Introduction

Plants are all around us. From tiny mosses, to towering trees, to flowering roses, the Earth needs plants. This project will help you explore the basics of plants as they grow. Did you know that you can grow a plant without planting a seed? Find out how!

Plants are especially important to people. Plants make our world beautiful. They are also an excellent source of food. Just think about how many foods you eat each day that come from plants. You will try more foods from plants in this project. You will grow some of your own food and grow something from the food on your counter or in your refrigerator.

In Skill Builder 5 you will look at the finer details of plants. Get an up close view of plants and learn What's Going on Inside your plants! You might even find a future job or hobby with plants.

Meet Larry Leaf!

Larry says, “Don’t leaf me alone—look for me throughout the manual. I’ll share exciting and important information that will help you with your project.

Leaf it to Me!
This More Leaves box will appear throughout the project book. Check out the great website link ideas that will lead you to fun online content to help you with your 4-H project.

Learning is 3D!
To help you get the most out of your learning, each project meeting has the following parts:
Dream it! Plan for success
Do it! Hands on learning
Dig it! What did you learn?
What Skills Will You Learn?

Each section or Skill Builder in this project has activities to do that will help your group learn to do by doing while learning new skills and having fun!

To complete this project, you must:
- Complete the activities in each Skill Builder OR a similar activity that focuses on the same skills, as you and your leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club's Achievement (See the inside back cover for more information about 4-H Achievements).

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<th>Members will be able to...</th>
<th>Activities</th>
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• Prepare to grow a variety of plants | • Plant Scavenger Hunt  
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When you successfully complete your Builders, you will showcase what you have learned.

| Showcase & Portfolio | • Explain success in using the skills listed above | • Showcase Challenge  
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Skill Builder 1: Plants Are Everywhere

Larry Says....

The Earth is covered in plants. It is estimated that there are at least 300,000 different species of plants spread around the world. Let’s look at the plants in your home and in your community first!

SKILLS CHECKLIST
- Identify uses of plants
- Explain seasonal changes in plants
- Prepare to grow a variety of plants

Important Words
Watch for these important words throughout this Skill Builder: Vegetation, Deciduous, Conifer, Trowel

Dream it!

Plant Scavenger Hunt

Look around your house and your community. What vegetation do you see? Try to find the following. Record where you found it and what kind of plant it is if you can identify it. How many can you find?

- Tall ____________________________________________________
- Short ____________________________________________________
- Deciduous ________________________________________________
- Coniferous ________________________________________________
- Flower ____________________________________________________
- Fern ______________________________________________________
- Agricultural Crop __________________________________________
- Used for food ______________________________________________
- __________________________ ________________________________
- __________________________ ________________________________

Deciduous plants change with the seasons. Draw pictures of a deciduous tree in the summer and in the winter.

Summer

Winter
Do it!

Tools for Planting

As you begin growing things, you will learn about some of the tools you might need to be a successful gardener. Brainstorm some of the tools you think you will need. Draw or list three of these tools.

Larry Says...

What are two things you can do to stay safe while you are gardening?
1. _______________________________________________________________________
2. _______________________________________________________________________

Where Will You Plant?

There are many different places that plants grow. Outdoor planting may not be a good choice due to seasonal temperate changes. Think about different containers you could use to plant your plants indoors for this project.

Find a container that you can use for this project. Look for materials that you can recycle into a planter. Then, put your creative skills to work to create a decorative planter to show off your plants. Here are some creative ideas. Follow your leader’s instructions.

http://www.1001gardens.org/2015/03/lovely-planters-for-kids-from-upcycled-plastic-bottles/


http://blog.darice.com/kids-crafts/recycled-crafts-can-planters/
**Do it!**

**Plant It**

Number the following steps in order for planting a seed.

1. Pour soil into a pot until it is near the top.
2. Wait for the plants to grow. Gardening takes patience.
3. Cover the seeds with a thin layer of soil.
4. Place seeds in the soil. Sow them near the centre with even spacing.
5. Get your supplies ready.
6. Poke holes in the bottom of the pot. Place stones in the bottom of the pot for drainage.
7. Water. Give the seeds some water so the soil is moist. Continue watering as needed.

