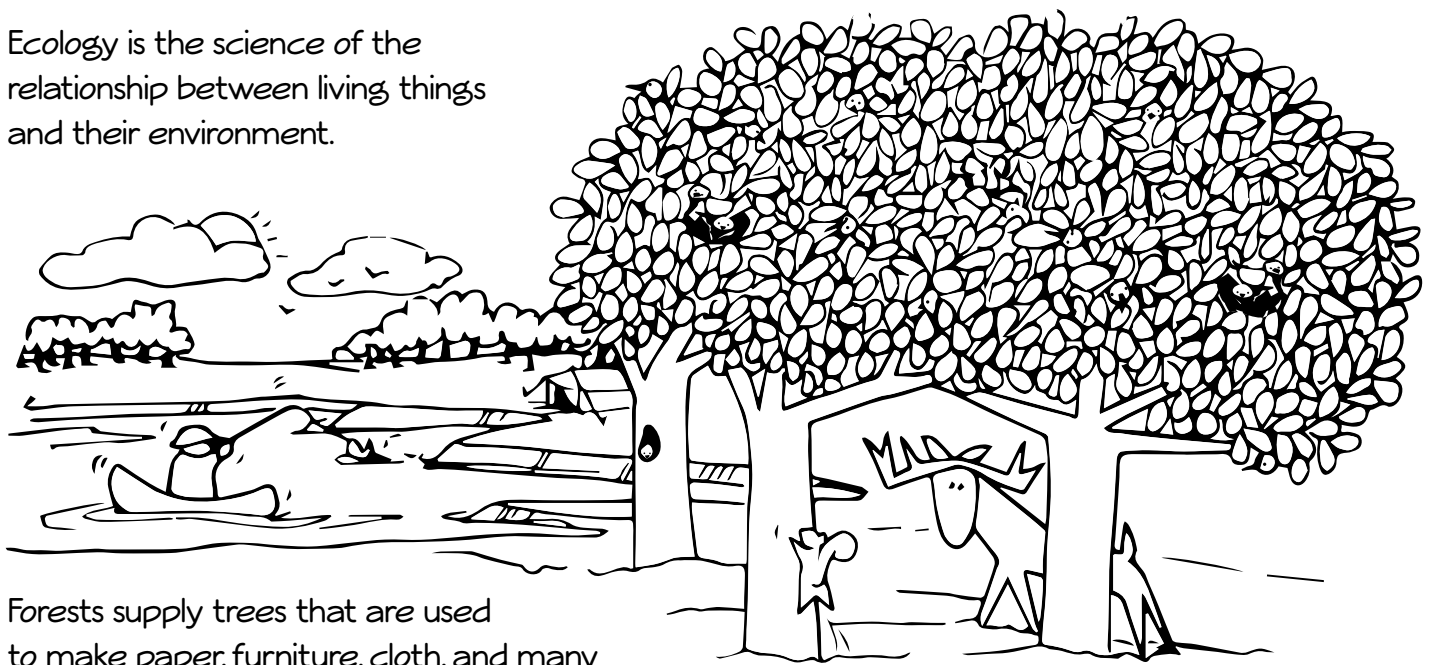
Birds & Bees



It is our responsibility to take care of our natural surroundings. That's called conservation.

Have you ever noticed the air filled with smog around a large city? Have you ever seen a polluted stream? Have you seen a muddy river after a heavy rain? If you have, then you know that we need to improve our surroundings. Another word for surroundings is environment. What we eat, wear, and use may be traced to soil, water, rocks, minerals, air, and sunlight and their primary products!

Ecology is the science of the relationship between living things and their environment.



Forests supply trees that are used to make paper, furniture, cloth, and many other valuable products.

Trees are also the homes of many birds and animals.

CIRCLE THE ONES YOU FIND IN THE PICTURE ABOVE.

Trees help keep the soil from washing away and help save our valuable water supply.

Forests are also recreation areas for camping, hunting, and fishing.

We should enjoy our forests and protect them.

DRAW A MAP OF AN AREA NEAR YOUR HOME. LABEL ALL THE TREES.

CATCH AN INSECT!

Insects do not have backbones!!
They have a hard exterior.

They may have no wings,
one pair of wings, or two
pairs of wings.

Insects have a
head, a thorax,
and an abdomen.
They have three
pairs of jointed
legs. Some insects
are our friends
and some are not.

**DRAW A PICTURE OF YOUR INSECT HERE
AND LABEL THE PARTS OF ITS BODY.**

MY INSECT IS A(AN):

ENTOMOLOGY
is the study of insects.

ABDOMEN

THORAX

HEAD

They usually have
compound EYES.

They have one
pair of ANTENNAE.

Animals that are not pets or farm animals are called

They take care of their own needs, but we can help them with their food and shelter. Choose an animal that lives in a forest, field, or stream.



What kind of animal did you choose? _____

Circle the group your animal belongs to:

AMPHIBIAN

FISH

MAMMAL

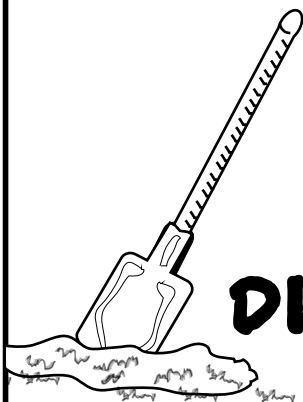
REPTILE

BIRD

Where does it live? _____

What does it eat? _____

How does it move? _____



DIG DEEPER

Special Dig Deeper reference:

U.S. Forest Service

Natural Resources
Conservation Service
(USDA NRCS)

- ✿ Make a pinecone bird feeder. Put peanut butter on the petals of a pinecone, roll the cone in birdseed, and hang it from a tree. Watch it for a few minutes every day for a week.

How many birds did you see? _____

How many different kinds of birds did you see? _____

List the names of some birds you saw. (A book on birds will help you.)

- ✿ Plant a seedling tree. Dig a hole at least 12 inches deep and 18 inches across. Put the tree in the center, no deeper than it originally grew. Put soil around the roots, mulch the surface with old leaves or pine straw, and water it well.

What kind of tree did you plant? _____

Where did you plant it? _____

(Water it every week for the first year.)

Machines and Tools

HELMETS

DO MORE THAN
KEEP YOU SAFE.

THEY'RE LIGHTWEIGHT, BRIGHTLY COLORED,
AND COOL TO WEAR! BUT YOUR HELMET MUST
FIT PROPERLY TO PROTECT YOU!

FIRST—it must stay on your head and not wobble when you push down on the helmet!

SECOND—to protect your forehead, make sure that your helmet is one to two fingers' width above your eyebrows!

THIRD—make sure your "ear straps" (back and front straps) are secured properly so that your helmet does not slip forward or backward!

FOURTH—make sure your chin strap is secured properly so that just one or two fingers can fit between that strap and your chin!

