

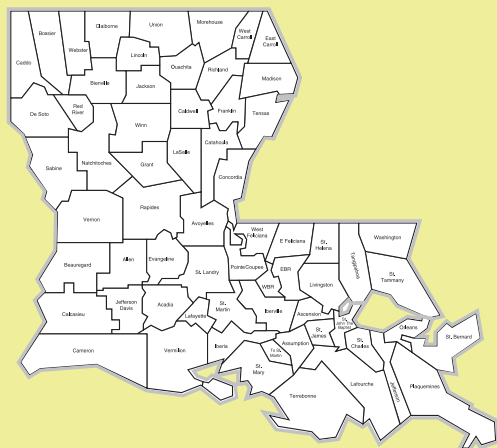
Louisiana

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Our State - Louisiana

Louisiana is a wonderful state in which we live. It is rich in history, heritage and culture. Some of the things people think about when they think of Louisiana are Mardi Gras, seafood, cotton, oil/gas industry, forestry, sugarcane, rice, poultry, sweet potatoes, Tabasco sauce and lots of other wonderful food.

Louisiana is called the “sportsman’s paradise” because there are so many places for people to enjoy hunting and fishing.



Louisiana has 64 parishes. Do you know the name of the parish you live in?



Did you know?

- The state capital of Louisiana is Baton Rouge.
- Louisiana was the 18th state admitted to the United States.
- Louisiana is the only state to have parishes instead of counties.



4-H Cloverbud Project Activity Guide



Character Connection



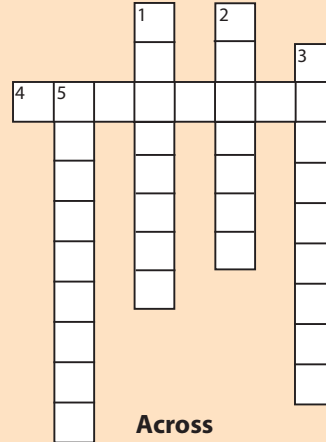
All of us are citizens of the state of Louisiana. Citizenship is important to everyone. We practice good citizenship in many ways:

- Helping others
- Recycling
- Throwing trash in trash cans

Think of ways you show you are a good citizen:

Things a Cloverbud Can Do To Help At Home:

Fill in the crossword puzzle below.



Across

4. State flower

Down

- 1. State insect
- 2. State bird
- 3. State dog
- 5. State reptile

Answers: 1. Honeybee, 2. Pelican, 3. Catahoula, 4. Magnolia, 5. Alligator

Science Adventure

Water Walks a Tightrope

Louisiana has an abundance of lakes and flowing rivers and bayous. Try this fun experiment to see how water travels.

Using a nail, punch a small hole near the top lip of a plastic cup. Dampen a 12 inch length of string and thread it through the hole, tying a knot on the inside. Fill the cup almost to the top with water.

Place a pail on the floor near your left foot. Tie the free end of the string to your left index finger and hold it over the pail.

Then hold the cup up in your right hand. Stretch the string tight and slant it down toward the pail. Tip the cup of water and slowly pour the water onto the string.

What happened? _____

Why? _____

Recipe of the Month

Oven Roasted Sweet Potatoes

Scrub whole sweet potatoes and prick them in a few places. Place them in the microwave for a few minutes per potato until they are tender.

- One medium sweet potato only has 100 calories and no fat.
- There are 4 grams of dietary fiber in one sweet potato.
- One sweet potato has more than a day's value for vitamin A.
- Sweet potatoes are an important crop in Louisiana.

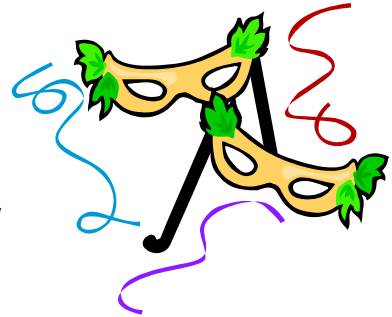


Get Moving

Physical Fitness Activity

Mardi Gras Parade

Each participant needs a scarf, beads or other streamers. As music is played, the leader begins walking around the room, moving his or her scarf, beads or streamers with different arm movements. All participants should follow the leader and do as he or she does. Take turns being the leader. Use different movements as you go around the room.



Unscramble the words to learn the answers to these Louisiana facts.

- 1. State bird:** wrbon lpeiacn _____
- 2. State flower:** naimogla _____
- 3. State tree:** lbadcpseyrs _____
- 4. State dog:** atlahouca prldeoa _____
- 5. State insect:** nehoy ebe _____
- 6. State reptile:** gtaorlila _____
- 7. State mammal:** ckabl bare _____
- 8. State drink:** lkim _____

Answers: 1. brown pelican; 2. magnolia; 3. baldcypress; 4. Catahoula leopard; 5. honey bee; 6. alligator; 7. black bear; 8. milk

Festivals in Louisiana

There are more than 400 Louisiana festivals each year. We celebrate crops harvested, foods, music and more. Some of the festivals include:

- Mardi Gras
- Natchitoches Christmas Festival
- Zwolle Tamale Fiesta
- Jazz Festival

Can you think of any local festivals in your parish or nearby areas?



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LSU College of Agriculture

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References: Louisiana.gov; Easy Science Experiments by Richard Churchill, Louise Loeschig and Muriel Mandell; www.LSUAgCenter.com; Choose Health: Food, Fun and Fitness; Cornell University Cooperative Extension; www.puzzlemaker.com; www.louisianatravel.com



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