It’s time to start planting. Get your hands dirty as you tackle this part of the project. Select three different things to grow and record the date you plant them.

1. A Plant That You Can Grow For Food: _____________________________________________
2. Plant a Seed That Comes From a Food Item: ________________________________________
3. A Flowering Plant: _____________________________________________________________

Remember to label each pot and record the date the seeds were planted.

**Larry Says...**

Once you have planted the seeds, remember to water your plants regularly!

**More Leaves...**

Play some online gardening games at [http://www.gardeningwithchildren.co.uk/kids-zone/fun-and-games/items.cfm?id=7](http://www.gardeningwithchildren.co.uk/kids-zone/fun-and-games/items.cfm?id=7).

Find a list of Manitoba’s Farmers’ Markets here: [http://fmam.ca/](http://fmam.ca/). You can find all kinds of fruits and vegetables at Farmers’ Markets.

**Dig it!**

Why are plants important to us?

Why are recycled planters a healthy choice for the Earth?

How soon do you predict you will see the first signs of your plants growing?

**What’s next?**

In Skill Builder 2 you will learn about the different stages of growth of plants. You can see the entire process through a Germination Window.
Skill Builder 2: Seeds, Roots, & Shoots

Larry Says....
Plants grow up and down. While the plant is getting taller, the roots are also growing larger. Let’s learn about how all of this growing gets started.

SKILLS CHECKLIST
• Describe the life cycle of a plant
• Define seed germination
• Explain the growth of a seed

Important Words
Watch for these important words throughout this Skill Builder:
Seed, Germination, Root, Stem

Dream it!

Plant Life Cycle
Where have you seen seeds?
What do seeds do?

Place the following pieces of the plant life cycle in order. Begin with the planting of a seed.

[Image: http://2.bp.blogspot.com/-k-BBg67EzdY/UXBf_6M_x0I/AAAAAAAACds/LguWEUiQ1TA/s1600/Plants_lifecycle_pieces.jpg]
Do it!

Seed Identification

Look at the pictures below or at a collection of seeds provided by your leader. Match the name of the plant to its seed.

Seed Bombs

Seed bombs are small balls of soil and seeds. Make these any time of the year and save them for spring. Throw them into your garden and wait for them to grow.

Supplies:
- Red clay
- Dry, organic compost or soil
- Seeds (any seeds - flowers or vegetables such as cilantro, parsley, lettuce, peas, etc.)
- Water

Directions:
1. Mix 5 parts clay, 2-3 parts compost or soil.
2. Gradually add 1-2 parts water.
3. Knead mixture to the consistency of cookie dough.
4. Roll into small to medium sized balls about the size of cookie balls. They should fit in the palm of your hand. Add 4-5 seeds to the mixture for each ball.
5. Set seed bombs out to dry for a day or two. They will dry more quickly if they are set in the sun.

In the spring, place the seed bombs in your garden. Ask permission before planting any seeds.
Granola Bars

Many years ago people survived by collecting seeds and fruits in the wild. Make your own granola bars. They are a healthy snack choice.

Ingredients:
- 2 cups (475 mL) rolled oats
- 1/4 cup (60 mL) raw sunflower seeds
- 1/2 cup (120 mL) dried cranberries
- 1/4 cup (60 mL) wheat germ
- 1/2 cup (120 mL) sliced almonds (optional)
- 1/4 tsp (1 mL) salt
- 1/2 cup (120 mL) peanut butter (or soy nut butter)
- 3/4 cup (175 mL) honey
- 1 tbsp (15 mL) cooking oil
- 3 tbsp (45 mL) brown sugar
- Mini chocolate chips (optional)

Directions:
1. Preheat oven to 350° F (175° C). Grease a ceramic or glass 9x13” baking dish.
2. Mix oats, sunflower seeds, cranberries, wheat germ, and almonds together in a bowl. Spread mixture on a sheet pan and toast in preheated oven for 8 minutes. Return mixture to a large bowl.
3. In a medium saucepan, combine salt, peanut butter, honey, cooking oil, and brown sugar.
4. Melt over medium heat. Remove from heat when melted. Pour over oats mixture and combine until dry ingredients are evenly coated. Stir in chocolate chips (optional).
5. Pour into baking dish. Press mixture down into pan.
6. Bake for 20 minutes
7. Let cool for at least 2 hours before serving.

