



# 4-H Health Beginner (Grades 3-5) Record Sheet

Completed (40 possible)	_____
Accuracy of answers (30 possible)	_____
Appropriate grammar (15 possible)	_____
Neatness of record (15 possible)	_____
Total	_____
A = 86-100 points	
B = 71-85 points	
C = 70 points or less	

Record for Year \_\_\_\_\_

A completed record sheet is due by the last business day of May to exhibit each project at the fair.  
Use any 4-H publications, the internet, the library, or a professional to help you prepare your responses.

### The Basics

Name \_\_\_\_\_ 4-H Club \_\_\_\_\_

Years in 4-H \_\_\_\_\_ Grade \_\_\_\_\_ Years in Project \_\_\_\_\_

### Starting Small

Name five items you should include in a first aid kit and the basic use for each item.

First Aid Item	Basic Use/Purpose

Name one first aid item you can create using basic items from your home and explain how you would make it.

\_\_\_\_\_

Explore the liquids in your home. You will find that many are poisonous. Look under the kitchen sink, in the laundry room, and in the garage. Name three liquids you found that would be hazardous or poisonous if consumed.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Building Blocks

Using the list below, indicate if the item belongs in a first aid kit or an emergency kit.

- |                      |  |  |
|----------------------|--|--|
| 1. Matches           | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Emergency Kit |
| 2. Fire Extinguisher | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Emergency Kit |
| 3. Calamine Lotion   | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Emergency Kit |
| 4. Rubbing Alcohol   | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Emergency Kit |
| 5. Tweezers          | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Emergency Kit |
| 6. Flashlight        | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Emergency Kit |
| 7. Weather Radio     | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Emergency Kit |

If someone injured and bleeding occurs, what is the best way to stop the bleeding? \_\_\_\_\_  
\_\_\_\_\_

Your body has about 1 pint of blood per 15 lbs. of body weight. How much blood would a person who weighs 90 lbs. have? There are 2 pints in one quart, and there are 4 quarts in one gallon.

90 lbs. of bodyweight = \_\_\_\_\_ pints of blood which is the same as \_\_\_\_\_ quarts or \_\_\_\_\_ gallons

### **Making Strides**

What do you anticipate exhibiting this year? \_\_\_\_\_

Why did you choose the exhibit you did? \_\_\_\_\_  
\_\_\_\_\_

Provide a brief description of your 4-H exhibit or plan for your exhibit. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

We do not necessarily care what you spent constructing your exhibit, but it is good for you to understand that things have a cost. Even poster boards are not free. Approximately how much did you spend constructing your exhibit or think you'll spend once it is complete?

\$0.00-\$5.00    \$5.00-\$15.00    \$15.00-\$30.00    \$30.00-\$50.00    Greater than \$50.00

### **Moving On Up**

Name two careers related to health.

1. \_\_\_\_\_
2. \_\_\_\_\_

What is one thing you learned or sparked your interest as a result of completing this project? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In what way does this project apply to your life, or why is this subject matter important to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_