



4-H Youth Development Chairman Training – Year Two



Skill/Grade Level

- The intention of this lesson is to be utilized with 4-H Youth Development Chairman of The Kentucky Extension Homemakers Association.

Time Needed

- 1 hour (time may vary depending on group size)

Materials Needed

- 4-H Communications publication 4KA-04PO
- 4-H Communications publication 4KA-01PB
- Kentucky CES Publication ASC-213
- KY 4-H Speech/ Demo Score Sheets
- Extension Homemakers 4-H Interest Survey
- Pencils

Overview

It takes volunteers, Extension Homemakers, and senior 4-H members (ages 14-18) to teach life skills to younger 4-Hers (Cloverbuds, ages 5-8 and Junior 4-Hers, ages 9-13). Therefore, sharing the Extension Homemaker 4-H Chairperson Volunteer position description and Extension Homemaker 4-H Plan of Work will educate and clarify the duties of the county, area, and club Kentucky Extension Homemaker 4-H Chair. These duties include:

- Share the newly revised Volunteer Interest Survey with local 4-H and FCS Agents, homemaker clubs, and councils.
- Get involved with 4-H camp.
- Volunteer and lead a cooking/culinary club to teach proper techniques for reading recipes, food safety and preparation. The approved 4-H cooking curriculum is Cooking 101, Cooking 201, Cooking 301, and Cooking 401. Ask your local 4-H Youth Development Agent for a copy or request for a copy to be purchased from National 4-H. (Request Cooking 101 first, as each book builds on the curriculum prior.)

Goals and Objectives

- To provide training information and materials to Kentucky Cooperative Extension Agents and Extension Homemakers.
- To have increased involvement in 4-H Youth Development programs by Extension Homemakers.
- For youth to be “beyond ready” for tomorrow with the life skills developed in CES programs.

Year Two – 4-H FCS, Communications & Country Ham

4-Hers exhibit 4-H Family and Consumer Sciences and Country Ham project work at the county, area, and state level fairs as a result of the KEHA and 4-H Youth Development partnership.

Kentucky Extension Homemakers support the Kentucky 4-H Communications program in the Family Consumer Sciences divisions, by serving as judges and room hosts on the county, multi-county, area, region, and state level.

Cooperative Extension Service

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Disabilities
accommodated
with prior notification.



4-H Youth Development Chairman Training – Year Two

Year Two – 4-H FCS, Communications & Country Ham Continued...

- 4-H Communications publication 4KA-04PO
- 4-H Communications publication 4KA-01PB
- 4-H Demonstrations publication 4KA-03PO
- Kentucky Extension Homemakers volunteer to support the Kentucky 4-H Country Ham project. Publication number ASC-213: How to Make a Country Ham.
 - KEHA members assist 4-Hers with speech preparation and practice of the country ham project.
 - KEHA members assist/teach 4-Hers and their families how to prepare their country ham.
- Request Cooking 101, 201, 301, 401 Curriculum is available for your use.

Activity 1: Understanding 4-H Speeches and Demonstrations (15 min)

Step 1: Give each person a copy of the speech/demonstration scoresheet, and a writing utensil. Step 2: Have the entire group watch an example 4-H speech located here:

[https://www.bing.com/videos/riverview/relatedvideo?q=4-](https://www.bing.com/videos/riverview/relatedvideo?q=4-H%20Speech%20or%20demonstration%20example&mid=53CDEB056020668AAC4153CDEB056020668AAC41&ajaxhist=0)

[H%20Speech%20or%20demonstration%20example&mid=53CDEB056020668AAC4153CDEB056020668AAC41&ajaxhist=0](https://www.bing.com/videos/riverview/relatedvideo?q=4-H%20Speech%20or%20demonstration%20example&mid=53CDEB056020668AAC4153CDEB056020668AAC41&ajaxhist=0) Step 3: Have each individual score the speech/ demonstration they just watched.

Reflect (5 min)

Facilitate group discussion by asking the following questions:

Share: What overall score did you give to the speaker?

Process: Did you find yourself focusing more on the speaker's confidence or the actual content? Why?

Generalize: How do strong communication skills benefit youth outside the classroom and 4-H? How can youth with strong communication skills benefit a local community?