What other seeds do you like to eat? _____________________________________________________

Germination Window

In this activity you will see how plants begin their growth below the ground.

Supplies
- Jar
- Wet Paper Towel
- Seeds (beans or peas work well)

Directions:
1. Squeeze excess moisture from paper towels. Place damp paper towels in the jar until it is nearly filled with loosely stuffed paper towels.
2. Place 4-6 seeds along the edges of the jar about halfway down.
3. If you are using multiple types of seeds, label the jars.
4. Keep a record of the date of planting.
5. Watch for plant growth. Record any growth or changes you notice.

A chart for record keeping is included on the following page.
Record your observations of your Germination Window. Do you notice any new parts, changes in size, or changes in colour?

<table>
<thead>
<tr>
<th>Date</th>
<th>Observations</th>
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</tbody>
</table>

**Dig it!**

Why is it important that the plant life cycle continues?

What part of the plant life cycle starts a new plant?

Did the root or the shoot grow more quickly in your Germination Window? Why?

**What’s next?**

In Skill Builder 3 you will learn about the many things that plants require for growth.
Skill Builder 3: Plant Needs

Larry Says....
Humans need food and water to stay alive. Plants require many things to grow big and strong. They need fresh air, water, sunlight, energy, and protection. If plants don’t get everything they need they might get sick.

Important Words
Watch for these important words throughout this Skill Builder:
Soil, Fertilizer, Pest, Growth Rate

SKILLS CHECKLIST
- Identify plant needs
- Explain differences in plant growth
- Understand how plants grow in different parts of the world

Dream it!

Plant Needs
List or draw a picture of things that plants need to be able to grow. What can slow or stop plant growth?

Plants don’t have legs; they can’t move around. Think about what it would be like if you were a plant. How would you find all of the things you need?

More Leaves...
Learn about 5 plant needs (Water, Soil, Space, Sunlight, and Air) with this catchy song. https://www.youtube.com/watch?v=dUBIQ1fTRzI
Do it!

**Sponge Sprouts**

**Supplies:**
- Household Sponge
- Seeds (lettuce, spinach, or broccoli)
- Spray Bottle with Water
- Shallow Plate
- Scissors

**Directions:**
1. Cut the sponge into the desired shape. It may be easier to cut if it is wet.
2. Soak the sponge so it is damp, not dripping.
3. Scatter the seeds across the top of the sponge. Poke the seeds into the little holes of the sponge.
4. Place the sponge in a sunny window.
5. Mist with water to keep the sponge moist.
6. Watch your plants sprout.

**What plant needs did you meet in this activity?**

**Why didn’t these plants need soil?**

---

**Larry Says...**

Bamboo can grow really fast. Sometimes it grows almost a metre in just one day! Bamboo grows in Asia. Bamboo is used in food, medicine, construction, and fabric.

**Plant Growth Rate Race**

Grow two plants and compare their growth rates. Change something about how you care for the plant and see how that affects its growth. Compare your plant growth results with other members.

I planted ________________________________________________________________________________.
I experimented by ____________________________________________________________________________.
I predict that _____________________ will grow faster because ________________________________________.
__________________________________________________________________________________________.
____________________ grew faster because __________________________________________________.

---

**Dig it!**

- What happens if a plant’s needs are not met?
- Why do some plants grow better in some places than others?
- Why do some plants grow faster than others?

---

**What's next?**

You will learn about leaves in Skill Builder 4. Leaves are a very important part of plant food production.
Skill Builder 4: Leaves

Larry Says....

