

Healthy Living

General Guidelines

JUDGING: Judged at Miscellaneous Project Judging. Members must bring completed project book and an educational display of what they learned. Along with above judging requirements, bring a one-page report.

FAIR: Display a poster, exhibit, or a finished product from the project in your 4-H club booth or in the county miscellaneous booth in the youth building.

300 You're the Athlete

I,★

This is a 4-H project for youth that participate in sports and adults that work with them. Through this project, members learn the fundamentals of being a well-rounded athlete. Sportsmanship, Time Management, Goal Setting, Nutrition and Sports, Strength and Conditioning, Leadership, Conflict Resolution, and Career in Athletics are topics covered in this project. This project may be completed individually, with a team, or a group. Project may be taken for multiple years.



351 Staying Healthy

B,★

Explore your body and learn how to keep it healthy. You'll have fun learning to keep fit, increase your brain power and express yourself in positive ways.

352 Keeping Fit

I,★

Develop a personal fitness plan to gain the benefits of exercise and test your fitness knowledge.

353 First Aid in Action (3rd-5th grade)

B,★

Learn about first aid and create your own family first aid kit.

357 Alcohol and Drug Abuse

A,★

New in 2012! Member will examine the hazards associated with the consumption of alcoholic beverages and drug use. Complete the Project Guidelines listed in project book.

358 The Truth About Tobacco

A,★

In this advanced-level project youth are asked to complete eight activities that cover the physical effects of tobacco use, and how tobacco products are made, marketed and consumed in America. The project guide is found on page 4.

Home Living

General Requirements

JUDGING: *Judged during MISCELLANEOUS Judging.* Be prepared with your completed project book, records of activity, accurate time sheets, itemized cost analysis, and before, during, and after pictures. A notebook is an excellent way to organize and display your records and pictures. Be prepared to discuss what was learned.

FAIR: Display an item made, a poster or a small educational display in your 4-H booth or in the county miscellaneous booth in the youth building.



Recommended Poster Size 14"x22"

491 Adventures in Home Living

B,★

This project is recommended for younger members. You will learn to use good design principles in making simple changes in the furnishings or accessories in a room.

JUDGING: Along with the above requirements, please bring two items made.

494 Make Over My Space

I,★

New in 2012! Ready to make a big change in your bedroom or a common room in your home? This project, which is all about room makeovers, is intended for members with little or no design experience who are old enough to complete a significant interior decorating project independently. Ten project activities cover planning, design basics, color, flooring, walls, windows, and lighting.

JUDGING: Be prepared with your completed project book, a notebook or portfolio of your project makeover. Be prepared to discuss what you learned.

495 Your First Home Away from Home

A,★

This project is for members ages 15 and older. You will use the knowledge, ideas, and principles of housing, furnishings, management, and equipment, in planning your first room at college, your first apartment, house, etc. Project Guidelines are on page 4 of the project book.

JUDGING: Be prepared with your completed project book, a notebook or portfolio of your anticipated plan for your housing, an itemized total cost analysis, a poster or collage of three items purchased, made, or remodeled, and a projected yearly budget. Be prepared to discuss what you learned.

Leadership & Citizenship

General Requirements for Government Project

JUDGING: Judged at Miscellaneous Project Judging. Bring completed notebook, scrapbook, or journal that summarizes experiences. Be prepared to answer questions about your experiences.

FAIR: Member will make a display or poster which can be exhibited at the fair.



1014J County Government I (County Project Only)

Member will attend a project orientation meeting; learn about how county government operates by spending a full day in June with a County Commissioner, touring various government departments. Member will also choose a county government department to observe and visit for one day; and keep a record of activities and experiences.

1014S County Government II (County Project Only)

Member must have taken County Government I before enrolling in County Government II. Member will develop a special interest project with guidance from a County Commissioner to do advanced study of some area of local government. Examples of topics are: court systems, four levels of local government, auditor duties, sheriff responsibilities, engineer responsibilities, land issues, Board of Elections, legislation, special projects and grants, or current issues (finances, land development, annexation, tax increment financing, tax abatement, etc.). This project can be taken multiple years using a different focus each year. Member will keep a record of activities and experiences.

X-all levels B=beginner I=intermediate A=advanced