

HEALTH

PLEASE NOTE: Any changes/updates from the previous year will be *BOLDED* and *ITALICIZED*! Pay special attention to any projects with **BOLD, ITALICIZED WORDS because they have changed from last year.**

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.

Completion, exhibition participation, and State Fair information for Health			
Division/Level	Grades (suggested)	Completion Activities Needed*	Maximum State Fair Entries
Level 1	Grades 3-5	Complete 4 Activities*	1 Entry
Level 2	Grades 6-8	Complete 4 Activities*	1 Entry
Level 3	Grades 9-12	Complete 4 Activities*	1 Entry

*"Activities" are defined as project manual activities and/or Hendricks County 4-H Workshops related to this topic. Members must be able to prove attendance by getting a signature from 4-H Leader/Project Advisor that conducts the workshop. Activity sheets available in the Extension Office with Health Project Manuals. Fair Exhibit guidelines are listed below.

Remember: 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 way references are listed. Reference Sheets are available at the Extension Office for use if needed. For personal safety, do not include personally identifiable information such as mailing address or phone numbers on posters/displays/exhibits.

GUIDELINES

1. Refer to the Hendricks County 4-H Policies, Entry & Exhibit Guidelines for poster and general display guidelines.
2. All Health exhibit components should include an exhibit tag from FairEntry.

EXHIBIT CLASSES

Beginner: Grades 3-5 (suggested)

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 (suggested)

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 (suggested)

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.