

## 351– STAYING HEALTHY

### General 4-H Project

- ✿ For project COMPLETION and GRADE, Member MUST participate in either:
  1. **County 4-H Project Judging Day** – Ross County Fairgrounds  
Member is eligible for County Awards (Judges' Choice, Outstanding, Honorable Mention) and State Fair Selection (if applicable)
  2. **Early 4-H Project Judging** – Ross County Service Center  
Members unable to attend County Project Judging Day should plan to attend Early Judging. Member is eligible for County Rosettes (Outstanding, Honorable Mention).  
*\* Exception for State Fair selection at Early Judging - If there is only one member judged in a project, then the judge has the option to select a state fair representative.*
- ✿ Complete "Thank You" note activity (see copy of instruction sheet included in your project book)
- ✿ To receive Fair Premiums, your project must be displayed at the Ross County Fair in a Jr. Fair Building booth.
- ✿ **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 App or 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, notebook, 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 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 4-H Project Judging Day.
2. Event: Health Day  
Completed project book, \*display, and interview  
\*Display must fit into a 3 foot area or 3 feet of table space.

