

HEALTH

One (1) State Fair exhibit per level.

4-H member is required to complete 3 activities in their 4-H Health manual per year.

Completed record sheets and manuals are due into the Extension Office on or before June 28, 2021, 4:00 PM. No records, or late/incomplete record sheets/manuals sheets will result in an exhibit being considered for EXHIBITION ONLY—NO PLACING.

See Poster Construction Rules on page 24 of this handbook.

EXHIBIT REQUIREMENT OPTIONS:

***LEVEL A "FIRST AID IN ACTION" (Grades 3, 4 & 5)**

Grade 3 Exhibit a poster on one of the following topics or any other topic covered in Level A:

1. First Aid for Cuts and Scrapes
2. First Aid for Choking
3. First Aid for Strains, Sprains, and Bruises

OR *A family first aid kit.

Grade 4 *Exhibit a poster on one of the following topics or any other topic covered in Level A:

1. First Aid for Treating Nosebleeds
2. First Aid for Foreign Objects
3. First Aid for Stings or Bites

OR *A family first aid kit (including at least 1 Make Your Own item discussed in your 4-H manual)

Grade 5 *Exhibit a poster on one of the following topics or any other topic covered in Level A:

1. First Aid for Poisons.
2. First Aid for Broken Bones.
3. First Aid for Burns.

OR *A family kit for an emergency (tornado, no electricity, fire, etc.)

LEVEL B "STAYING HEALTH" (Grades 6, 7 & 8)

Grade 6 *Exhibit a poster on one of the following topics or any other topic covered in Level B:

1. Human viruses or bacteria
2. Keeping hair, skin, nails, teeth, ears or eyes clean.

OR *A report of three activities you completed in the 4-H manual.

Grade 7 *Exhibit a poster on one of the following topics or any other topic covered in Level B:

1. Nutrient rich "Power" foods.
2. Healthy snacks.
3. Appropriate portion sizes.

OR *A report of three activities you completed in the 4-H manual.

Grade 8 *Exhibit a poster on one of the following topics or any other topic covered in Level B:

1. The importance of eating breakfast.
2. The importance of physical activity.
3. Turning everyday activities into exercise opportunities.

OR *A report of three activities you completed in the 4-H manual.

LEVEL C "KEEPING FIT" (Grades 9 thru 12)

1. Exhibit a poster on a topic covered in Keeping Fit: Fitness Activities for Youth OR 2. A report of three activities you completed in the 4-H manual.