

May

Achievement Days

4-H Focus

Achievement Days and fairs are one opportunity for 4-H youth to demonstrate their knowledge and mastery in their project areas. Participating at the South Dakota State Fair is an honor because 4-H youth have excelled with their projects at their local 4-H achievement days or fairs.

Simple steps to digest your State Fair Book:

1. Review any changes listed from previous year's State Fair Book
2. Highlight pertinent times and dates on 4-H schedule specific to you.
3. If you are exhibiting any animals, please review specific animal information. Make sure you have the proper documentation.
4. Make note of any project requirements for display exhibits (i.e., special form needed, a page explaining the process)
5. Understand Youth-in-Action processes.

Top Ten Projects in South Dakota 4-H

1. [Photography](#) – 1333
2. [Visual Arts](#) – 1245
3. [Home Environment](#) – 726
4. [Clothing and Textiles](#) – 288
5. [Foods and Nutrition](#) – 201
6. [Hobbies and Collections](#) – 125
7. [Wood Science](#) – 113
8. [Food Preservation](#) – 98
9. [Child Development and Family Life](#) – 57 (tie)
10. [Horticulture, Gardening and Landscaping](#) – 57 (tie)

Quote

"So often in life things that you regard as an impediment turn out to be great good fortune."



Ruth Bader Ginsburg



**SOUTH DAKOTA STATE
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Building Leaders

Deciding on projects in 4-H can be overwhelming at times. 4-H has something for everyone ages 8 to 18, including Cloverbuds. Browse through the Projects website to see all the 4-H projects and to learn about what you can do in 4-H. When looking through the list, choose a few for your first year that you would like to learn about and exhibit at your county achievement days or county fairs. You will also find some great project resources under each of the categories.

Now that you have decided on a project, it's time to set some goals. What do you want to do and learn in this project? Make your goals challenging, but don't make them so hard you cannot reach them. Ask yourself these questions.

- What do I want to do this year?
- What can I learn?
- Who will help me?
- When am I going to do it?
- Where do I want this project to take me in one, two, or three years?

Many people in your community can help you with your 4-H project. Think about talking to a local person involved in your area of interest. For example, maybe you would like to do a wildlife project on lake conservation. Find a contact from your local Game, Fish, and Parks personnel and set up a time to meet with them. [extension.sdstate.edu/south-dakota-4-h/projects]

Learning Life Skills

Learning to cook is an essential life skill that we should all possess. Being involved in meal preparation may take time but has big benefits in terms of life skills.

- Planning and patience
 - Choose a recipe
 - Search fridge and pantry for ingredients
 - Make a list for grocery shopping
 - Washing, chopping and mixing items in the right order.
- Concepts related to science and mathematics
 - Cooking and baking offer easy opportunities to compare fractions or convert measurements. The kitchen also offers lots of basic science lessons. Discuss why baking powder makes things rise.
- Learn about nutrition
 - Involve youth in meal and snack preparation to make them feel confident preparing nutritious food for themselves.
 - Their favorite recipes are the building blocks to see raw ingredients transform.
- Reinforce staying safe
 - Sharp objects, heavy pots, hot surfaces, kitchens are full of dangers.
 - A kitchen is a place to teach proper hand washing and handling certain ingredients, like raw eggs.

4-H Spotlight

The 4-H special foods contest is your door to an epic culinary adventure. Explore resources at your fingertips: Facebook, Pinterest, or Grandma's cookbooks. Food is the center of almost every social event or gathering. Wow your family and friends with a recipe meeting MyPlate guidelines for healthy living.

Want more flare? Create a destination without leaving your dining area! Coordinate table ware, serving pieces and décor resulting in a theme to enhance the eye and taste appeal of your recipe.

Learn how you can grow with in Special Foods. [extension.sdstate.edu/4-h-special-foods-contest-project]

Prepare yourself for the next Special Foods Youth-in-Action Event. [extension.sdstate.edu/state-fair]