

*4-H HEALTH

TERMS AND CONDITIONS

1. All poster exhibits are to be displayed horizontally, sized 22" x 28", mounted on a firm backing (foam core board or other), and covered in clear plastic or other transparent material. Refer to 4-H Poster Guidelines.
2. There will be one State Fair exhibit per level.

EXHIBITS

LEVEL A: First Aid in Action - Grade 3 (BU 8174)

Exhibit Requirement Options - 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
 - A family first aid kit.
 - An action demonstration related to a topic covered on Level A

LEVEL A: First Aid in Action - Grade 4

Exhibit Requirement Options - 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
 - A family first aid kit including at least 1 Make Your Own item discussed in your 4-H manual.
 - An action demonstration related to a topic covered in Level A.

LEVEL A: First Aid in Action - Grade 5

Exhibit Requirement Options - 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
 - A family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.).
 - An action demonstration related to a topic covered in Level A

LEVEL B: Staying Healthy - Grade 6 (BU 8175)

Exhibit Requirement Options - 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
 - A report of three activities you completed in the 4-H manual.
 - An action demonstration related to a topic covered in Level B.

LEVEL B: Staying Healthy - Grade 7

Exhibit Requirement Options - 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
 - A report of three activities you completed in the 4-H manual
 - An action demonstration related to a topic covered in Level B

LEVEL B: Staying Healthy - Grade 8

Exhibit Requirement Options - 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
 - A report of three activities you completed in the 4-H manual
 - An action demonstration related to a topic covered in Level B

LEVEL C: Keeping Fit - Grades 9 - 12 (BU 8176)

Exhibit Requirement Options

- A poster on a topic covered in Keeping Fit: Fitness Activities for Youth
- A report of three activities you completed in the 4-H manual
 - An action demonstration related to a topic covered in Level C