

# DEPARTMENT 034 – HEALTH / SERVICE-LEARNING & CITIZENSHIP / INTERNATIONAL Fair Year: 2019

Entries must be made by July 31 of exhibit year.  
Face-to-face judging the Saturday before the Fair, 9:00 am – 2:00 pm, Youth Building.  
Poster size: 14"x22". Tri-fold displays are not allowed.  
Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

## **DIVISION 255 – HEALTH**

Open to youth enrolled in the 4-H Health project or youth of other groups doing equivalent work.

### **Class No.**

1. Poster on proper hand washing
2. Poster on proper teeth care
3. Poster or display on a healthy diet
4. Poster or display on nutrient values of a fast-food meal
5. Poster or display on fitness
6. Poster on calculating target heart rate
7. Poster or display on sports safety
8. Display on handling sports injuries
9. Personal physical activity plan
10. First Aid kit with an inventory list
11. Poster or display on how to reduce stress
12. Poster or display on home safety hazards
13. Display on injury and accident prevention
14. Display on how smoking affects lung capacity
15. Display on the effects of alcohol

16. Poster or display on how media can affect self-image
17. Prevention poster on any health related issue (skin cancer, sexual assault, AIDS/STD, pregnancy, etc.)
18. Educational poster on any health related topic (eating disorders, stress management, teen pregnancy, etc.)
19. Public service announcement about any health related issue
20. Personal letter written to a legislator about a health related issue
21. Any other health related exhibit

## **DIVISION 256 – SERVICE-LEARNING & CITIZENSHIP**

Open to youth enrolled in the 4-H Service-Learning or Citizenship projects or youth of other groups doing equivalent work.

### **Class No.**

1. Poster, collage, or model of my community's assets and needs
2. Poster or display demonstrating the community need for my service-learning project
3. Poster or report of my service-learning action plan

4. Poster, display, or scrapbook with captions that documents the progress of my service-learning project
5. Poster or journal on the skills learned during my service-learning project and how I will use these skills in the future
6. News release and photo on my service-learning project
7. Poster or display on what citizenship means to me
8. Poster, collage, or scrapbook of citizenship issues
9. Any other service-learning or citizenship exhibit

## **DIVISION 257 – INTERNATIONAL**

Open to youth enrolled in the 4-H International projects or youth of other groups doing equivalent work.

### **Class No.**

1. Display on world culture
2. Display on world games
3. Display on global interdependence
4. Display on cultural awareness
5. Display on dress from various countries
6. Display on how local geography affects how people live around the world
7. Display on where your family comes from
8. Display on international experience
9. Any other international exhibit