

Health

State Fair Project

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 transparent material.

Level A: First Aid in Action - Grade 3

Exhibit Requirement Options

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

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.

First Aid for Treating Nosebleeds

First Aid for Foreign Objects

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

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:

First Aid for Poisons

First Aid for Broken Bones

First Aid for Burns

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

Level B: Staying Healthy - Grade 6

Exhibit Requirement Options

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

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

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.

Nutrient rich "Power" foods

Healthy snacks

Appropriate portion sizes

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

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:

The importance of eating breakfast

The importance of physical activity

Turning everyday activities into exercise opportunities

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

Level C: Keeping Fit - Grade 9-12

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