



4-H Cloverbuds

Welcome to 4-H!

We are so excited to have you as a member of a very important group of 4-H'ers called Cloverbuds.

As a Cloverbud, you are a real member of your 4-H Club. You get to meet new friends, go new places and participate in lots of 4-H activities with the rest of your group.

As a Cloverbud, you take the first step in learning about all the things there are to do in 4-H. Later, when you are in the fourth grade and 9 years old, you will be ready to step up to the next level and take on 4-H project work.

In 4-H, the slogan is "learn by doing!" So you will learn and do things every time you are with us.

4-H Pledge

I pledge:

My head to clearer thinking,

My heart to greater loyalty,

My hands to larger service,

and

My health to better living for

my club, my community, my

country and my world.

Did you know?

Louisiana 4-H started in

Avoyelles Parish

in 1908.



4-H Cloverbud Project Activity Guide



Character Connection

As a 4-H member, you will be challenged to live up to the motto "To Make the Best Better". You should strive to be the best person you can be. Some good character traits are: be a well-mannered child, be a good student, be a kind friend, and be a good citizen.

Unscramble the words below to discover the "Six Pillars of Character".

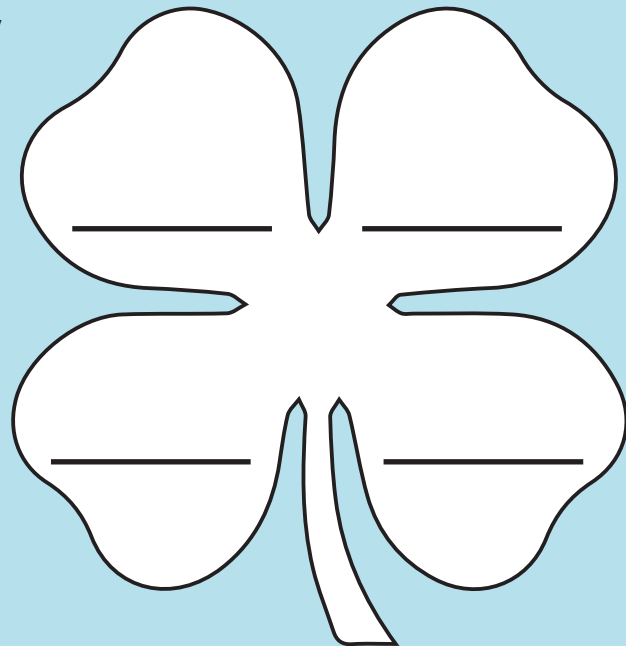
1. HONIWEUSTTSRSTR _____
2. SPEC RTE _____
3. STSBIPIOLENRI _____
4. ARSNFEIS _____
5. GNRCAI _____
6. IPETICHSNZI _____

Answers: 1. Trustworthiness, 2. Respect, 3. Responsibility, 4. Fairness, 5. Caring, 6. Citizenship

Fill in the Clover

Fill in the clover with four words that start with H from the 4-H Pledge.

- | | |
|-----------|-------------|
| Hello | Hinge |
| Heart | Hammer |
| Handy | Head |
| Hands | Happy |
| Hamburger | Handle |
| Health | Horseradish |



Answers: head, heart, hands, health

4-H Word Scramble

Unscramble each word from the 4-H Pledge. Then use the letter above each number to fill in the hidden word.

DEHA	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
	2
HERTA	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
	4
DHSAN	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
	3
HLTAHE	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
	1
CULB	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
ROUTYNC	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
	5
	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
	1 2 3 4 5

Answers: head, heart, hands, health, club, country
Hidden word answer: Learn

Recipe of the Month

Louisiana Fruit Salad

Ingredients:

- 1 21-ounce can peach pie filling
- 2 15.5-ounce cans pineapple chunks, drained well
- 2 11-ounce cans mandarin oranges, drained well
- 1 10-ounce package frozen strawberries
- 4 bananas, sliced



Directions:

Mix pineapple, oranges, strawberries and bananas. Pour peach pie filling over fruit. Stir again until mixed. Chill before serving.

Healthy Living

Remember to take care of your body by eating fruits and vegetables. The U.S. Department of Agriculture provides guidelines on how much your body needs to be healthy. Color the vegetables below.



4-H'ers Help Their Communities and Our World.....

As a 4-H member, you can plant trees, pick up garbage, plant flowers and save water. You can make the world a better place by what you do. Color the world.



Things a Cloverbud Can Do To Help At Home:

- Make your bed.
- Load and unload the dishwasher.
- Set the table.
- Sweep the floor.
- Feed the pets.
- Take out the trash.
- Help make dinner (and breakfast and lunch).
- Pick up sticks and trash in the yard so someone else can mow.
- Pick up dirty laundry in your room and bathroom.

**Watch for ways to help.
Don't wait to be asked!!!**



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Louisiana Agricultural Experiment Station
Louisiana Cooperative Extension Service
LSU College of Agriculture**

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The LSU AgCenter and LSU provide equal opportunities
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Reference: www.4-H.org; cookeatshare.com



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Louisiana 4-H is an educational program of the LSU AgCenter.