Remember to replace your helmet after you have had a crash even if it looks okay. The inner shell may have been damaged!

BICYCLES ARE MACHINES THAT YOUNG PEOPLE LIKE TO USE. USE A BICYCLE TO HELP YOU ANSWER THESE QUESTIONS. YOU NEED TO LEARN ABOUT YOUR BIKE SO THAT YOU CAN CARE FOR IT.

What brand is your bike? _____

How many speeds does it have? _____

Name three parts on your bike that are safety features.

1. _____
2. _____
3. _____

TIRES THAT ARE FILLED WITH AIR HAVE VALVE STEMS. SOMETIMES VALVE STEMS BECOME LOOSE AND THE TIRE LOSES AIR A LITTLE AT A TIME.

Write the name of the tool that is designed just for tightening valve stems.

Where are the brakes? _____

What size are the tires? _____

What is the tire pressure? _____
(Look on the side of the tire.)

Do you know three things that can cause a flat tire?

BICYCLES AND MANY OTHER MACHINES HAVE BALL BEARINGS TO MAKE THEM RUN SMOOTHER.

Where are the ball bearings on your bicycle?

SOME BICYCLE PARTS SHOULD BE LUBRICATED NOW AND THEN TO MAKE THEM RUN SMOOTHER AND TO PREVENT RUST.

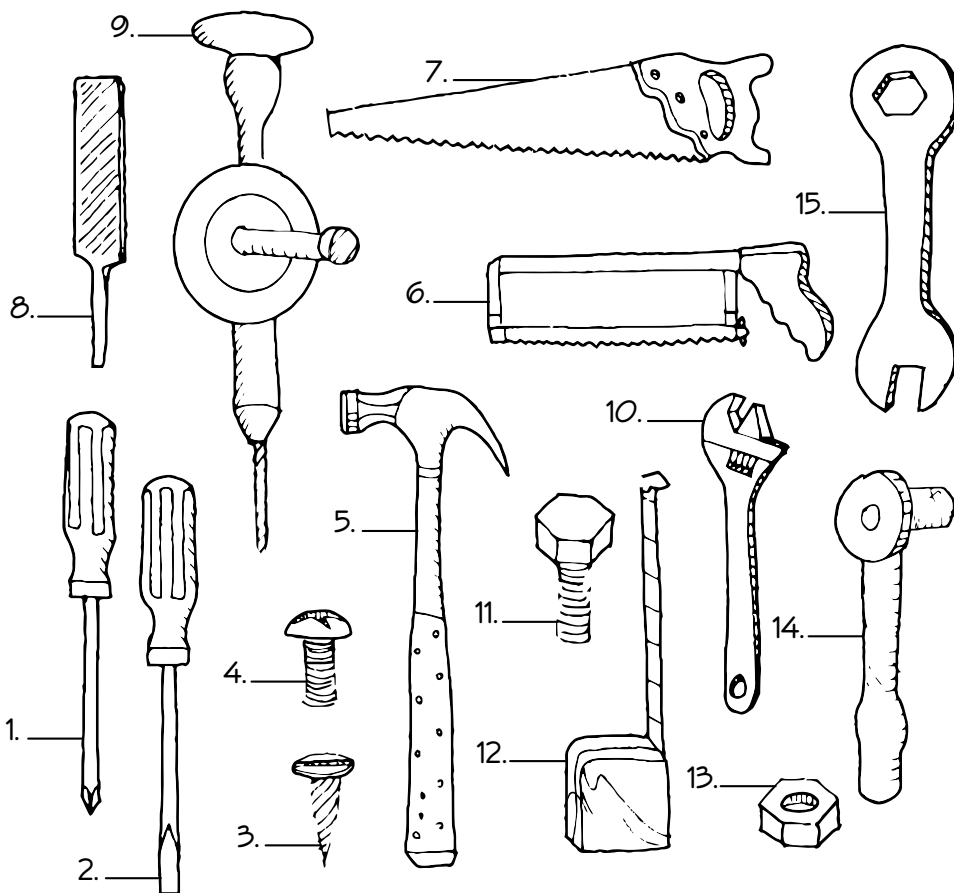
YOU SHOULD USE OIL ON SOME PARTS AND GREASE ON OTHER PARTS.

What should you use to lubricate the ball bearings in the axles?

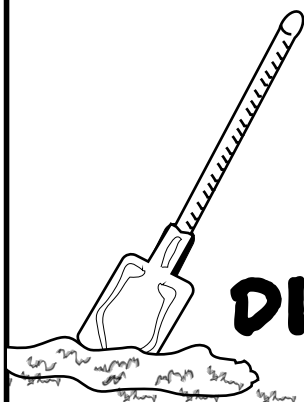
IF YOU ARE PLANNING TO WORK WITH MACHINES, YOU NEED TO KNOW WHAT SOME OF THE TOOLS ARE THAT YOU WILL USE.

Match the picture with the name of the tools. Put the letter in the blank.

- A. regular screwdriver
- B. Phillips head screwdriver
- C. bolt
- D. nut
- E. hammer
- F. wrench
- G. file
- H. carpenter's saw
- I. tape measure
- J. socket wrench
- K. hand drill
- L. adjustable wrench
- M. regular head screw
- N. Phillips head screw
- O. hack saw



Answer key on page 35



DIG DEEPER

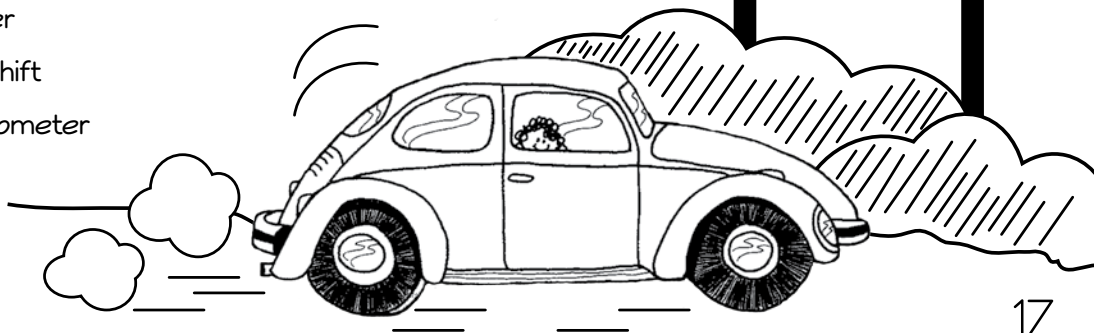
Ask one of your parents, a neighbor, or a mechanic to explain the parts of a car and what they do.

YOU CAN USE THIS LIST OF CAR PARTS TO HELP YOU GET STARTED.
GIVE A REPORT TO YOUR 4-H CLUB.

