Welcome to Tennessee 4-H! You have now joined over 157,000 4-H members across the state! Together, we are in pursuit of knowledge, skills, and attitudes related to Life Skill development and project-specific intelligence. A little unsure about what project area is for you? Read the descriptions below and choose the one that is right for you!

<table>
<thead>
<tr>
<th>Selection Guide</th>
<th>BEEF</th>
<th>CITIZENSHIP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td>Learn about breeds of beef cattle, management of a herd, how to show beef cattle, and anatomy.</td>
<td>Become a good citizen, transform your community, and activate a sense of citizenship in others.</td>
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<tr>
<td><strong>CLOTHING &amp; TEXTILES</strong></td>
<td>Wardrobe planning, clothing care &amp; maintenance, creating clothing &amp; accessories, and understanding textiles are all covered in this project.</td>
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<tr>
<td><strong>COMPANION ANIMALS</strong></td>
<td>Identify the best companion animal for you, learn basic care and feeding, identify common breeds.</td>
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<tr>
<td><strong>COMMUNICATION &amp; PUBLIC SPEAKING</strong></td>
<td>Improve yourself in all forms of communicating: written, verbal, and non-verbal.</td>
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<tr>
<td><strong>COMPUTERS &amp; TECHNOLOGY</strong></td>
<td>Coding, program development, and identifying the parts of a computer are just a few activities in this project area.</td>
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</table>

For more information visit: https://4h.tennessee.edu/what-interests-you/
### Tennessee 4-H Youth Development

**4-H Project**

### Consumer Education & Economics

The topics in this project include producing and managing income, understanding the economy, and financial planning.

### Creative Arts & Design

In Creative Arts and Design, 4-H members explore visual arts, crafts, interior, and graphic design.

### Dairy

Focuses on the care, management, anatomy, and showing of dairy cattle.

### Engineering & Safety Science

Design, revision, maintaining a safe work space, and so much more are parts of the Engineering and Safety Science project.

### Electric

Focuses on electricity, how it is created and conducted, what powers our world.

### Entomology & Beekeeping

This project introduces 4-H'ers to the exciting world of insects and their relatives, the arthropods.

### Entrepreneurship

This project focuses on money-making, business ideas, selling and providing goods to clientele.

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## 4-H Project

### Microbiology, Food Preparation, and Food Related Careers

**Food Science**

- Microbiology, food preparation, and food related careers are topics covered in this project.

### Management, Confirmation, Anatomy, and Diseases Related to Horses

**Horse**

- Introduces 4-H members to management, confirmation, anatomy and diseases related to horses.

### Explore Different Breeds of Goats, While Also Learning How to Manage and Show Their Herd

**Goat**

- Explore different breeds of goats, while also learning how to manage and show their herd.

### Soil, Flowering Plants, and Vegetable Plants

**Horticulture & Garden**

- Soil, flowering plants, and vegetable plants are a few of the great topics covered in the Horticulture/Garden project.

### A Perfect Project for Someone Who Loves Being Outdoors. Learn About Species of Wildlife, Aquatic Animals, and the Environment

**Forestry, Wildlife & Fisheries**

- A perfect project for someone who loves being outdoors. Learn about species of wildlife, aquatic animals, and the environment.

### In the Leadership Project, 4-H Members Gain the Skills to Be Leaders of Themselves, Their Community, and Their World

**Leadership**

- In the Leadership project, 4-H members gain the skills to be leaders of themselves, their community, and their world.

### Physical Activity, Nutrition, and Health

**Nutrition, Health & Fitness**

- Physical activity, nutrition, and health are just a few topics to learn about in the Nutrition, Health and Fitness Project.

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Tennessee 4-H Youth Development

4-H Project Selection Guide

OUTDOOR RECREATION & SHOOTING SPORTS

Enjoy the outdoors while engaging in canoeing, kayaking, camping, and fishing. You can also develop skills and precision in shooting sports activities.

PERSONAL DEVELOPMENT

This project encourages 4-H members to develop themselves through the 7 C’s: Caring, Character, Competence, Connection, Confidence, and Contribution.

PLANT SCIENCE

The Plant Science project exposes 4-H members to the science and method of growing a variety of plants.

PERFORMING ARTS & RECREATION

4-H members in this project learn about vocal and stage performance, indoor recreation.

PHOTOGRAPHY

Parts of a camera, image composition, and image and video editing and just a few things awaiting 4-H members in the Photography project.

POULTRY

Whether it’s managing a small home flock, or a major operation, 4-H members will gain these skills in the Poultry project.

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<table>
<thead>
<tr>
<th><strong>4-H Project</strong></th>
<th><strong>Sheep</strong></th>
<th><strong>Swine</strong></th>
</tr>
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<tbody>
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<td><strong>Management, anatomy, and proper nutrition are just a few topics covered in the Sheep project.</strong></td>
<td><strong>Common diseases, treatments, and animal anatomy are topics covered in the Vet Science Project.</strong></td>
<td><strong>In the Swine project, you'll learn about breeds of pigs, management of a herd, how to show swine, and anatomy of swine.</strong></td>
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<tr>
<td><strong>Want to know more?</strong></td>
<td><strong>You can find more information on the Tennessee 4-H project areas, including lists of project area outcomes, at the link below!</strong></td>
<td><strong><a href="https://4h.tennessee.edu/what-interests-you/">https://4h.tennessee.edu/what-interests-you/</a></strong></td>
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