

# HEALTH

**PLEASE NOTE: Any changes/updates from the previous year will be **BOLDED** and **ITALICIZED**! Pay special attention to any projects with **BOLD**, **ITALICIZED WORDS** because they have changed from last year.**

<i>Completion, exhibition participation, and State Fair information for Health</i>			
<b>Division/Level</b>	<b>Grades</b>	<b>Completion Activities Needed*</b>	<b>Maximum State Fair Entries</b>
<i>Level 1</i>	<i>Grades 3-5</i>	<i>Complete 4 Activities*</i>	<i>1 Entry</i>
<i>Level 2</i>	<i>Grades 6-8</i>	<i>Complete 4 Activities*</i>	<i>1 Entry</i>
<i>Level 3</i>	<i>Grades 9-12</i>	<i>Complete 4 Activities*</i>	<i>1 Entry</i>

***\*"Activities" are defined as project manual activities and/or Hendricks County 4-H Workshops related to this topic. Members must be able to prove attendance by getting a signature from 4-H Leader/Project Advisor that conducts the workshop. Activity sheets available in the Extension Office with Health Project Manuals. Fair Exhibit requirements are listed below.***

**Remember:** All posters, notebooks, and display boards **MUST** include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of a notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the manner in which references are listed. Reference Sheets are available at the Extension Office for use. For personal safety, do not include personally identifiable information such as mailing address or phone numbers on posters/displays/exhibits.

## **RULES:**

1. Refer to the Hendricks County 4-H Policies and Entry & Exhibit Requirements.
2. Each member will be required to complete three activities in the Health manuals each year.
3. Posters will measure 22" x 28" and will be displayed horizontally. Posters must have a hard backing and must be covered with clear plastic.
4. All Health exhibits should include a label with this information from FairEntry.
5. Be sure to enroll in the project on 4-HOnline and enter exhibit information into FairEntry by designated date.

## **ALL LEVELS:**

**Members may exhibit one or multiple options listed below in their appropriate grade category.**

## **EXHIBIT:**

### **Level 1 (Grades 3-5)**

#### **Grade 3**

Exhibit Requirement Options:

1. A poster on one (1) of the following topics or any other topic covered in Level A:
  - a. First Aid for Cuts and Scrapes
  - b. First Aid for Choking
  - c. First Aid for Strains, Sprains, and Bruises
2. A family first aid kit
3. A Project Interactive Demonstration related to a topic covered in Level A.

#### **Grade 4**

Exhibit Requirement Options

1. A poster on one (1) of the following topics or any other topic covered in Level A.
  - a. First Aid for Treating Nosebleeds
  - b. First Aid for Foreign Objects
  - c. First Aid for Stings or Bites
2. A family first aid kit (including at least one (1) Make Your Own item discussed in your 4-H manual)
3. A Project Interactive Demonstration to a topic covered in Level A

### **Grade 5**

#### Exhibit Requirement Options

1. A poster on one (1) of the following topics or any other topic covered in Level A:
  - a. First Aid for Poisons
  - b. First Aid for Broken Bones
  - c. First Aid for Burns
2. A family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.)
3. A Project Interactive Demonstration related to a topic covered in Level A

### **Level 2 (Grades 6-8)**

#### **Grade 6**

#### Exhibit Requirement Options

1. A poster on one (1) of the following topics or any other topic covered in Level B:
  - a. Human viruses or bacteria
  - b. Keeping hair, skin, nails, teeth, ears or eyes clean
2. A report of three (3) activities you completed in the 4-H manual
3. A Project Interactive Demonstration related to a topic covered in Level B

#### **Grade 7**

#### Exhibit Requirement Options

1. A poster on one (1) of the following topics or any other topic covered in Level B.
  - a. Nutrient rich "Power" foods
  - b. Healthy snacks
  - c. Appropriate portion sizes
2. A report of three (3) activities you completed in the 4-H manual
3. A Project Interactive Demonstration related to a topic covered in Level B

#### **Grade 8**

#### Exhibit Requirement Options

1. A poster on one (1) of the following topics or any other topic covered in Level B:
  - a. The importance of eating breakfast
  - b. The importance of physical activity
  - c. Turning everyday activities into exercise opportunities
2. A report of three (3) activities you completed in the 4-H manual
3. A Project Interactive Demonstration related to a topic covered in Level B

### **Level 3: Grade 9-12**

#### Exhibit Requirement Options

1. A poster on a topic covered in Keeping Fit: Fitness Activities for Youth
2. A report of three (3) activities you completed in the 4-H manual
3. A Project Interactive Demonstration related to a topic covered in Level C.