

## **HEALTH-County & State Fair Project**

State Fair exhibits may total 3: 1 from each level (1, 2, 3).

A completed record sheet signed by your 4-H leader **must** be presented, along with your exhibit, at project check-in at the fair.

### **General Rules**

1. All posters must be 22" x 28", exhibited horizontally, mounted on a firm backing (foam-core board or other) and covered in clear plastic or transparent material.
2. Place a small label in the lower right-hand corner with the following information: name, grade, club, project and level.
3. Refer to "How To Prepare A Poster Project" in this handbook for details on preparing posters.
4. **It is recommended/suggested that all posters, notebooks, and display boards 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 manner in which references are listed or a lack thereof.**
5. Refer to "Verbal Communication Events and Activities" in this handbook for instructions on how to do an interactive demonstration.

### **Exhibit Requirements**

**Level 1 Grade 3** – Choose one option:

- A poster on one of the following topics or any other topic covered in Level 1.
  1. First Aid for Cuts and Scrapes
  2. First Aid for Choking
  3. First Aid for Strains, Sprains, and Bruises
- A family first aid kit
- An interactive demonstration related to a topic covered in Level 1.

**Level 1 Grade 4** – Choose one option:

- A poster on one of the following topics or any other topic covered in the Level 1 manual:
  1. First Aid for Treating Nosebleeds
  2. First Aid for Foreign Objects
  3. First Aid for Stings or Bites
- A family first aid kit (including at least one Make Your Own item discussed in the Level 1 manual.
- An interactive demonstration related to a topic covered in Level 1.

**Level 1 Grade 5** – Choose one option:

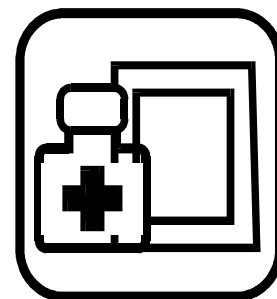
- A poster on one of the following topics or any other topic covered in Level 1:
  1. First Aid for Poisons
  2. First Aid for Broken Bones
  3. First Aid for Burns
- A family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.)
- An interactive demonstration related to a topic covered in Level 1.

**Level 2 Grade 6** – Choose one option:

- A poster on one of the following topics or any other topic covered in Level 2:
  1. Human viruses or bacteria
  2. Keeping hair, skin, nails, teeth, ears or eyes clean
- A report of three activities you completed in the Level 2 Manual
- An interactive demonstration related to a topic covered in Level 2

**Level 2 Grade 7** – Choose one option:

- A poster on one of the following topics or any other topic covered in Level 2:
  1. Nutrient rich "Power" foods
  2. Healthy snacks



3. Appropriate portion sizes

- A report of three activities you completed in the Level 2 Manual
- An interactive demonstration related to a topic covered in Level 2

**Level 2 Grade 8** – Choose one option:

- A poster on one of the following topics or any other topic covered in Level 2:
  1. The importance of eating breakfast
  2. The importance of physical activity
  3. Turning everyday activities into exercise opportunities
- A report of three activities you completed in the Level 2 manual
- An interactive demonstration related to a topic covered in Level 2

**Level 3 Grades 9-12** – Choose one option:

- A poster on a topic covered in the Level 3 Manual
- A report of three activities you completed in the Level 3 manual
- An interactive demonstration related to a topic covered in Level 3

**Manuals:** Level 1: BU-8174, *First Aid in Action*  
Level 2: BU-8175, *Staying Healthy*  
Level 3: BU-8176, *Keeping Fit*

**Record Sheet:** 4-H 08174A-W used for all levels.

(Rev 11/14)

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