



BACHELOR SURVIVAL

WELCOME

Welcome to the Bachelor Survival Project! Please read through this guide carefully, as it contains information and suggestions that are important for your project. **4-H Leaders can obtain a Project Leader Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will "Learn to do by Doing" through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

You must complete all of the listed aspects in order to show at Fairs and Exhibitions.



ACHIEVEMENT DAY REQUIREMENTS

Samples Booklet*	45
<i>6 recipes</i>	
<i>2 hem samples</i>	
<i>2 button samples</i>	
<i>1 hand stitched seam</i>	
Hand Hemmed Item	35
<i>(pants or skirt)</i>	
Emergency Sewing Kit	<u>20</u>
	100 Marks

EXHIBITION REQUIREMENT

Samples Booklet*

KEEPING IT ALL TOGETHER!

It is recommended you get a duotang or a three ring binder in which to keep this member guide and any other project materials you receive from your leader. The duotang or binder can be displayed at your Achievement Day with the above listed requirements.

Ages for 4-H members as of January 1st of the 4-H year:

Junior: 9-11 years

Intermediate: 12-14 years

Senior: 15-21 years

Check out the PEI 4-H Web Site

www.pei4h.pe.ca

HELPFUL RESOURCES!

www.sewing.about.com
www.simplicity.com
www.allrecipes.com
www.cheapcooking.com
www.easycooking.com
www.knowledgehound.com
www.cleaning101.com



A variety of books are available at the PEI 4-H Office which can be borrowed for a two week loan period. To book these, call 368-4833 or drop by the PEI 4-H Office at 40 Enman Crescent, Charlottetown.

BE A GOOD SPORT!

In the spirit of learn to do by doing, all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities, and the work in any 4-H project should be the member's own work.

FOOD SAFETY AND PREPARATION TIPS

- * Always wash hands with hot soapy water before handling food.
- * Always read through the whole recipe before you start.
- * Always gather all the ingredients, measuring cups and spoons, utensils and pots or bowls you will need before you start.
- * Always clean up the kitchen when you finish cooking.
- * Always wear oven mitts to handle hot dishes.
- * Always keep food safe by keeping hot food hot and cold food cold.
- * Always use hot soapy water to wash utensils and surfaces after handling raw foods and before handling cooked or ready-to-serve foods.



HOW DO YOU MEASURE UP?

Too little of one ingredient or too much of another will change the result of what you are making. For best results, measure carefully and accurately.

Metric vs. Imperial

Some recipes are written in metric—mL and some are written in Imperial—teaspoons, tablespoons and cups. Some recipes are written in both. Follow the Metric recipe or follow the Imperial recipe but do not use some of each in the one recipe.



MEASURING SMALL AMOUNTS

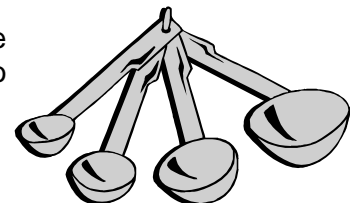
Small amounts of liquid or dry ingredients require small measuring tools. For this, you use measuring spoons. To measure dry ingredients like salt, fill the required measuring spoon and level the top with the straight edge of a kitchen knife.

Liquids

Use a clear glass or plastic measuring cup to measure liquids like water, milk or oil. To measure accurately, set the measuring cup on the table or counter and fill to the desired level, looking at it from eye level.

Dry Ingredients

To measure larger amounts of dry ingredients like flour and sugar, you will use dry measures. To measure accurately, select the size you need, fill to overflowing and level the top with the straight edge of a kitchen knife.



Careful measuring makes for better results.

Meal Planning

Keep these tips in mind when planning meals:

- In each meal include at least 3 of the 4 food groups in Canada's Food Guide
- Include variety in ...
 - texture
 - shape
 - color
 - flavors
- Include familiar ones as well as trying new ones
- Plan a meal that can be served on time
- Avoid having too many things to do at one time

Discuss the Sample Menus at the side. Are they good menus? Do they include at least three of the four food groups from Canada's Food Guide? Do the foods include a variety of texture, shape, color and flavors?