Leaves come in many different shapes and sizes. They can be pointed or rounded. Some leaves are made up of groups of smaller leaflets. All leaves have the same job. They all work to power the plant so it can grow bigger and stronger.

SKILLS CHECKLIST
- Define & explain photosynthesis
- Grow new plants by propagation
- List ideas for eating plant leaves

Important Words
Watch for these important words throughout this Skill Builder:
Photosynthesis, Needle, Propagation

Dream it!

Photosynthesis Equation
Watch the Photosynthesis video at this link: http://www.harcourtschool.com/activity/science_up_close/311/deploy/interface.swf. Then, complete the photosynthesis equation.

\[
\text{Carbon Dioxide} + \text{Sunlight} + \text{Water} \rightarrow \text{Oxygen} + \text{Food (Sugar)}
\]

Use these words: Carbon Dioxide Oxygen Water Food (Sugar)

Do it!

Leaf Shapes
A blade of grass, a pine needle, a fern frond, and a maple leaf are all examples of leaves. They are very different shapes.

Plants can be identified by the shape of their leaves. Poplar trees, maple trees, and flowers have different leaves. Look at the plants you have grown in this project. Are the leaves the same? Draw three different leaves.
**Leaf Rubbings**

Collect a few leaves of different shapes for an art activity. Remember, leaves are important to plants. Don’t take too many leaves from one plant at once. Using wax crayons, create a work of art. Follow your leader’s instructions.

**Propagation**

If you cut off part of a plant and put it in some soil will it grow? Some plant clippings (pieces) can grow into new plants. This is called propagation. You can propagate plants in a variety of ways. Try to grow a new plant using at least one of the following methods.

1. **Leaf:** Cut a leaf at the base of a stem where it joins the plant. Place the base of the leaf stem in a small cup of water. Small roots will begin to form in a few days. When the roots are developed, plant the clipping in soil. Water it regularly.
2. **Stem:** Cut the stem of a plant or branch leaving about 6 leaves. Remove the bottom two leaves from the clipping. You can plant the clipping directly in soil. Water it regularly.
3. **Plantlets:** Remove a section from the base of the stem and plant it in a new pot. Don’t take too much from the first plant. You want both plants to survive.

Include a picture of your new and old plants. The original plant (the one you got the clippings from) is called the mother.

http://www.visionaryplants.com/images/th_salgia_dinorum_rooted_cutting.jpg
Plant Salad

Salad is made from plants. Leaves are the key piece to making a salad. Other vegetables that are added to salads are plants, too.

Make a salad using plant products that you like. Include your recipe below. Make sure your salad includes some leaves!

My Plant Salad

Can you name a plant that we eat that matches each colour of the rainbow? Think about leaves, seeds, grains, fruit, veggies, and things that grow below the ground.

<table>
<thead>
<tr>
<th>Red</th>
<th>Orange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow</td>
<td>Green</td>
</tr>
<tr>
<td>Blue</td>
<td>Purple</td>
</tr>
<tr>
<td>White</td>
<td>Black</td>
</tr>
</tbody>
</table>

Dig it!

Do all of the leaves in your salad look the same?

Why do we need plants on Earth?

How can you grow new plants from the plants you already have at home?

What’s next?

Have you been wondering what’s happening inside the plants? Find out more in Skill Builder 5.
Larry Says....

There are all kinds of cool things happening inside plants. Different parts of the plant have different jobs. Photosynthesis powers the plant’s work.

Dream it!

Take a magnifying glass and get a close up look at your plant from the outside. What is something you just noticed about plants?

Do it!

Conducting Tissues

Conducting tissues, called xylem and phloem, are the parts of the plant that move things from one part of a plant to another part. Roots help gather moisture from the soil. Follow your leader’s instructions. How does water travel from the roots to the leaves? As you complete this activity, draw before and after pictures showing the change. Why did this happen?
DNA Extraction

Extract means to remove something. Scientists use machines to do this, but you can do it at home with a few simple ingredients. Follow your leader’s instructions.

DNA... Say It... De-oxy-ribo-nucleic-acid

What did you learn?

