

HEALTH

PLEASE NOTE: Any changes/updates from the previous year will be *BOLDED* and *ITALICIZED*! Pay special attention to any projects with *BOLD, ITALICIZED WORDS* because they have changed from last year.

The 4-H Health project is designed for youth interested in basic first aid and healthy well-being, as well as those interested in pursuing a medical profession career.

Completion, exhibition participation, and State Fair information for Health			
Division/Level	Grades (suggested)	Completion Activities Needed	Maximum State Fair Entries
Level 1	Grades 3-5	<i>EXHIBITION –or– RECORD SHEET</i>	1 Entry
Level 2	Grades 6-8	<i>EXHIBITION –or– RECORD SHEET</i>	1 Entry
Level 3	Grades 9-12	<i>EXHIBITION –or– RECORD SHEET</i>	1 Entry

Remember: 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 way references are listed. Reference Sheets are available at the Extension Office for use if needed. For personal safety, do not include personally identifiable information such as mailing address or phone numbers on posters/displays/exhibits.

SUGGESTED REFERENCE MATERIALS (available for purchase in Extension Office or at shop4-H.org)

- ***Level 1: First Aid In Action***
- ***Level 2: Staying Healthy***
- ***Level 3: Keeping Fit***

GUIDELINES

1. Refer to the Hendricks County 4-H Policies, Entry & Exhibit Guidelines for poster and general display guidelines.
2. ***Be sure to enroll in the project on 4-H Online and enter exhibit information into FairEntry by designated date. 2024 designated FairEntry Deadline is Monday, July 1st at 11:59 p.m.***
3. Complete the Record Sheet (***if not exhibiting at the Hendricks County 4-H Fair.***)
4. All Health exhibit components should include an exhibit tag from FairEntry.

EXHIBIT CLASSES

Beginner: Grades 3-5 (suggested)

Create an educational poster, notebook or display about any manual activity or on any health topic of choice that is age/grade appropriate. Another option is to create a family first aid kit, emergency kit, an emergency kit to take on a hiking, biking, skiing or similar trip, or another similar kit.

Intermediate: Grades 6-8 (suggested)

Create an educational poster, notebook or display about any manual activity or on any health topic of choice that is age/grade appropriate. Another option is to create a personal nutrition kit to use when doing physical activity like chores, working out at the gym, hiking, biking, skiing, or another similar kit.

Advanced: Grades 9-12 (suggested)

Create an educational poster, notebook or display about any manual activity or on any health topic of choice that is age/grade appropriate. Another option is to create an activity or guide to help yourself or others become more aware of financial wellness, mental health, disease prevention, or other similar topic that promotes healthy habits. Youth can also design and complete an independent study activity.