

DEMONSTRATION TOPICS SUITABLE FOR 4-H'ERS

CLOVERBUDS

The 4-H pledge

The pledge of allegiance

Show and Tell about a favorite 4-H activity in your club, game, stuffed animal, pet

FOOD & NUTRITION

How to set a table

How to measure dry ingredients

How to measure liquid ingredient

How to make a tossed salad

How to make a fruit salad

How to make a sandwich

How to make a smoothie

How to make scrambled eggs

How to make fruit kabobs

How to wash your hands

How to read a food label

How to properly use kitchen utensils

How to make a milk shake

How to make a cheese and fruit tray

How to plan a balanced meal

How to bake or make...(a favorite recipe)

CLOTHING

How to thread a sewing machine

How to use a sewing machine

How to make a pin cushion

How to sew on a button

How to do hand stitches

How to lay out a pattern

How to clean finish an edge

HOME ENVIRONMENT

How to make a bulletin board

How to frame a picture

How to knit

How to make a no sew pillow

How to select and use sandpaper

How to use a hammer (or any tool)

How to mark and measure for sawing

How to tie knots & hitches

How to wire a lamp

How to create a simple table centerpiece

How to make a kite

HOME ENVIRONMENT CON'T

How to take a good photograph

How to use lighting in photography

GARDENING

How to make a dish garden or terrarium

How to repot a house plant

How to make a wreath

How to force bulbs

How to sow seeds in flats

How to use mulch in a garden

How to create an herb garden

ANIMALS

How to prepare (animal) for fair

How to care for your pet

How to groom a dog (rabbit)

How to train a dog to do tricks

How to bake dog (horse) treats

NATURAL RESOURCES

How tie a basic fly for fishing

How to build a weather station

How to identify a tree (bird, flower, insect, butterfly)

How to recycle

How to make your own cleaning products

How to compost

How to handle a firearm safely

How to clean a firearm

How to properly use a bow and arrow

How to make a bluebird house

How to make a simple birdfeeder