

# HEALTH

**State Fair Entries:** One per level

<b>References:</b>	BU-8174	First Aid in Action - Level A (Grades 3-5)
	BU-8175	Staying Healthy - Level B (Grades 6-8)
	BU-8176	Keeping Fit - Level C (Grades 9-12)

**Note:** Poster topics are general to allow youth an opportunity to be creative. Posters should be 22" x 28" displayed horizontally with rigid background and covered with plastic. **Note:** Refer to poster requirements

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.

## **Exhibits:**

### Level A (Grades 3-5)

#### Grade 3

1. A poster on one of the following topics or any other topic covered in Level A
  - First Aid for Cuts and Scrapes
  - First Aid for Choking
  - First Aid for Strains, Sprains and Bruises
- A family first aid kit
- An Action Demonstration related to a topic covered in Level A.

#### Grade 4

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

#### Grade 5

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

**Level B: (Grades 6-8)**

Grade 6

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

Grade 7

1. A poster on one of the following topics or any other topic covered in Level B:
  - Nutrient rich “Power” foods
  - Healthy snacks
  - Appropriate portion sizes
2. A report of three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

Grade 8

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

**Level C (Grades 9-12)**

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