- | | | |
|---------------|-----------------|-------------------|
| • carburetor | • dimmer switch | • odometer |
| • air cleaner | • dip stick | • shock absorbers |
| • battery | • muffler | |
| • distributor | • gear shift | |
| • spark plugs | • speedometer | |
| • fan | | |
| • radiator | | |
| • block | | |

Special Dig Deeper reference:

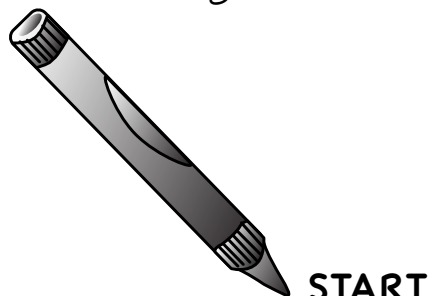
People who work in gas stations and bicycle repair shops.



Recreation

FUN! That's what recreation is all about!!

Explore this maze of recreational activities and discover fun things to do in your spare time. Some things will be fun to do alone. Others will be more fun to do with friends.



START

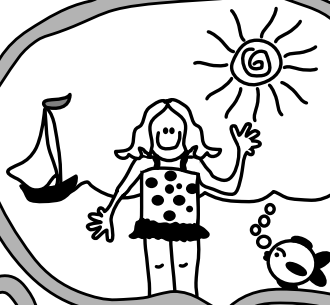
ARTS & CRAFTS



Drawing, painting, macramé stitchery, and clay sculpture are a few creative things you can do.

Making art from things found in nature can be fun, too!

OUTDOOR RECREATION



IT'S FUN
TO PLAY
OUTDOORS!

In bad
weather, you
can play a
game inside!

READING IS RECREATION, TOO!

Some sports
require
teamwork &
others are fun
to do alone.

SPORTS



Some people enjoy making collections of things that interest them. You might collect stamps, rocks, or leaves.

NAME SOME OTHER THINGS YOU CAN COLLECT.

Draw a picture of your favorite sport.

CHOOSE ONE OF THESE ART MATERIALS TO USE:

- pencil
- pen & ink
- charcoal
- chalk
- felt tip pens
- colored pencils
- or a combination of these

COLLECTIONS & HOBBIES



The performing arts let you show your talent in music, dance, or drama.

LIST SOME MUSICAL INSTRUMENTS YOU COULD LEARN TO PLAY.

PERFORMING ARTS

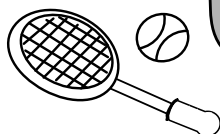


NAME A SPORT THAT NEEDS:

9 team members _____

11 team members _____

5 team members _____



WHAT IS YOUR FAVORITE KIND OF RECREATION?



Explore sports activities
you can do alone
or with one other friend.

NAME A FEW:



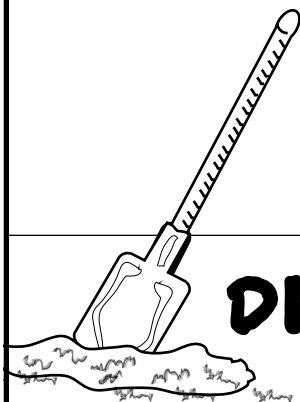
**LIST SOME OF
YOUR FAVORITE
PERFORMERS:**

DANCING is a fun activity.
What is your favorite type of dancing?

MAKE A SMALL COLLECTION AND BRING IT TO YOUR 4-H CLUB MEETING.

What would you like to collect? _____

How many things did you find for your collection? _____

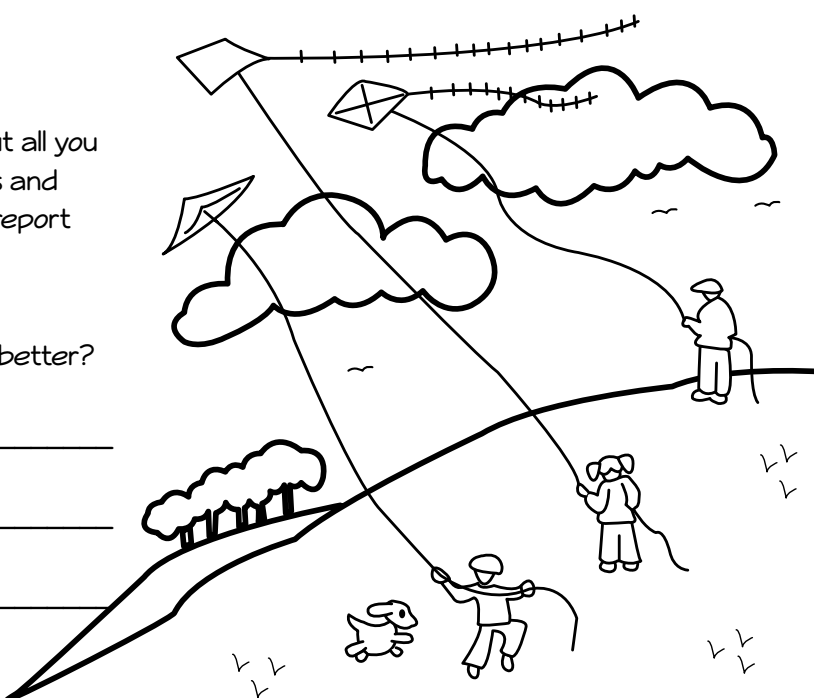


DIG DEEPER

Pick out one team or individual sport you enjoy. Find out all you can about this sport and its rules. Collect news articles and make a scrapbook. Participate in this sport and put a report of what you did in your scrapbook.

BUILD A KITE.

Did it fly? What could you have done to make it work better?



Yakety-Yak

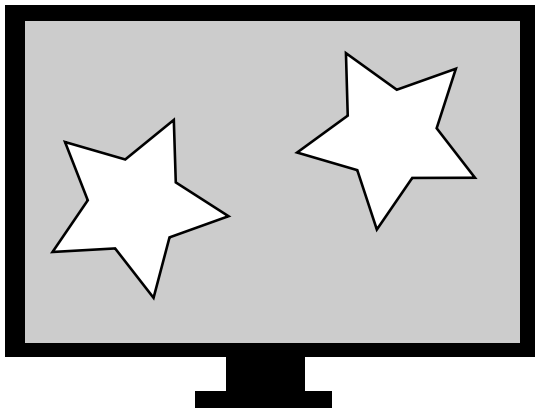


COMMUNICATION

**MEANS TELLING OR SHOWING PEOPLE WHAT YOU THINK AND FEEL
AND UNDERSTANDING WHAT OTHER PEOPLE THINK AND FEEL.**

People can communicate in many ways. You communicate when you talk to people, look at pictures or posters, watch television, or notice someone's facial expressions.

WHAT ARE SOME OTHER WAYS YOU CAN COMMUNICATE?



