

- A jar of cooked jam or a reduced-sugar fruit spread. Include recipe card. Label with name of product, quantity, and date made.



## Microwave Cooking

Judging - Tuesday, June 30, at 1pm at the Extension Office; Main Hall.  
No State Fair exhibit

*\*Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.*

All items prepared for exhibit for this project must be made in a microwave oven.

### Level A

Grade 3 – exhibit a microwave snack—quart size bag

Grade 4 – exhibit fudge—6 1” pieces

### Level B

Grade 5 – exhibit bar cookies or brownies—6

Grade 6 – exhibit an upside-down cake—8 or 9 inch pan

### Level C

Grade 7 – exhibit a fruit crisp—8 or 9 inch pan

Grade 8 – exhibit a coffee cake—8 or 9 inch pan

Grade 9 – exhibit candy 6 pieces

### Level D

Grade 10 – exhibit a double layer or Bundt cake

Grade 11 – exhibit a pie

Grade 12 – exhibit a jam or jelly

## Healthy Living Projects



### Child Development

Judging - Tuesday, June 30, at 1pm at the Extension Office; Auditorium.  
1 Champion from each level to State Fair.

*\*Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.*

### **Exhibit Options:**

Poster or Binder Notebook

Binder notebook:

- Blank area on front of to place 3” x 4” project label.
- Title page inside binder naming activity (or activities in Levels C & D)
- Pages of activity and explanation to follow title page.
- Photographs are helpful to show the activity being used or assembled.
- Optional: Plastic sheet protectors, page decorations, binder cover decoration, etc.

Display:

- May be table top or floor style, not to exceed 36" x 36" x 36" (Display may include item(s) made in the activities you completed this year).
- Must be self-supporting to be viewed by the public.

#### Action Demonstration:

An action demonstration is a fun way to share what you have learned with others. The key is getting your audience involved in doing what you are doing, not just showing them. An action demonstration can be given anywhere there are a lot of people, such as a county or state fair, a shopping mall, or any community event. A 4-H meeting or a Junior Leader meeting is also a great place to give a demonstration.

An action demonstration can be on almost any topic. Here are some questions to ask yourself when choosing a topic:

- Is it something that can be given in 3-5 minutes?
- Is it something that would interest the general public?
- Is there something "hands on" for the audience to do?
- Can the supplies for the "hands on" activity be used over and over again, or will they have to be replaced every time?

Your demonstration should last about 3-5 minutes, and you may need to do it over and over with many different people. There is no prepared speech in an action demo; it is a two-way conversation.

Your goal is to involve the audience, and you can do this by having them:

- Do what you are doing.
- Play a game.
- Answer questions.
- Do a "hands-on" activity.

There are some ideas that would be good for demonstrations in the manual. A checklist for a good action demonstration is included in the manual.

#### **Suggested Learning Experiences for All Levels:**

4-H member should complete at least three activities, each from a different chapter. Within the two-year or three-year period for each level, they should have completed at least six activities (two-year level) or nine activities (three-year level), and at least one activity from each of the five chapters.

Level A (Grades 3-4) Exhibit:

Choose one of the following:

1. Choose one activity that you completed in this level. Design a 22" x 28" poster or a binder notebook that shows or tells what you did with this activity.
2. Create a display no larger than 36" x 36" x 36" using one of the activities from your project manual. Complete an Activity Card and attach it to the exhibit. A sample Activity Card is on page 40 in your manual. Use a 5" x 8" index card or larger cardstock to create your card.
3. Action Demonstration – You may present an action demonstration for your project completion requirement.

Level B (Grades 5-6) Exhibit:

Choose one of the following:

1. Choose one activity that you completed in this level. Design a 22" x 28" poster or binder notebook that shows or tells what you did with this activity.
2. Create a display no larger than 36" x 36" x 36" using one of the activities from your project manual. Complete an Activity Card and attach it to the exhibit. A sample Activity Card is on page 40 in your manual. Use a 5" x 8" index card or larger cardstock to create your card.

3. Action Demonstration – You may present an action demonstration for your project completion requirement.

Level C (Grades 7-9) Exhibit:

Choose one of the following:

1. Design a 22" x 28" poster based on one of the activities you completed in your manual or one that promotes physical, emotional, or cognitive skills
2. Display a binder notebook that includes the information from one of the activities you completed this year.
3. Create a display no larger than 36" x 36" x 36" using one of the activities from your project manual or one that promotes physical, emotional, or cognitive skills. Complete an Activity Card and attach it to the exhibit. A sample Activity Card is on page 40 in your manual. Use a 5" x 8" index card or larger cardstock to create your card.
4. Action Demonstration – You may present an action demonstration for your project completion requirement.

Level D (Grades 10-12) Exhibit:

Choose one of the following:

1. Design a 22" x 28" poster based on one of the activities you completed in your manual or one that promotes physical, emotional, or cognitive skills
2. Display a binder notebook that includes the information from one of the activities you completed this year.
3. Create a display no larger than 36" x 36" x 36" using one of the activities from your project manual or one that promotes physical, emotional, or cognitive skills. Complete an Activity Card and attach it to the exhibit. A sample Activity Card is on page 40 in your manual. Use a 5" x 8" index card or larger cardstock to create your card.
4. Action Demonstration – You may present an action demonstration for your project completion requirement.



## Fire Education

Judging - Thursday, July 2, at 6pm at the Fairgrounds; Home and Family Arts Building.  
No State Fair Exhibit

*\*Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.*



Are you interested in learning more about fire education or need help with your project? Contact Cody Bixler at (574) 527-4020.

**Purpose:** To give 4-H members a hands-on opportunity to explore their interest in fire safety, fire science, and first responder aid.

**Goals:** This 4-H project will allow youth to-

1. Interact and network with local firefighters and first responders.
2. Research topics of their interest related to fire safety, fire science, and first responder aid.
3. Learn life-saving rescue skills and other life skills such as concern for others, conflict resolution, service learning, critical thinking, decision making, personal safety, and team work.
4. Interact with others who have a similar interest and to share with others what they have learned.
5. Explore potential volunteer, internship, and career options.

**How:** Youth will have opportunity to attend workshops put on by local fire firefighters that they can base their projects off of. If a member misses the workshop for their designated age group they will have to do their research via online and the public library or contact the project leaders to set up an interview with a firefighter. Contact the Extension Office for workshop information.

### Level 1 (Grade 3)

1. Visit a local fire station and create a poster or scrapbook detailing your visit. The exhibit should: