#351– STAYING HEALTHY
General 4-H Project

- Member MUST participate in County Project/Interview Judging or 4-H Project will be INCOMPLETE.
- Member must attend General 4-H Project Judging Day to be eligible for County Placement and State Fair Selection (if applicable).
- If the member cannot attend Project Judging, your project can be judged at Early Judging. However, Early Judging participants will not qualify for County Placement or State Fair.
- Project must be displayed at the Ross County Fair to receive fair premiums.

For Project Judging Dates & Times & Details:
ASK your Club Advisor
READ the May Family HOTLINE sent to every 4-H family
LOOK on the 4-H website http://ross.osu.edu

Skill Level: Beginning

Completion:
1. All 12 Project Interest Areas (see pg. 2)
2. Complete any 3 of the ‘More Challenge’ activities listed throughout the book
3. At least 2 Learning Experiences
4. At least 2 Leadership/Citizenship activities
5. Prepare an educational exhibit based on this project (item made from project book, photo exhibit, notesbook, scrapbook, or poster (minimum 14” x 22” and maximum 22” x 28”).
   a. Examples: see pg. 7 for creative exhibit ideas!
      - design a computer presentation of activities for a camping trip or nature walk
      - cook a healthy meal and take photos, then mount photos on poster board
      - create a notebook of ‘before’ and ‘after’ pictures showing your fitness progress
      - Be creative!

Judging:
1. Interview based on skills learned, activities completed and educational exhibit
2. Bring to interview on General 4-H Project Judging Day:
   a. Completed project book
   b. Educational exhibit

County Fair Exhibit:
Display your educational exhibit in in a fair booth.

State Fair Competition:
1. State Fair participants will be selected during county-level competition on General 4-H Project Judging Day.
2. Event: Healthy Living Day
   Completed project book, *display, and interview
   *Display must fit into a 3 foot area or 3 feet of table space.