

## **Health (State Fair Entry)**

- Enroll in 4-H, pay annual program fee, and enter project in V2.4online by May 15
- Enter exhibit(s) in FairEntry by last business day in June, which is June 30, 2021. See page 7 Rule #23.
- Exhibits checked-in Saturday, July 24 from 9am-12 noon, judging starts at 12:30 pm

An Allen County 4-H General Record Sheet must be completed, signed and turned in at the beginning of check-in for All Exhibit Building Projects.

You may choose to exhibit both options for your division each year.

All posters, notebooks, and display boards must include a reference list indicating where information was obtained, giving credit to the original author when using outside sources, 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 manner in which references are listed.

Exhibit Options:

### **LEVEL A – (Grade 3)**

- A poster on one of the following topics or any other topic covered in Level A: First Aid for Cuts and Scrapes OR First Aid for Choking OR First Aid for Strains, Sprains, and Bruises
- A family first aid kit

### **LEVEL A – (Grade 4)**

- A poster on one of the following topics or any other topic covered in Level A: First Aid for Treating Nosebleeds OR First Aid for Foreign Objects OR First Aid for Stings or Bites
- A family first aid kit (including at least 1 Make Your Own item discussed in your 4-H manual)

### **LEVEL A – (Grade 5)**

- A poster on one of the following topics or any other topic covered in Level A: First Aid for Poisons OR First Aid for Broken Bones OR First Aid for Burns
- A family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.)

### **LEVEL B – (Grade 6)**

- A poster on one of the following topics or any other topic covered in Level B: Human viruses or bacteria OR Keeping hair, skin, nails, teeth, ears or eyes clean.
- A report of three activities you completed in the 4-H manual

### **LEVEL B – (Grade 7)**

- A poster on one of the following topics or any other topic covered in Level B; Nutrient rich "Power" foods OR Healthy snacks OR Appropriate portion sizes.
- A report of three activities you completed in the 4-H manual

### **LEVEL B – (Grade 8)**

- A poster on one of the following topics or any other topic covered in Level B: The importance of eating breakfast OR The importance of physical activity OR Turning everyday activities into exercise opportunities.
- A report of three activities you completed in the 4-H manual

### **LEVEL C – (Grade 9-12)**

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