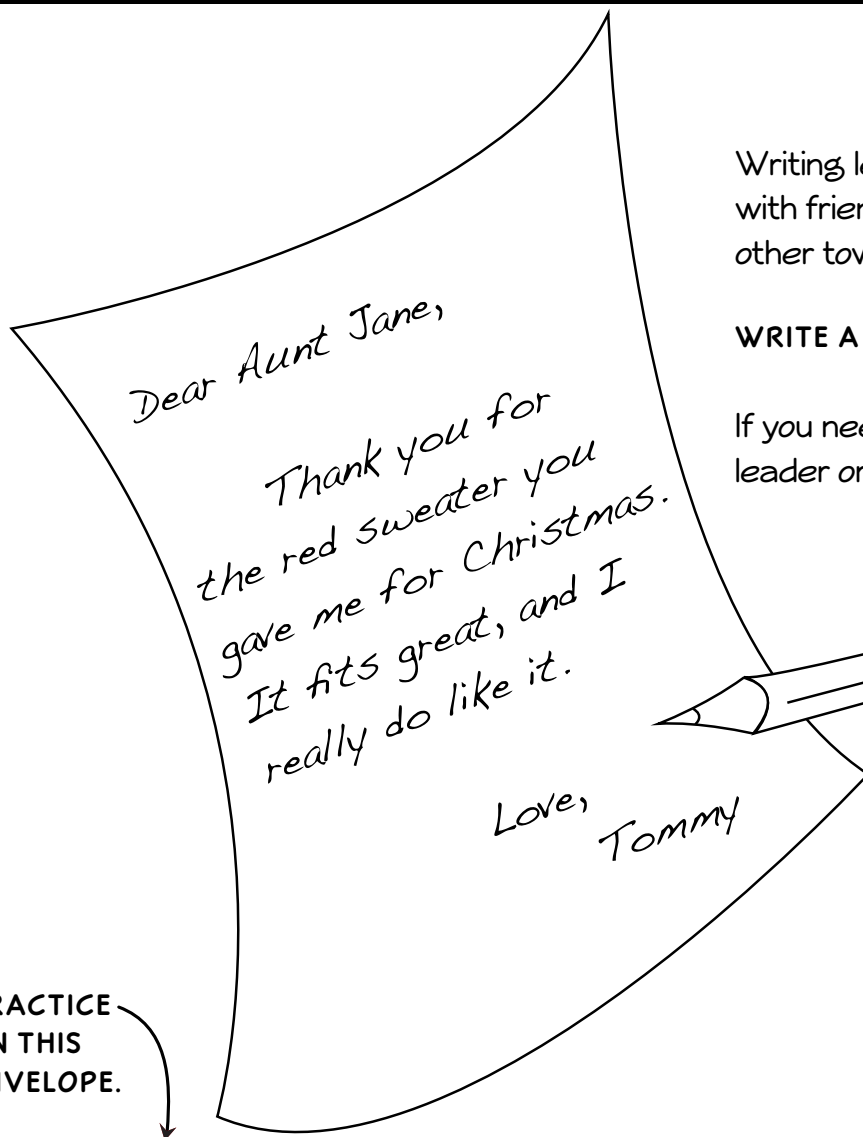
**MAKE A LIST OF YOUR
FAVORITE TV PROGRAMS.**

Some people spend a lot of time watching TV.

Keep a record of how much time you spend watching television in one day.

I spent _____ hours and _____ minutes watching television.

**WHAT ARE SOME OTHER PROGRAMS
THAT YOUR CLUB MEMBERS LIKE?**



Writing letters is a good way to communicate with friends and family members who live in other towns.

WRITE A LETTER TO SOMEONE.

If you need any help, ask your 4-H volunteer leader or a parent to help you.

NOW ADDRESS AN ENVELOPE AND MAIL YOUR LETTER.

Don't forget the zip code!

And the stamp!

PRACTICE
ON THIS
ENVELOPE.

YOUR NAME

STREET NUMBER AND NAME

CITY

STATE

ZIP CODE

OTHER PERSON'S NAME

STREET NUMBER AND NAME

CITY

STATE

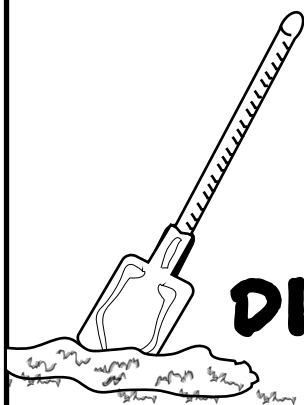
ZIP CODE



Make a Bulletin Board or a Poster

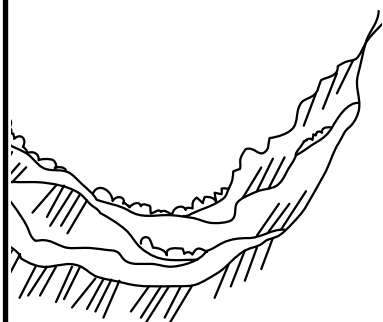
Bulletin boards and posters tell people things they need to know. Ask your 4-H leader if you can design an educational bulletin board for your club or library. If you would rather make a poster, ask if you can hang it at your club meeting or the library.

MY BULLETIN BOARD OR POSTER WAS ABOUT:



DIG DEEPER

- ✿ Visit a telephone company, a newspaper office, a radio station, or another business that handles communications. Write a report for your 4-H club.
- ✿ Make a picture story using pictures you have taken or that you find in magazines. It should be about something you have done in one of your 4-H subject areas or meetings.
- ✿ The telephone is one of the most commonly used forms of communication. Ask your 4-H volunteer leader to tell you about proper telephone etiquette. Call her and let her analyze your "telephone voice."
- ✿ Expressions and body movements also communicate the way people feel. This is called "body language." Watch some people and write down how they look when they are happy, sad, confused, jealous, reading, writing, and walking down the street.



Home, Friends, and Me

My favorite friend's name is

_____.

CHOOSE A FRIEND YOUNGER THAN YOU.

What is your friend's name?

The things I like about my friend are:

1. (example) He/she is kind.

2. _____

3. _____

4. _____

5. _____

READ A STORY TO YOUR FRIEND.

What story did you choose?

TEACH YOUR FRIEND A SONG OR LISTEN TO MUSIC

TOGETHER. What song did you teach?

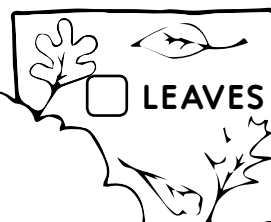
CIRCLE THE THINGS ABOVE THAT DESCRIBE YOU.

Do you think you are a good friend?

___ YES

___ NO

☐ BIRDS



☐ LEAVES

☐ BUGS

☐ SEEDS

☐ FLOWERS

TAKE A WALK

WITH YOUR FRIEND.

