

# HEALTH

## LEVEL/GRADE:

Level A (BU 8174) – Grades 3, 4, 5

Level B (BU 8175) – Grades 6, 7, 8

Level C (BU 8176) – Grades 9, 10, 11, 12

## RULES:

1. Community Judging of all 4-H Health projects will be at Project Check-In.
2. All poster exhibits are to be displayed horizontally, sized 22" x 28", mounted on a firm backing (foam core board or other), and covered in clear plastic or other transparent material. Place standard identification label with your name, grade and county in the lower right hand corner of the poster.
3. 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 manner in which references are listed.

## EXHIBIT

### LEVEL A: FIRST AID IN ACTION

#### **Grade 3**

A. A poster on one of the following topics or any other topic covered in Level A.

1. First Aid for Cuts and Scrapes
2. First Aid for Choking
3. First Aid for Strains, Sprains, and Bruises

B. A family first aid kit.

C. An action demonstration related to a topic covered on Level A

#### **Grade 4**

A. A poster on one of the following topics or any other topic covered in Level A.

1. First Aid for Treating Nosebleeds
2. First Aid for Foreign Objects
3. First Aid for Stings or Bites

B. A family first aid kit including at least 1 Make Your Own item discussed in your 4-H manual.

#### **Grade 5**

A. A poster on one of the following topics or any other topic covered in Level A.

1. First Aid for Poisons
2. First Aid for Broken Bones
3. First Aid for Burns

B. A family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.).

## LEVEL B: STAYING HEALTHY

### Grade 6

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

### Grade 7

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

### Grade 8

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

## LEVEL C: KEEPING FIT

### Grade 9, 10, 11, 12

#### Exhibit Requirement Options

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

## STATE FAIR ENTRY:

One exhibit per level will be selected.