

# Health

## State Fair Entry

3 exhibits per county; one per level

## Project Check In

One (1) Hour Prior to Judging

Home & Family Arts Building  
Kosciusko County Fairgrounds

## Judging

Tuesday, June 25, 2024  
1:00PM

Home & Family Arts Building  
Kosciusko County Fairgrounds

The 4-H Health project is designed for youth interested in basic first aid and healthy well-being, as well as those interested in pursuing a medical profession career.

**Beginner Grades 3-5** Create an educational poster, notebook or display about any manual activity or on any health topic of choice that is age/grade appropriate. Another option is to create a family first aid kit, emergency kit, an emergency kit to take on a hiking, biking, skiing or similar trip, or another similar kit.

**Intermediate Grades 6-8** Create an educational poster, notebook or display about any manual activity or on any health topic of choice that is age/grade appropriate. Another option is to create a personal nutrition kit to use when doing physical activity like chores, working out at the gym, hiking, biking, skiing, or another similar kit.

**Advanced Grades 9-12** Create an educational poster, notebook or display about any manual activity or on any health topic of choice that is age/grade appropriate. Another option is to create an activity or guide to help yourself or others become more aware of financial wellness, mental health, disease prevention, or other similar topic that promotes healthy habits. Youth can also design and complete an independent study activity.