Aging Plants

Some plants only live for one growing season. In Manitoba, many seeds are planted in the spring, plants grow in the summer, and they die in the fall. Trees are able to live all year.

Trees add a new layer of bark and wood each year to protect themselves. You can see how old a tree is by counting its rings. Find a stump or a slice from a tree and figure out how old it is.

What do we use wood for?

Why should we limit the amount of wood products we are using?

Dig it!

Why do plants need xylem & phloem?

How long do you think your plants will grow?

Complete this sentence:

Plants are cool because...

Larry Says...

DNA is a code that tells a plant that it is a plant. It gives instructions to the plant telling it how to grow. Animals have DNA too. That’s why they are animals, not plants.

The oldest tree on Earth is more than 4800 years old. The Great Basin bristlecone pine is growing in eastern California in the United States.

http://swedishcluboforlando.blogspot.ca/2008/04/swedes-worlds-oldest-living-tree.html

Larry Says...

What did you learn?
Skill Builder 6: Flowers

Larry Says....
All plants are beautiful, but flowers can make them even prettier. You can even eat some flowers like dandelions, broccoli, and cauliflower.

SKILLS CHECKLIST
- Identify the main parts of a flower
- Explain the process & importance of pollination
- Name jobs & hobbies relating to plants & nature

Important Words
Watch for these important words throughout this Skill Builder:
Stamen, Pistil, Pollen, Pollination

Dream it!

Parts of a Flower
Flowers are made up of many different parts. See if you can match these parts to the flowers on plants you have grown. What does each part do?

Use these words:
Petal   Stem
Pistil  Stamen
Ovary

More Leaves...
View this video (https://www.youtube.com/watch?v=XZSwL1yXuVo) to see the pollination process up close.
Do it!

The Cheesy Bee

Bees are very important insects. They help plants by moving tiny flecks of pollen from one plant to another plant. When a bee lands on a flower it sucks sugary nectar from the flower. The pollen sticks to the feet of the bee and is moved to the next flower when the bee goes searching for more food.

In this activity, you will use your fingers to fly from flower to flower while you enjoy a snack. Don't lick your fingers between bites!

Include a picture of you acting like a bee!

Larry Says...

Bees, hummingbirds, butterflies, moths, flies, and bats are all pollinators. Our flowers need these bugs and birds!

Did You Know...

- Honey never goes bad. Bacteria can’t grow in it because it is acidic.
- Honey bees have been around for 30 million years.
- A single Canadian Prairie honey bee colony of 20,000 to 60,000 honey bees will produce an average of 170 pounds (77 kg) of honey in a single season.

More Leaves...

Learn more about honey by visiting the BeeMaid website at http://www.beemaid.com/honey-facts.
**Beautiful Bouquet**

Collect some pretty flowers and other leafy plants. Arrange them in a beautiful bouquet and place the stems in water. You might want to cut some of your flowers at different heights as you are piecing them together. Bouquets are often given as gifts.

If you can’t find flowers outdoors or in your plant collection, you can also use artificial flowers that can be purchased at a craft store. This bouquet will last much longer.

You can also create a fruit bouquet by cutting different shapes from brightly coloured fruit and using wooden skewers as stems. This makes a tasty decoration.

http://picphotos.net/flower-arrangement-calla-lily-flower-arrangements-calla-lily-flower/

http://freshpickswa.com/edible-fruit-bouquet.html

**More Leaves...**

Look at more great ideas for arranging flowers and plants into beautiful bouquets and decorations.

http://www.styleathome.com/decorating/subsection/flower-arranging

---

**Jobs & Hobbies**

Many people have worked with plants most of their lives. Consider visiting someone working with plants.

Name 5 jobs or hobbies that involve working with plants:

________________________________________________

________________________________________________

________________________________________________

________________________________________________

________________________________________________

Place a ✓ beside the jobs and hobbies that are related to agriculture.
More Flowers

Flowery Names
Parents often name their children after someone or something that is important to them. What names can you think of that are also the names of flowers or plants?

