

## HEALTH

PROJECT SUPERINTENDENT:	Sunday, July 11, 4-6 PM
EXHIBIT CHECK-IN:	Tuesday, July 13, 8:30 AM, Closed Judging
JUDGING:	Tuesday, July 20, 9-11 AM, and 5-7 PM
RELEASE:	Three (3) entries
STATE FAIR ENTRIES:	

### Project Description:

The Health project is designed to assist 4-H members with multiple issues regarding healthy lifestyles. Current topics and concerns are covered throughout the workbooks. Members are encouraged to become involved in making a difference in their own world, as well as others. ***NO manual needs to be turned in with the project.***

### Levels:

<u>Level A</u>	Grades 3-5
<u>Level B</u>	Grades 6-8
<u>Level C</u>	Grades 9-12

### Project Guidelines:

Each year complete a minimum of three (3) activities, each from a different chapter in the manual.

NOTE: Poster topics are broad to allow youth an opportunity to be creative. See poster rules, Page 30, #15. All posters, notebooks, and display boards must include a reference list indicating where information was obtained, giving credit to original author.

### Exhibit Requirements:

#### Level A (Grades 3-5)

##### **(Grade 3)**

Exhibit one (1) of the following:

- A poster on one (1) 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

##### **(Grade 4)**

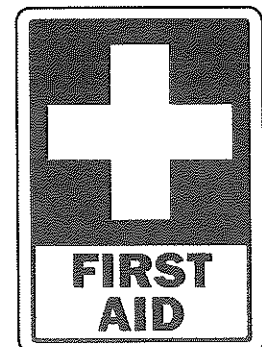
Exhibit one (1) of the following:

- A poster on one (1) 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 one (1) Make Your Own item discussed in your 4-H manual).

##### **(Grade 5)**

Exhibit one (1) of the following:

- A poster on one (1) 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.)



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

### **(Grade 6)**

Exhibit one (1) of the following :

- A poster on one (1) 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 (3) activities you completed in the 4-H manual.

### **(Grade 7)**

Exhibit one (1) of the following:

- A poster on one (1) 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 (3) activities you completed in the 4-H manual.

### **(Grade 8)**

Exhibit one (1) of the following:

- A poster on one (1) 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 (3) activities you completed in the 4-H manual.

## **Level C (Grades 9, 10, 11, 12)**

### **(Grade 9-12)**

Exhibit one (1) of the following:

- A poster on a topic covered in Keeping Fit: Fitness Activities for Youth
- A report of three (3) activities you completed in the 4-H manual.