Health

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Project Description:

See general poster guidelines and requirements found at the beginning of the rule book.

EXHIBIT REQUIREMENT OPTIONS

**Level A: Grade 3**

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. An action demonstration related to a topic covered in Level A.

**Level A: Grade 4**

1. 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

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

3. An action demonstration related to a topic covered in Level A

**Level A: Grade 5**

1. 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

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

3. An action demonstration related to a topic covered in Level A

**Level B: Grade 6**

1. 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
2. A report of three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

**Level B: Grade 7**

1. 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
2. A report of three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

**Level B: Grade 8**

1. 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
2. A report of three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

**Level C: Keeping Fit - Grades 9-12**

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. An action demonstration related to a topic covered in Level C

***STATE FAIR ENTRY:*** *only one entry per Level.*