Orange
Whole Wheat Toast with
Peanut Butter
Milk

Banana
Slice of Cold Pizza
Milk

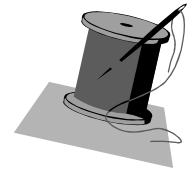
Egg Salad Sandwich
Apple
Yoghurt

Baked Chicken with
Cranberry
Potato
Broccoli
Roll / Tea
Strawberries

EMERGENCY SEWING KIT ***(Achievement Day Requirement)***

You will need the following to make an emergency sewing kit...

- Suitable container with lid
- Small scissors
- Straight pins and safety pins
- Sewing needles and a variety of thread colors
- A few buttons
- Tape measure or ruler



Put this sewing kit in a safe place as you will need to display it at your Achievement Day.

HAND HEMMED ITEM ***(Achievement Day Requirement)***

If you have ever purchased a pair of pants or a skirt that was not the correct length, then this skill will come in handy. Members are asked to hem a pair of pants or a skirt and display this item at achievement day. Remember that it is the hemming that is being judged. Remember....

- Hem should be even around the garment.
- Select the plain or catch-stitching hem.
- Be sure both pant legs are the same length.
- Make stitches that are even and not too visible on the outside.
- It is important to use matching thread.
- Secure thread ends.
- Sample should be clean and neat for display



SAMPLES BOOKLET

(Achievement Day and Exhibition Requirement)

Your sample booklet should include the following...

- 6 recipes
- 2 hem samples
- 2 button samples
- 1 hand stitched seam

***Samples Booklet**

All samples should be displayed in a small binder or folder and clearly marked. Sewing samples should be mounted on a sheet of paper, and recipes should be typed or neatly written, each on a single sheet of paper.

RECIPE SAMPLES

You will need at least 6 recipes. Do include a variety of recipes for various meals or snacks. Be sure to include...

- exact measures
- preparation instructions
- cooking times and temperatures
- the sources of the recipe.

Recipe cards or sheets of paper may be used for your recipes.

SEWING SAMPLES

Hemming and seam samples should measure 10 cm x 15 cm (4" x 6") when completed.

Button samples should measure 10 cm x 10 cm (4" x 4").

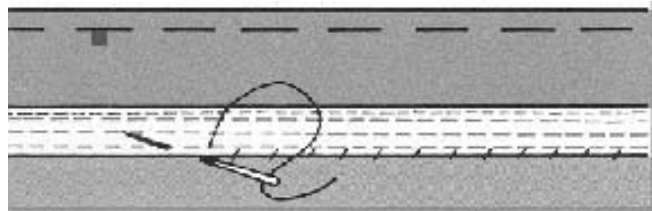
Attach all samples to 8 1/2" x 11" sheets of paper or cardboard and place in a small binder or folder, clearly marked. Pin or staple the top of the sample, so both sides of the work can be viewed for judging.

NOTE: Directions included are for right hand sewers. For left hand sewers, work in the opposite direction.

HEMMING SAMPLES

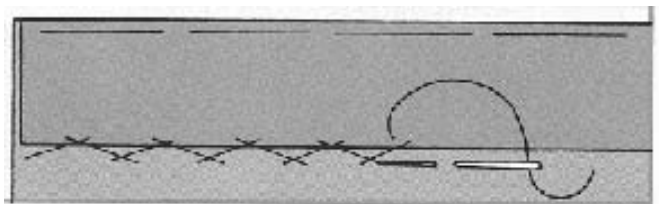
Plain Hemming

Work from right to left with the hem edge held away from you. Start by securing your thread with a couple of small stitches. Next, pick up a thread or two in the cloth and a small stitch in the hem. Draw the needle through. These small stitches will be approximately 6 to 13 mm apart depending on the weight of the fabric. Repeat this using small even stitches till your hem is complete. When hemming is complete, secure your thread with a couple of small stitches.