Apply: How can you use what you learned to help youth prepare for speeches and demonstrations in your community?

What is the 4-H Country Ham Project? (5-7 min)

The country ham has been a food tradition in Kentucky and throughout the southeast for hundreds of years.





4-H Youth Development Chairman Training – Year Two

What is the 4-H Country Ham Project? Continued....(5-7 min)

The project began in the late 1990's with less than 40 4-Hers to currently over 775 4-Hers from greater than 65 Kentucky counties. The project begins in the cold winter months of January and ends in August at the Kentucky State Fair, where the hams are judged by members of the Kentucky Country Ham Producers and the students present a 3-to-5-minute speech on the project. Throughout the project 4-Hers learn about food production and how the country ham fits into Kentucky's food heritage.

Open to youth ages 9-18 years old. Youth learn about and complete the curing process of a country ham.

Have participants watch the following video. <https://www.youtube.com/watch?v=hW0kbiYI7v8>.

Give each participant a copy of the country ham publication.

Reflect (5 min)

Process: How can KEHA 4-H Chairman assist with a county 4-H country ham project?

Apply: How are other ways to expand and educate the community with the 4-H country ham project?

Activity 2: Extension Homemaker Interest Survey Tool (15 min)

Step 1: Divide the group into teams of 2-3 persons each. (The groups can stay in the small groups of Activity 1.

Step 2: Give each person in the group a copy of the Extension Homemaker Interest Survey Tool. Step 3: Have each person identify one skill they have that matches an interest listed on the survey. Step 4: Brainstorm as a small group, how each person's interest could become a 4-H project day or club in their respective county?

Reflect (5 min)

Facilitate group discussion by asking the following questions:

Share: What skills or interests did you identify from your survey that match a 4-H project area?

Which volunteer role (club leader, project day helper, judge) feels most exciting to you?

Process: How does connecting personal skills to 4-H opportunities help strengthen local programs?

Generalize: What similarities do you see between planning for foods projects and planning for other 4-H projects like sewing, photography, or gardening?

Apply: What is one concrete step you can take to use your skills in a 4-H club or project day?

How can we involve parents and other volunteers to expand these opportunities for youth?





4-H Youth Development Chairman Training – Year Two

KEHA 4-H Youth Development Contests

- A. Most innovative 4-H & Extension Homemaker partnership project to promote 4-H Youth Development
- B. Volunteer Hours for 4-H (Hours can only be submitted in ONE category.)
 - 1. Club with the most 4-H volunteer hours
 - 2. County with the most 4-H volunteer hours
 - 3. Area with the most 4-H volunteer hours
- C. 4-H Camp Scholarships
 - 1. Club with the largest dollar amount donated for 4-H camp scholarships
 - 2. County with the largest dollar amount donated for 4-H camp scholarships
 - 3. Area with the largest dollar amount donated for 4-H camp scholarships

Resources

Kentucky 4-H Cooking 101, 201, 301, and 401.

<https://shop4-h.org/products/copy-of-4-h-cooking-curriculum-101>

Kentucky Extension Homemakers 4-H Youth Development

<https://keha.mgcafe.uky.edu/content/4-h-youth-development>

Kentucky Extension Homemakers 4-H Interest Survey

https://keha.mgcafe.uky.edu/sites/keha.ca.uky.edu/files/4-H_Interests%20Questionnaire%202025.pdf

Rentfrow, G. and Surendranath, S. (2014). How to make a country ham. University of Kentucky. Cooperative Extension Service. <https://publications.mgcafe.uky.edu/sites/publications.ca.uky.edu/files/ASC213.pdf>

Tackett, J. University of Kentucky, Cooperative Extension Service. 4-H Speeches. 4KA-04PO

Kentucky 4-H Communications Program. <https://scott.mgcafe.uky.edu/sites/scott.ca.uky.edu/files/4-H%20Speech%20Publication.pdf>.

University of Kentucky, Cooperative Extension Service. Speak Up! Kentucky 4-H Talk Meet. 4KA-01PB Kentucky 4-H Communications Program. <https://publications.mgcafe.uky.edu/files/4ka01pb.pdf>

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