TO HAVE A
FRIEND IS TO
**BE A
FRIEND.**

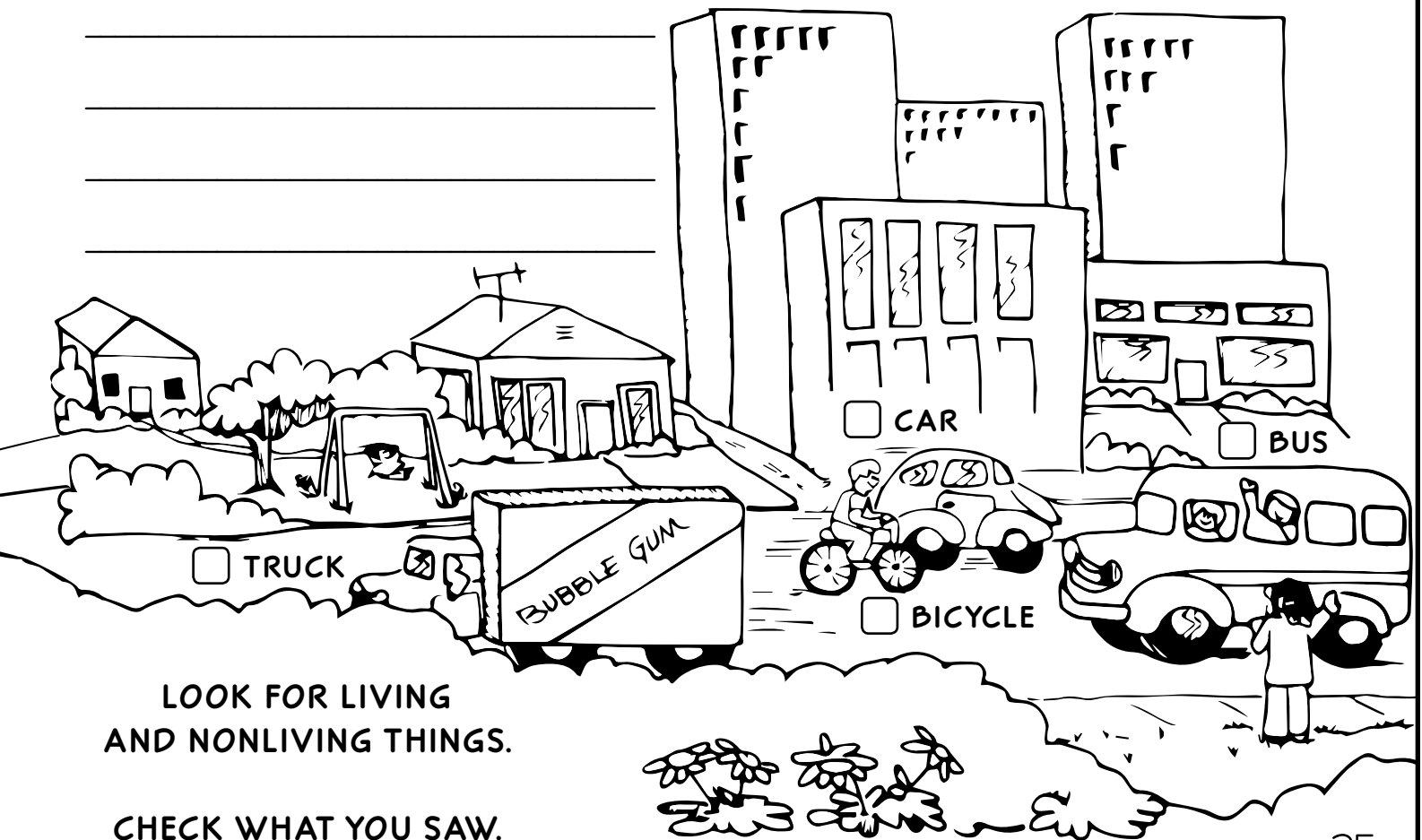


**Give
a smile
away
today!**

Name five people you smiled at today:

1. _____
2. _____
3. _____
4. _____
5. _____

The most interesting thing that happened on our walk was:



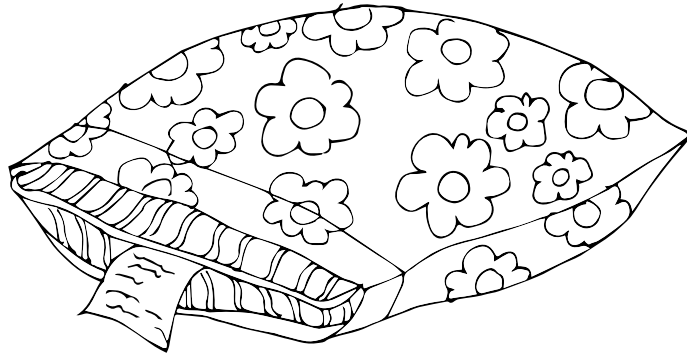
**LOOK FOR LIVING
AND NONLIVING THINGS.**

CHECK WHAT YOU SAW.

LOOK FOR SOME
Labels IN YOUR HOME.

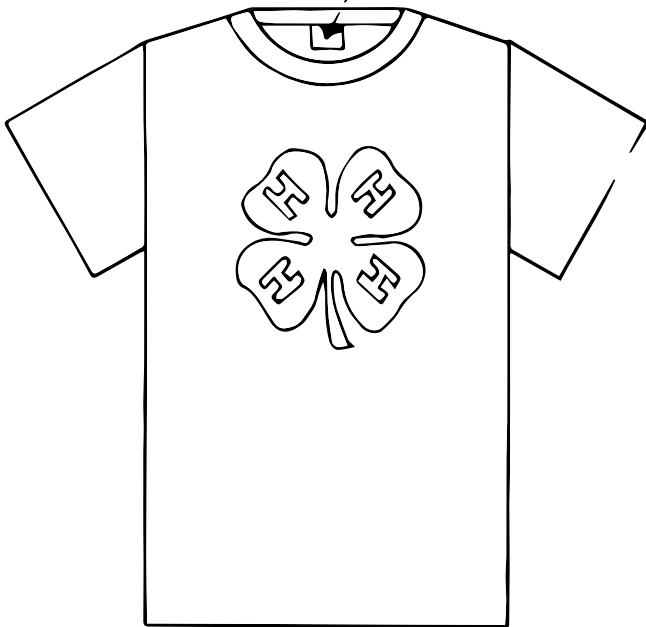
LABEL	ITEM IT IS ON	ROOM IT IS IN
METAL		
PAPER		
CLOTH		
OTHER		

Labels are not just tags attached to items to show the price. There are many labels in your home that are required by law. They protect your health and safety.



The fiber content, care instructions, and manufacturer's name should be on all fabric labels.

What does a label say?



CHOOSE ONE PIECE OF
CLOTHING WITH A LABEL ON IT.

USE THE LABEL TO
ANSWER THESE QUESTIONS.

What size is the garment? _____

What is the fiber content?
(What is it made of? Give percents.)

How should you clean and care for it?

What is the manufacturer's name?
(Who made it?)