Catch-stitch Hemming

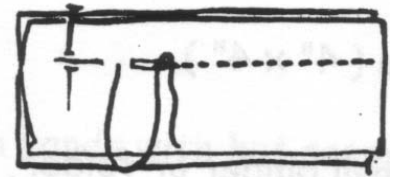
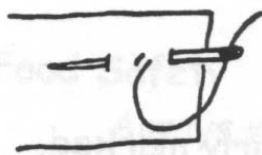
Work from left to right for this stitch. Again, secure your threads. With the needle pointed to the left, take a stitch through the edge of the hem, then another stitch 6 mm away on the garment side. Repeat this stitch pattern, till hem is complete. Again secure the thread with a couple of small stitches.



SEAM SAMPLE

Hand Backstitching

This stitch is often used to mend a seam. Work from right to left. Secure the thread before you start. Insert the needle on the top side to the right and one stitch behind where you started, then bring the needle to the top one stitch to the left of where you started. Remember, one stitch back on top and two stitches forward on the bottom. Secure the threads when seam is completed.



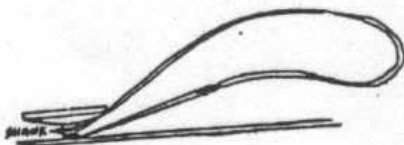
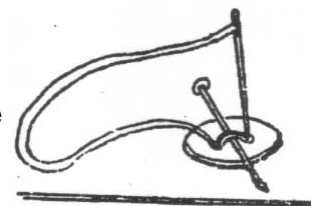
BUTTON SAMPLES

Two-hole Button



Mark the location of the button. Secure the thread to the underside of the fabric. From the underside, push the needle through to the right side and through the hole of the button. Then push the needle back through the other hole.

Put a pin or toothpick on top of the button, under the first stitch. Push the needle through the fabric and button 5 or 6 times so the button is secure.



Next, take the pin out; bring the needle out between the button and the fabric; and wind the thread several times around the stitches to create a 'shank'. Finally, bring the needle to the underside and secure the thread.

Four-hole Button

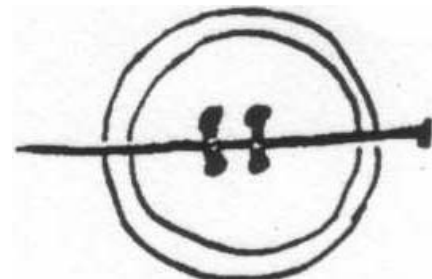
Using the same method as above, sew on a four-hole button again creating a shank to allow space under the button for fastening through the buttonhole.

When sewing on a four-hole button, use either an 'X' pattern or 'II' patterns for a neat appearance.



'X' Pattern

Or



"II" Pattern

PROJECT ENROLLMENT DIRECTORY

From time to time throughout the 4-H year, you may wish to contact your leader(s) or another project member for one reason or another. Just fill in the information below, and you will have a handy Project Member—Project Leader Directory!



MEMBERS' NAME	E-MAIL	PHONE NUMBER
LEADERS' NAME	E-MAIL	PHONE NUMBER

Laundry Time!

This is a skill that everyone will use. Simple skills that will make the job of doing your laundry a simpler process. Let's look at laundry—

- Read and understand care labels on clothing
- Set water levels and temperature
- Select the appropriate wash cycle
- Sort laundry and check garments before laundry
- Use of bleach
- Selection of appropriate dryer settings and times

Care labeling for clothing uses symbols and colors as well as written directions.

RED means stop

YELLOW means be careful

GREEN means go ahead

PROJECT MEETINGS DIARY

Most projects will require at least six to eight project meetings to complete the project.



Meeting Date	Location	Time	At this meeting, we...

Community and Agriculture Awareness Projects

COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



Our Community Project was _____

I helped by _____

It was beneficial because _____

I learned _____

AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



Our Agricultural Awareness Project was _____

I helped by _____

It was beneficial because _____

I learned _____