

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



# 4-H Health Intermediate (Grades 6-8) Record Sheet

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

Explore your home. Name five places where germs and bacteria could be hiding.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What is the best way to prevent germs and bacteria from spreading? \_\_\_\_\_  
 \_\_\_\_\_

What is your favorite exercise activity and what organs or muscles do you activate the most as you do the activity?  
 \_\_\_\_\_

Which is your favorite way to exercise?  By myself  With a Friend  With a Group

## Building Blocks

Name a food that contains "good bacteria." \_\_\_\_\_

Power foods are healthier foods that have extra vitamins and nutrients. Name one power food from each food group.

Food Group	Power Food Example
Dairy	
Fruits	
Grains	
Proteins	
Vegetables	

A lot of people skip breakfast, but it has been said that breakfast is the most important meal of the day. Which excuse do you tend to use, if you skip breakfast?

- I'm not hungry.
- I can't find anything to eat.
- I don't have time.
- I don't feel like making it or cleaning it up.
- ...I can't remember skipping breakfast!

### **Making Strides**

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 five careers related to health.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What health career is the most appealing to you and why? \_\_\_\_\_

\_\_\_\_\_

What is the potential salary earnings for this career? \_\_\_\_\_

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? \_\_\_\_\_

\_\_\_\_\_