



**ATCP 160.77 – HEALTH
SCIENCE –
DEPARTMENT 34**

**Please see the Judging
Schedule for date and time.**

**Adult Superintendents: Angela Schmelzer
Gloria Sutter**

Health Science Rules and Instructions

- a) Open to individuals enrolled in the 4-H Health project.
- b) Exhibitors and their families are responsible for reading and complying with the Junior Fair General Rules & Instructions.
- c) The Fair Association is not responsible for exhibits lost or stolen during the fair.
- d) **Each entry should have a 3"x5" card which describes:**
 - a. **Exhibitor grade and number of years in project**
 - b. **Steps taken to complete this exhibit.**
 - c. **What have you learned or practiced in completing this exhibit.**
- e) Posters can be no larger than 14"x22", and displays can be no larger than 28"x40".

CLASS A – Grades 3-8

Premiums \$ 2.50 \$ 2.25 \$ 2.00 \$ 1.75

Lot

1. Exhibit showing First Aid steps for topics of choice (i.e. cuts, burns, stings, poisons, etc.)
2. Family First Aid Kit
3. Collection or scrapbook of healthy snack recipes
4. Exhibit showing smart choices for a healthy breakfast
5. Any other exhibit

CLASS B – Grades 9 and up

Premiums \$ 3.00 \$ 2.75 \$ 2.50 \$ 2.25

Lot

10. Exhibit showing proper food portion sizes
11. Exhibit showing nutrient-rich foods
12. Exhibit highlighting product health claims
13. Personal fitness plan
14. Any other exhibit