Are there any special qualities?
(such as waterproof or permanent press)

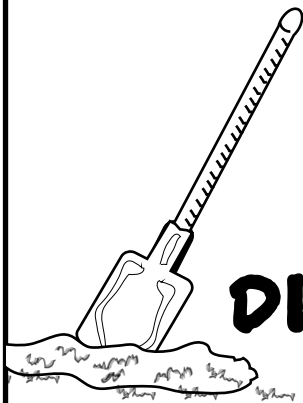
Look in the mirror!

Check the items that are you:

- ☐ I dress neatly.
- ☐ I look happy.
- ☐ I brush my hair.
- ☐ I have _____ color eyes.
- ☐ I wear glasses.
- ☐ I brush my teeth.
- ☐ I have freckles.

Now Look Inside!

- ☐ I am courteous to others.
- ☐ I play and let grown-ups work.
- ☐ I help with chores at home.
- ☐ I share with my family.



DIG DEEPER

- ✿ Have a "be kind to others" day.
- ✿ For one week, spend 10 minutes each day just "daydreaming."
- ✿ Write and illustrate a short book for children. Read it to your younger friend.

FRIENDS AND FAMILY ARE
IMPORTANT TO US. SOMETIMES
WE DON'T REALIZE HOW
IMPORTANT THEY ARE.

DO YOU?

Look at Your Family!

Who is the most thoughtful?

Who listens to your parents most?

Who is the best student?

Who keeps his/her room neatest?



What do you do in your spare time?

List some favorite things you like to do
with other people. Put a star by the things
you like to do with family members.

Crunch, Yum,

List what you ate today:

BREAKFAST _____

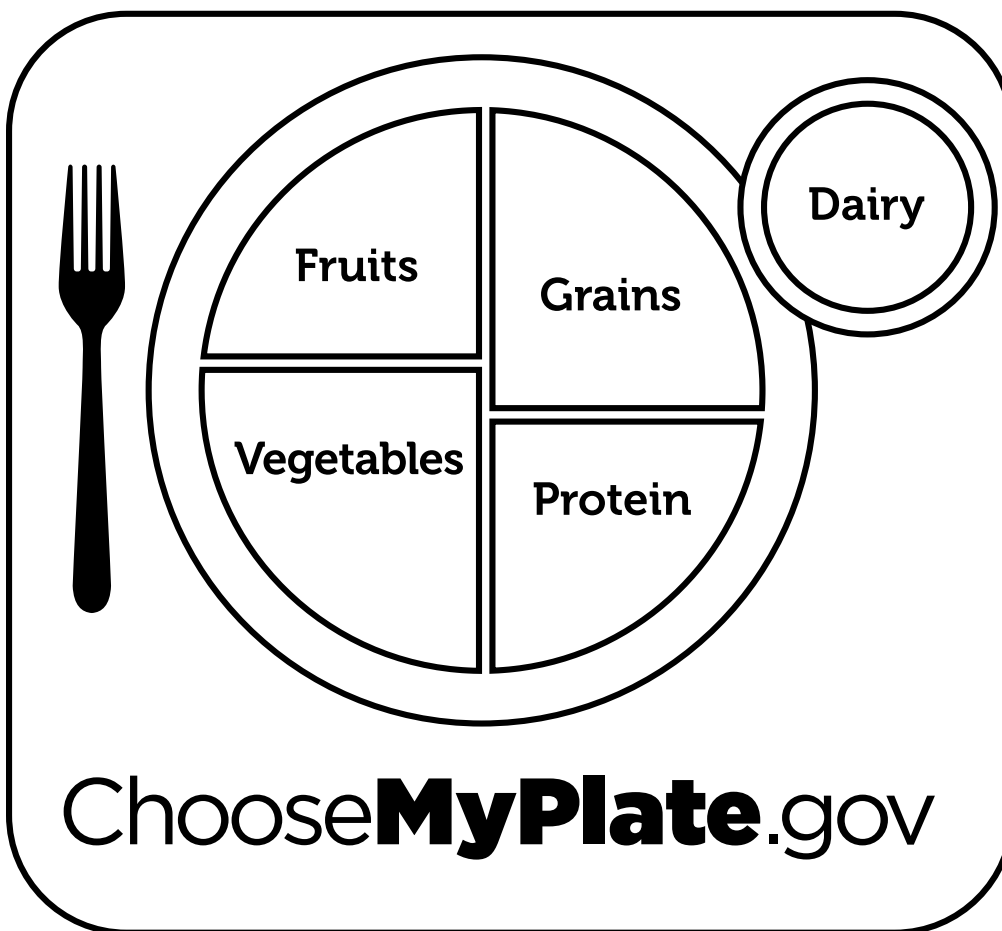
SUPPER _____

LUNCH _____

SNACK _____

MyPlate shows the food groups that are the “building blocks” for a healthy diet using something that you know—a place setting for a meal.

You can get your protein from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds. Beans and peas are also part of the Vegetable Group. Try to select a variety to improve your nutrient intake and health benefit. Meat and poultry should be lean and low fat!



KEY INFO:

Make your plate half fruits and vegetables!

Make half of your grains (breads, cereals, pasta, etc.) whole grains. Whole grains contain the entire kernel. Some examples are whole-wheat flour or pasta, oatmeal, brown rice, and whole cornmeal.

Commonly eaten dairy products include milk, cheese (hard, soft, and processed), yogurt, puddings, ice milk, ice cream, and frozen yogurt.

It is best to switch to fat-free or low-fat (1%) milk!

Gulp, Chomp

Let's Go Shopping!

The name of the grocery store where my family shops is _____.

