

## Department 34 – Health and Citizenship Junior Division

Superintendents:



**Entry & Judging Day** – Tuesday of the fair

**Entry & Judging Time** – 1 p.m. - 8 p.m., Face to face judging only

**Location** – Exhibit Building

**Check Out** – Exhibits will be released between 4:30 p.m. to 6 p.m. on Sunday of the fair

### ADDITIONAL RULES OF ENTRY

- Youth eligible to exhibit in this department are those enrolled in a 4H, FFA, or other approved youth group carrying a similar supervised program in a Health, Intergenerational, International, Workforce Readiness or Self-Determined - Leadership & Community project area. Project enrollment requirements are listed under each class.
- All exhibits must be the result of this year's project by the exhibitor.
- Only one exhibit may be entered under each lot number.
- All entries not entered correctly will be judged and placed in the pink ribbon group.

<b>PREMIUMS:</b>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
	3.00	2.50	2.25	2.00

### REQUIREMENTS:

- **Posters, scrapbooks and display exhibits:** Exhibitors must follow all requirements located in 'General Rules for Junior Division Exhibitors'
- **Electronic media exhibits:** Exhibitors must follow all requirements located in 'General Rules for Junior Division Exhibitors'

### CLASS A – HEALTH

Open to all exhibitors enrolled in a Health project.

#### Lot Numbers:

1. Poster or display on a healthy diet
2. Poster or display on fitness
3. Poster or display on the effects of smoking or vaping
4. Poster or display that illustrates individual uniqueness
5. Poster or display on how to reduce stress
6. Poster or display on personal study-space analysis
7. Poster or display on home safety hazards
8. Poster or display on calculating target heart rate
9. Poster or display on the effects of alcohol
10. Poster or display on handling sports injuries
11. Poster or display on injury and accident prevention
12. Poster or display on the effects of chewing tobacco and snuff
13. Poster or display on how media can affect self-image
14. Poster or display on nutrient values of a fast food meal
15. A personal physical activity plan
16. Poster or display on preventing sexual assault
17. Poster or display on eating disorders
18. Poster or display on study tips

19. Poster or display on time management
20. Personal letter written to a legislator on health issue
21. Poster or display on skin cancer prevention
22. Public service announcement on violence prevention
23. Poster or display on blood alcohol content
24. Poster or display on non-violent way to resolve conflict
25. Personal resume
26. Personal and family health history
27. Tanning survey and results

### **Home Spa – Taking Care of Me:**

- **For lots 28 through 39:** Include a 3"x 5" index card with recipe, what the item is, and why it is beneficial to use
  - **For lots 40 through 45:** Include a 3"x 5" index card stating what the item is and why it is beneficial to use
28. Handmade Lip Balm, include recipe
  29. Handmade Lotion or Body Cream, include recipe
  30. Homemade Facial or Body Scrub, include recipe
  31. Handmade Herbal Soap Bar, include recipe
  32. Handmade Bath Salt Soap Bar, include recipe
  33. Handmade Soap On A Rope, include recipe
  34. Any Other Handmade Soap Not Listed, include recipe
  35. Handmade Bath Bombs, include recipe
  36. Tinted Bath Salts, include recipe
  37. Handmade Bubble Bath or Bubble Jelly, include recipe
  38. Handmade Soft Soap, include recipe
  39. Collection of Handmade Spa Items (3 or more), include recipes
  40. Bath Mitt or Glove
  41. Bathrobe or Body Wrap
  42. Hooded Towel
  43. Hair Wrap
  44. Eye Mask
  45. Manicure or Pedicure Kit
  46. Spa Gift Basket containing at least 1 handmade spa item, include a 3"x 5" index card with recipe for handmade items
  47. An exhibit or display of a Spa Wardrobe consisting of 5 items
  48. Any Other Spa Item Not Listed

### **CLASS B - INTERGENERATIONAL**

**Open to all exhibitors enrolled in an Intergenerational project.**

#### **Lot Numbers:**

1. A taped interview, written report, poster or scrapbook that promotes understanding of older people you gained through their sharing their experiences
2. Poster, scrapbook or display on what it feels like to grow older, what happens to our bodies as we age, or truths and falsehoods about aging and older people
3. 'Then and Now': a taped interview, written report, poster or scrapbook about a conversation you had with someone from a different generation. Document the similarities and differences of what life looked like for them at your age and what life looks like for someone your age now
4. Any other intergenerational related project not listed above

### **CLASS C - INTERNATIONAL**

**Open to all exhibitors enrolled in an International project.**

**Lot Numbers:**

1. Poster, scrapbook or display on global citizenship responsibilities in today's interdependent world
2. Poster, scrapbook or display on similarities and differences among families around the world
3. Poster, scrapbook or display current world challenges and interdependence, including the environment, economics, hunger and health
4. Poster, scrapbook or display documenting a trip to a foreign country that focuses on similarities and differences between its culture and ours
5. Any other international related project not listed above

**CLASS D - WORKFORCE READINESS**

**Open to all exhibitors enrolled in a Workforce Readiness project.**

**Lot Numbers:**

1. Poster or display on the importance of honesty in the workplace
2. Report on my personality type profile
3. Poster or display on the value of teamwork
4. Report on review of teamwork in a local business
5. Report or display on the profile of my first potential job
6. Poster or display of a "typical day at my dream job"
7. Poster or display showcasing three (3) to four (4) news articles exploring future career possibilities
8. Any other workforce readiness related item not listed

**CLASS E - SELF-DETERMINED - HEALTH AND CITIZENSHIP**

**Open to all exhibitors enrolled in a Health, Intergenerational, International, Workforce Readiness or Self-Determined - Leadership & Community project.**

Self-determined project exhibits are records of projects not listed in the premium list or an expansion of a traditional project beyond limits of the project or in greater depth than the project outlines.

**REQUIREMENTS:** Posters, scrapbooks and displays must conform to all requirements listed in 'General Rules for Junior Division Exhibitors'

**Lot Numbers:**

1. A poster promoting your self-determined project
2. An article made during current year with a 3" x 5" index card attached identifying resources. The article should be of reasonable size to exhibit in the Expo building
3. A collection made during current year with a 3" x 5" index card identifying work done
4. A scrapbook with story or essay, drawings, and photos of project work done during the current enrollment year
5. Any other self-determined project not listed above