Smelly Plants
Some plants are very smelly. Many plants can be used to repel mosquitoes including rosemary, marigolds, citronella, basil, lemon thyme, and lavender. Do any of your plants smell?

Would you like to be named after a flower or plant?

Do they smell good or bad?

Larry Says...
Plants help people in many ways. Plants give us shade from the sun. Some plants are tasty to eat. All plants make oxygen for us to breathe. Plants provide homes for wildlife. Plants are used in making medicine like cancer drugs and pain killers. Plants make the Earth beautiful!

Dig it!
Why are flowers important?

Why are bees “good bugs”?

What job relating to plants would you choose?

What’s next?
Now that you have finished all the Skill Builders in this project, it is time to think about and plan for the Showcase Challenge. The Portfolio Page is for you to make sure your Exploring Gardening Project Skills Chart is complete. There is a space for you to write down some thoughts and reflections on the project (what you liked and didn’t like, etc.).
Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help you understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

**Dream it!**

Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Act out a play
- Create a game
- Use your new skills to help with the Club Achievement plans
- Make a poster or display
- Make a video or slideshow
- Compose a song
- Or come up with your own idea. It is up to you and your leader!

**My Showcase Challenge Plan**

My showcase idea: __________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

What materials and resources do I need? ______________________________________
__________________________________________________________________________
__________________________________________________________________________

Who do I need to help me? _________________________________________________
__________________________________________________________________________
__________________________________________________________________________

When do I need to have things done by? ______________________________________
__________________________________________________________________________
__________________________________________________________________________
Do it!

Insert or attach your finished product or a photo of you sharing your skills in your Showcase Challenge.

Dig it!

Now that you have showcased your project skills;
- How did your Showcase Challenge go?

- What would you do differently next time?

- How will you use your new skills in the future? (in different situations?)
# Exploring Gardening

To be completed by the leader and the member based on observations and conversations throughout the project.

<table>
<thead>
<tr>
<th>Skill Builder</th>
<th>Members will be able to...</th>
<th>We know this because...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Each Skill Builder had a Skills Checklist which identified the skill you will learn.</td>
<td>Identify activities completed and record observations and information from discussions about activities.</td>
</tr>
</tbody>
</table>
| 1             | ● Identify uses of plants  
                 ● Explain seasonal changes in plants  
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                 ● Define seed germination  
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| 4             | ● Define & explain photosynthesis  
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                 ● Extract the DNA from a fruit  
                 ● Determine the age of a plant | |
| 6             | ● Identify the main parts of a flower  
                 ● Explain the process & importance of pollination  
                 ● Name jobs & hobbies relating to plants & nature | |

Additional Comments/Activities:

Leader Point of Praise!

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader’s Signature: _______________________________
Above and Beyond!

In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities. List below any activities you participated in this year in 4-H.
(Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

________________________________       _______________________________________
________________________________       _______________________________________
________________________________       _______________________________________
________________________________       _______________________________________
________________________________       _______________________________________

**Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.**

Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member’s Signature: ______________________________

Point of Praise! Another’s perspective on your achievements in 4-H.
(community professionals, 4-H club head leaders, friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: ______________________________
4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.

A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club’s Achievement celebration!

If you have any questions, comments or suggestions for this or other 4-H projects contact:

Manitoba 4-H Projects
Manitoba Agriculture
1129 Queens Avenue
Brandon, MB R7A 1L9

Email: 4h@gov.mb.ca
Phone: 204-726-6613
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This manual is for educational use only and is not intended as professional advice.

For more information about 4-H and the many 4-H opportunities available please visit

http://www.gov.mb.ca/agriculture/4-h/
What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today’s 4-H program reaches both farm and non-farm youth across Canada. The motto of “Learn To Do By Doing” is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.

4-H Motto

“Learn To Do By Doing”

4-H Pledge

I pledge,
My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service,
My HEALTH to better living,
For my club, my community, and my country.

All project materials are available in alternate format upon request.

Manitoba 4-H project material is developed by

Manitoba Agriculture