

Health

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PROJECT DESCRIPTION:

See general poster guidelines and requirements found at the beginning of the rule book.

EXHIBIT REQUIREMENT OPTIONS

LEVEL A: GRADE 3

1. A poster on one 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. An action demonstration related to a topic covered in Level A.

LEVEL A: GRADE 4

1. A poster on one 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 1 Make Your Own item discussed in your 4-H manual)
3. An action demonstration related to a topic covered in Level A

LEVEL A: GRADE 5

1. A poster on one 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. An action demonstration related to a topic covered in Level A

LEVEL B: GRADE 6

1. A poster on one 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 activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

LEVEL B: GRADE 7

1. A poster on one 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 activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

LEVEL B: GRADE 8

1. A poster on one 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 activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

LEVEL C: KEEPING FIT - GRADES 9-12

1. A poster on a topic covered in *Keeping Fit: 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

STATE FAIR ENTRY: only one entry per Level.