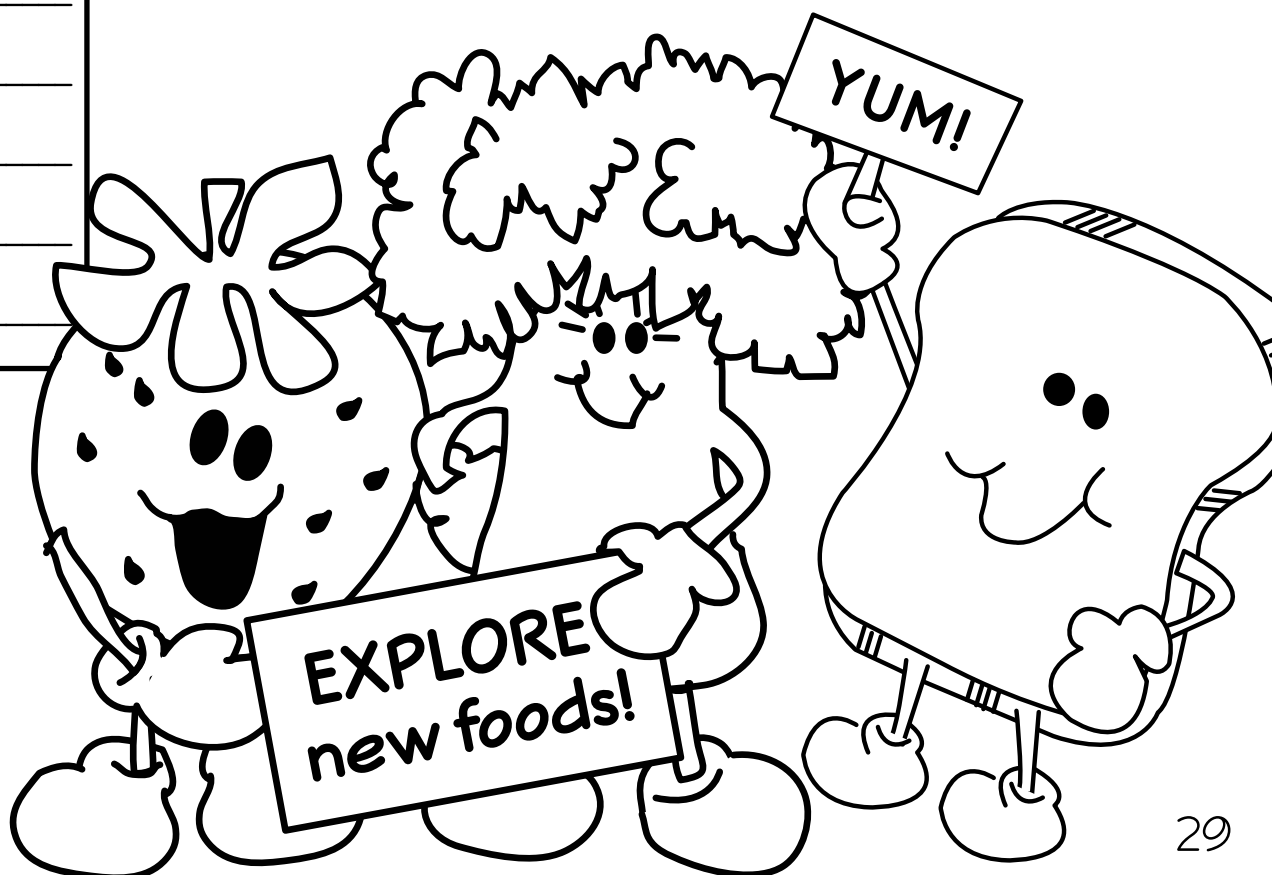
Overhead aisle signs help you find what you are looking for.

THIS IS THE SIGN OF THE SECOND AISLE OF MY GROCERY STORE.

FOOD	FOOD GROUP	DEPARTMENT	AISLE
apple	fruit	produce	1
chicken			
milk			
Raisin Bran			

LOOK FOR THE FOODS IN THE CHART ABOVE
IN YOUR GROCERY STORE. FILL IN THE BLANKS.

AISLE TWO (Fill it in.)



DIG DEEPER

Special
Dig Deeper
reference:
Your school
or local
dietitian

IMPORTANT INFORMATION

Labels on
canned food tell
us a lot! Read
one label and list
five facts you
find on it.

PLAN SNACKS FOR YOUR 4-H CLUB

Plan a healthy snack for your 4-H club. Make a shopping list. Write down the prices of the items you buy.

Number of members in your 4-H club: _____

FOOD	PRICE
TOTAL COST	\$
COST PER PERSON	\$

More for Your Money

Compare two sizes of peanut butter jars in your grocery store. Find the unit price of each jar. Divide the price of the jar by the number of ounces or grams in the jar to get the unit price. (Unit price is the price per ounce or gram.)

Jar no. 1 _____ Jar no. 2 _____

weight _____ weight _____

unit price _____ unit price _____

JAR NO. _____ IS THE BEST BUY FOR THE MONEY.

HELPFUL HINT: You can find the best buys on most foods on your grocery shopping list by comparing the prices in different stores. Do this by reading the grocery store ads in the food section of your newspaper. Make a comparison list of five foods. Write the price of the same five foods from two stores and the best buy. Bring the list to your 4-H club. (If you make a poster, more people can see it.)

Feelin' Good!

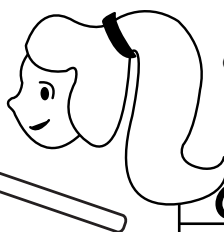
It's up to you to make your body last by keeping it strong and healthy.

I have a family doctor. **YES** **NO**

My doctor's name is _____.

I go to the dentist. **YES** **NO**

My dentist's name is _____.



SCORE YOURSELF ON THE CHARACTERISTICS OF GOOD HEALTH.

Have your 4-H volunteer leader or parent/guardian score you, too.

Characteristics of Good Health

EXPRESSION: Alert and happy.

ATTITUDE: Eager and willing to take part.

APPETITE: Good! Willing to try new foods and eat the right foods.

POSTURE: Stands up straight; doesn't slump.

WEIGHT: Right for age, height, and body type.

MUSCLE: Firm and strong; enjoys work and play.

TEETH: Clean and even.

SKIN: Smooth and clear.

EYES: Bright, clear, no circles under them.

HAIR: Shiny; scalp free from dandruff.

Good Health Scorecard

	MY SCORE			OTHER SCORE		
	GOOD	FAIR	POOR	GOOD	FAIR	POOR
EXPRESSION						
ATTITUDE						
APPETITE						
POSTURE						
WEIGHT						
MUSCLE						
TEETH						
SKIN						
EYES						
HAIR						

I need to improve on these points:

My score was good on these points:

Health Careers

There are other careers in the health field besides being a doctor.

SEE IF YOU CAN MATCH THE JOB DESCRIPTIONS WITH THE CORRECT TITLES.

- A. Treats animals when they are sick.
- B. Makes and distributes prescription drugs.
- C. Trained in methods of treatment other than the use of drugs or surgery.
- D. Trained in first aid and rides with ambulances.
- E. Works in a laboratory conducting various tests to provide information to help doctors determine treatment.
- F. Skilled in caring for the sick, usually under supervision of a doctor.
- G. Plans meals so that they are nutritious.
- H. Trained in the science of the mind and human behavior.
- I. Specialist in methods of proper waste disposal.
- J. Special dentist who puts braces on people's teeth.

- _____ orthodontist
- _____ dietitian
- _____ nurse
- _____ therapist
- _____ ambulance attendant
- _____ pharmacist
- _____ medical technician
- _____ veterinarian
- _____ sanitary engineer
- _____ psychologist



DIG DEEPER

- ✿ Select a health career person. Talk to them about their work and ask them to give a talk at your 4-H club meeting.
- ✿ Find out when each of your family members had their last shots. Make a chart of the shots they need now.
- ✿ Inspect your school or neighborhood playground for sharp, dangerous objects. Make a report to your 4-H club.
- ✿ Learn how to take blood pressure and tell your 4-H club what you learned.

CONGRATULATIONS

on completing Exploring 2!

You have explored all the 4-H project areas, and now you are ready to Dig Deeper into your favorites.

