

HEALTH

Superintendent:

State Fair Entries: *One entry from each Level*

RULES

1. Refer to the Parke County 4-H Policies and Entry & Exhibit Requirements.
2. Each member are encouraged to complete three activities in the Health manuals each year.
3. Posters will measure 22" x 28" and will be displayed horizontally. Posters must have a hard backing and must be covered with clear plastic.
4. All Health exhibits should include a label with this information: Name, Grade, Division, Township, and Club.

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: Grade 3

Exhibit Requirement Options:

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

Level 1: Grade 4

Exhibit Requirement Options

1. A poster on one of the following topics or any other topic covered in Level A.
 - a. First Aid for Treating Nosebleeds
 - b. First Aid for Foreign Objects
 - c. First Aid for Stings or Bites
2. A family first aid kit (including at least 1 Make Your Own item discussed in your 4-H manual)
3. A Project Interactive Demonstration to a topic covered in Level A

Level 1: Grade 5

Exhibit Requirement Options

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

Level 2: Grade 6

Exhibit Requirement Options

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

3. A Project Interactive Demonstration related to a topic covered in Level B

Level 2: Grade 7

Exhibit Requirement Options

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

Level 2: Grade 8

Exhibit Requirement Options

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

Level 3: Grade 9-12

Exhibit Requirement Options

1. A poster on a topic covered in Keeping Fit: Fitness Activities for Youth
2. A report of three activities you completed in the 4-H manual
3. A Project Interactive Demonstration related to a topic covered in Level C