YOU MUST FOLLOW THESE STEPS TO COMPLETE EXPLORING 3:

1. Complete the Dig Deeper section in "Hi, Neighbor" on page 3.
(This is your leadership and citizenship project.)
2. Choose your two favorite areas. (Put a check by the two you choose.)

<input type="checkbox"/> Animal World	<input type="checkbox"/> Crunch, Yum, Gulp, Chomp
<input type="checkbox"/> Birds and Bees	<input type="checkbox"/> Recreation
<input type="checkbox"/> Plants & Soil	<input type="checkbox"/> Machines and Tools
<input type="checkbox"/> Feelin' Good	<input type="checkbox"/> Home, Friends, and Me
<input type="checkbox"/> Yakety-Yak	
3. Complete the Dig Deeper sections in the two areas you checked.
Show them to your leaders for approval.
4. Present one 4-H demonstration in one of the Dig Deeper areas
you checked above.

To help you **DIG DEEPER**

you might want to use these references:

Teachers, parents, your county Extension agent, farmers,
4-H adult volunteer leaders, 4-H manuals, encyclopedias,
Extension bulletins, school or public library,
government offices, or chamber of commerce.



HOW TO GIVE A DEMONSTRATION

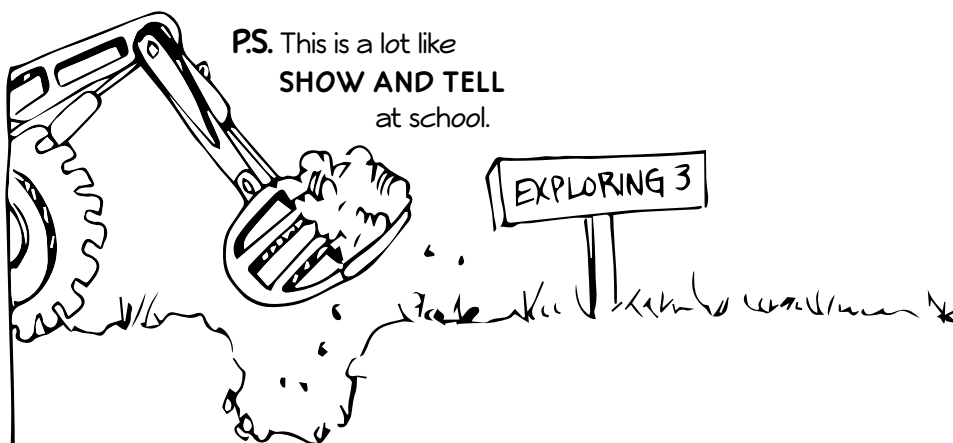
1. **PICK A TOPIC.** It should be something you learned about in a Dig Deeper activity. It should be just one thing. Don't try to talk about everything you learned.
2. **ORGANIZE THE POINTS** you are going to make on notecards so you will not forget.
3. **TELL YOUR 4-H CLUB WHAT YOU HAVE LEARNED.**
(Stand up straight, speak clearly, and smile. Make sure you look especially neat that day.)

Explain everything carefully. Don't assume that your group knows anything.
Do not talk more than 5 minutes.

4. **YOU CAN USE A VISUAL.** A visual is something to look at that can help your group understand what you are talking about.

Examples of visuals are:

- ✿ Actual objects: a camera, a kite, or a plant you grew (if it's not too big).
- ✿ A model of the object (if it is too big): a stuffed toy dog instead of a live dog.
- ✿ A drawing on a poster: a drawing showing parts of a car or a chart comparing food prices.



Now you are ready
to give your
DEMONSTRATION
on the
Dig Deeper activity
of your choice.

CONGRATULATIONS!

You have finished Exploring 3.

But wait.

There are even more things to do in 4-H.

Take a look at this list of more projects to explore, activities to do, and places to go.

If you have any questions, ask your county Extension agent for more information.

CHOOSE A 4-H PROJECT

ANIMALS

Beef cattle
Dairy cattle
Dog
Horse
Swine
Sheep
Veterinary science
Poultry
Goat

PLANTS

Beautification
of home grounds
Crops/agronomy
Garden
Orchard/fruits/nuts
Pasture
Plant science
Truck crops
Plant pathology

PERSONAL DEVELOPMENT

Citizenship
Health
Leadership
Personal development
Public speaking

IN THE SHOP

Electric energy
Aerospace
Woodworking
Small engines
Bicycle

IN THE HOME

Child development
Clothing
Consumer education
Dairy foods
Food/nutrition
Interior design

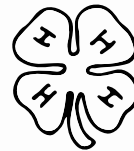
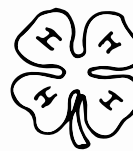
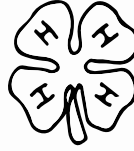
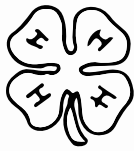
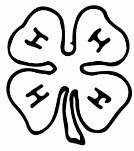
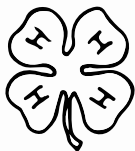
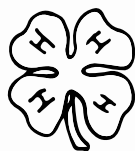
WHEELS

Automotive
Bicycle
Tractor

OTHER

Entomology
Photography
Robotics
Shooting sports
Wildlife
Forestry

SUPER SPECIAL: Be a judge, give a speech, or show an animal.

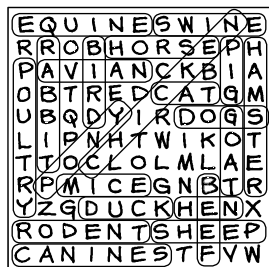


ANSWER KEY

PAGE 4

- | | |
|------------|-------------|
| 1. air | 6. farmer |
| 2. water | 7. library |
| 3. soil | 8. hospital |
| 4. police | 9. store |
| 5. teacher | |

PAGE 12



PAGE 17

- | | | |
|-------------|--------------|--------------|
| 1. <u>B</u> | 6. <u>O</u> | 11. <u>C</u> |
| 2. <u>A</u> | 7. <u>H</u> | 12. <u>I</u> |
| 3. <u>M</u> | 8. <u>G</u> | 13. <u>D</u> |
| 4. <u>N</u> | 9. <u>K</u> | 14. <u>J</u> |
| 5. <u>E</u> | 10. <u>L</u> | |

PAGE 32

- | | |
|------------------------------|-----------------------------|
| <u>J</u> orthodontist | <u>E</u> medical technician |
| <u>G</u> dietitian | <u>A</u> veterinarian |
| <u>F</u> nurse | <u>I</u> sanitary engineer |
| <u>C</u> therapist | <u>H</u> psychologist |
| <u>D</u> ambulance attendant | |
| <u>B</u> pharmacist | |

NAME _____

4-H CLUB _____

COUNTY _____

This 4-H member has *completed* all areas of Exploring 2.

Parent or Leader Signature

This 4-H member has *completed* all areas of Exploring 3.

Parent or Leader Signature

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